



Kensho Jr White Belt

- 1. Stances**
 - a. Fighting stance**
 - b. Horse stance**
 - c. Safety stance**
- 2. Footwork**
 - a. Step/slide**
 - b. Slide/step (aka shuffle or replacement step)**
- 3. Punches**
 - a. Jab (also finger jab)**
 - b. Cross (also palm strike)**
 - c. Hammer fist**
- 4. Kicks – both legs**
 - a. Front kick**
 - i. Snap**
 - ii. Push**

Self – defense

- 1. Kenpo star blocks**

Up, In, Out, Down, Crane, Back Elbow, Push Down, Chamber

- a. One hand forward**
 - b. Both hands forward**
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- 2. Technique #1 – hammer fist feed**
 - a. High block with left hand while stepping back with right foot or stepping forward with left foot**
 - b. Right palm strike**
 - c. Right front kick**