



# KENPO KARATE

Youth Requirements

# PURPLE BELT

## 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

## Single Escape Set

1. Two Headed Serpent
2. Circling Elbows
3. Opening Cowl
4. Crash of the Eagle Pt II
5. Crossing Talon
6. Heel Hook
7. Bridging the Gap
8. Headlock
9. Locking Arm
10. Shackle Break
11. Silk Wind
12. Advancing Phoenix
13. Front Bearhug

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