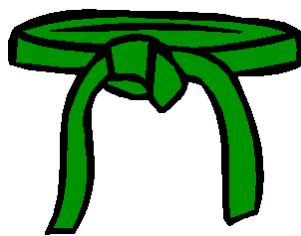


AMERICAN KENPO



**3rd Degree Brown Belt
Techniques**



Children's

AMERICAN KENPO
GREEN BELT TECHNIQUES



BEGGING HANDS

RAKING MACE

THRUSTING WEDGE

HUGGING PENDULUM

WINGS OF SILK



Green Belt

Self Defense Techniques

1 Begging Hands

(Double Wrist Grab - Front)

- Step back with **Left** foot towards 6:00 into a RNB as both hands circle (from inside out) up & over top of opponents wrists – Palms up and pull both hands back to your hips
- Shoot a right front ball kick to groin and Plant foot – immediately follow with a left front kick to face or solar plexus and plant foot into a LNB
- USING MARRIAGE OF GRAVITY - Shoot two (2) side heel palms to ribs as you sink into a closed kneel stance (shuffle forward if you have to)

2 Raking Mace

(Two Hand Lapel Grab – Pull In)

- Step forward with Right Foot between opponents legs into a RNB as he pulls you in
- Execute a right uppercut to solar plexus as you pin both hands with left
- Right hand continues counter clockwise and around to rake the bridge of nose and then continues down to clear arms
- Shoot a right outward hand sword to throat
- Shuffle in and sandwich head(Left Palm to right side of face – Right Elbow to left side)

3 Thrusting Wedge

(Two Hand High Push or Choke)

- Step forward with right foot between opponent's into a RFB
- Attack opponent's eyes with thumbs or fingers as you use your forearm to push his arms out- like a wedge
- Left hand grabs opponent's right arm pulling it down towards your left hip as you shift into a right horse stance and shoot a right upward elbow to chin
- Sink and bring right hand down with heel palm to nose and claw down

4 Hugging Pendulum

(Right Front Drag-Up Thrust Kick)

- **Push drag** towards 7:00 with left foot as you execute a right downward block as left checks high
- Immediately **left front crossover** towards 1:00 as right hand shoots a right middle knuckle (from left to right into a hug) to left ribs -left hand checks high at right shoulder
- Deliver a right knife edge kick to left knee and plant foot
- As you plant foot shoot a double back knuckles to temple and head
- Return with a right sword hand to left side of his jaw or throat along with a left sword hand to back of neck.

5 Wings of Silk

(Rear Two Arm Lock)

- **AT SAME TIME PERFORM THE FOLLOWING:**
 - Stomp left foot on Opponent's left
 - Pinch nerve on opponent's left thigh
 - Right arm pulls up slips out and shoot an obscure elbow to chin
 - Right rear scoop kick to groin
- Turn left & step to 9:00 with right foot as right arm completely frees & left pins opponent's left as you twirl out (controlling arm)
- Complete turn (360°) by circling left foot to 9:00 & end up in a horse stance facing the same direction as opponent (12:00)
- Shoot a right uppercut forearm strike to opponent's left elbow