

American Karate Kung-Fu Studio

3115 E. Cleveland Blvd. Caldwell Md. 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: _____

Purple belt

- ___ Crash of the Eagles 2
- ___ Spiraling Wrists
- ___ Encircling Arms A, B, C
- ___ Spreading the Leaves
- ___ Driving Elbows
- ___ Raising the Staff
- ___ Crossing Talon A, B
- ___ Crash of the Eagles 3
- ___ Breaking the Cross
- ___ Cutting the Pagoda
- ___ Opening Cowl A, B
- ___ Slicing Dragon
- ___ Raising the Sword
- ___ Crossing Guard
- ___ Arm Hook
- ___ Shuffle & Sweep
- ___ Kicking set 2
- ___ Sweep & Kick
- ___ Short 2

- ___ Crossing the Sun A, B, C
- ___ Drawbridge A, B
- ___ Ascending to Heaven A, B
- ___ Attack from the Temple A, B
- ___ Crouching Falcon
- ___ Dart
- ___ Opening the Fan
- ___ Spinning Dragon A, B
- ___ Circle of China A, B, C
- ___ Darkness A, B
- ___ Sweeping arm hook
- ___ Eagle pin
- ___ Striking fang A, B
- ___ Crane Leap
- ___ Shackle Break A, B
- ___ Lunge Kick
- ___ Double Leg Sweep
- ___ Kicking set 3
- ___ Long 2

- ___ Review
- ___ Test Review
- ___ Test

- ___ Review
- ___ Test Review
- ___ Test

Date of Promotion ____-____-____