

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

Blue Belt

___ Kung-Fu Cross
___ Divided Swords
___ Gift
___ Blocking The Sun
___ Wing Break
___ Breaking the Yoke
___ Flashing Wings
___ Snapping Twig
___ Prayer of death
___ Striking Serpent
___ Arcing Blades
___ Attacking the Wall
___ Returning Viper
___ Returning Thunder
___ The Serpent
___ Crescent Kick
___ Reverse Crescent Kick
___ Heel Hook
___ Kicking set Four

___ Short 3

___ Broken Staff
___ Circling Serpent
___ Chinese L Choke
___ Stretching the bow
___ Dance of Death
___ Knee Sweep
___ Sleeper
___ Thundering Hammers
___ Five Swords
___ Uncovering the Flames
___ U-Punch
___ Leap of Death
___ Two Headed Serpent
___ Double Blades
___ Inside Snap Kick
___ Sticky Hands
___ Drop & Kick

___ Long 3



___ Review
___ Test Review
___ Test

___ Review
___ Test Review
___ Test