



# KENPO KARATE

## Youth Requirements

### BELTS

Yellow

Orange

Purple

Blue

Green

3<sup>rd</sup> Brown

2<sup>nd</sup> Brown

1<sup>st</sup> Brown

Jr. Black

### KATA

Blocking Circle

Cat Set

Single Escape Set

Shield & Mace

The Panther

Dark Room Staff

Tiger & Crane

Japanese Sword

The Definitive Set

# BLUE BELT

## Kata: Shield & Mace

### Section One

Inward Blocks

Outward Blocks

Rising Blocks

Down Blocks

### Section Two

Triple Inward Set

Triple Outward Set

Triple Rising Set

Triple Down Set

### Section Three

Inner Wrist Set

Outer Wrist Set

Push Block Set

Punching Set