



## BEGINNING TIGER CURRICULUM



# Mantis Series

## 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

Outward blocks in a horse stance

Outward blocks with a forward and reverse step through

**FREE STYLE COMBINATION:** **Mongoose Movement:** Step through Front Kick / Step through Front Kick / Reverse Punch  
**Purple Stripe: Mantis:** Back fist / Reverse Punch / Step through Round Kick (And Lion, Cobra, and Mongoose)

### SELF DEFENSE: Kenpo Shields: Outward Defense

Left lapel grab: A. Outward Block & Punch

Left Round punch: B. Outward 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: Kyoshi 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 work out area.
- 4). Pick up attendance card before lining up for class.

### 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, Kicking Kata #1