

WHITE TIGER KENPO

1st Black Belt Manual



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White Tiger Kenpo

1st Black Belt Requirement

1. Evasion of the Dragon _____ Right overhead club
2. Bowing to the Dragon _____ Right Left straight punch
3. The Dragons Hammer _____ Right straight punch, left grab
4. The Dagger AB _____ Right straight punch
5. Mantis _____ Cross arm wrist grab
6. Dancing Mantis _____ Right or left punch from the side
7. Sticks of Satin AB _____ Right overhead club attack
8. Vipers Coil _____ Right hammerlock from behind
9. Advancing Hammers _____ Right straight punch
10. Sweeping Arm Hook _____ Roundhouse Club
11. Snapping Twigs _____ shoulder with right punch
12. Breaking the Yoke _____ Right straight punch
13. Prayer of Death _____ Right kick to face (defense from kneeling position)
14. Caught in the Nettles _____ Right punch with right kick
15. Crane defends its Nest _____ Offensive motion
16. Dancing Dragon _____ Right straight punch
17. Capturing the Wind _____ Right straight punch
18. Swinging Pendulum _____ Right Front Snap Kick
19. Twisting Staves _____ Front Snap Kick
20. Guiding the Staff _____ Right straight punch back against the wall
21. Cyclone _____ Left straight punch
22. Double Spears ABCD _____ Left straight punch
23. Destructive Wind _____ Left straight punch
24. Whirling Thorn _____ Right overhead knife attack
25. Thunder in Darkness _____ Right straight punch
26. Advancing Storm AB _____ Right straight punch
27. Attacking Mantis _____ Right straight punch
28. Dance of the Dragon _____ Right left or left right straight punch
29. Praying at the Wall _____ Right hook punch against wall
30. Dance of the Crane _____ Push followed by a right punch

1. Evasion of the Dragon: overhead club

Defense:

Step with left foot to 10:30 with a windmill block then a right side thrust kick followed by a left elbow to the back of the head the follow up with a right forearm to throat and a left round knee to back with a right elbow to chest.





2. Bowing to the Dragon: right, left punch

Defense:

Right foot steps to 1:00 with a right inward block followed by a right coming block with a left hand check on opponent's right arm. Using the same motion with the right hand go into a Right hammerfist to groin followed by a right Backfist to face then the right hand grabs hair from behind and throws opponent forward as right leg sweeps back opponents right leg out.





3. The Dragons Hammer: right punch, left grab

Defense:

Left extended outward block, right hammerfist to opponent's left radial nerve step right to 12:00 grab chin and hair and push forward, then dancer step left as you drop to left knee



4. The Dagger AB: right punch

Defense A:

Step right to 12:00 right inward block then with a circular figure 8 motion go into a right chop to neck or collar bone. Using the same continuous motion do a right downward elbow strike to sternum followed by a right roll over hammerfist to groin followed up by a right swinging Backfist through head then a left heel palm down center line of opponents body. Followed by a spinning back kick





Defense: B

Step right to 12:00 right inward block then with a circular figure 8 motion go into a right chop to neck or collar bone then a upward right heel palm strike through jaw then a right downward elbow to solar plexus followed by a right hammerfist to groin then a right back hand to side of face with a left heel palm, to body of opponent, left front snap kick, followed by a roundhouse kick to leg

