



International Black Belt Academy

Beginning Tigers - Dragon 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: Dragon: Back fist / Rear Crossover Back Kick (And Lion, Cobra, and Mongoose)

SELF DEFENSE: Kenpo Shields: Inward Defense

Right lapel grab: A. Inward Block & 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)

Theme:

Character Word:

Next Testing Date: