

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 FORM 1-1: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

ORANGE BELT TEST

BASICS: _____

 FORM 1-1: _____

 SPARRING: _____

 COMMENTS: _____

 DATE: _____

Write a paragraph on what you would be willing to fight for and why. Must be completed and accepted prior to ORANGE BELT test. Date: _____

REQUIREMENTS FOR Jr./TEEN ORANGE BELT

VERSION 2.4 3-19-12



NAME: _____
 DATE: _____

BASICS

1st TIP

STANCES

forward bow _____

reverse bow _____

HAND STRIKES

uppercut _____

vertical _____

palm heel _____

ridgehand _____

KICKS

roundhouse _____

side _____

FITNESS

20 squats _____

10 pushups _____

20 crunches _____

MANEUVERS

drag-step _____

cover _____

FALLING/TUMBLING

shoulder roll _____

fwd. fall (L) _____

side fall _____

back roll _____

SELF DEFENSE

1st TIP

FLASHING CRANES (front high two hand push)

THRUSTING DEVASTATION (step-thru right front kick)

2nd TIP

TRIGGERED DEVASTATION (right hand direct push)

FIVE SWORDS (step-thru right roundhouse punch)

BELT

WHIPPING PENDULUM (step-thru left front kick)

INTERCEPTING THE MACE (step-thru left straight punch)

FORMS/SETS

2nd TIP

Form 1-1 mechanical _____ execution _____

BELT

SPARRING

STRIKING

Combination 3

Jab-Cross-Jab-Lead Roundhouse Kick _____

Combination 4

Jab-Cross-Rear Roundhouse Kick _____

Combination 5

Jab-Cross-Uppercut _____

GRAPPLING

Headlocks

front _____

rear _____

Submissions

x-choke _____

mount armbar _____

Takedowns

two leg _____

single _____

Throws

outside clip _____

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 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.

Kenpo is for the person who has everything and wants to protect it.

Senior Grandmaster Ed Parker

Bravery is the capacity to perform properly even when scared half to death.

General Omar Bradley