

# CONNECTICUT KENPO KARATE SCHOOL

## ADULT 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)

### Arnis

- Striking Styles
- Abanico
- Up & Down
- Rompida
- Banda y Banda
- Figure 8 (forward & reverse)
- Single Sinawali

### 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
- Moving 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

- |   |  |
|---|--|
| <input type="checkbox"/> Water Wheel            | <input type="checkbox"/> Tumbling Clouds       |
| <input type="checkbox"/> Startled Cat           | <input type="checkbox"/> Ming Sword            |
| <input type="checkbox"/> The Daggers            | <input type="checkbox"/> Dance Of The Mongoose |
| <input type="checkbox"/> Cobra And The Mongoose | <input type="checkbox"/> Silent Escape         |
| <input type="checkbox"/> Locking Gate           | <input type="checkbox"/> Stretching The Bow    |
| <input type="checkbox"/> Sweeping Reeds         | <input type="checkbox"/> Bending Reeds         |
| <input type="checkbox"/> Whirling Mantis        | <input type="checkbox"/> Swinging Gate "B"     |
| <input type="checkbox"/> Striking Mace          | <input type="checkbox"/> Offer Of Dust         |
| <input type="checkbox"/> Chinese Cobra          | <input type="checkbox"/> Fish Hook             |
| <input type="checkbox"/> Rising Kick            | <input type="checkbox"/> Raising The Sword     |

### Katas

- Chinese Form #6
- 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 \_\_\_\_\_.