

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR ORANGE TO PURPLE

Red Tip #1 Instructor Approval Signature & Date

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Stances

- Crane
- Twisted

Blocks

- Low Fore Arm
- Double Fore Arm
- Shoulder Block
- High-Low Palmheel

Strikes

- Middle Finger Fist
- Two Finger Spear
- Fore Finger Thrust
- Outside Wrist
- Inside Wrist
- Decending Elbow
- L-Punch

Kicks

- Hopping Side
- Sliding Side
- Stomp
- Knee Thrust
- Defensive Hook
- Offensive Hook
- Spinning Hook

Kata

- Chinese Form #3

Creed

- The C.K.K.S. Student Creed: #3

“I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive.”

Red Tip #2 Instructor Approval Signature & Date

Self-Defense Techniques

- | | |
|--|---|
| <input type="checkbox"/> Crane Leap | <input type="checkbox"/> Crouching Falcon |
| <input type="checkbox"/> Shackle Break “A.B.” | <input type="checkbox"/> Arcing Blades |
| <input type="checkbox"/> Drawbridge “A.B.” | <input type="checkbox"/> Returning Viper |
| <input type="checkbox"/> Opening The Cowl “A.B.” | <input type="checkbox"/> Circling Serpent |
| <input type="checkbox"/> Arm Hook | <input type="checkbox"/> Darkness |

Kata

- Universal #3
- Chinese Form #4

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Black Tip: Instructor Approval Signature & Date

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

Student's Name _____ Date Started Level _____