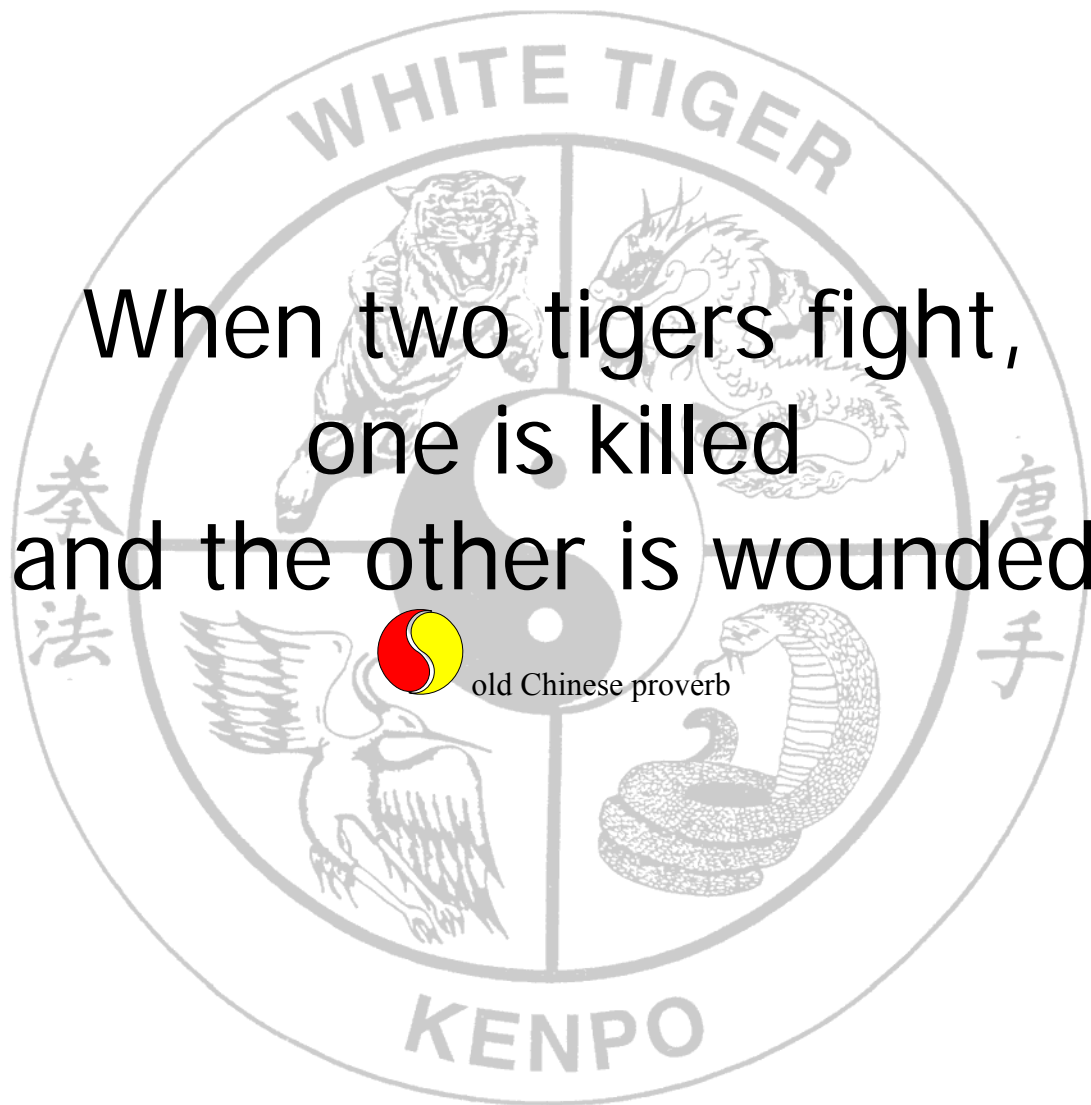


WHITE TIGER KENPO

Yellow Belt Manual





When two tigers fight,
one is killed
and the other is wounded



old Chinese proverb

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Yellow Belt

Welcome to the White Tiger Kenpo Jujits system and congratulations on your choice. This will be the first earned rank or belt and to some the hardest to obtain. We will help you every step of the way through this belt and if you have any questions please feel free to contact us at any time and we will answer your questions. But let's try to get some of the more common questions out of the way now.

Yellow Belt is made up of 20 techniques with some having variations, as well as 5 blocks and 10 kicks. In order to be ready to test you must have all the techniques as well as the blocks and kicks memorized. You must also have an understanding of how the technique works and be able to demonstrate the technique on someone else. At this point we are not worried about the speed of execution just the mechanical aspect of it. So we want to make sure you understand what you are doing and why you are doing it.

In this belt we will cover basic counters for grabs and punches, which will also teach you basic footwork and power patterns. You will also have to learn 4 falls and rolls as well as to locks.

