



International Black Belt Academy

Beginning Tigers - Crane Cycle

STANCES

Attention * Bow * Salute * Crane * Training Horse * Guarding Stance (Neutral Bow)

FOOT MANEUVERS

Forward Step-through & Reverse Step-through

HAND TECHNIQUES

Horizontal Middle Section Punches (From a Horse Stance)

Back Fist Strike (Front hand striking with the back of the fist)

Reverse Punch (Rear hand punching forward from a Guarding Stance)

Outward Karate Chop

BLOCKS

Upward blocks in a horse stance

Upward blocks with a forward and reverse step-through

FREE STYLE COMBINATION: **Lion Movement:** Back Fist / Reverse Punch

Purple Stripe: Crane: Vertical Punch / Shuffle up Front kick (And all previous combinations)

SELF DEFENSE: Kenpo Shields: Upward Defense

Overhead Strike: A. Upward Block & Punch

Overhead Strike: B. Upward Block and Front Leg Front Kick

KARATE KNOWLEDGE

Name of the karate school – International Black Belt Academy

Style of Karate: International Kenpo

Name of your Teacher:

Name of Master Instructor: Professor Austin

KARATE RULES

1). Never be a bully. 2). Salute instructors when you greet them.

3). Bow when you come in and out of the workout area. 4). Pick up attendance card before class begins.

KICKS

1. Front Leg Front Snap Kick - In a neutral bow stance kick with the front leg and return foot to its starting point.

2. Rear Leg Front Snap Kick - In a neutral bow stance kick with the rear leg and return foot to its starting point.

3. Step-through Front Snap Kick - In a neutral bow stance kick with rear leg and place foot forward making it the front foot. Repeating kick will walk you across the room one kick at a time.

KATA: Star Block, Power Set A Review Kata: Kicking set 1