



KENPO KARATE

The Five Animal Fist Method

The Belt System

BELTS

Yellow

Orange

Purple

Blue

Green

3rd Brown

2nd Brown

1st Brown

1st Black

2nd Black

KATA

Attacking Circle

Short #1

Long #1/Short #2

Long #2/Short #3

Long #3/Panther Set

Long #4/#1 Staff

Tiger & Crane/#2 Staff

Long #5/Mass Attack

Long #6

Long #7/Short Staff

YELLOW BELT

Wrist Grab:

Breaking the Sword

Choke Front:

Fang of the Cobra

Choke Back:

Japanese Stranglehold

Block R Punch:

Chinese Sword

Evasion

Block L Punch:

Japanese Sword

Punching Skill:

Kenpo Shield

Kicking:

Knee of Vengeance

Delayed Sword

Joint Lock:

Breaking the Sword

Body Grab:

Sumo

Kata: Attacking Circle

1. Step with Right Foot to 12:00/Hammerfist
2. Step with Right Foot to 3:00/Hammerfist
3. Step with Right Foot to 6:00/Hammerfist
4. Step with Left Foot to 9:00/Hammerfist
5. Step with Right Foot to 2:00/Hammerfist
6. Step with Right Foot to 4:00/Hammerfist
7. Step with Left Foot to 8:00/Hammerfist
8. Step with Left Foot to 10:00/Hammerfist

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