

# AMERICAN KENPO



**Orange Belt Techniques**



**Children's**

**AMERICAN KENPO  
ORANGE BELT TECHNIQUES**



**CLUTCHING FEATHERS**

**THRUSTING SALUTE**

**FIVE SWORDS**

**LONE KIMONO**

**SCRAPING HOOF**



# Orange Belt

## Self Defense Techniques

### 1 Clutching Feathers

(Front Left Hand Hair Grab)

- Step back with **left** foot into a right neutral bow as your left hand pins opponent's hand on your head
- Shoot a **right** vertical punch to under **left** armpit with middle knuckle
- Clear arm out of the way with a right extended outward block & at same time strike to face with a **left** heel palm while shifting into a forward bow
- Execute a **right** raking hammer fist shifting back into a right neutral bow to bridge of nose or jaw

(Move should be 1, 2, 3)

### 2 Lone Kimono

(Left hand Lapel Grab)

- Pin opponent's hand with your left
- Step back with **left** into a right fighting stance and turn opponent's wrist clockwise
- Shoot a straight punch from underneath arm to face with **right** – breaking elbow
- Swing **right** arm down and around into a **right** inward block diagonally downward and then shoot a **right** outward hand sword to throat

(1,2,3)



## Orange Belt

### Self Defense Techniques

### 3 Five Swords

(Front Roundhouse Right Punch)

- Step forward with **right** foot into a Right Neutral Bow (RNB) – right inward block to bicep while left blocks below elbow
- Slip a **right** outward sword to the throat
- Shift into a Right Forward Bow (RFB) and execute a **left** heel palm to face
- Shift back into a right neutral bow and **right** uppercut to the midsection
- Step back very little with **left** foot towards 4:00 (up the circle) and shoot out a **left outward sword** to the face/neck of opponent hooking hand to control
- Turn into a right neutral bow and shoot a right inward sword to the back of opponent's neck

(1, 2, 3, 4, 5 & 6)

### 4 Thrusting Salute

(Right Front Kick)

- Step back with **right** foot to 4:00
- Double downward block starting with the right hand **palm up** followed by the **left** downward closed fist – to the left
- Shoot a **right** front ball kick to the groin and plant foot
- Come up with a right heel palm to opponents face (checking with the left) - Utilize Marriage of Gravity from the kick landing as you execute the heel palm for more power.



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## Self Defense Techniques

### 5 Scraping Hoof

(Full Nelson)

- Standing straight close **left** leg in a little and straighten body up – hit opponents face with the back of your head and shoot two punches with both hands straight down (locking his arms under yours)
- **Right** leg kicks the inside of his left knee , then kick his right knee and scrape down his leg and stomp his right foot
- **Left** leg then kicks to the inside of his right knee, then kick his left knee and scrape down his leg and stomp his left foot