



KENPO KARATE

The Five Animal Fist Method

The Belt System

GREEN BELT

Required Kata

Kata: LONG #3

1. TWO HEADED SERPENT
2. REVERSING GRASP
3. TWO HEADED SERPENT
4. REVERSING GRASP
5. CIRCLING ELBOWS
6. REACHING FOR THE MOON
7. CIRCLING ELBOWS
8. REACHING FOR THE MOON
9. PUNCH DOWN UP ACROSS CLEAR
10. FLASHING DAGGERS X2
11. BENDING THE LIMB X2
12. WRAP AROUND
13. CROSSING TALON X2
14. CROUCHING FALCON X2
15. DARTING SERPENT X2
16. SILK WIND X2
17. HEEL HOOK X2
18. SPREADING THE LEAVES X2
19. CROSSING THE LOCK X2
20. FORMAL SALUTATION

BOOK SET: PANTHER

1. Crane Stance
2. Catch & Cross
3. Opening Cowl
4. Up & Down 5 Stairs
5. Up & Down 3 Stairs
6. Broken Rhythm Uppercut
7. Smother Blocks
8. Turning the Handle
9. 5 Punch Set
10. Double Panther Claws
11. Stinging Butterflies
12. 3 Winds Claw
13. Snapping the Rod
14. Work the Shuttles
15. Legions of Ming
16. Broken Rhythm Uppercut
17. Step back Punches
18. Rolling Wrist Blocks
19. The Lock
20. 2x Double Panther Claw

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Required Skill

Wrist Grab: Knee Sweep
Kung Fu Wrist

Block L Punch: Crossing Hammers
Drums of Manchu
Reversing Hammers

Block R Punch: The Butterfly
Whirling Warrior
Whirling Blades
Praying Mantis
Sowing the Seeds
Flashing Wings
Parting the Waves
Winding Limbs
Winding Limb
Thundering Hammers
Attacking the Wall

L/R Punches: Crossing the Mountain
Whirling Leaves

Punching Skill: 7 Swords

Kicking: Snapping the Rod
Thrusting Limb
Sweeping Wings
Kneeling Tiger
The Lotus

Joint Lock: Turning the Key

Body Grab: Flowing Hands
2 Person Swinging Gate
Sweeping Branches
Stone Warrior

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