

WHITE TIGER KENPO

3rd Brown Belt Manual



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3rd Brown Belt Requirement

1. Spinning Hammers _____ Right straight punch, from right side
2. Dance of Death _____ Right punch
3. Leap of Death _____ Right straight punch
4. Miss of the Leap ABC _____ Right straight punch
5. Eagle Claw _____ Right straight punch from right side
6. Eagle Miss AB _____ Right straight punch from right side
7. Foot Rake _____ Offensive movement, opponent rising from ground
8. Sleeper AB _____ Right straight punch
9. Startled Cat _____ Right overhead club attack
10. Manchurian Takedown AB _____ Right grab to left shoulder
11. Shaolin Warrior AB _____ Right straight punch
12. Springing Tiger AB _____ Right straight punch
13. Raking the Ground _____ Offensive motion, opponents rising from the ground
14. Slicing Knee _____ Offensive kick against a boxers lead
15. Beggar Points the Way _____ Front two hand choke
16. Eagles Talon _____ Right straight punch from right side
17. Crossing Darts _____ Gun
18. Bending the Staff _____ Right straight punch
19. Dropping the Staff _____ Right straight punch
20. The Escape ABC _____ Right left hook punch
21. Uncovering the Flame AB _____ Gun
22. Opening the Fan AB _____ Right straight punch
23. Double Blades _____ Right roundhouse club
24. Clawing Panther _____ Right straight punch
25. Wind Storm AB _____ Right straight punch
26. 3 Winds Claw _____ Left right straight punch
27. 3 Winds Fist _____ Left right straight punch
28. Chinese Cobra AB _____ Right left straight punch
29. Spider Captures its Pray _____ Right grab to left shoulder with a left punch
30. Taming the Cobra _____ Right shoulder grab, left punch

Dark Room Staff Long 4

1. Spinning Hammers: right punch, from right side

Defense:

Right flex bloc with a left parry followed by a right middle knuckle rake through ribs then left foot sweeps to 3:00 followed by the right foot sweeping to 4:30. Right backhand while left hand covers followed by a right inverted punch. (Shuffle in if you need to)





2. Dance of Death AB: (A) right punch, left lead (B) right punch, right lead

Defense: A

Left foot steps to 10:30, left parry, right ridge hand to groin then left hand grabs leg as you do a right forearm smash to hip. Pull up on leg while you push down on hip taking opponent down to the ground. Then you will strike with a right back knuckle to inside of left thigh, then to inside of right thigh followed by a right chop to groin. Both hands will then grab ankle, roll opponent over onto stomach followed by a left heel stomp to base of spine then left foot stomps through ribs followed by a right chop to base of neck you will then do a right foot stomps between shoulder blades following up with a right side thrust to face.









3. Leap of Death: right punch

Defense:

Left foot steps to 10:30 along with a right threading the needle, left heel palm through elbow followed by a left Backfist through rib cage. Then the left hand grabs opponent right tricep tendon as right hand applies lock. Dancer right foot back to take opponent down to the ground once the opponent is down leap onto opponent using a double heel stomp on each side of the kidneys followed by a double heel palm to back of head then right claw to eyes as you turn head towards you followed by a right chop to bridge of nose then a left knee drop, right roundhouse kick to face







4. Miss of the Leap ABC: right punch

Defense A:

Left foot steps to 10:30 along with a right threading the needle. Left heel palm through elbow followed by a left backfist through rib cage, followed by a right knee to rib cage.

