

# CONNECTICUT KENPO KARATE SCHOOL

## ADULT BROWN TO RED

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

### Kata

Book Set

### Arnis

12 Basic Disarms

Espada Y Daga (Flow Drill)

Empty Hand One Two Drill

### Creed

The C.K.K.S. Student Creed 1-5

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

### Self-Defense Techniques

Praying Mantis

Drums Of Manchu

Sowing The Seeds

Hands Of Jade "A.B."

Winding Limb "A."

Winding Limb "B."

Lever Of Ming

Slapping Silk "A.B."

The Lion

Bending The Staff

Double Lance

Turning The Key

Eagle's Talon

The Rake

Falling Hammers

Brushing Wind

Returning Fist

Dance Of The Dragon

Sweeping Wings

The Lotus

### Katas

( ) Dancing Cat 1

( ) Start Developing Original Black Belt Kata (Minimum Of 25 Elements)

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

Demonstrate all the above information and lower belt information with proficiency and prepared to demonstrate left side. You will also be expected to assist in teaching classes at this belt rank.

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