



KENPO KARATE

Youth Requirements

BELTS

Yellow

Orange

Purple

Blue

Green

3rd Brown

2nd Brown

1st 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

GREEN BELT

Book Set: The Panther

1. Formal Salutation
2. Crane Stance Section
3. Catch & Cross
4. Opening Cowl
5. Up & Down 5 Stairs
6. Up & Down 3 Stairs
7. Broken Rhythym Uppercut Blocks
8. Smother Blocks
9. Turning the Handle
10. Five Punch Set
11. Double Panther Claws
12. Stinging Butterflies
13. Three Winds Claw
14. Snapping the Rod
15. Work the Shuttles
16. Legions of Ming
17. Broken Rythym Uppercut Blocks
18. Step Back Punches
19. Rolling Wrist Blocks
20. The Lock
21. Second Double Panther Claws
22. Formal Salutation

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