

American Karate Kung-Fu Studio

3115 E. Cleveland Blvd. Caldwell Id. 83605

MEN
WOMEN
CHILDREN

Private & Group Lessons
(208)454-9590



Awareness Training
Self-Confidence
Trim Body
Speed
Coordination
Power

Student's Name: _____

Scheduled Lesson: _____

BLUE BELT

- ___ Kung-Fu Cross
- ___ Divided Swords
- ___ Gift
- ___ Blocking The Sun
- ___ Wing Break
- ___ Breaking the Yoke
- ___ Flashing Wings
- ___ Snapping Twig
- ___ Prayer of death
- ___ Striking Serpent
- ___ Arcing Blades
- ___ Attacking the Wall
- ___ Returning Viper
- ___ Returning Thunder
- ___ The Serpent
- ___ Crescent Kick
- ___ Reverse Crescent Kick
- ___ Heel Hook
- ___ Kicking set Four

___ Short 3

- ___ Broken Staff
- ___ Circling Serpent
- ___ Chinese L Choke
- ___ Stretching the bow
- ___ Dance of Death
- ___ Knee Sweep
- ___ Sleeper
- ___ Thundering Hammers
- ___ Five Swords
- ___ Uncovering the Flames
- ___ U-Punch
- ___ Leap of Death
- ___ Two Headed Serpent
- ___ Double Blades
- ___ Inside Snap Kick
- ___ Sticky Hands
- ___ Drop & Kick
- ___ Long 3

- ___ Review
- ___ Test Review
- ___ Test

- ___ Review
- ___ Test Review
- ___ Test