



Kensho Jr Low Green Belt

1. Punches - Overhand
2. Kicks
 - a. Spin back kick
3. Partner Drills
 - a. 2 for 2 sparring drills – with pattern
 - b. 3 for 3 sparring drills – with pattern

Self-Defense

- a. Kenpo star blocks feed 1-3 alternating hands
 - i. Left hammer fist/up block
 - ii. Right straight punch/in block
 - iii. Left haymaker/out block

Weapons

1. Pai Pai
2. Cob Cob
3. Ikis
4. Uno Dos Quatro

Grappling

1. Falls from squatting position
 - a. Back
 - b. Side
 - c. Front – from knees
2. Introduce Rolling falls
 - a. Forward
 - b. Backward