



*American Kenpo*  
24 Belt Technique System



## 2nd Brown Belt Requirements

### Self Defense Techniques:

1. Glancing Spear..... Right grab to left wrist; front
2. Thrust into Darkness..... Right step-through punch; left rear flank
3. Circling Fans..... Left-right punch combination; front
4. Rotating Destruction..... Right front kick - left spinning back kick
5. Falcons of Force..... Two men, Shoulder grabs; both sides
6. The Bear and the Ram..... Two men, Rear bear hug, front punch
7. Raining Lance..... Right step-through overhead knife; front
8. Desperate Falcons..... Two-hand wrist grab; front
9. Leap of Death..... Right step-through punch; front
10. Protecting Fans..... Left-right punch combination; front
11. Deceptive Panther..... Right snap kick - roundhouse kick comb.
12. Courting the Tiger..... Two men, wrist grabs, both sides
13. Gathering of the Snakes..... Two men, left punch-front; right punch rear
14. Glancing Lance..... Knife thrust, high; front
15. Dominating Circles..... Right off-set grab to right shoulder; front
16. Destructive Fans..... Right step-through punch; left flank
17. Unfurling Crane..... Left-right punch combination; front
18. Grasping Eagles..... Two men, right arm grab, rear; lapel grab front
19. Parting of the Snakes..... Two men, rear push into a right punch
20. Thrusting Lance..... Knife thrust, low; front
21. Blinding Sacrifice..... Two-hand grab or choke; front
22. Snakes of Wisdom..... Two men, left & right shoulder grabs; sides
23. Entwined Lance..... Right knife thrust, high; front
24. Falling Falcon..... Right grab to left lapel; front

### KICKS

1. Front Thrust Kick (heel of foot)
2. Reverse Spinning Stiff-Leg Reap
3. Sliding Wheel Kick (S.W.K.)
4. S.W.K. - Spinning Outward Crescent
5. S.W.K. - Reverse Spinning Wheel Kick
6. S.W.K. - Jumping Wheel Kick
7. S.W.K. - Jumping Spinning Crescent

8. S.W.K. - Jumping Wheel Kick
9. Spring Side Thrust Kick
10. Spring Back Thrust Kick
11. Spring Heel Hook
12. Spring Wheel Kick
13. Jump Spinning Heel Hook
14. Wheel - Jump Wheel Kick

### SETS AND FORMS

- Two-Man Set  
(both sides)  
Long Form #4