

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 Time: _____

Green

- ___ Clawing Panther
- ___ Parting the Waves
- ___ Rocker
- ___ Three Winds Claw
- ___ The Phoenix
- ___ Thistle A. B.
- ___ Swinging Gate
- ___ Chinese Thumb Screw A. B.
- ___ Hidden Fist
- ___ Leveling the Clouds
- ___ Silkwind
- ___ Circling the Sun
- ___ Three Winds Fist
- ___ Kung-Fu Wrist
- ___ Retreating Phoenix A. B.
- ___ Chicken Kick ___ Double Crescent
- ___ Falling & Rolling ___ Ridge to Groin
- ___ Spinning Reverse Crescent
- ___ Mass Attacks

- ___ Plucking a Bird From the Sky
- ___ Guarding the Wall
- ___ Spear of Jade
- ___ Diving Hawk A.B.
- ___ Sleeves of China
- ___ Monkey Elbow
- ___ Striking Asp
- ___ Shooting Star
- ___ Grasping Talons
- ___ Circles of Glass
- ___ Japanese Hand A.B.
- ___ Flashing Daggers
- ___ Folding Wings
- ___ Crossing the Mountains
- ___ Darting Serpent
- ___ Spinning Heel Hook ___ Flying Rev.Crescent
- ___ Rear Hand Lead Sun ___ Spinning Backnuckle
- ___ Crescent Spinning Rev. Crescent
- ___ Finger Set

___ **REVIEW**
___ **TEST REVIEW**
___ **TEST**

___ **REVIEW**
___ **TEST REVIEW**
___ **TEST**

DATE OF PROMOTION ____ - ____ - ____