



# White Tiger Kenpo Jujits

## Yellow Belt



<b>1. Attacking the Circle ABC:</b> <i>foot work</i>	<b>KICKS</b>
<b>2. Stop Hit ABCDE:</b> <i>right punch</i>	Front Snap Kick
<b>3. Chinese Sword AB:</b> <i>A) right B) left punch</i>	Side Snap Kick
<b>4. Delayed Sword AB:</b> <i>right punch</i>	Back Kick
<b>5. Knee of Vengeance:</b> <i>two hand push</i>	Front Kick Back Kick
<b>6. Fang of the Cobra:</b> <i>two hand choke</i>	Side Thrust Kick
<b>7. Twisting Talon ABCD:</b> <i>AB) straight CD) cross grab</i>	Step Wheel Kick
<b>8. Returning Dragon:</b> <i>left grab, right shoulder</i>	Turning Back Kick
<b>9. Breaking the Sword AB:</b> <i>handshake</i>	Round House Kick
<b>10. Kenpo Shield AB:</b> <i>right/left punch</i>	Forward Leg Wheel Kick
<b>11. Arm Bar:</b> <i>left grab, right punch</i>	Crossing Back Kick
<b>12. Japanese Strangle Hold AB:</b> <i>choke hold</i>	
<b>13. Driving Elbow:</b> <i>bearhug from behind</i>	<b>BLOCKS</b>
<b>14. Crossing Guard:</b> <i>offensive motion</i>	Inward Block
<b>15. Circling Thorn:</b> <i>right thrusting knife</i>	Scissor Block
<b>16. Windmill Guard ABC:</b> <i>A) right B) left C) club</i>	Upward Block
<b>17. Scooping the Kick ABCD:</b> <i>(AB) Right (C) Left (D) Left Kick with jab</i>	Extended Outward Block
<b>18. Dancer ABC:</b> <i>two hand grab behind</i>	
<b>19. Opponents at Sides ABCD:</b> <i>two man attack side</i>	
<b>20. Returning Serpent:</b> <i>two hand grab</i>	