



American Kenpo
24 Belt Technique System

Purple Belt Requirements



Self Defense Techniques:

- 1. Twirling Wings..... Two-hand shoulder grab; rear
- 2. Snapping Twig Left hand chest push
- 3. Leaping Crane..... Right step-through punch; front
- 4. Swinging Pendulum Right roundhouse kick; front
- 5. Crushing Hammer..... Bear hug, arms pinned; rear
- 6. Captured Leaves..... Finger lock; right front flank
- 7. Evading the Storm Overhead club attack; front
- 8. Charging Ram..... Tackle; front
- 9. Parting Wings..... Two hand push; front
- 10. Thundering Hammers..... Right step-through punch; front
- 11. Squeezing the Peach..... Bear hug, arms pinned; rear
- 12. Circling Wing..... Two-hand choke, arms bent; rear
- 13. Calming the Storm..... Step-through roundhouse club; front
- 14. Darting Mace..... Two-hand wrist grab; front
- 15. Hooking Wings..... Two-hand push, low; front
- 16. Shield and Sword..... Left step-through punch; front
- 17. Gift in Return..... Handshake (sucker punch); front
- 18. Bow of Compulsion..... Right wrist lock, chest pin; front
- 19. Obstructing the Storm..... Right step-through overhead club; front
- 20. Twin Kimono..... Two-hand lapel grab
- 21. Sleeper..... Right step-through straight punch; front
- 22. Spiraling Twig..... Bear hug, arms free; rear
- 23. Cross of Destruction..... Two hand choke; rear
- 24. Flight to Freedom..... Right hammerlock

KICKS

- 1. Thrusting Sweep Kick (instep)
- 2. Hooking Heel Kick
- 3. Spinning Side Kick
- 4. Heel Hook - Wheel Kick Comb.
- 5. Wheel Kick - Heel Hook Comb.
- 6. Rear Cross Hooking Heel Kick
- 7. Spinning Back Kick

- 8. Dropping Back Kick
- 9. Replacement Canted Side Kick
- 10.. Replacement Wheel Kick
- 11. Jump Front Snap Kick
- 12. Front Chicken Kick
- 13. Gravity Side Kick (pull-drag)
- 14. Gravity Wheel Kick (pull-drag)

SETS AND FORMS

- Finger Set #1
- Coordination Set #1
- Long Form #1