

CONNECTICUT KENPO KARATE SCHOOL

ADULT WHITE TO YELLOW

Red Tip #1 Instructor Approval Signature & Date _____

Stances

- Neutral
- Natural
- Square Horse
- Open High Guard
- Closed High Guard
- Soft Bow
- Hard Bow
- Reverse Bow

Blocks

- Upward
- Inward
- Outward
- Downward
- Downward Push
- Downward Cross
- Upward Cross
- 5 Star Block

Strikes

- Reverse Punch
- Palm Heel
- Horizontal Elbow
- Vertical Elbow
- Backward Elbow
- Tiger Claw
- Hammer Fist
- Inward Knife Hand
- Lunge Punch

Kicks

- Front Snap
- Front Thrust
- Rear Thrust
- Side Thrust
- Roundhouse
- Crossing Rear
- Combination
- 3 Directional

Kata

- Chinese Form #1

Releases

- Front Choke Hold
- Rear Choke Hold
- Wrist Grab A, B, C

Creed

- The C.K.K.S. Student Creed #1:

"I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health."

Red Tip #2 Instructor Approval Signature & Date _____

Self-Defense Techniques

- Japanese Strangle Hold "A.B.C."
- Passing The Horizon
- Blocking The Kick "A.B."
- Crashing Elbows
- Breaking The Cross

Kata

- Universal Drill #1

Black Tip: Instructor Approval Signature & Date _____

Demonstrate all the above information with proficiency.

Student's Name _____ Date Started Level _____