



American Kenpo
24 Belt Technique System

Green Belt Requirements



Self Defense Techniques:

1. Obscure Claws..... Left hand shoulder grab; right flank
2. Encounter with Danger..... Two hand push, falling; front
3. Circling Destruction..... Left step-through punch; front
4. Detour from Doom..... Right roundhouse kick; front
5. Squatting Sacrifice..... Bear Hug, arms free; rear
6. Escape from Death..... Forearm strangle; rear
7. Brushing the Storm..... Overhead club attack; right flank
8. Menacing Twirl..... Belt grab; rear
9. Leap from Danger..... Two-hand push, falling; rear
10. Circles of Protection..... Right overhead punch; front
11. Circle of Doom..... Right front kick; front
12. Broken Gift..... Handshake (sucker punch); front
13. Heavenly Ascent..... Two-hand choke, pulling in; front
14. Capturing the Storm..... Overhead club; front
15. Conquering Shield..... Left grab to right lapel; front
16. Taming the Mace..... Right step-through punch; against wall
17. Twirling Sacrifice..... Full nelson
18. Cross of Death..... Two-hand cross-choke; front
19. Securing the Storm..... Right roundhouse club; front
20. Intercepting the Ram..... Tackle; front
21. Kneel of Compulsion..... Right step-through punch; right flank
22. Clipping the Storm..... Right club thrust to midsection; front
23. Glancing Wing..... Right uppercut; front
24. The Back Breaker..... Right step-through punch; right flank

KICKS

1. Front Shovel Kick
2. Rear Stiff Leg Raise
3. Reverse Snap Kick (hoof kick)
4. Round house Heel Kick
5. Downward Roundhouse Kick
6. Inward Check Kick (instep)
7. Outward Check Kick (knife-edge)

8. Inward Check - Replacement Wheel
9. Jump Back Kick
10. Jump Side Thrust Kick
11. Jump Heel Hook Kick
12. Jump Front Thrust Kick
13. Jump Inward Crescent
14. Flying Side Kick (flying dragon)

SETS AND FORMS

- Coordination Set #2**
- Long Form #2**
- Short Form #3**