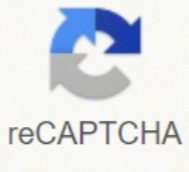




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## American kenpo karate yellow belt techniques pdf free printable

BROKEN ROD - Rear Right Hand Pistol 21. FLASHING MACE - Front Right Step Through Punch 18. FATAL DEVIATION - Front Right and Left PUNCH With Opponent's Left Leg Forward 24. DESTRUCTIVE FANS - Left Flank Right Punch With Opponent's Rig Leg Forward 17. CAPTURING THE STORM - Front Right Step Through Overhead Club 15. The only difference is that the techniques in SECOND DEGREE BLACK extend beyond PURPLE for purposes of introducing new concepts and principles of motion. THE GRASP OF DEATH (left flank - right arm headlock) 7. GRIP OF DEATH - Left Flank Right Arm Headlock 13. TWIRLING WINGS - Rear Two-Hand Stiff-Arm Shoulder Grab 2. The only difference is that the techniques in FIRST DEGREE BLACK extend beyond PURPLE for purposes of introducing new concepts and principles of motion. 1. TWIRLING HAMMERS - Front Left Step Trough Punch 3. DESTRUCTIVE TWINS - Front Two-Hand Choke -- Pulling In 23. DARTING MACE - Front Two-Hand Wrist Grab 15. RETURNING STORM - Front Inward Roundhouse And Backhand Club 15. FLIGHT TO FREEDOM - rear Hammerlock REQUIRED TECHNIQUES FOR BLUE BELT INFINITE INSIGHTS - VOLUME 5 - Pages 76-77(In the order they are to be taught) KATAS: Short 2 (Right (A) and Left (B) sides); Striking Set 1; Stance Set 1 1. CAPTURING THE ROD - Front Right Pistol Holdup (Against Your Chest) 19. FIVE SWORDS - Front Right Step Through Roundhouse Punch 10. FLIGHT TO FREEDOM - rear Hammerlock REQUIRED TECHNIQUES FOR SECOND BLACK BELT B->NOTE: The techniques for SECOND DEGREE BLACK are identical to those listed under the BLUE BELT requirements. LEAPING CRANE - Front Right Step Through Punch 4. BLINDING SACRIFICE - Front Two-Hand Grab or Choke 22. THRUSTING SALUTE - Front Right Step Through Kick 5. REVERSING MACE - Front Left Step Through Straight Punch 20. SWINGING PENDULUM - Front Right Roundhouse Kick 5. SCRAPING HOOF - Full Nelson 12. CROSS OF DEATH - Front Two-Hand Cross Choke 19. LOCKING HORNS - Front Headlock 7. (In the order they are to be taught) KATAS: Form 6; Finger Set 2 1. SWORDS OF DESTRUCTION (front - left straight or roundhouse punch) 4. GLANCING SPEAR - front Right Direct Wrist Grab 2. SECURING THE STORM - Front Right Step Through Roundhouse Club 20. GRASPING EAGLES - Front Right Lapel Grab and Rear Right Arms Grab By Two Men 19. TAMING THE MACE - Front Right Step Through Punch 17. There are no NEW American Kenpo self defense techniques past 2nd Brown. SLEEPER - Front Right Front Step Tr ought Straight Punch 22. DEFYING THE ROD - Front Right Pistol Holdup 23. GLANCING LANCE - Front Right Knife Thrust While your Arms Are Down 15. DESTRUCTIVE KNEEL - Front Right Step Through Punch 10. SWORD AND HAMMER (right flank -left hand shoulder grab) REQUIRED TECHNIQUES FOR ORANGE BELT INFINITE INSIGHTS - VOLUME 5 - Pages 72-73(In the order they are to be taught) KATA: Short 1 (Right (A) - Left (B) sides); Kicking Set 1 1. TRIGGERED SALUTE - Front Right Hand Straight Punch 3. CHECKING THE STORM (front - right step-through overhead club) 8. BUCKLING BRANCH - Front Left Step Through Kick 11. (In the order they are to be taught) KATAS: Staff Set; Blocking Set 2 1. SHIELDING HAMMER - Front Left Step Through Hooking Punch 16. SNAPPING TWIG - Front Left Hand Chest Push 3. OBSCURE CLAW - Right Flank Left Hand Shoulder Grab 2. THRUST INTO DARKNESS - Rear Right Step Through Punch 3. CROSSED TWIGS - Rear