

# AMERICAN KENPO



*3<sup>rd</sup> Degree* **Brown Belt**  
**Techniques**

**M.A.M.A.**

# **AMERICAN KENPO**

## **3<sup>RD</sup> BROWN BELT TECHNIQUES**



**Snaking Talon**

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# 3rd Brown Belt

## Self Defense Techniques

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### **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 on left followed by a right outward extended block on right outside)
- 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
- Right hand circles down to the left past your groin and over the top of your left & strikes a right vertical back knuckle to the opponent's right cheek
- 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
- 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 he pulls you in
- SIMULTANEOUSLY - Execute a left overhead punch to face & a right uppercut to groin (“U”-Punch)
- 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 CIRCLING DESTRUCTION**

(Left Front Step Through Punch)

- Step towards 1:00 with right foot into a RNB as you execute a Right inward parry followed by a left outward parry – hooking opponent’s left arm like a waiter
- Continue right hand counterclockwise into a right outward back knuckle to opponent’s left ribs
- Go up the circle to the left towards 4:00 into a RFB (Facing 10:00) as you deliver a left inward horizontal heel palm to the face as right hand goes to right ear
- Pivot into a RNB (Facing 10:00) & shoot a right inward hand sword to opponent’s left side neck
- Simultaneously execute a right front scoop kick to groin (from behind), a left outward heel palm to left kidney and a right 2 finger eye hook to right eye pulling back with right leg.

## **5 ESCAPE FROM DEATH**

(Right Rear Two Hand Choke )

- Step to right with right foot to 3:00 into horse- Turn head to the left and tuck chin in as your right hand grabs opp's right wrist and pulls down as you deliver a left back elbow to stomach followed by a left reverse hammer to groin
- Circle left leg around & back of opp's right leg towards 7:00 drop into a left close kneel & strike with double hammers ( right to groin –left to kidney)
- Grab hair 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

## **6 OBSCURE CLAWS**

(Right Shoulder Grab - Rear)

- Step back with right foot to 6:00 and turn to the right into a RNB facing 4:30 as you shoot a right outward claw to face followed immediately with a left inward claw to face.
- Left hand becomes a check as right hand circles around opponent's left arm as you turn back to 12:00 and step thru with right foot into a RNB and shot a right uppercut (breaking opp's arm)
- Left leg steps forward to 11:00 as you turn back to the right and face opponent in a RNB and shoot a right reverse hammer to ribs continuing around counterclockwise into a right looping bsck fist to the back of opp's head
- Drop into a RFB facing 4:00 & shoot an inverted heel palm to midsection
- Sink back into a RNB as you shoot a right middle knuckle to chest (like an inverted hammer)

## **7 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

## **8 BRUSHING THE STORM**

(Right Flank Overhead Club)

- As opponent attacks from the right – Step to the right with the right foot to 1:30 & simultaneously left inward parry (to the right) while striking to opp's left jaw with a right heel palm
- Step forward with left to 2:00 and collapse right elbow straight down to ribs into a left close kneel
- Right hand circles down to the right & comes up with a heel palm to the groin
- Hook your right hand around opp's right knee as you left heel palm to back and push and pull (Pull w/ right – Push w/ left) & turn opponent around as you step back with right foot towards 1:00 and end up in a LNB facing 7:00 (opp falls forward facing ground)
- Drop into a left cat stance & snap kick to groin with left immediately following with a right side kick to left knee

## **9 GRIPPING TALON**

(Right Wrist Grab – Same Side)

- Step forward with right foot into a RNB (Inside opponent's left foot)
- Right hand moves to the left over opp's left hand – Palm facing out as left hand comes under right & grabs opp's left wrist
- Come out of right wrist grab by dropping a right inverted hammer fist to opponent's groin
- Shoot a right horizontal inward elbow to left ribs following thru
- Drag up and shoot a right outward elbow to right ribs
- Execute a left rear crossover to 1:00 as you shoot a right back knuckle to ribs – Complete the crossover into a right reverse bow as you simultaneously buckle opponents inside left leg & continue right up & over on right side of opponent and punch DOWN
- As soon as he is down come up with a right knee to face & drop right foot into a right front crossover
- Execute a right hammer fist to elbow as you cross out

