

# CONNECTICUT KENPO KARATE SCHOOL

## ADULT YELLOW TO ORANGE

**Red Tip #1** Instructor Approval Signature & Date \_\_\_\_\_.

### Stances

Cat

### Block

Knife Hand

Parry

Sweeping

Brush

Windmill

Sickle

### Strikes

Half-Fist

Ridge Hand

Spear Hand

Web Hand

Backfist

Vertical Fist

Outward Knife

Corkscrew Punch

Inverted Punch

### Kicks

Defensive Wheel

Offensive Wheel

Shuffle Front

Spinning Rear

Low-High Wheel

Low-High Roundhouse

### Kata

Chinese Form #2

### Creed

The C.K.K.S. Student Creed: #2:

“I intend to develop self-discipline in order to bring out the best in myself and others.”

**Red Tip #2** Instructor Approval Signature & Date \_\_\_\_\_.

### Self-Defense Techniques

Headlock

Kimono Grab

Bridge

Locking Arm

Windmill Guard

Crossing Talon

Opponent at Sides

Flowing Hands

Sumo

Crash of the Eagle

Dancer

Retreating From the Horizon

Lever “A & B”

Scimitar

Reverse Hammer Lock

Aiming the Spear

Rocking Elbows

Encircling Arms “A.B.”

Raising the Staff

Cutting the Pagoda

### Katas

Universal Drill #2

Nahachin 1

**Black Tip:** Instructor Approval Signature & Date \_\_\_\_\_.

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

Student's Name \_\_\_\_\_ Date Started Level \_\_\_\_\_