

SELF DEFENSE AND PRACTICE

KENPO KARATE SHOULD ONLY BE USED FOR SELF DEFENSE, NEVER TO BULLY OR HURT OTHERS FOR NO REASON AT ALL. SELF DEFENSE IS WHEN YOU MUST PROTECT YOURSELF FROM OTHERS THAT ARE TRYING TO HURT YOU. AS A KENPO STUDENT, YOU MUST ALWAYS LOOK FOR WAYS TO AVOID HAVING TO FIGHT. THIS MEANS TALKING TO TEACHERS OR YOUR PARENTS WHEN EVER YOU HAVE PROBLEMS WITH OTHER CHILDREN. BE STRONG AND STAND UP FOR WHAT YOU BELIEVE IS RIGHT BUT BE WILLING TO TALK BEFORE FIGHTING.

IN ORDER TO BE BE OUR BEST, NOT ONLY MUST WE TRAIN IN THE CLASS, WE MUST ALSO PRACTICE AT HOME. AS IN ALL THINGS THAT WE STRIVE TO LEARN, WITH OUT PRACTICE, WE WILL NEVER BE THE BEST THAT WE CAN BE. PRACTICE WILL NOT ONLY MAKE YOU BETTER AT KENPO, IT WILL MAKE YOU FASTER, STRONGER, READY TO FACE ANY PROBLEMS OR TROUBLES THAT MAY COME YOUR WAY.

A GOOD KENPO STUDENT IS CONFIDENT, RESPECTFUL, COURTEOUS, STRONG IN MIND AND BODY, AND WILL PUT FORTH EVERY EFFORT TO BE THE BEST THAT THEY CAN BE.

REQUIREMENTS FOR LITTLE DRAGONS YELLOW BELT

VERSION 1.4 4-4-12



NAME: _____

DATE: _____

BASICS

1st TIP

EXERCISES

push-up _____ black belt sitting _____

perfect crunch _____

STANCES

attention _____

horse _____

listening _____

2nd Tip

STANCES

neutral bow _____

meditation _____

HAND STRIKES

straight punch _____

hammerfist _____

handsword _____

FALLING

back fall (L) _____

forward roll _____

BLOCKS

upward _____

inward _____

outward _____

downward _____

KICKS

front kick _____

FORMS/SETS

Blocking Set: Mechanical _____ Execution _____

QUESTIONS

WHAT STYLE OF MARTIAL ARTS DO WE STUDY?

AMERICAN KENPO KARATE

WHO WAS THE FOUNDER OF AMERICAN KENPO KARATE?

SENIOR GRANDMASTER ED PARKER.

SELF DEFENSE

YELLOW BELT

RIGHT NEUTRAL BOW - RIGHT INWARD BLOCK _____

LEFT NEUTRAL BOW - LEFT INWARD BLOCK _____

RIGHT NEUTRAL BOW - RIGHT UPWARD BLOCK _____

LEFT NEUTRAL BOW - LEFT UPWARD BLOCK _____

RIGHT NEUTRAL BOW - RIGHT DOWNWARD BLOCK _____

LEFT NEUTRAL BOW - LEFT DOWNWARD BLOCK _____

RIGHT NEUTRAL BOW - RIGHT OUTWARD BLOCK _____

LEFT NEUTRAL BOW - LEFT OUTWARD BLOCK _____

SPARRING

STRIKING

Combination 1

Jab-Cross-Jab _____

Combination 2

Jab-Cross-Frontkick _____

GRAPPLING

Positions

mount _____ x-choke _____

guard _____ smother _____

Escapes

upa _____ sit-up sweep _____

shrimp _____