

American Karate Kung-Fu Studio

3115 E. Cleveland Blvd. Caldwell Id. 83605

MEN
WOMEN
CHILDREN



Awareness Training
Self-confidence
Trim Body
Speed
Coordination
Power

Private & Group Lessons
(208)454-9590

Student's Name: _____

Scheduled Lesson Time: _____

Brown I

- ___ Thrusting Limb A. B.
- ___ Stone Warrior A. B.
- ___ Sweeping Branches A. B.
- ___ Passing Wind A. B.
- ___ The Cyclone
- ___ Reversing Wind A. B.
- ___ Thrusting Staves
- ___ Guiding the Staff
- ___ Double Spear A. B. C.
- ___ Escape

- ___ Basai

- ___ Whirling Thorn
- ___ Wedge A. B. C.
- ___ Slashing Cougar A. B.
- ___ Dropping the Staff
- ___ Twisting Knee
- ___ Bending limb
- ___ Bending Reeds
- ___ Oriental Lover
- ___ Parting the Reeds
- ___ Covering Talon A. B. C.

- ___ Weapons Kata

Pressure Points

- ___ Arm 15 ___ Body 2
- ___ Head 9 ___ Leg 7



- ___ REVIEW
- ___ TEST REVIEW
- ___ TEST

- ___ REVIEW
- ___ TEST REVIEW
- ___ TEST

DATE OF PROMOTION ____-____-____