

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 III

- ☐ Thrusting Limb A. B.
- ☐ Stone Warrior A. B.
- ☐ Sweeping Branches A. B.
- ☐ Passing Wind A. B.
- ☐ The Cyclone
- ☐ Reversing Wind A. B.
- ☐ Thrusting Staves
- ☐ Guiding the Staff
- ☐ Double Spear A. B. C.
- ☐ Escape
- ☐ Basai

- ☐ Whirling Thorn
- ☐ Wedge A. B. C.
- ☐ Slashing Cougar A. B.
- ☐ Dropping the Staff
- ☐ Twisting Knee
- ☐ Bending limb
- ☐ Bending Reeds
- ☐ Oriental Lover
- ☐ Parting the Reeds
- ☐ Covering Talon A. B. C.
- ☐ Weapons Kata

Pressure Points

- ☐ Arm 15 ☐ Body 2
- ☐ Head 9 ☐ Leg 7

- ☐ Review
- ☐ Test Review
- ☐ Test

- ☐ Review
- ☐ Test Review
- ☐ Test

