



# KENPO KARATE

The Five Animal Fist Method

The Belt System

## BLUE BELT

Required Kata

### Kata: LONG #2

1. Block/Chop/Palm/Spear Hand
2. Block&Punch/2 Punches/Kick&Punch
3. Universal/Rising/Hammerfist/3 Backfists
4. Downblock/Backfist/Reverse Punch/
5. Kick&Punch/Side Fist
6. Cross& Smother/Rising/3 Darts
7. Cross&Wrist Block/Side Fist
8. Wrist Block/Backfist
9. Push Block/Step&Claw
10. Punch/Inward Block
11. Drop Elbow
12. Elbow Press
13. Chamber
14. Uppercut

### Kata: SHORT #3

1. TWO HEADED SERPENT
2. CIRCLING ELBOWS
3. OPENING COWL
4. CRASH OF THE EAGLE II H
5. CROSSING TALON
6. HEEL HOOK
7. BRIDGING THE GAP
8. HEADLOCK (A)
9. LOCKING ARM (A)
10. SHACKLEBREAK (C)
11. SILK WIND
12. ADVANCING PHOENIX
13. FRONT BEARHUG (C A)

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### Required Skill

- Wrist Grab:** Reversing Grasp  
Bending the Limb  
Crossing the Lock
- Choke Front:** Two Headed Serpent
- Choke Rear:** Chinese L Choke
- Block R Punch:** Darkness  
Stretching the Bow  
Arcing Blades
- Overhead Club:** Spinning from the Sun
- Punching Skill:** VISE  
Five Swords
- Kicking:** TURNING THE HANDLE  
Circle of China  
Returning Viper  
Returning Thunder  
The Serpent  
Circling Serpent

- 2 Hand Push:** Bridging the Gap  
Flashing Daggers  
Crouching Falcon  
Darting Serpent
- Body Grab:** ADVANCING PHOENIX  
REACHING FOR THE MOON  
WRAP AROUND  
SILK WIND  
SPREADING THE LEAVES  
FOLDING WINGS  
SWINGING GATE  
SILENT ESCAPE (AB)  
BROKEN STAFF

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