



American Kenpo
24 Belt Technique System

3rd 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. Snapping Calf Raise
2. Outward Roundhouse Kick
3. Hopping Front Thrust Kick
4. Sliding Front Thrust Kick
5. Front Leg Reap (replacement)
6. Rear Leg Reap (step through)
7. Front Crossover Stomp

8. Rear Crossover Stomp
9. Reverse Spinning Wheel Kick
10. Jump Spinning Back Kick
11. Jump Spinning Crescent Kick
12. Crescent-Jump Spinning Crescent
13. Front Kick - Jump Spinning Back Kick
14. Wheel Kick - Jump Spinning Back Kick

SETS AND FORMS

- Striking Set #2
- Stance Set #2
- Long Form #3