



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

JR BLACK BELT

The Definitive Set

Opening

Praying Mantis

Drums of Manchu

Sowing the Seeds

Flashing Wings

Parting the Waves

Winding Limbs

Brushing Wind

Thundering Hammers

Checking the Tide

Universal Blocks

Crossing the Mountain

Whirling Leaves

Finger Set

Sweeping Wings

Kneeling Tiger

The Lotus

Attacking the Great Wall

Seven Swords

Reversing Hammers

Closing

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