

American Kenpo Karate Kung-Fu Studio

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MEN
WOMEN
CHILDREN

Private & Group Lessons
(208)454-9590



Awareness Training
Self-confidence
Trim Body
Speed
Coordination
Power

Purple Belt

- ___ Crash of the Eagles 2
- ___ Spiraling Wrists
- ___ Encircling Arms A, B, C
- ___ Spreading the Leaves
- ___ Driving Elbows
- ___ Raising the Staff
- ___ Crossing Talon A, B
- ___ Crash of the Eagles 3
- ___ Breaking the Cross
- ___ Cutting the Pagoda
- ___ Opening Cowl A, B
- ___ Slicing Dragon
- ___ Raising the Sword
- ___ Crossing Guard
- ___ Arm Hook
- ___ Shuffle & Sweep
- ___ Sweep & Kick
- ___ Kicking set 2

___ Short 2

- ___ Crossing the Sun A, B, C
- ___ Drawbridge A, B
- ___ Ascending to Heaven A, B
- ___ Attack from the Temple A, B
- ___ Crouching Falcon
- ___ Dart
- ___ Opening the Fan
- ___ Spinning Dragon A, B
- ___ Circle of China A, B, C
- ___ Darkness A, B
- ___ Sweeping arm hook
- ___ Eagle pin
- ___ Striking fang A, B
- ___ Crane Leap
- ___ Shackle Break A, B
- ___ Lunge Kick
- ___ Double Leg Sweep
- ___ Kicking set 3

___ Long 2



- ___ Review
- ___ Test Review
- ___ Test

- ___ Review
- ___ Test Review
- ___ Test