

AMERICAN KENPO

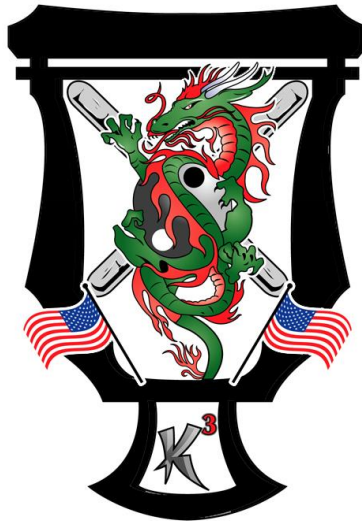


Yellow Belt Techniques

Adult Techniques

AMERICAN KENPO

YELLOW BELT TECHNIQUES



DELAYED SWORD
ALTERNATING MACES
SWORD OF DESTRUCTION
DEFLECTING HAMMER
CAPTURED TWIGS
GRASP OF DEATH
CHECKING THE STORM
MACE OF AGGRESSION
ATTACKING MACE
SWORD and HAMMER



Yellow Belt

Self Defense Techniques

1 Delayed Sword (Right Step thru Punch or Right Handed Lapel Grab)

- Step back with left foot as your left hand checks at midsection
- Execute a right inward block
- Right front kick to opponents groin , planting right foot forward and execute an outward sword strike to base of opponents right side of neck

(Move should be a 1, 2, and 3)

2 Alternating Maces (Two Handed Push)

- Step back with left foot into a right neutral bow
- Right inward block & then drop forearm down (bringing opp. arms down)
- Step into right forward bow and execute a left vertical punch to sternum
- Return to right neutral bow and shoot out a right outward backfist while left hand checking at the chest

(1, 2, 3)

3 Sword of Destruction (Left Hand Hook Punch)

- Step back with left (Into a right neutral bow)
- Right extended outward block , while left hand checks centerline
- Right front kick to groin or midsection and plant it forward
- Execute a right inward sword to the left side of neck

4 Deflecting Hammer (Right Front Kick)

- Step and Drag to 8 o'clock (Pushing off with the right leg)
- Right downward block as left check the face
- Push off left leg – turn to 2 o'clock into a right forward bow and execute a reverse heel palm strike to kidneys
- Come up with a right inward elbow to opponents face

5 Captured Twigs

(Bear Hug From Behind)

- Step to the side (left) and drop down
- Left hand slides up to the midsection and check
- Right hand hammer fist to groin
- Pull right leg into a cat stance facing 3:00 – let shoulder (right) slam into opponent
- Right leg stomps foot and plants down
- Right elbow to the face (Obscure Elbow)
- Twist to the right and shoot a left heel palm to face

6 Grasp of Death (Jump from behind & put into headlock w/ Right)

- Step with right leg to 1:00
- Right closed kneel - striking the back inside of opponent's right leg with your left knee
- Grab his wrist with right pulling his wrist down and twisting to loosen his grip (also pulling your chin down)
- Left hand pinches inside of thigh (Making him jump)
- Bring his arm up & over your head with your right hand
- Left step through (controlling his wrist with your right)
- Come thru with a left inward block down on his right elbow smashing it
- Drop into a left forward bow & execute a right punch to his face or back of his ear

7 Checking the storm

(Right Overhead Club)

- Step back & drag with right foot to 4:00 into a left cat stance (pointing knee towards opp.)
- Right parry to the left followed by a left hand extended outward block (open handed) catching inside wrist with left block
- Kick to groin with left foot, plant & pivot left
- Right sidekick (knife edge) to right knee & plant
- Right outward back knuckle to face

8 Mace of Aggression

(Two Handed Lapel Grab & Pull In)

- Left hand checks – elbow close & pin hands of opponent
- Step forward with right leg into a neutral bow (stomp foot)
- Execute a right vertical punch to face causing opponent's arm to straighten and jam forearm down into his arms
- Right inward elbow to the left side face
- Outward elbow to same side of face

9 Attacking Mace

(Step thru Right Punch)

- Step back with right leg
- Left inward block – check punch- into left forward bow
- Right front punch to ribs
- Come around with right extended outward block & check
- Right roundhouse kick to stomach, plant foot
- Left reverse punch to ribs or kidneys

(1, 2, 3, 4 & 5)

10 Sword & Hammer

(Grab right shoulder from behind w/ Left)

- Pin Hand with left
- Turn head right & look
- Right leg steps (forward) into a right neutral bow
- Right back sword to the throat
- Come down with right into a hammer to the groin