

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 COMMENTS: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 FORM 1- Intro: _____

 SELF DEFENSE: _____

 SPARRING: _____

 COMMENTS: _____

 DATE: _____

YELLOW BELT TEST

BASICS: _____

 FORM 1-Intro.: _____

 SELF DEFENSE: _____

 SPARRING: _____

 COMMENTS: _____

 DATE: _____

Write a paragraph on what the KENPO CREED means to you. Must be completed and accepted prior to Yellow Belt test. Completion Date _____

REQUIREMENTS FOR JR./TEEN YELLOW BELT

VERSION 3.3 3-19-12



NAME: _____

DATE: _____

BASICS

1st TIP		
<u>STANCES</u>	<u>KICKS</u>	<u>MANEUVERS</u>
attention -----	front kick -----	step-thru -----
natural -----	back kick -----	step-drag -----
horse -----	<u>BLOCKS</u>	switch -----
neutral bow -----	upward -----	<u>FALLING/TUMBLING</u>
meditation -----	inward -----	back fall -----
<u>HAND STRIKES</u>	outward -----	fwd. roll -----
straight punch -----	extended -----	<u>FITNESS</u>
backfist -----	downward -----	7 push ups -----
handword -----		15 crunches -----
hammerfist -----		

FORMS/SETS

2nd Tip		
Form 1-Intro.	Mechanical -----	Execution -----

SPARRING

<u>STRIKING</u>	
Combination 1	Combination 2
Jab-Cross-Jab -----	Jab-Cross-Rear Front Kick -----

<u>GRAPPLING</u>	
Positions	Escapes
mount -----	upa -----
guard -----	situp sweep -----
side -----	shrimp -----

LIFE SKILLS/CHARACTER

ATTENTION = FOCUS: Concentration of attention or energy on something.
 MEDITATION = CONCENTRATION: Intense mental effort.
 CLOSE = DISCIPLINE: The means to develop self control and self direction.
 SALUTE = RESPECT: Behavior and attitude that honors others, ideas, or objects.
 READY = SELF CONTROL: Prepared for action and to do what is right.
 NEUTRAL BOW = COURAGE: The inner strength to face fear and overcome it.

SELF DEFENSE

1st TIP

FLASHING SWORD (step-thru right straight punch)
 SWORDS OF FURY (step-thru left roundhouse punch)

2nd Tip

DEFLECTING PENDULUM (step-thru right front kick)
 EYE OF THE STORM (step-thru right diagonal club)

Belt

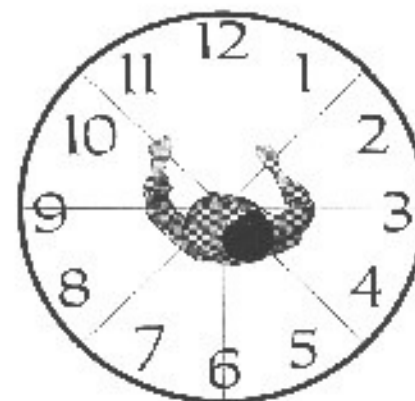
RAKING MACE (two hand lapel grab; pulling in)
 ATTACKING MACE (right straight punch/cross)

CREED

"I come to you with only Karate, empty hands. I have no weapons; but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong, then here are my weapons, Karate, my empty hands."

Senior Grandmaster **Ed Parker**

CLOCK PRINCIPLE



Imagine yourself in the middle of a clock. The direction you face when starting a form, set, or technique will always be 12:00 no matter what direction you face when you start. For example, when on the mat facing the mirrors, straight ahead is 12:00, your right wall is 3:00, your left wall is 9:00, and the wall behind you is 6:00. your corners represent your 45 degree angles which are 1:30, 4:30, 7:30, and 10:30.