Two -Hand Grabs To Wrist 16. BROKEN RAM - Front Tackle 24. PIERCING LANCE - Front Right Knife Thrust While Four Arms Are Up 17. DEFLECTING HAMMER (front - right front thrust kick) 5. DEFENSIVE CROSS - front Right Snap Kick 4. PARTING OF THE SNAKES - Front Right Punch and Rear Attempt By Two Men 20. Now when an "INSTRUCTOR" or "Association" claims to be teaching American Kenpo all a student has to do is compare Ed Parkers "MINIMUM BELT REQUIREMENTS" against what is being taught by any instructor of association. CROSSING TALON - Front Right Hand Cross Wrist Grab 14. CRUSHING HAMMERS - Rear Bear Hug -- Arms Pinned 6. ENTWINING LANCE - Front Right Knife Thrust 24. GIFT IN RETURN - Front Handshake 18. FLASHING WINGS - Front Right Step Through Punch 4. SQUEEZING THE PEACH - Rear Bearhug -- arms pinned 12. CLIPPING THE STORM - Front Right Thrusting Club 23. UNFURLING CRANE - Front Right and Left Punch Combination With Opponent's Right Leg Forward 18. GRIPPING TALON - Front Left Direct Right Wrist Grab 21. THRUSTING WEDGE - Front Right Step Through Punch 3. CRASHING WINGS - Right Bear Hug. Arms Free REQUIRED TECHNIQUES FOR PURPLE BELT INFINITE INSIGHTS - VOLUME 5 - Pages 74-75(In the order they are to be taught) KATAS: LONG 1 (Right (A) and Left (B) sides); Finger Set 1; Coordination Set 1 1. SPIRALING TWIG - Rear Bear Hug -- Arms Free 23. The comparisons is very simple: Yellow belt has 10 required self defense techniques; all belts Orange through 3rd degree Black Belt have 24 self Defense techniques. PROTECTING FANS - Front Right and Left Punch Combination With Opponents Left Leg Forward 11. CALMING THE STORM - Front Right Step Through Roundhouse Club 14. The comparison is very simple - if an instructor is NOT teaching what Ed Parker set up as the MINIMUM requirements for each belt in Volumn V Infinite Insights into Kenpo, Mental & Physical Applications Pages 71 through 87, then he or she is not teaching "American Kenpo". SQUATTING SACRIFICE - Rear Bear Hug -- Arms Free 6. CIRCLES OF PROTECTION - Front Right Step Through Overhead Punch 11. CHARGING RAM - Front Tackle 9. OBSTRUCTING THE STORM - Front Right Step Through Overhead Club 20. DECEPTIVE PANTHER - Combination Right Front Snap Kick (Low) and Right Roundhouse Kick (High) 12. ENTANGLED WING - Front Arm Lock 7. TWIRLING SACRIFICE - Full Nelson 18. KNEEL OF COMPULSION - Right Flank Right Step Through Punch 22. BRUSHING THE STORM - Right Flank Right Step Trough Overhead Club 8. SNAKES OF WISDOM - Flank Left and Right Shoulder Grabs By Two Men 23. BROKEN GIFT - Handshake 13. THUNDERING HAMMERS - Front Right Step Through Punch 11. REPEATING MACE - Front Left Hand Push 15. BOWING TO BUJHA - Front Right Roundhouse Kick (While Kneeling On The Ground) 11. CAPTURED TWIGS (rear bear-hug, arms pinned) 6. DANCE OF DEATH - Front Right Straight Punch 4. PRANCE OF THE TIGER - Right Flank Step Trough Uppercut Punch 20. The comparison is very simple - if an instructor is NOT teaching what Ed Parker set up as the MINIMUM requirements for each belt in Volumn V Infinite Insights into Kenpo, Mental & Physical Applications Pages 71 through 87, then he or she is not teaching "American Kenpo". GATHERING CLOUDS - Front Right Step Through Punch 22. REPRIMANDING THE BEARS - Front Right Punch and Rear Bear-Hug By Two Men -- Arms, Free 13. LEAP FROM DANGER - Rear Two-Hand Push 10. CIRCLE OF DOOM - Front Right Straight Kick 12. SHIELD AND MACE - Front Right Step Through Punch 11. CRASHING WINGS - Right Bearhug, Arms Free