

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR PURPLE TO BLUE

Red Tip #1 Instructor Approval Signature & Date

:

Stances

- Back
- Tiger
- Low Guard

Strikes

- U-Punch
- Finger Rake
- Finger Flick

Kicks

- Inward Crescent
- Outward Crescent
- Axe
- Spinning Side

Kata

- Chinese Form #5

Creed

- The C.K.K.S. Student Creed #4:
"I intend to use common sense before self-defense."

Red Tip #2 Instructor Approval Signature & Date

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Self-Defense Techniques

- Bending Limb
- Two-Headed Serpent
- Darting Serpent
- Clawing Panther
- Thundering Hammers
- Swinging Gate "A"
- Retreating Phoenix
- Spear Of Jade
- Missing The Leap
- Grasping Talon

Kata

- Universal Drill #4
- Nunchaku Kata

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Black Tip: Instructor Approval Signature & Date

Demonstrate all the above information and lower belt information with proficiency.

Student's Name _____ Date Started Level _____