

WHITE TIGER KENPO

2nd Brown Belt Manual



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2nd Brown Belt Requirement

1. The Bladed Gift _____ Right roundhouse club
2. Rocker ABC _____ Cross body push
3. Circling the Sun AB _____ Left right straight punch
4. Leveling the Clouds _____ Left straight punch
5. Broken Wing _____ Straight arm wrist grab with punch
6. Catching the Dragons Tail _____ Front snap kick
7. Monkey Elbow _____ Right straight punch from right side
8. Striking Asp _____ Two hand grab from front
9. Dragon Whips its Tail _____ Right hook punch
10. Pushing the Circle _____ Straight arm wrist grab
11. Circles of Glass _____ Right left or left right straight punch
12. Japanese Hand AB _____ Straight on push
13. Waterwheel _____ Right punch
14. Tumbling Clouds _____ Right thrusting knife attack
15. Soaring Hawk _____ Double wrist grab from behind
16. Dragon Flicks its Tongue _____ Roundhouse Kick
17. Reversing the Cobra _____ Reversal for Guillotine choke
18. Covering the Flame AB _____ Gun
19. Cobra and the Mongoose AB _____ Right thrusting knife
20. The Crane Stretches its Wings _____ Right straight punch
21. Dance of the Mongoose AB _____ Right roundhouse club, catching on back swing
22. Offers of Dust AB _____ back swing club attack
23. Ming's Sword _____ Right thrusting knife attack
24. Chinese Fan _____ Right thrusting knife attack
25. Locking the Gate _____ Right thrusting knife attack
26. Circle of Fire _____ 3 man attack
27. Circle of Steel _____ 3 man attack
28. Hands of Death _____ 3 man attack
29. Moment of Truth _____ 3 man attack
30. Fallen Circle _____ 3 man attack

Skylight Staff

1. The Bladed Gift: right roundhouse club

Defense:

Step right to 12:00 followed by a Double blade block, bring arm across center line. Pivot around to grab wrist to go into a Sankyo wrist lock then left hand grabs wrist, grab fingers and reverse the lock for a takedown



2. Rocker ABC: cross body push

Defense A:

Left foot steps forward, right wrist pins opponents arm, left forearm strike to elbow your right hand grabs your left hand. Finish up with arm bar with take down.



Defense: B

Left foot steps forward, right wrist pins opponents arm, left forearm strike to elbow your right hand grabs your left hand. Then dancer back right to 6:30 and throw Opponent Down.



Defense: C

Left foot steps forward, right wrist pins opponents arm, left forearm strike to elbow your right hand grabs your left hand. Figure 4 lock takedown forward Leg Arm Bar





3. Circling the Sun AB: Left, right punch

Defense A:

Step back left to 6:00 into a right cat followed by Crossing the Mountain, then step right to 12:00 right eye shoot then a right Backfist to face then do a left step through stomp kick to knee following up with a right front thrust kick to other knee.





Defense: B

Step back left to 6:00 into a right cat followed by two right hooking block, step right to 12:00 right corkscrew Backfist then a right elbow to face followed by a right hammerfist to groin. Shuffle to 12:00, left elbow strike to ribs followed by a left chop to neck then hook head followed by a right hammerfist to mastoid left knee to body





4. Leveling the Clouds: left punch

Defense:

Step right to 2:30 as you do a left threading the needle with a right heel claw through face followed by a right back knuckle to face then right heel palm to elbow then a figure 4 lock takedown follow up with a forward leg arm bar

