

# 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 \_\_\_\_-\_\_\_\_-\_\_\_\_