

American Kenpo Karate Kung-Fu Studio

MEN
WOMEN
CHILDREN

3115 E. Cleveland Blvd. Caldwell Id. 83605



Awareness Training
Self-confidence
Trim Body
Speed
Coordination
Power

Private & Group Lessons
(208)454-9590

Yellow Belt

Blocks

___ Inward
___ Outward
___ Upward
___ Downward
___ Star Block

Kicks

___ Front Snap
___ Round House
___ Sidethrust Kick
___ Wheel Kick
___ Rear Kick

Punches

___ Rams head
___ Dragon's head
___ Sun punch
___ Leopard hand
___ Tiger claw
___ Four finger eye shot
___ Bear fist

Sparring Techniques

___ Step & Slide
___ Crossing Infront
___ Crossing Behind
___ Stepping Up

Karate: Empty hands

Kung-Fu: Exercise

Kosho-Ryu: Old pine tree style

Kenpo: Law of the fist

Self-defense Techniques

___ Block chop
___ Block kick
___ Kimono grab
___ Hammerlock
___ Delayed sword
___ Sword of destruction
___ Aggressive twins
___ Cutting the pagoda
___ Rising elbow
___ Four fist
___ Kicking set 1



Creed

I come to you with only karate my empty hands. I have no weapons, but should I be forced to defend myself, my principals, or my honor, should it be a matter of life or death, right or wrong, then these are my weapons, karate, my empty hands.

___ Review
___ Test Review
___ Test