



International
Black Belt Academy
Beginning Tigers - Eagle 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 Knuckle 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 forward and reverse step throughs

COMBINATIONS: **Lion:** Back Fist / Reverse Punch

Purple Stripe: Eagle: Lunging Back Fist / Reverse Punch / Step through Round kick / Shuffle up side kick (And Lion, Cobra, and Mongoose)

SELF DEFENSE: “*Kenpo Shields – Upward Defense*”

Left Overhead Strike:

A. Upward Block & Punch

Left 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 Karate

Name of your teacher:

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 lining up for class. **Required Equipment:** Official IBBA Uniform & Tiger Patch

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 1(Section A)
Review; Kicking set 1

Theme of Cycle: Stranger Alert
Character Word: Honesty