

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

Orange Belt

- ___ Sumo
- ___ Japanese strangle hold A.B.C.
- ___ Blocking the kick A.B.
- ___ Headlock A.B.C.
- ___ Crash of the eagles 1
- ___ Pushing the circle A.B.
- ___ Tackle Techniques
- ___ Rising elbow
- ___ Opponents at sides
- ___ Dancer
- ___ Passing the horizon A.B.
- ___ Kimono grab
- ___ Lever A.B.
- ___ Crashing elbow
- ___ Bridge

- ___ Short one

- ___ Heel hook A.B.
- ___ Front bear hug A.B.C.
- ___ Circling elbows
- ___ Wrap around A.B.
- ___ Rocking elbows
- ___ Eagles beak A.B.C.
- ___ Scimitar
- ___ Flowing hands
- ___ Reverse hammer lock A.B.
- ___ Full nelson
- ___ Locking arms
- ___ Windmill guard
- ___ Aiming the spear
- ___ Anvil A.B.C.
- ___ Knee lift

- ___ Long one



- ___ Review
- ___ Test Review
- ___ Test

- ___ Review
- ___ Test Review
- ___ Test