

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR YELLOW TO ORANGE

Red Tip #1 Instructor Approval Signature & Date _____.

Stances

Cat

Block

Knife Hand

Parry

Sweeping

Brush

Windmill

Sickle

Strikes

Half-Fist

Ridge Hand

Spear Hand

Web Hand

Backfist

Vertical Fist

Outward Knife

Corkscrew Punch

Inverted Punch

Kicks

Defensive Wheel

Offensive Wheel

Shuffle Front

Spinning Rear

Low-High Wheel

Low-High Roundhouse

Kata

Chinese Form #2

Creed

The C.K.K.S. Student Creed: #2:

“I intend to develop self-discipline in order to bring out the best in myself and others.”

Red Tip #2 Instructor Approval Signature & Date _____.

Self-Defense Techniques

Headlock

Kimono Grab

Bridge

Locking Arm

Windmill Guard

Crossing Talon

Opponent At Sides

Flowing Hands

Sumo

Crash of the Eagle

Kata

Universal Drill #2

Black Tip: Instructor Approval Signature & Date _____.

Demonstrate all the above information and lower belt information with proficiency.

Student's Name _____ Date Started Level _____