



KENPO KARATE

The Five Animal Fist Method

The Belt System

PURPLE BELT

Required Kata

Kata: LONG #1 – Shield and Mace

SECTION ONE

BLOCK & PUNCH (Inward, Outward, Rising Down)

SECTION TWO

TRIPLE BLOCKS (Inward, Outward, Rising Down)

SECTION THREE

INNER WRIST BLOCK (3)

OUTER WRIST BLOCK (3)

PUSH BLOCK (3)

PUNCHES (FRONT/CORNERS/SIDES)

UPPERCUTS

Kata: SHORT #2 – Cat Set

SECTION ONE

CHINESE SWORD (Inward Block/Chop)

SECTION TWO

OPENING COWL (Outward Block/Reverse Punch)

SECTION THREE

LOWERING THE GATE (Rising Block/Eagle's Beak)

SECTION FOUR

DOWNBLOCK/HEEL PALM

INWARD/RISING/HALF FIST

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Required Skill

Wrist Grab:

Crossing Talon
Gift
Raising the Sword
Shackle Break

Choke Front:

U Punch

Choke Rear:

Opening Cowl

Block R Punch:

Striking Mace
Windmill Guard
Guarding the Wall
Divided Swords
Slicing Dragon
Arm Hook

Block L Punch:

Dart
Windmill Guard
Kung Fu Cross

Punching Skill:

Striking Fang
Attack from the Shaolin
Temple

Kicking:

Kneeling Prayer

Joint Lock:

Crossing Talon
Spiraling Wrist
Encircling Arms
Crossing the Sun

Body Grab:

Circling Elbows
Locking Arm
Eagle Pin
Drawbridge
Covering Talon
Wing Break

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