



American Kenpo
24 Belt Technique System

Blue Belt Requirements



Self Defense Techniques:

1. Begging Hands..... Two hand wrist grab; front
2. Thrusting Wedge..... Two hand push, high; front
3. Flashing Wings Right step-through punch; front
4. Hugging Pendulum..... Right thrusting knife-edge kick; front
5. Repeated Devastation..... Full nelson
6. Entangled Wing..... Right figure-four lock; front
7. Defying the Storm..... Right step-through roundhouse club
8. Raking Mace..... Two-hand lapel grab, pulling in; front
9. Snaking Talon..... Two hand push, or double punch; front
10. Shield and Mace..... Right step-through punch; front
11. Retreating Pendulum..... Right thrusting heel (back) kick; front
12. Tripping Arrow..... Bear hug, arms free; front
13. Fallen Cross..... Two-hand choke; rear
14. Returning Storm..... Right backhanded club; front
15. Crossed Twigs..... Two-hand wrist grab; rear
16. Twist of Fate..... Two-hand push; front
17. Flashing Mace..... Right step-through punch; front
18. Gift of Destiny..... Handshake (sucker punch); front
19. Wings of Silk..... Elbow pin, (double hammerlock)
20. Gripping Talon..... Left grab to right wrist; front
21. Gathering Clouds..... Right step-through punch; front
22. Destructive Twins..... Two-hand choke, pulling in; front
23. Broken Ram..... Tackle; front
24. Circling the Horizon..... Right step-through punch; front

KICKS

1. Slicing Knife-edge
2. Inward Crescent Kick
3. Outward Crescent Kick
4. Front Scoop Kick
5. Front Leg Sweep (replacement)
6. Rear Leg Sweep (step-through)
7. Spinning Heel Hook

8. Inward Crescent - Side Thrust
9. Shuffle Side - Spinning Back Comb.
10. Front-Wheel-Spinning Back Kick
11. Wheel Kick - Back Kick Comb.
12. Shuffle Outward Crescent Kick
13. Jump Wheel Kick
14. Rear Chicken Kick

SETS AND FORMS

- Kicking Set #1
Short Form #1 (both sides)