

# American Karate Kung-Fu Studio

3115 E. Cleveland Blvd. Caldwell, Md. 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: \_\_\_\_\_

Orange

- \_\_\_ Sumo
- \_\_\_ Japanese strangle hold A.B.C.
- \_\_\_ Blocking the kick A.B.
- \_\_\_ Headlock A.B.C.
- \_\_\_ Crash of the eagles 1
- \_\_\_ Pushing the circle A.B.
- \_\_\_ Tackle Techniques
- \_\_\_ Rising elbow
- \_\_\_ Opponents at sides
- \_\_\_ Dancer
- \_\_\_ Passing the horizon A.B.
- \_\_\_ Kimono grab
- \_\_\_ Lever A.B.
- \_\_\_ Crashing elbow
- \_\_\_ Bridge
  
- \_\_\_ Short one

- \_\_\_ Heel hook A.B.
- \_\_\_ Front bear hug A.B.C.
- \_\_\_ Circling elbows
- \_\_\_ Wrap around A.B.
- \_\_\_ Rocking elbows
- \_\_\_ Eagles beak A.B.C.
- \_\_\_ Scimitar
- \_\_\_ Flowing hands
- \_\_\_ Reverse hammer lock A.B.
- \_\_\_ Full nelson
- \_\_\_ Locking arms
- \_\_\_ Windmill guard
- \_\_\_ Aiming the spear
- \_\_\_ Anvil A.B.C.
- \_\_\_ Knee lift
  
- \_\_\_ Long one

- \_\_\_ REVIEW
- \_\_\_ TEST REVIEW
- \_\_\_ TEST

- \_\_\_ REVIEW
- \_\_\_ TEST REVIEW
- \_\_\_ TEST

DATE OF PROMOTION \_\_\_\_-\_\_\_\_-\_\_\_\_