



American Kenpo
24 Belt Technique System

Orange Belt Requirements



Self Defense Techniques:

- 1. Clutching Feathers Left hand hair grab; front
- 2. Triggered Salute..... Right hand push to left shoulder; front
- 3. Dance of Death..... Right straight punch; front
- 4. Thrusting Salute..... Right step-through front kick; front
- 5. Gift of Destruction..... Handshake (sucker punch); front
- 6. Locking Horns..... Headlock; front
- 7. Lone Kimono..... Left hand lapel grab; front
- 8. Glancing Salute..... Right hand push to right shoulder; front
- 9. Five Swords..... Right step-through roundhouse punch
- 10. Buckling Branch..... Left step-through front kick; front
- 11. Scraping Hoof..... Full Nelson
- 12. Grip of Death..... Right arm headlock; left flank
- 13. Crossing Talon..... Right grab to right wrist; front
- 14. Repeating Mace..... Left hand push to chest; front
- 15. Shielding Hammer..... Left step-through hooking punch; front
- 16. Striking Serpent's Head..... Bear hug, arms free; front
- 17. Locked Wing..... Right hammerlock
- 18. Obscure Wing..... Left hand shoulder grab; right flank
- 19. Reversing Mace..... Left step-through straight punch; front
- 20. Thrusting Prongs..... Bear hug, arms pinned; front
- 21. Obscure Sword..... Left hand shoulder grab; right rear flank
- 22. Twisted Twig..... Wrist lock; front
- 23. Raining Claw..... Right uppercut punch; front
- 24. Crashing Wings..... Bear hug, arms free; rear

KICKS

- 1. Front Knee Thrust
- 2. Front Thrust Kick (ball of foot)
- 3. Side Thrust Kick (front)
- 4. Rear Thrust Kick (back kick)
- 5. Rear Scoop Kick
- 6. Front Kick - Back Kick Comb.
- 7. Front Kick - Wheel Kick Comb.

- 8. Front Kick - Roundhouse Comb.
- 9. Front Kick - Side Kick Comb.
- 10. Front-Back-Side-Wheel Kick Comb.
- 11. Front Crossover Wheel Kick
- 12. Front Cross Snapping Knife-edge
- 13. Rear Crossover Back Kick (shuffle)
- 14. Rear Crossover Canted Side Kick

SETS AND FORMS

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