



# KENPO KARATE

The Five Animal Fist Method

The Belt System

## ORANGE BELT

**Kata: SHORT 1 - Four Shields**

1. INWARD BLOCK (2x to 12:00)
2. VERTICAL OUTWARD BLOCK (2x to 9:00)
3. RISING BLOCK (2x to 3:00)
4. DOWN BLOCK (2x to 6:00)

**Wrist Grab:**

Rocking Elbow  
Anvil  
Passing the Horizon  
Reverse Hammerlock  
Grasping Talon  
Raising the Staff

**Choke Front:**

Headlock

**Choke Back:**

Crash of the Eagle  
Dancer  
Going under a Bridge  
Breaking the Cross

**Block R Punch:**

Crashing Elbow  
Simitar

**Block L Punch:**

Aiming the Spear  
Lowering the Gate

**Punching Skill:**

Opponent at Sides  
Crossing Guard

**Kicking:**

Crane Leap  
Blocking the Kick

**Joint Lock:**

Crane Leap

**Body Grab:**

Kimono Grab  
Lever  
Heel Hook  
Eagle's Beak  
Bear Hug  
Driving Elbows

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