

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

Green Belt

___ Clawing Panther
___ Parting the Waves
___ Rocker
___ Three Winds Claw
___ The Phoenix
___ Thistle A. B.
___ Swinging Gate
___ Chinese Thumb Screw A. B.
___ Hidden Fist
___ Leveling the Clouds
___ Silkwind
___ Circling the Sun
___ Three Winds Fist
___ Kung-Fu Wrist
___ Retreating Phoenix A. B.
___ Chicken Kick ___ Double Crescent
___ Falling & Rolling ___ Ridge to Groin
___ Spinning Reverse Crescent
___ Mass Attacks

___ Plucking a Bird From the Sky
___ Guarding the Wall
___ Spear of Jade
___ Diving Hawk A.B.
___ Sleeves of China
___ Monkey Elbow
___ Striking Asp
___ Shooting Star
___ Grasping Talons
___ Circles of Glass
___ Japanese Hand A.B.
___ Flashing Daggers
___ Folding Wings
___ Crossing the Mountains
___ Darting Serpent
___ Spinning Heel Hook ___ Spinning Backnuckle
___ Rear Hand Lead Sun
___ Crescent Spinning Rev. Crescent
___ Finger Set



___ Review
___ Test Review
___ Test

___ Review
___ Test Review
___ Test