## **10 RETREATING PENDULUM**

(Right Side Kick)

- Step back with right into a right rear crossover to 6:00 (into a left front twist stance)
- Simultaneously shoot a right downward block as left checks high
- Immediately deliver a right knife edge kick to opponent's left inner knee
- Plant foot towards 12:00 into a RNB – left checks as you shoot a right hammerfist to right side of opp's neck
- Pivot to left into Right reverse bow & shoot a back scoop kick to groin, plant right foot back into reverse bow buckling opp's leg

## **11 GIFT OF DESTINY**

**(HANDSHAKE)**

- Control wrist with left hand on top (4 fingers top – thumb bottom)
- Step forward with right between legs
- Collapse right elbow into midsection
- Come up with an obscure right elbow to face
- Step back with right as left hand puts pressure down and stretches arm and turn until both hands are on the back of opponent's wrist – controlling
- Heel palm strike with right hand to wrist breaking
- Front right ball kick to midsection as right hand drops back
- Land forward with a right uplifting back knuckle

## **12 BROKEN RAM**

(Front Tackle)

- From RNB – Have left foot go up the circle to 4:00 into a RNB facing 9:00
- Left sword hand to the neck followed by a right sword to the neck
- Opponent now grabs your waist – Pivot to the left facing 7:00 into a LFB and shoot a right uppercut under opp's left elbow breaking it
- Drag up with right foot towards 12:00 & scoop with right heel to groin & right back knuckle to ribs – Both @ same time circling
- Continue circling with right arm & right leg to buckle opponent's left knee as you shoot a right forearm down to left side of face



### **13 TWIST OF FATE**

(Two Hand High Push)

- Drop back with right into a LNB
- Bring both arms up in between opponent's arms and hook around to grab & pull down
- Shoot a right knife edge kick to right side midsection (Pushing down) and plant forward into a RFB
- Lift right hand up (like a lifting back knuckle) & cross opp's left hand up under his right facing 10:30
- Go underneath opp's arms & twist counterclockwise to face 4:00 as you step back with left to 11:00
- Take a complete step back w/ right to 11:00 into a LNB(facing 4:30) as you pull both arms down bringing opponent down in front of you with arms crossed
- As soon as opponent's head hits the ground & bounces back up – Pull up and shoot a right knee to the back of his neck

### **14 SQUATTING SACRIFICE**

(REAR BEAR HUG – ARMS FREE)

- Step to the left to 3:00 as both elbows strike down
- Sink deeper into horse (squat) & reach down between your legs & grab opponent's right ankle pull up (forcing opp onto his back)
- Sit on knee to break & turn to the right and hook your right foot to the right and kick opponents face – Plant right foot close to opponents left leg
- Step to the side of opponent body and turn him over ending in a RFB facing 6:00
- While still holding leg to your right hip, re-grab with right under his ankle as you reach down with left hand and grab opponent's left arm pulling it up
- Right stomp kick to spine and kick left arm away as you cross out to the left

## **15 CIRCLES OF PROTECTION**

(Right Step Thru Punch)

- Step to 11:00 with left foot as you simultaneously deliver a right upward block under right punch into a LNB
- Left hand comes up and under into left extended outward claw(to the left)to face as you sink into a LNB (leave right hand up)
- Sink into a left closed kneel stance check with left as right circles around & down into a heel palm to the groin (palm up)
- Grab testicles with right and pull & raise up into a LNB as you shoot a left back knuckle to face

## **16 MENACING TWIRL**

(Left hand rear belt grab)

- Step back & to the left with your right foot to 7:00 into a right rear twist stance & strike with a right hammer fist to groin
- **Immediately** pivot into a RFB facing 6:00 & deliver a left heel palm (blocking any high hand attack or grab) to face
- **Cross shoot** - Right hand comes up with a heel palm to left side of face as Left knee comes up to groin
- As left foot plants forward left hand comes up with a heel palm to right side of face as right knee comes up to inside of left thigh - Right hand then becomes a check
- As you plant right foot down - Shoot a right forearm or elbow to face