

AMERICAN KENPO



Orange Belt Techniques

ADULTS

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ORANGE BELT TECHNIQUES



**Clutching
Feathers**

Five Swords

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Lone Kimono

Locked Wing

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Obscure Wing



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 inward hammer rake** shifting back into a right neutral bow to bridge of nose or jaw

(Move should be a 1,2,3)

2 Triggered Salute

(Straight Right Hand Push)

- Pin hand with left and step in with right foot as you shoot a **right heel palm** to the face
- Use crane hook – with elbow low – drop down and bring his arm down and away (pulling towards you)– to cancel his other hand from striking
- **Right inward elbow** to ribs and then out with an **outward elbow** to ribs turning into a **back knuckle** to kidneys
- Finish with a **right upper cut** to the throat

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

(ALL STRIKES WITH RIGHT HAND)

3 Dance of Death

(Front Right Straight Punch – No Step Thru)

- Step forward with left towards 10:00 (Into a left fighting stance)
- Check opponents punch with left inward block – or upward block if punch is high
- Drop into left forward bow and execute a **right ridge hand** to the groin (checking with the left hand to right side of face)
- Reach **around** with left hand and grab opponents right leg and pull while stepping through with the right foot (In between opponent's legs) and shoot a **right inward elbow** to the midsection taking opponent down on his head/back. **(DO NOT LET GO OF LEG)**
- **Right Back knuckle** to inside of left leg to clear it out of the way and come around and **sword strike** to the groin

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 block closed fist – to the left
- Shoot a **right front kick** to the groin and plant foot
- Come up with a **right heel palm** to opponents face (checking groin with the left)

5 Gift of Destruction

(Handshake)

- Step forward to 10:00 with left foot and **shoot a right knee** to the groin pulling opp's arm back with the right hand – At same time **left heel palm** comes up from **under** smashing the elbow
- Step through with the right foot and execute **a right inward elbow** to the left side of face – check with your left on top of his right

6 Locking Horns

(Front Head Lock)

- Step forward with right leg into a closed kneel as you check his right knee with your left hand and shoot a **right ridge hand** to groin
- Shoot a **right upward obscure elbow** as you rise into a right neutral bow following opponent's body.
- Come up with and strike with a **left reverse (inverted) heel palm** to the midsection
- Shuffle a little forward and **sandwich head with right elbow** and **left heel palm** to the right side of head

7 Lone Kimono

(Left hand Lapel Grab)

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

(1,2,3)

8 Glancing Salute

(Right Cross Shoulder Push)

- Sink forward with left leg towards 10:00 – pivot into a right forward bow facing 3:00
- Pin opponents hand with right and shoot a **left inward block** to his elbow breaking it
- Clear arm with your left and face forward into a left neutral bow
- **Right heel palm** to face and immediately hook the back of his neck – pulling it towards you while shooting a **right knee to the groin**
- **Right Inward elbow** to the right side of his face as you step through with right foot between opponent's leg.

9 Five Swords

(Front Roundhouse Right Punch)

- Step forward with right leg into a RNB – right inward block to bicep while left checks below elbow
- Slip a **right outward sword** to the throat
- Right forward bow and execute a **left heel palm** to face
- Turn back into a right neutral bow and **right uppercut (inverted punch)** to the midsection
- Step back very little with left foot(**up the circle**) and shoot out a **left outward sword** to the face at same time - Hook left hand around opponent's neck
- Twist out into a right neutral bow and shoot a **right downward sword** to the back of neck

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

10 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 heel kicks the inside of his left knee , then kick out to his right leg scraping down his leg and stomp his right foot
- Left leg then heel kicks to the inside of his right knee, then kicks out to his left knee scraping down and stomping the left foot

11 Grip of Death

(Right Arm Headlock from Left)

- Drop into a right closed kneel, step with right foot and strike the back of his right knee with your left knee
- **Right hammer fist** to the groin while at the same time **left hammer** to kidney
- Reach around with the left and grab his hair pulling his head back while keeping your elbow low
- Pivot in place into a forward bow and execute a **right heel palm** to face

12 Shielding Hammer

(Front Left Hook Punch)

- Step back to 7:00 with left leg and shoot a **right extended outward block** – while left checks centerline
- **Right Hammer fist rake** across face
- Shuffle forward and **rear elbow** centerline with right (in & up)

13 Striking Serpents head **(Front bear Hug – Arms Free)**

- Drop back with right leg into a left fighting stance and at same time left hand comes up and around the back of head and hit with a **looping back knuckle** to opponent's left temple – Have right hand checking opponent's face
- Grab hair with left hand and anchor left elbow down pulling head back
- Turn into a left forward bow and execute a **right half fist (leopard paw)** to throat

14 Crossing Talon

(Right Hand Cross Wrist Grab)

- Step to 1:00 with left foot into a left neutral bow while pinning opponent's hand with your left
 - Turn right hand counter clockwise **around his wrist** grabbing hold of it – while stepping forward to 1:00 into a left neutral bow
- **Left inward block (forearm)** and strike his elbow to control and bring him down
- Turn his wrist and pull up
- **Left outward elbow** to right side of face
- Drop the left hand and **heel palm to face** and return with a **left upward claw** to face ripping upward – come up and around to a **left overhead downward elbow** to spine and drop a **left heel palm** to back of head
- **Right knee** to face

15 Locked Wing

(Right hand in Hammerlock)

- Step back with left foot towards 7:00 into a left neutral bow
- **Grab opponents wrist** with right hand
- **Left rear outward elbow** to face (stretching head and arm)
- **Claw face** with left hand and come around with a left inward block and break elbow as you twist to 1:00 into a right forward bow
- Step back with right foot bringing opponent in front of you controlling him
- **Double heel palm** to kidneys
- Shoot a **right knee** to face and push him away stepping forward

16 Obscure Wing

(Left hand Shoulder Grab from Right)

- Left hand pins opponent's left hand – turn and look at opponent
- Step with your left foot toward 9:00 into a horse stance as you execute a **right rear elbow** straight back to your opponent's ribs
- Execute a **right back hammer fist** to your opponent's groin
- Execute a **right obscure elbow** to your opponent's chin