REQUIRED TECHNIQUES FOR 1ST BLACK BELT NOTE: The techniques for FIRST DEGREE BLACK are identical to those listed under the PURPLE BELT requirements. THE BACK BREAKER - Right Flank Right Step Through Punch REQUIRED TECHNIQUES FOR 3RD DEGREE BROWN BELT INFINITE INSIGHTS - VOLUME 5 - Pages 80-81(In the order they are to be taught) KATAS: Long 3 (Right (A) and Left (B) sides); Striking Set 2; Stance Set 2 1. THRUSTING PRONGS - Front Bear Hug, Arms Pinned 21. LEAP OF DEATH - Front Right Step Through Punch 10. REVERSING CIRCLES - Front Left Roundhouse Kick Followed By a Left Punch 12. FALCONS OF FORCE - Flank Left and Right Shoulder Grab By Two Men 6. COURTING THE TIGER - Flank Left and Right Arm Grab By Two Opponents 13. BEGGING HANDS - Front Two-Hand Grab to Wrists 2. CIRCLING THE STORM - Front Right Club Thrust (Poke) 14. Now when an "INSTRUCTOR" or "Association" claims to be teaching American Kenpo all a student has to do is compare Ed Parkers "MINIMUM BELT REQUIREMENTS" against what is being taught by any instructor of association. STRIKING SERPENT'S HEAD - Front Bearhug, Arms Free 17. MACE OF AGGRESSION(front - two-hand lapel grab, pulling in) 9. PARTING WINGS - Front Two-Hand Push 10. THE BACK BREAKER - Right Flank Right Step Through Punch NOTE: There are no American Kenpo Self Defense Techniques beyond 3RD Black Belt The only difference is that the techniques in THIRD DEGREE BLACK extend beyond GREEN for purposes of introducing new concepts and principles of motion. ENCOUNTER WITH DANGER - Front Two - Hand Push 3. TRUSTING LANCE - Front Right Knife Trust While Your Arms Are Down 21. REPEATING DEVASTATION - Full Nelson 6. GLANCING WING - Front Left Uppercut Punch 24. ATTACKING MACE (front - right step-through straight punch) 10. FALLEN CROSS - Rear Two-Hand Choke 14. CIRCLING FANS - Front Right And Left front Straight Punch Combination 4. CROSS OF DESTRUCTION - Rear Two-Hand Choke 24. CAPTURED LEAVES - Right Flank Finger Lock 7. RAKING MACE - Front Two-Hand Lapel Grab -- Pulling In 9. TRIPPING ARROW - Rear Two-Hand Choke 13. HOOKING WINGS - Front Two-Hand Low Push 16. ENTWINING MACES - Front Right and Left Punch With Opponent's Left Leg Forward 22. UNWINDING PENDULUM - Front Right Kick Followed By A Right Punch 16. CONQUERING SHIELD - Front Left Stiff-Arm Lapel Grab 16. BOW OF COMPULSION - Front Wrist Lock Against Opponent's Chest 19. 1ST BROWN techniques are the extensions or complete ORANGE BELT Self Defense Technique. DETOUR FROM DOOM - Front Right Roundhouse Kick 5. REQUIRED TECHNIQUES FOR YELLOW BELT (In the order they are to be taught) KATAS - Short 1 (Right side:A); Blocking Set 1 INFINITE INSIGHTS - VOLUME 5 - Page 71 1. (In the order they are to be taught) KATAS: Form 5; Kicking Set 2 1. GIFT OF DESTINY - Front Handshake 19. TWISTING TWIG - Front Wrist Lock 22. MENACING TWIRL - Rear Left-Hand Belt Grab 9. STRIKING SERPENT'S HEAD - Front Bear Hug, Arms free 17. OBSCURE WING - Right Flank Left Hand Shoulder Grab 19. TWISTED ROD - Front Right Pistol Holdup NOTE: There are no new American Kenpo self defense techniques past 2 Brown Belt. REQUIRED TECHNIQUES FOR 1ST DEGREE BROWN BELT INFINITE INSIGHTS - VOLUME 5 - Page 84 NOTE: The techniques for FIRST DEGREE BROWN are identical to those listed under the ORANGE BELT requirements. SHIELD AND SWORD - Front Left Step Through Punch 17. DELAYED SWORD (front - right and lapel grab) 2. EVADING THE STORM - Front Right Step Through Overhead Club 8. CIRCLING THE HORIZON - Front Right Step Through Punch REQUIRED TECHNIQUES FOR GREEN BELT INFINITE INSIGHTS - VOLUME 5 - Pages 78-79(In the order they are to be taught) KATAS: Long 2 (Right (A) and Left (B) sides); Short 3 Right (A) and Left (B) sides 1. ROTATING DESTRUCTION - Front Right Snap and Left Spinning Back-Kick 5. 