



The Way is in the  
Training.....Do Nothing  
Which is not of Value



Myamaoto Musahi

Copyright© 2014 by DomoAji Publishing

All rights are reserved. Printed in the United States of America. No Part of this book may be used or reproduced in any form or by any means, or stored in a database or retrieval system, without prior written permission of the author or publisher except in the case of brief quotations embodied in critical articles and reviews. Making copies of any part of this book for any purpose is a violation of the United States copyright laws.

Copyright© Jim/Leann Rathbone DomoAji Publishing 2014  
All Rights reserved  
Printed and Bound in USA

No part of this book may be reproduced or copied in any form without the written permission of White Tiger Kenpo Production and/or Jim Rathbone, LeAnn Rathbone

#### Disclaimer

Please note that the publisher of this instructional book is NOT RESPONSIBLE in any manner whatsoever for any injury which may occur by reading and/or following the instruction herein.

It is essential that before following any of the activities, physical or otherwise, herein described, the reader should first consult his or her physician for advice on whether or not the reader or readers should embark on their physical activity described herein. Since the physical activities described herein may be too sophisticated in nature, it is essential that a physician be consulted

Written by Leann Rathbone 4th Dan  
Edited by Shihan Jim Rathbone

To Order Copies of the book you can contact us at  
[www.Domoaji.com](http://www.Domoaji.com)

# Orange Belt Requirements

1. Sumo----- Low two hand grab
2. Headlock ABC----- (AB) Headlock from side (C) Headlock from front
3. Crash of the Eagles ABCDE----- Two hand grab from behind
4. Grasping Talon AB----- Cross arm wrist grab
5. Tackle Techniques ABCD----- Tackle from front
6. Passing the Horizon AB----- Right hammerlock from behind
7. Kimono Grab ABCD ----- High two hand front grab
8. Lever ABC----- Left grab to right shoulder
9. Crashing Elbows AB ----- Right straight punch
10. Heel Hook AB----- Full Nelson
11. Bending the Sword----- Right hook Punch
12. Bridge AB----- Two hand choke from behind
13. Eagle's Beak ABC----- Left grab to right shoulder
14. Front Bear Hug ABCDE----- Front bear hug arms free
15. Simitar----- Straight right punch
16. Breaking the Cross ----- Two hand grab from behind
17. Aiming the Spear ----- Left shoulder grab with right hand, right punch
18. Raising the Staff AB----- Straight arm wrist grab
19. Rocking Elbow ----- Straight arm wrist grab
20. Reverse Hammerlock AB ----- Hammerlock with left hand
21. Anvil ABCD ----- Double wrist grab from front
22. Knee Lift----- Low front bear hug, arms pinned
23. Crane Leap ABCD ----- Handshake with sucker punch
24. Leg Pull ----- Bear hug from behind high
25. Chokes and Strangles ABCDE ----- Chokes from a sited position
26. Wrist Down Turn ----- Thrusting Knife
27. Trapping the Serpent ----- Straight right punch
28. Single Leg Takedown ----- Right hook punch
29. Outside Leg Reap----- Two hand front choke
30. Checking the Serpent ----- Right crossing back kick

# Orange Belt Self Defense Techniques

## 1. Sumo: two hand grab low

### Defense:

Left footsteps to 9:00 into horse stance simultaneously both elbows will circle up and strike down on top of radial nerve and clearing arms away. Double spear hand strike to throat. Step with right foot to 12:00 right vertical forearm to strike to sternum your left hand will cover. Right soft bow followed by a right hammer fist to groin. Go draw to right cat stance to loose distance, followed by a Back Kick then cross out.



## 2. Headlock ABC; (AB) headlock from side (C) headlock from front

### Defense A:

Left forward to 2:30 followed by a left hammerfist to groin and a right hammerfist to kidney. Right hand grabs hair (or two fingers under nose if no hair is available to grab) pull head back pivot to hard bow striking the chin with a heel palm strike.



**Defense B:**

Step forward as you strike the groin with backfist or ridge hand and as opponent backs up continue to do so until release and in a position to counter attack.



**Defense: C**

Drop to right knee, right ridge hand strike to groin. Take left hand and cup back of opponent's ankle, right forearm to thigh just above knee. At the same time pull opponents foot to you. Roll opponent over shuffle forward locking leg and apply choke.





### 3. Crash of the Eagles-Part I ABCDE: choke from behind

#### Defense A:

Left foot to 1:30, pivot to face 6:00. Right arm goes over the top of opponent's arm. Going into softbow, right elbow followed by right backfist to face.





**Defense B:**

Step forward left to 1:30 pivot to face 6:00, clear the arms and go into soft bow. Right elbow to face followed by a right Tigers Claw to face.

