

AMERICAN KENPO



3rd Degree **Brown Belt**
Techniques
Children's

AMERICAN KENPO
3RD BROWN BELT TECHNIQUES



Snaking Talon
Circling the Horizon
Destructive Twins
Escape from Death
Heavenly Ascent



3rd Brown Belt

Self Defense Techniques

1. Snaking Talon

(High Two Hand Push - Front)

- Step back with left foot into a RNB
- Right hand & arm loop to the left in a figure 8 with elbow down (right inward block to left followed by a right outward extended block to the right)
- Left checks at solar plexus
- Continue with flow of right hand & grab opponent's right wrist with your right
- Pull right hand as you shoot a right ball kick to groin leaving foot in the air
- Step towards 7:00 with right foot into a right front crossover
- Pivot into a left reverse stance and shoot a left spinning back kick to stomach
- Follow immediately with a right back kick

2. Circling the Horizon

(Right Step Thru Punch)

- Step to the left with left foot to 9:00
- Left inward parry to the right - outside of opponent's right- as your right foot slides to your left into cat stance
- Right hand circles down to the left past your groin and over the top of your left & strikes a right Vertical Thrust Punch to the opponent's right cheek or Temple (Thread the Needle)
- Immediately step forward with right foot into a RNB (Facing 1:00) and deliver a right inward horizontal elbow to opponent's right arm
- Drop into a right close kneel as you strike the back of opponent's right knee with a chopping Hammerfist
- Reverse direction of right hand and follow through with right ridge hand to groin

3. Destructive Twins

(Two Hand Choke – Pull In)

- Step forward with Right Foot into a RNB as opponent pulls you in
- SIMULTANEOUSLY - Execute a left overhead punch to face & a right uppercut to groin (“U”- Punch)
- Circle your hands to the left (Steering the Truck) and Execute a right inward block followed immediately with a left vertical outward block
- Turn left block into a left four finger eye poke as you settle into a RFB
- Pivot into a horse stance facing 10:30 & shoot a right reverse punch to opponent’s left rib

4. Escape from Death

(Right Rear Two Hand Choke)

- Step to right with right foot to 3:00 into a horse stance - Turn head to the left and tuck chin in as your right hand grabs opponent’s right wrist and pulls down as you deliver a left back elbow to stomach followed by a left reverse hammer to groin
- Cat around with your left leg in back of opponent’s right leg towards 7:00 drop into a left close kneel & strike with double hammers (right to groin –left to kidney)
- Grab hair or under nose and pull back with left anchoring elbow as you shoot a right lifting heel palm & twist to the left to 9:00
- Claw down with right & shoot a right knee to thigh and replant foot as you come up & shoot a right heel palm to face

5. Heavenly Ascent

(Front Two Hand Choke)

- Step forward with right foot to 12:00 inside opponent’s knees as you clasp hand together (right on top of left) & shoot your forearms upward to break choke
- Pivot slightly to the left (Right fight stance) and execute a right upward elbow to chin
- Pivot back into a RNB- Release clasp & deliver a right downward elbow to chest followed by a right back knuckle to nose
- Instantly shoot a left heel palm to nose and face (clawing down)as you settle into a RFB
- Pivot back into a RNB and shoot a right half fist uppercut to throat as left hand slides down right arm- grabbing & pulling opponent down to the left