



American Kenpo
24 Belt Technique System



Yellow Belt Requirements

Self Defense Techniques:

1. **Delayed Sword:** *right grab to your left lapel; front*
2. **Alternating Maces:** *two hand push, low; front*
3. **Sword of Destruction:** *left roundhouse punch; front*
4. **Deflecting Hammer:** *right front step-through kick, front*
5. **Captured Twigs:** *bearhug, arms pinned; rear*
6. **The Grasp of Death:** *headlock; left flank*
7. **The Storm:** *overhead club attack; front*
8. **Mace of Aggression:** *two hand lapel grab, pulling in; front*
9. **Attacking Mace:** *right thrust punch; front*
10. **Sword and Hammer:** *left grab to right shoulder; right flank*

Yellow Belt Freestyle Techniques

1: B1a 2: B1b 3: B2a 4: B2b 5: B3a 6: B3b 7: B4a 8: B4b

Kicks

1. Front Snap Kick
2. Rear Snap Kick
3. Side Snap Kick
4. Wheel Kick
5. Side Thrust Kick
6. Roundhouse kick

Blocks

1. Inward Block
2. Extended Outward Block
3. Vertical Outward Block
4. Upward Block
5. Downward Block

Stances

1. Attention
2. Natural Stance
3. Training Horse
4. Meditating Stance
5. Fighting Horse
6. Forward Bow
7. Close Kneel
8. 45 degree Cat Stance

Sets and Forms

1. Blocking Set #1
2. Short Form 1 *right side*