



# AMERICAN KENPO LEGACY

*A Fellowship of American Kenpoists*

## 4<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 40 total: 9 Compulsory, 31 Optional

### **Compulsory Techniques**

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28

### **Optional Techniques**

Your choice of 32 other techniques. Choose from groups not listed in the Compulsory listing

## **Forms**

- Personal Form - design an ***empty-hand form*** composed of 16-20 techniques, both sides, with symmetry. Techniques can come from American Kenpo Techniques, Advanced Kenpo Techniques, or your own tailored techniques. Submit a short written description detailing, the theme and purpose of the form, main principles applied, and other details utilized while designing the form.
- Karambit Set #1
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## **Written Examination**

A 25 question, multiple choice examination covering concepts, principles, theory and history of American Kenpo. (To be given one week prior to the physical techniques/forms test)



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## 5<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 40 total: 9 Compulsory, 31 Optional

### **Compulsory Techniques**

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28
9. CRASHING RAM – Guardsman Group 32
10. DESCENDING VENGEANCE – Guardsman Group 34
11. STRIKING SHIELD – Guardsman Group 34
12. THE GRIFFIN – Guardsman Group 38
13. ALTERNATING BLADES – Guardsman Group 42
14. SLICING MACE – Guardsman Group 43
15. BATTLING HAMMERS – Guardsman Group 46
16. THE SLEEPING GIANT – Guardsman Group 46
17. EVADING SCISSORS – Guardsman Group 47
18. ADVANCING FAN – Guardsman Group 54
19. SPIRALING WINDMILL – Guardsman Group 55
20. INTERCEPTING TALON – Guardsman Group 56
21. LUNAR ECLIPSE – Guardsman Group 56
22. REPEATING SPURS – Guardsman Group 63
23. RETURNING SICKLE – Guardsman Group 64
24. TWISTING HOOVES – Guardsman Group 64

### **Optional Techniques**

Your choice of 16 other techniques. Choose from groups not listed in the Compulsory listing. Draw techniques from Groups 1-82. Concentrate on the 5<sup>th</sup> Black groups.

## **Forms**

- Personal Form - design a **weapons form (staff or club)** composed of 16-20 techniques, both sides, with symmetry. Techniques can come from American Kenpo Techniques, Advanced Kenpo Techniques, or your own tailored techniques. Submit a short written description detailing, the theme and purpose of the form, main principles applied, and other details utilized while designing the form.
- Kenpo Cane Set #1 (Mass Attack)
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## **Written Examination**

A 25 question, multiple choice examination covering concepts, principles, theory and history of American Kenpo. (To be given one week prior to the physical techniques/forms test)



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## 6<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 40 total: 24 Compulsory, 16 Optional

### Compulsory Techniques

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28
9. CRASHING RAM – Guardsman Group 32
10. DESCENDING VENGEANCE – Guardsman Group 34
11. STRIKING SHIELD – Guardsman Group 34
12. THE GRIFFIN – Guardsman Group 38
13. ALTERNATING BLADES – Guardsman Group 42
14. SLICING MACE – Guardsman Group 43
15. BATTLING HAMMERS – Guardsman Group 46
16. THE SLEEPING GIANT – Guardsman Group 46
17. EVADING SCISSORS – Guardsman Group 47
18. ADVANCING FAN – Guardsman Group 54
19. SPIRALING WINDMILL – Guardsman Group 55
20. INTERCEPTING TALON – Guardsman Group 56
21. LUNAR ECLIPSE – Guardsman Group 56
22. REPEATING SPURS – Guardsman Group 63
23. RETURNING SICKLE – Guardsman Group 64
24. TWISTING HOOVES – Guardsman Group 64

### Optional Techniques

Your choice of 16 other techniques. Choose from groups not listed in the Compulsory listing. Draw techniques from Groups 29-100. Concentrate on the 6<sup>th</sup> Black groups.

## Forms

- Personal Form - design a **Two-man Set** composed of 16-20 techniques. Both sides and symmetry are not required. Techniques can come from American Kenpo Techniques, Advanced Kenpo Techniques, or your own tailored techniques. Submit a short written description detailing, the theme and purpose of the form, main principles applied, and other details utilized while designing the form.
- Grappling Set #1
- Karambit Set #2 (Short Form #4)
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## Written Examination

A 25 question, multiple choice examination covering concepts, principles, theory and history of American Kenpo. (To be given one week prior to the physical techniques/forms test)



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## 7<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 40 total: 24 Compulsory, 16 Optional

### Compulsory Techniques

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28
9. CRASHING RAM – Guardsman Group 32
10. DESCENDING VENGEANCE – Guardsman Group 34
11. STRIKING SHIELD – Guardsman Group 34
12. THE GRIFFIN – Guardsman Group 38
13. ALTERNATING BLADES – