

PANTHER KENPO KARATE STUDIO

300 Tilden Avenue * Mt Vernon, Ohio * (740) 392-3846
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Cycle 2 Techniques, January 29th – March 3rd

JUNIORS / LD	Week 1 & 3	Week 2 & 4	Week 5
Beginners - J101	Obscure Wing	Delayed Sword	Test
Intermediate - J201	Review	Review	Review
Advanced - J301	Dance of Darkness	Destructive Kneel	Test

Adults, Teens	Week 1 & 3	Week 2 & 4	Week 5
Beginners K101	Review	Review	Review
Intermediate K201	Conquering Shield	Dominating Circles	Test
Advanced K301	Bowing to Buddha	Prance of the Tiger	Test

- ☉ Test week for cycle two is February 27th – March 3rd
- ☉ Testing is done on the 2nd class of the week.
- ☉ To do lists are due at the 2nd class of each week.

Parts That Hurt

Eyes – Organs that detect light and send electrical impulses along the optic nerve to the visual and other areas of the brain.

Terminology / Concepts / Principals

- 1) Open-end Triangle
- 2) Opposing Forces
- 3) Optimum Angle of Incident
- 4) Orbital Switch

Character Development

(If you're lucky, people will judge you by your character and not just by your appearance!)

- 1) Attitude
The way you feel about particular events or situations.
- 2) Awareness
Knowing what is going on around you.
- 3) Caring
To be interested or concerned about someone or something.
- 4) Character
The sum of all the qualities that make you who you are.

"A BLACKBELT IS A WHITE BELT THAT NEVER QUIT"