



*American Kenpo*  
*24 Belt Technique System*

## 3rd Black Belt Requirements



### Self Defense Techniques:

1. **Obscure Claws**..... Left hand shoulder grab; right flank
2. **Encounter with Danger**..... Two hand push, falling; front
3. **Circling the Horizon**..... Left step-through punch; front
4. **Detour from Doom**..... Right roundhouse kick; front
5. **Squatting Sacrifice** ..... Bear Hug, arms free; rear
6. **Escape from Death**..... Forearm strangle; rear
7. **Brushing the Storm**..... Overhead club attack; right flank
8. **Menacing Twirl** ..... Belt grab; rear
9. **Leap from Danger**..... Two-hand push, falling; rear
10. **Circles of Protection**..... Right overhead punch; front
11. **Circle of Doom**..... Right front kick; front
12. **Broken Gift** ..... Handshake (sucker punch); front
13. **Heavenly Escape**..... Two-hand choke, pulling in; front
14. **Capturing the Storm**..... Overhead club; front
15. **Conquering Shield**..... Left grab to right lapel; front
16. **Taming the Mace**..... Right step-through punch; against wall
17. **Twirling Sacrifice**..... Full nelson
18. **Cross of Death**..... Two-hand cross-choke; front
19. **Securing the Storm**..... Right roundhouse club; front
20. **Intercepting the Ram**..... Tackle; front
21. **Kneel of Compulsion**..... Right step-through punch; right flank
22. **Clipping the Storm**..... Right club thrust to midsection; front
23. **Glancing Wing**..... Right uppercut; front
24. **The Back Breaker**..... Right step-through punch; right flank

### KICKS

1. Rear Shovel Kick
2. Side Shovel Kick
3. Rolling Hammer Kick
4. Rolling Hammer - Chicken Kick
5. Rolling Hammer - Jump Front
6. Rolling Hammer - Jump Front-Back
7. Rolling Hammer - Jump Front-Side
8. Rolling Hammer - Jump Front-Wheel
9. Vaulting Side Thrust
10. Vaulting Side - Spinning Back
11. Vaulting Side - Double Front Snap
12. Cartwheel Roundhouse
13. Cartwheel Double Roundhouse
14. Cartwheel Heel Hook

### SETS AND FORMS

- Nunchaku Set #1
- Long Form #7