



International Black Belt Academy

Beginning Tigers - Leopard 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

Inward blocks in a horse stance.

Inward blocks with forward and reverse step throughs.

COMBINATIONS: Cobra Movement: Back Fist / Reverse Punch / Front Leg Snap Kick

Purple Stripe: Leopard: Lunging Back fist / Reverse Punch (And Lion, Cobra, and Mongoose)

SELF DEFENSE: Kenpo Shields: Inward Defense

Right lapel grab: A. Inward Block & Reverse Punch

Right Round punch: B. Inward 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 Blocking Set, Power Set (section B)



Blocking Set One

1. Come to an attention stance and bow. Say "Kenpo Blocking Set One!"
2. Step out slightly with Left Foot into a "Ready Stance".
3. Step out left into a horse stance & double elbow strike with a loud "Ai Ya!"
4. Execute a Right Upward Block
5. Execute a Right Inward Block
6. Execute a Right Outward Block
7. Execute a Right Downward Block
8. Execute a Right Back Elbow Strike
9. Execute a Right Pushdown Block
10. Execute a Right Back Elbow Strike and Say Return
11. Execute a Left Upward Block
12. Execute a Left Inward Block
13. Execute a Left Outward Block
14. Execute a Left Downward Block
15. Execute a Left Back Elbow Strike
16. Execute a Left Pushdown Block
17. Execute a Left Back Elbow Strike and Say Return
18. Execute a Double Upward Blocks, Arms Crossed
19. Execute a Double Inward Blocks, Arms Crossed
20. Execute a Double Outward Blocks
21. Execute a Double Downward Blocks, Arms Crossed
22. Execute a Double Back Elbow Strikes
23. Execute a Double Pushdown Blocks, Arms Crossed
24. Execute a Double Back Elbow Strikes and Say Return
25. Bring left open hand and right fist together and say "Mind & Body"
26. Come back to Attention, "International Black Belt Academies" bow and say, "Thank you"



Power Set One section B

1. Come to an attention stance and bow. Say "Kenpo Power Set B!"
2. Step out slightly with Left Foot into a "Ready Stance".
3. Step out left into a horse stance & double elbow strike with a loud " Ai Ya!"
4. Execute a Right Outward Chop "Tss."
5. Execute a Left Outward Chop "Uss"
6. Execute a Right Upward Elbow Strike "Tss."
7. Execute a Left Upward Elbow Strike "Uss."
8. Execute a Right Downward Elbow Strike "Tss"
9. Execute a Left Downward Elbow Strike "Uss"
10. Execute a Right Inward Elbow Strike "Tss."
11. Execute a Left Inward Elbow Strike "Uss."
12. Execute a Right Outward Elbow Strike "Tss."
13. Execute a Left Outward Elbow Strike "Uss."
14. Execute both a right and Left Outward chop the 3:00 and 9:00 "Ai Ya!"
15. Clap your hands together in front of you at head level "Ai Yassah!!!!"
16. Bring left open hand and right fist together and say "Mind & Body"
17. Return to Attention stance.
18. With your right hand strike with an Upward Outward Diagonal Hand Sword and say **International.**
19. Re-chamber your right hand to your chest and say **Black Belt.**
20. With your right hand strike with a Downward Outward Diagonal Hand Sword and say **Academies.**
21. Return to Attention Stance with Double Midsection Crossed Finger Spears (Palms should be facing downwards) and say **Ayassah!**
22. Step back to a Great Horse Stance as you re-chamber your arms with double back elbow strikes and say **Ah saa!**
23. Slide your left leg slightly in to a Ready Stance with double downward Punches and say **Usss!** (U pronounced like good)
24. Say **Thank you Judges!**