

CONNECTICUT KENPO KARATE SCHOOL

**DRAGONS**

PURPLE TO BLUE

**RED TIP #1:** (2 Month Min from start) Instructor Approval Signature & Date

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**Stances**

- Low Guard
- Back
- Tiger

**Blocks**

- Low Forearm
- High-Low Palm heel
- Shoulder Block

**Strikes**

- Spear Hand
- 2 Finger Spear
- Outside Wrist
- Inside Wrist
- L-Punch

**Kicks**

- Defensive Hook
- Offensive Hook
- Spinning Hook
- Inward Crescent
- Outward Crescent

**Self-Defense Techniques**

- Swinging Gate "A"
- Passing the Horizon
- Crossing Talon

**Kata**

- Universal Drill #4

**RED TIP #2:** (2 Month Min from start) Instructor Approval Signature & Date

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**Self-Defense Techniques**

- Crane Leap
- Grasping Talon

**Kata**

- Nunchaku Kata

**Creed**

- The C.K.K.S. Student Creed #4:  
"I intend use common sense before self-defense."

**BLACK TIP:** (2 Month Min from start) Instructor Approval Signature & Date

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1. Student must demonstrate all of the above information with energy and with minimal Hesitation.
2. Student must demonstrate all lower belt material and student creeds.

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