

## COURAGE

COURAGE IS AN INNER STRENGTH WE ALL HAVE THAT ALLOWS US TO DO WHAT WE KNOW IS RIGHT. IT ALLOWS US TO OVERCOME THOSE THINGS THAT MAKE US AFRAID AND EVEN THOUGH WE ARE AFRAID, WE STILL DO THE RIGHT THING.

WHEN A FRIEND TRYS TO TALK US INTO DOING SOMETHING THAT WE KNOW IS BAD OR WRONG, WE USE COURAGE TO SAY NO. WHEN YOU DO SOMETHING WRONG, WHETHER ON PURPOSE OR BY ACCIDENT, WE USE COURAGE TO BE HONEST AND TO EXCEPT THE CONSEQUENCES OF OUR ACTIONS. COURAGE IS WHAT ALLOWS US TO KEEP AT SOMETHING THAT IS IMPORTANT TO US EVEN THOUGH WE ARE TIRED, SORE, AND WANT TO GIVE UP. COURAGE ALLOWS US TO WALK WITH OUR HEADS UP AND OUR BACKS STRAIGHT (POSTURE), TO DEFEND OURSELVES AND THOSE THAT CAN'T DEFEND THEMSELVES. WE ALL HAVE HEROS, WHETHER IT BE OUR FATHER, MOTHER, A BROTHER OR SISTER, A MOVIE STAR OR A FOOTBALL PLAYER, THERE IS ALWAYS SOMEONE IN OUR LIFE WE LOOK UP TO AND WANT TO BE LIKE. THINK ABOUT YOUR HEROS, THAT PERSON OR PERSONS YOU LOOK UP TO AND I'M SURE HE OR SHE WILL HAVE THE QUALITY OF MIND WE CALL COURAGE.

# REQUIREMENTS FOR LITTLE DRAGONS ORANGE BELT

VERSION 4.0 6-7-11



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## BASICS

### 1st TIP

#### STANCES

forward bow \_\_\_\_\_

#### MANEUVERS

step-thru \_\_\_\_\_

switch \_\_\_\_\_

### 2nd Tip

#### STANCES

reverse bow \_\_\_\_\_

#### HAND STRIKES

backfist \_\_\_\_\_

Inward elbow \_\_\_\_\_

#### KICKS

side kick \_\_\_\_\_

#### KICKS

roundhouse \_\_\_\_\_

#### FALLING

back fall (H) \_\_\_\_\_

back roll \_\_\_\_\_

#### MANEUVERS

drag-step \_\_\_\_\_

#### FALLING

shoulder roll \_\_\_\_\_

forward fall(L) \_\_\_\_\_

#### FORMS/SETS

Moving Blocking Set

Mechanical \_\_\_\_\_

Execution \_\_\_\_\_

#### QUESTIONS

WHY DO WE LEARN BASICS? BECAUSE BASICS ARE THE BUILDING BLOCKS OF KENPO KARATE.

WHY DO WE PRACTICE? BECAUSE PERFECT PRACTICE WILL MAKE US THE BEST AT KENPO THAT WE CAN BE OR ANY OTHER ACTIVITY WE WANT TO BE GOOD AT.

## SELF DEFENSE

### ORANGE BELT

FLASHING SWORDS (right straight punch) \_\_\_\_\_

Step back into Right Neutral Bow, Right Outward Handsword

SWORDS OF FURY (left roundhouse punch) \_\_\_\_\_

Step back into Right Neutral Bow, Right Outward Block, Right Inward Handsword, Right Outward Handsword

DEFLECTING PENDULUM (right front kick) \_\_\_\_\_

Step back into Right Neutral Bow, Right Downward Block, Right Inward Elbow

EYE OF THE STORM (right roundhouse club) \_\_\_\_\_

Step forward into Right Neutral Bow, Left Extended Outward Block WITH Right Backfist. Right Inward

#### SPARRING

#### STRIKING

Combination 3

Jab-Cross-Jab-Lead Roundhouse Kick \_\_\_\_\_

Combination 4

Jab-Cross-Rear Roundhouse Kick \_\_\_\_\_

#### GRAPPLING

Headlocks

front \_\_\_\_\_

rear \_\_\_\_\_

Takedowns

single leg \_\_\_\_\_

Submissions

americana

Positions

side control \_\_\_\_\_