

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR BLUE TO GREEN

Red Tip #1 Instructor Approval Signature & Date _____.

Stances

- Dragon
- Twisted Dragon

Blocks

- Fish Hook
- Arm Traps

Strikes

- Cobra
- Thumb Thrust

Kicks

- Spinning Crescent
- Scoop
- Back Leg Hook
- Pull (Side, Wheel, Front, Hook)

Sweeps/Break Falls

- Rear Break Fall
- Side Break Fall
- Front Leg Sweep (Instep)
- Front Leg Sweep (Ankle)
- Back Leg Sweep (Instep)
- Back Leg Sweep (Ankle)

Katas

- Finger Set

CREED:

- The C.K.K.S. Student Creed #5:
"We are a Black Belt School. We are on a quest to be our best!"

Red Tip #2 Instructor Approval Signature & Date _____.

Self-Defense Techniques

- Water Wheel
- Startled Cat
- The Daggers
- Cobra And The Mongoose
- Locking Gate
- Sweeping Reeds
- Whirling Mantis
- Striking Mace
- Chinese Cobra
- Rising Kick

Kata

- Moving Finger Set
- All Previous Katas

Black Tip: Instructor Approval Signature & Date _____.

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

Student's Name _____ Date Started Level _____.