



American Kenpo
24 Belt Technique System

Black Belt Requirements



Self Defense Techniques:

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| 1. Twirling Wings..... | Two-hand shoulder grab; rear |
| 2. Snapping Twig..... | Left hand chest push |
| 3. Leaping Crane..... | Right step-through punch; front |
| 4. Swinging Pendulum..... | Right roundhouse kick; front |
| 5. Crushing Hammer..... | Bear hug, arms pinned; rear |
| 6. Captured Leaves..... | Finger lock; right front flank |
| 7. Evading the Storm..... | Overhead club attack; front |
| 8. Charging Ram..... | Tackle; front |
| 9. Parting Wings..... | Two hand push; front |
| 10. Thundering Hammers..... | Right step-through punch; front |
| 11. Squeezing the Peach..... | Bear hug, arms pinned; rear |
| 12. Circling Wing..... | Two-hand choke, arms bent; rear |
| 13. Calming the Storm..... | Step-through roundhouse club; front |
| 14. Darting Mace..... | Two-hand wrist grab; front |
| 15. Hooking Wings..... | Two-hand push, low; front |
| 16. Shield and Sword..... | Left step-through punch; front |
| 17. Gift in Return..... | Handshake (sucker punch); front |
| 18. Bow of Compulsion..... | Right wrist lock, chest pin; front |
| 19. Obstructing the Storm..... | Right step-through overhead club; front |
| 20. Twin Kimono..... | Two-hand lapel grab |
| 21. Sleeper..... | Right step-through straight punch; front |
| 22. Spiraling Twig..... | Bear hug, arms free; rear |
| 23. Cross of Destruction | Two hand choke; rear |
| 24. Flight to Freedom..... | Right hammerlock |

KICKS

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| 1. Axe Kick (inward) | 8. Spring Double Front Snap Kick |
| 2. Axe Kick (outward) | 9. Forward Roll - Dropping Back Kick |
| 3. Scissor Takedown | 10. Forward Roll - Jump Front Snap Kick |
| 4. Flying Scissor Tackle | 11. Forward Roll - Jump Back Kick |
| 5. Chicken Knee Kick | 12. Forward Roll - Jump Wheel Kick |
| 6. Dropping Back -Side (side roll) | 13. Forward Roll - Jump Side (side) |
| 7. Jump Spinning Dropping Back | 14. Forward Roll - Jump Side (front) |

SETS AND FORMS

- Staff Set #1
- Blocking Set #2