



American Kenpo
24 Belt Technique System

1st Brown Belt Requirements



Self Defense Techniques:

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| 1 Clutching Feathers..... | Left hand hair grab; front |
| 2. Triggered Salute..... | Right hand push to left shoulder; front |
| 3. Dance of Death..... | Right straight punch; front |
| 4. Thrusting Salute..... | Right step-through front kick; front |
| 5. Gift of Destruction..... | Handshake (sucker punch); front |
| 6. Locking Horns..... | Headlock; front |
| 7. Lone Kimono..... | Left hand lapel grab; front |
| 8. Glancing Salute..... | Right hand push to right shoulder; front |
| 9. Five Swords..... | Right step-through roundhouse punch |
| 10. Buckling Branch..... | Left step-through front kick; front |
| 11. Scraping Hoof..... | Full Nelson |
| 12. Grip of Death..... | Right arm headlock; left flank |
| 13. Crossing Talon..... | Right grab to right wrist; front |
| 14. Repeating Mace..... | Left hand push to chest; front |
| 15. Shielding Hammer..... | Left step-through hooking punch; front |
| 16. Striking Serpent's Head..... | Bear hug, arms free; front |
| 17. Locked Wing..... | Right hammerlock |
| 18. Obscure Wing..... | Left hand shoulder grab; right flank |
| 19. Reversing Mace..... | Left step-through straight punch; front |
| 20. Thrusting Prongs..... | Bear hug, arms pinned; front |
| 21. Obscure Sword..... | Left hand shoulder grab; right rear flank |
| 22. Twisted Twig..... | Wrist lock; front |
| 23. Raining Claw..... | Right uppercut punch; front |
| 24. Crashing Wings..... | Bear hug, arms free; rear |

KICKS

1. Front-Wheel-Jump Spinning Back
2. Dropping Side Kick
3. Dropping Wheel Kick
4. Knee Trap Takedown
5. Knee Trap Takedown - Leg Figure 4
6. Spring Spinning Roundhouse
7. Jump Reverse Spinning Roundhouse

8. Spring Spinning Heel Hook
9. Flying Front Kick
10. Flying Front Kick - Back Kick
11. Flying Front - Side Thrust
12. Flying Front - Wheel Kick
13. Flying Front - Heel Hook
14. Pivot Kick

SETS AND FORMS

- Kicking Set #2
- Long Form #5