

CONNECTICUT KENPO KARATE SCHOOL  
**DRAGONS**  
BLUE TO GREEN

**RED TIP #1** (3 Month Min from start) Instructor Approval Signature & Date

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**Stances**

- Dragon
- Twisted Dragon

**Blocks**

- Fish Hook
- Brush
- Downward Parry
- Sickle

**Strikes**

- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Descending Elbow
- Web Hand
- Thumb Thrust

**Kicks**

- Spinning Side
- Axe
- Scoop
- Spinning Crescent
- Back Leg Hook
- Pull Kicks (Side, Wheel, Hook)

**Self-Defense Techniques**

- The Daggers
- Locking Gate
- Rising Kick

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

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**Self-Defense Techniques**

- Retreating Phoenix
- Chinese Cobra
- Startled Cat

**New Kata**

- Finger Set
- Chinese Form 5

**Previous Katas**

- Universal Drill 1
- Universal Drill 2
- Universal Drill 3
- Universal Drill 4
- Nunchahu Kata

**Creed**

- The C.K.K.S. Student Creed #5:  
"We are a Black Belt School. We are on a quest to be our best!"

**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** \_\_\_\_\_.