1ST BLACK techniques are the extensions or complete PURPLE BELT Self Defense Technique. LONE KIMONO - Front Left Hand Lapel Grab 8. SNAKING TALON - Front Two Hand Push 10. This differs from True Kenpo which originally had 40 techniques per belt, but was changed to 30 techniques (and variations) when True Kenpo belt testing included 5th degree (Godan) which requires 40 techniques. 3RD BLACK techniques are the extensions or complete GREEN BELT Self Defense Technique. The only difference is that the techniques in FIRST DEGREE BROWN extend beyond ORANGE for purposes of introducing new concepts and principles of motion. ALTERNATING MACES (front - two-hand push) 3. THE RAM AND THE EAGLE - Front Right Punch and Left Collar Grab By Two Men 7. CIRCLING THE HORIZON - Front Right Step Through Punch REQUIRED TECHNIQUES FOR THIRD BLACK BELT order they are to be taught) KATAS: Form 7; Nunchaku Set 1 NOTE: The techniques for THIRD DEGREE BLACK are identical to those listed under the GREEN BELT requirements. RAINING LANCE - Front Right Step Through Overhead Knife 8. LOCKING WINGS - Hammerlock 18. CLUTCHING FEATHERS - Front Left Hand Hair Grab 2. GLANCING SALUTE - Front Right Hand Cross Push 9. UNFOLDING THE DARK - Left Step Through Punch From The Right Rear Flank 15. DOMINATING CIRCLES - Front Right Shoulder Grab By Opponent's Right Hand 16. CIRCLING WING - Rear Two Hand Choke - Arms Bent 13. DESPERATE FALCONS - Front Two-Hand Grab to Both Wrists 9. FATAL CROSS - Front Two-Hand Attempted Grab or Push 2. CIRCLING DESTRUCTION - Front Left Step Through Punch 4. HEAVENLY ASCENT - Front Two-Hand Choke == Arms Straight 14. RETREATING PENDULUM - Front Right Thrusting Heel Kick 12. THE BEAR AND THE RAM - Front Right Punch and Rear Bear Hug -- Arms Free 7. MARRIAGE OF THE RAMS - Right and Left Shoulder GRABS (Close) By Two Men 6. GATHERING THE SNAKES - Front Left Punch and Rear Right Punch By Two Men 14. DANCE OF DARKNESS - Front Right Kick Followed By a Right Punch 5. ENCOUNTER WITH DANGER - Front Two - Hand Push 3. ESCAPE FROM DARKNESS - Right Punch From The Right Side 18. FALLING FALCON - Front Right Direct Lapel Grab REQUIRED TECHNIQUES FOR 2ND DEGREE BROWN BELT INFINITE INSIGHTS - VOLUME 5 - Pages 82-83(In the order they are to be taught) KATAS: Form 4; Two Man Set (both sides) 1. 2ND BLACK techniques are the extensions or complete BLUE BELT Self Defense Technique. OBSCURE SWORD - Right Flank Left Hand Shoulder Grab 23. TWIN KIMONO - Front Two-Hand Lapel Grab - Push Out 21. ESCAPE FROM THE STORM - Right Flank Right Overhead Club 8. ESCAPE FROM DEATH - Rear Right-Arm Choke 7. CIRCLING WINDMILLS - Front Two-Hand Push Followed By a Right Punch 9. It was for this reason Ed Parker left the generation of students to come a reference by which they could gage any instructor or association that claims to be teaching "AMERICAN KENPO". HUGGING PENDULUM - Front Right Thrusting Knife-Edge Kick 5. RAINING CLAW - Front Right Uppercut Punch 24. INTERCEPTING THE RAM - Front Tackle 21. TWIST OF FATE - Front Two Hand Push 17. WINGS OF SILK - Rear Two-Arm Hammerlock 20. GIFT OF DESTRUCTION - Handshake 6. DEFYING THE STORM - Front Right Step Through Roundhouse Club 8.

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