



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

YELLOW BELT

Required Skill

Front Kick, Side Kick, Back Kick,
Roundhouse Kick, Kenpo Shield,
Falling Monkey

Kata: Blocking Circle

1. Salutation
2. Attention Stance
3. Right Foot step Forward, Right Hand Inward Block and Karate Chop (Chinese Sword.)
4. Attention Stance
5. Right Foot step to the Right, Right Hand Outward Block and Karate Chop. (Japanese Sword.)
6. Attention Stance
7. Right Foot step back, Left Hand Down Block, Right Reverse Punch (Blocking the Kick.)
8. Attention Stance
9. Left Foot step Back, Right Hand Down Block, Left Reverse Punch
10. Attention Stance
11. Left Foot step to the Left, Left Hand Outward Block and Karate Chop
12. Attention Stance
13. Left Foot step Forward, Left Hand Inward Block and Karate Chop
14. Attention Stance
15. Salutation

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