

# American Karate Kung-Fu Studio

3115 E. Cleveland Blvd. Caldwell Id. 83605

**MEN**  
**WOMEN**  
**CHILDREN**

**Private & Group Lessons**  
**(208)454-9590**



**Awareness Training**  
**Self-Confidence**  
**Trim Body**  
**Speed**  
**Coordination**  
**Power**

Student's Name: \_\_\_\_\_

Scheduled Lesson: \_\_\_\_\_

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 Behind
- Crossing Infront
- Stepping Up
- Short one

**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

DATE OF PROMOTION \_\_\_\_ - \_\_\_\_ - \_\_\_\_