

PANTHER KENPO KARATE STUDIO

300 Tilden Avenue * Mt Vernon, Ohio * (740) 392-3846
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Cycle 10 Techniques, November 17th – December 21st

JUNIORS / LD	Week 1 & 3	Week 2 & 4	Week 5
Beginners - J101	Scraping Hoof	Crashing Wings	Test
Intermediate - J201	Conquering Shield	Locked Wing	Test
Advanced - J301	Dance of Darkness	Destructive Kneel	Test
Advanced – J401	Thrusting Lance	Raining Lance	Test

Adults, Teens	Week 1 & 3	Week 2 & 4	Week 5
Beginners K101	Crossing Talon	Crossed Twigs	Test
Intermediate K201	Locked Wing	Wings of Silk	Test
Advanced K301	Thrusting Lance	Raining Lance	Test

- ☉ Test week for cycle nine is December 15th – 21st
- ☉ 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

Shin – the front part of the human leg between the knee and the ankle

Terminology / Concepts / Principals

- 1) Ghost Image
- 2) Line of Sight
- 3) Marriage of Gravity
- 4) Mental Distraction

Character Development

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

- 1) Sincerity
To be real and genuine.. not fake..
- 2) Teamwork
Working together to achieve a common goal.
- 3) Tolerance
Ability to accept values, practices or beliefs that differ from your own.
- 4) Trustworthiness
To be worthy of someone's trust.

“A BLACKBELT IS A WHITE BELT THAT NEVER QUIT”