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# White Tiger Kenpo

## Blue Belt Requirements

1. Evading the Storm-----Right punch
2. Bridging the Gab----- Two hand push
3. Advancing Phoenix AB----- Left grab, right punch
4. Two Headed Serpent AB----- Front two hand choke
5. Reversing Grasp AB----- Cross Arm Wrist Grasp
6. Reaching for the Moon AB----- Left grab to right shoulder, right foot forward
7. Flashing Daggers ABC----- Two hand grab or push
8. Bending the Limb AB----- Cross grab two hand on one wrist
9. Wrap Arouds ABC ----- Two man attack shoulder grabs
10. Crouching Falcon----- Two hand push or reach to choke
11. Darting Serpent----- Two hand push or reach to choke
12. Silk Wind (Winding Silk) ----- Interlocked arms from behind
13. Capturing the Leaves----- Counter against finger lock
14. Crossing the Lock AB----- Double Wrist Grab
15. Darkness AB----- (A) Right punch from left side (B) Right straight punch
16. Spinning from the Sun AB----- Right overhead club attack
17. Folding Wings----- Two man attack shoulder grab
18. Vise----- Right Punch
19. Dancing with the Flame AB----- (A) Gun (B) Right thrusting knife
20. Stretching the Bow ABC ----- Right straight punch
21. Arcing Blades ----- Right straight punch
22. Circle of China----- Front kick while down on left knee
23. Calming the Storm ----- Right straight punch
24. Returning Thunder----- Offensive kick
25. Chokes and Strangles Part II ABCD----- Chokes from a standing position
26. The Serpent----- Front Snap Kick
27. Broken Staff ----- Shoulder grab from side
28. Circling Serpent AB ----- Right straight punch
29. Chinese “L” Choke AB----- Two hand choke from behind
30. 5 Swords AB----- Right straight punch

**Short 3**  
**Long 2**

### 1. Evading the Storm: Right punch

**Defense:**

Left steps to 10:30, right threading the needle followed by a right roundhouse kick to groin then a left inverted punch to ribs follow up with a left knee to thigh, right knee to body.



**2. Bridging the Gap: Two hand push**

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**Defense:**

Right foot shuffles to 12:00 as you do a double hooking block, to inside of wrists followed by double vertical punches to ribs then a double back knuckle to temple double finger strike into eyes.



**3. Advancing Phoenix AB: right punch, left hand grab**

**Defense A:**

Left hand pins opponent's left hand, right inward block to right punch, right front snap kick to groin. Drive right elbow into opponent left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.



**Defense B:**

Left hand pins opponent's left hand, right forearm strike to outside of opponent left elbow, right front snap kick to groin. Drive right elbow into opponents left arm followed by a right uppercut elbow strike to chin then a right downward claw to face.



#### 4. Two Headed Serpent AB: two hand choke

**Defense A:**

Step right to 12:00 followed by a U punch to 12:00, step right to 3:00 with a left parry, right vertical outward block then a left eye strike followed up with a right punch to ribs



**Defense B**

Step right to 12:00 followed by a U Punch to 12:00 then step right to 3:00 with a left parry, right vertical outwards block then left hand grabs behind head, right heel palm to jaw turn head as you drop opponent onto your knee left elbow to chest



**5. Reversing Grasp AB: wrist grab**

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**Defense: A**

Right hand circles to outside pulling back into chamber breaking opponents grip. Then throw a right Vertical Punch to ribs followed by a knuckle rake to face then a right forearm strike to head. Right hand hooks behind neck, pulling opponent face into left knee then a left elbow strike between shoulder blades. Left hand hooks chin, twist chin CCW to throw or break opponents neck

