



KENPO KARATE

Youth Requirements

ORANGE BELT

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

Kata: Cat Set

1. Inward Block/Chop
2. Step/Block/Punch
3. Rising Block/Eagles Beak
4. Down Block/Step through Palm
5. Inward Block/Rising Block/Half Fist

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