

American Kenpo 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

Brown II

Blocks Hard & Soft

Inward Outward Upward Downward

- ___ Spinning from the sun
- ___ Sticks of satin
- ___ Crossing the sun A.B.C.
- ___ Missing the leap
- ___ Cobra and the mongoose
- ___ Dropping the staff
- ___ Clearing Baton
- ___ Head Strikes a.) One hand b.) two hand
- ___ Double arm strikes
- ___ Hooking the sun
- ___ Swinging Baton
- ___ Circling the world
- ___ Sweeping Mongoose
- ___ Preparing the staff

___ Revenge of the White Tiger

- ___ First Blood
- ___ Monkey Hands
- ___ Tumbling Monkey
- ___ The Catapult
- ___ Blocking the Serpent A. B.
- ___ Swinging the Ax
- ___ Thrusting arm Bar
- ___ Sleeping Dragon
- ___ Avenging Leopard
- ___ Choking the Dust A.B.
- ___ Blinding Serpent
- ___ Bed of Thorns
- ___ Dimming the Rage
- ___ Clearing Talons A.B. C.
- ___ Fighting Dragons A.B. C.

___ Thrusting Stave



- ___ Review
- ___ Test Review
- ___ Test

- ___ Review
- ___ Test Review
- ___ Test