This manual is not meant to replace a White Tiger Kenpo certified instructor, or certified video instruction directly with White Tiger Kenpo. Please feel free to take notes and fill in the blanks. For any of the kicks or blocks that you are unsure of how to do please refer to our Basics Manual. visit our website www.KenpoJujits.com

Keep the Kenpo Flame
Leann Rathbone 4th Black

Special Thanks to my student John Lafleur for helping with the pictures that were used in this manual.

White Tiger Kenpo

Yellow Belt Requirements

Techniques

1. Attacking the Circle ABC
2. Stop Hit ABCD
3. Chinese Sword AB
4. Delayed Sword AB
5. Knee of Vengeance
6. Fang of the Cobra
7. Twisting Talon ABCD
8. Returning Dragon
9. Breaking the Sword AB
10. Kenpo Shield AB
11. Arm Bar
12. Japanese Strangle Hold AB
13. Driving Elbow
14. Crossing Guard
15. Circling Thorn
16. Windmill Guard ABC
17. Scooping the Kick ABCD
18. Dancer ABC
19. Opponents at Sides ABCD
20. Returning Serpent

Blocks

1. Scissor Block
2. Extended outward block
3. Inward Block
4. Upward Block
5. Downward Block

Kicks

1. Front Snap Kick
2. Side snap Kick
3. Back Kick
4. Step wheel Kick
5. Turning Back Kick
6. Round House Kick
7. Forward Leg Wheel Kick
8. Crossing Back Kick
9. Side Thrust Kick
10. Front Kick Back Kick

Locks

Inside Wrist Lock
Outside Wrist Lock

Falls & Rolls

Side fall
Back fall
Forward roll
Front fall

1. Attacking the Circle ABC

This technique is to teach you footwork and how to use the clock system and to move from one place to the next always keeping a reference point for your next move or opponent.

Defense: A (these are all your 90-degree angles)

Slide you right foot to 12:00, 3:00, 6:00, 9:00 using your left foot, each time coming back to center. Make sure that each time you are stepping into a fighting horse stance followed by a chop to the throat then a chop to the groin.





Defense: B (using your hard bow)

At each of the 45deg. Angles you want to do an Extended Outward Block followed by a Reverse punch. You want to make sure that each time you move you are in a fighting stance and as every punch is thrown you pivot to hard bow. The time zones are 2:30, 4:30, and 6:30, 10:30





Defense C: Making up your own Attacking the Circle

On this version of Attacking the Circle we want you to make up your own version. You have 4 opponents that you will place somewhere in the Circle. Using the Techniques you will learn in this belt as well as in group class write down and practice how they will attack you and how you will defend yourself. This does not have a right or wrong answer we just want you to start thinking about how techniques can work together and how you can apply them. This will be on your Yellow belt Test. Using the circle below place where your opponents will be as well as how they are going to attack (Such as do they have a weapon are they going to kick or punch you). Then using the space for notes below the circle right out how you will defend yourself.

2. Stop Hit ABCDE: right punch

Defense: A

Forward left to 12:00 into a Fighting Horse Stance. Left Deflection Block with a trap or grab (this is also called Threading the Needle) you will simultaneously throw a right vertical punch to the face.



Defense: B

Forward left to 12:00 into a Fighting Horse Stance. Left Deflection Block with a trap or grab (this is also called Threading the Needle) you will simultaneously throw a heel palm to face.



Defense: C

Forward left to 12:00 into a Fighting Horse Stance. Left Deflection Block with a trap or grab (this is also called Threading the Needle) you will simultaneously throw a right Upper Cut Elbow to jaw or Sternum.



Defense: D

Left Deflection Block with a trap or grab (this is also called Threading the Needle) as you step forward into a softbow going into a square horse stance as you simultaneously throw a right hammerfist to temple.



Defense: E

Left Deflection Block with a trap or grab (this is also called Threading the Needle) as you step forward to softbow going into a square horse stance as you simultaneously throw a right chop to neck.



3. Chinese Sword AB: right or left punch

Defense A:

Right foot to 12:00 as you do a right sweeping inward block then with the same continuous motion right chop to neck or collarbone, Following through into a softbow. This is your first introduction into a figure eight motion.



Defense B:

Right foot steps forward to 12:00 as you do a right inward sweeping block followed by a right back knuckle to face.



4. Delayed Sword AB: A Stepping Right Punch, B if front snap kick is missed

Defense A:

Back left to 6:00 pull right to cat stance right inward, left hand in check position, right front snap kick to groin as you land forward right chop to neck.





Defense B:

Starts off like “A” but if you miss the front snap kick because the attacker moved back or out of range of your front snap kick; follow through with a crossing back kick.





5. Knee of Vengeance: front grab

Defense:

Counter grabs the attacker's arms or shoulders, drive right knee into groin, stomp foot, left hands grabs head, rotate forward into horse stance and drive a horizontal elbow into the side of the head