

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

Black I

___ Dethorned Briar
___ Tenderizing the cobra A.B.
___ Fangless Serpent
___ Spinning Blade
___ Serpents Thorn
___ Lunging Dagger
___ Chinese Fang
___ Design of the cobra
___ Whirlwind
___ Thrusting Dragon
___ Tonfa of Hamahiga

___ Reclining Puma
___ Pursuit of the cheetah
___ Pirouetting Sabre
___ Momentum of the Spear A.B.
___ Force of the Whip
___ Pausing Leopard
___ Slashing ratel
___ Chinese Fireman A.B.
___ Retracted Claw A.B.
___ Himalayan
___ Knife form One



___ Review
___ Test Review
___ Test