

CONNECTICUT KENPO KARATE SCHOOL

**ADULT**

**BROWN BELT SUMMARY**

**Stances**

- Square Horse
- Open High Guard
- Closed High Guard
- Neutral
- Natural
- Hard Bow
- Soft Bow
- Reverse Bow
- Cat
- Crane
- Twisted
- Low Guard
- Back
- Tiger
- Dragon
- Twisted Dragon
- Kneeling
- Hourglass

**Katas**

- Chinese Form 1
- Chinese Form 2
- Chinese Form 3
- Chinese Form 4
- Chinese Form 5
- Chinese Form 6
- Finger Set (8 seconds)
- Moving Finger Set
- Tiger
- Universal Drills 1
- Universal Drills 2
- Universal Drills 3
- Universal Drills 4
- Nahachin 1
- Nahachin 2
- Nahachin 3
- Mass Attack
- Nunchaku Kata

**Blocks**

- Upward
- Inward
- Outward
- Downward
- Downward Push
- 5 Star
- Knife Hand
- Inward Parry
- Windmill
- Upward X-Block
- Downward X-Block
- Sweeping
- Double Forearm
- Low Forearm
- Shoulder Block
- Fish Hook
- Brush
- Downward Parry
- Sickle
- High-Low Palm heel
- Arm Traps
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**Releases**

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

**Arnis**

- 12 Basic Strikes
- 12 Basic Blocks
- Trapping Hands
- Striking Styles
- Abanico
- Up & Down
- Rompida
- Banda y Banda
- Single Sinawali
- Double Sinawali
- Reverse Sinawali
- Block, Block/Check/Counter (Off Of The 12 Basic Strikes)

**Strikes**

- Reverse punch
- Back Fist
- Palm Heel
- Tiger Claw
- Horizontal Elbow
- Inward Knife Hand
- Outward Knife Hand
- Hammer Fist
- Vertical Elbow
- Backward Elbow
- Half Fist
- Vertical Fist
- Inverted Punch
- Corkscrew Punch
- Inside Wrist
- Outside Wrist
- Middle Finger Fist
- Spear Hand
- 2 Finger Spear
- Descending Elbow
- L-Punch
- Fore Finger Thrust
- Ridge Hand
- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Web Hand
- Thumb Thrust
- Chicken Beak
- Back Knuckle Rake
- Spinning Backfist
- Lunge Punch

**Kicks**

- Front Snap
- Front Thrust
- Round House
- Crossing Rear
- Side Thrust
- Rear Thrust
- Spinning Rear
- Defensive Wheel
- Offensive Wheel
- Combination
- 3 Directional
- Shuffle Front
- Low-High Roundhouse
- Sliding Side
- Hopping Side
- Defensive Hook
- Offensive Hook
- Spinning Hook
- Inward Crescent
- Outward Crescent
- Stomp
- Knee Thrust
- Spinning Side
- Axe
- Scoop
- Spinning Crescent
- Back Leg Hook
- Pull Kicks (Side, Wheel, Hook)
- Jump Spinning Crescent Kick
- Jump Spinning Rear Kick
- Chicken Kicks (Front, Wheel, Side)
- Low-High Wheel

Student Creeds 1 through 5\_

**1<sup>st</sup> Stripe** \_\_\_\_\_

**2<sup>nd</sup> Stripe** \_\_\_\_\_

**3<sup>rd</sup> Stripe** \_\_\_\_\_

Students Name \_\_\_\_\_ Date: \_\_\_\_\_

CONNECTICUT KENPO KARATE SCHOOL

**ADULT**

**BROWN BELT SUMMARY**

**Self-Defense Techniques (right and left sides)**

- Japanese Strangle Hold "A.B.C." (yellow)
- Passing The Horizon (yellow)
- Blocking The Kick "A.B." (yellow)
- Crashing Elbows (yellow)
- Breaking The Cross (yellow)
- Headlock (orange)
- Kimono Grab (orange)
- Bridge (orange)
- Locking Arm (orange)
- Windmill Guard (orange)
- Crossing Talon (orange)
- Opponent At Sides (orange)
- Flowing Hands (orange)
- Sumo (orange)
- Crash Of The Eagle (orange)
- Dancer (orange)
- Retreating From The Horizon (orange)
- Lever "A & B" (orange)
- Scimitar (orange)
- Reverse Hammer Lock (orange)
- Aiming The Spear (orange)
- Rocking Elbows (orange)
- Encircling Arms "A.B." (orange)
- Raising The Staff (orange)
- Cutting The Pagoda (orange)
- Crane Leap (purple)
- Shackle Break "A.B." (purple)
- Drawbridge "A.B." (purple)
- Opening The Cowl "A.B." (purple)
- Arm Hook (purple)
- Crouching Falcon (purple)
- Arcing Blades (purple)
- Returning Viper (purple)
- Circling Serpent (purple)
- Darkness (purple)
- Sticks Of Satan (purple)
- Bowing To Buddha "A.B." (purple)
- Kung-Fu Cross (purple)
- Divided Swords (purple)
- Sweeping Arm Hook (purple)
- Attack From The Temple "A.B." (purple)
- Spinning From The Sun (purple)
- Striking Serpent (purple)
- Broken Staff (purple)
- Chinese "L" Choke (purple)
- Bending Limb (blue)
- Two-Headed Serpent (blue)
- Darting Serpent (blue)
- Clawing Panther (blue)
- Thundering Hammers (blue)
- Swinging Gate "A" (blue)
- Retreating Phoenix (blue)
- Spear Of Jade (blue)
- Missing The Leap (blue)
- Grasping Talon (blue)
- Double Blades (blue)
- Five Swords (blue)
- Hidden Fist (blue)
- Leveling The Clouds (blue)
- Plucking The Bird From The Sky (blue)
- Monkey's Elbow (blue)
- Striking Asp (blue)
- Circles Of Glass (blue)
- Flashing Daggers (blue)
- Sleeper (blue)
- Water Wheel (green)
- Startled Cat (green)
- The Daggers (green)
- Cobra And The Mongoose (green)
- Locking Gate (green)
- Sweeping Reeds (green)
- Whirling Mantis (green)
- Striking Mace (green)
- Chinese Cobra (green)
- Rising Kick (green)
- Tumbling Clouds (green)
- Ming Sword (green)
- Dance Of The Mongoose (green)
- Silent Escape (green)
- Stretching The Bow (green)
- Bending Reeds (green)
- Swinging Gate "B" (green)
- Offer Of Dust (green)
- Fish Hook (green)
- Raising The Sword (green)
- Thrusting Limb (brown)
- Guiding The Staff (brown)
- Whirling Thorns (brown)
- Crossing Hooks (brown)
- The Escape (brown)
- Mantis (brown)
- Dropping The Staff (brown)
- Cover Talon A.B.C. (brown)
- Diving Hawk (brown)
- Crossing Swords (brown)
- Stone Warrior
- Sweeping Branches
- Twisting Staves
- Parting The Reeds
- The Vice
- Twisting Knee
- The Wedge "A.B.C."
- Breaking The Staves
- Chinese Pincer "A.B."
- Double Spears "A.B."