

Gulf Coast Kenpo Karate Inc.

A Lee Wedlake Studio

CYCLE # 8

Sept 8 - Oct 11

Children's Job Lists due Week 5: [Pick up here or download from the website. www.gulfcoastkenpo.com](http://www.gulfcoastkenpo.com)

CYCLE # 8 TECHNIQUES			
Adults/Teens	WEEK 1 & 3	WEEK 2 & 4	WEEK 5
Beginners / K101	Crashing Wings	Scraping Hoof	Testing
Intermediate / K201	Review	Review	Testing
Advanced K301	Dance of Death	The Back Breaker	Testing
Expert / 401	Circle of Doom	Detour from Doom	Testing
Juniors			
Beginners / K101	Delayed Sword	Obscure Wing	Testing
Intermediate / K102	Review	Review	Testing
Skilled / 201	Glancing Spear	Desperate Falcons	Testing
Advanced / K202	Thundering Hammers	Flashing Wings	Testing
Junior Black	See " Adult Expert" requirements above		

WEEK 5: Testing for stripes and promotions. Juniors must turn in a Job List. Intermediate and above teens/adults must have a current CPR card. Intent to Promote forms will be given upon successful completion of the belt and be turned in ASAP.

Parts that Hurt:

Radial Nerve

Message of the Week:

1) Respect 2) Courtesy 3) Character 4) Dependability

Terminology/Concepts/Principles

1) Bob 2) Weave 3) Jab (snap) 4) Thrust (cross)

BBT Techniques

Lock types