

# CONNECTICUT KENPO KARATE SCHOOL

## ADULT ORANGE TO PURPLE

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**Red Tip #1** Instructor Approval Signature & Date

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### Stances

- Crane
- Twisted

### Blocks

- Low Forearm
- Double Forearm
- Shoulder
- High-Low Palmheel
- Down out Parry

### Strikes

- Middle Finger Fist
- Two Finger Spear
- Fore Finger Thrust
- Outside Wrist
- Inside Wrist
- Descending Elbow
- L-Punch

### Kicks

- Hopping Side
- Sliding Side
- Stomp
- Knee Thrust
- Defensive Hook
- Offensive Hook
- Spinning Hook

### Kata

- Chinese Form #3
- Universal Drill #3

### Creed

- The C.K.K.S. Student Creed: #3

“I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.”

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**Red Tip #2** Instructor Approval Signature & Date

### Self-Defense Techniques

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|--|--|
| <input type="checkbox"/> Crane Leap              | <input type="checkbox"/> Sticks Of Satan               |
| <input type="checkbox"/> Shackle Break “A.B.”    | <input type="checkbox"/> Bowing To Buddha “A.B.”       |
| <input type="checkbox"/> Drawbridge “A.B.”       | <input type="checkbox"/> Kung-Fu Cross                 |
| <input type="checkbox"/> Opening The Cowl “A.B.” | <input type="checkbox"/> Divided Swords                |
| <input type="checkbox"/> Arm Hook                | <input type="checkbox"/> Sweeping Arm Hook             |
| <input type="checkbox"/> Crouching Falcon        | <input type="checkbox"/> Attack From The Temple “A.B.” |
| <input type="checkbox"/> Arcing Blades           | <input type="checkbox"/> Spinning From The Sun         |
| <input type="checkbox"/> Returning Viper         | <input type="checkbox"/> Striking Serpent              |
| <input type="checkbox"/> Circling Serpent        | <input type="checkbox"/> Broken Staff                  |
| <input type="checkbox"/> Darkness                | <input type="checkbox"/> Chinese “L” Choke             |

### Kata

- Chinese Form #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 \_\_\_\_\_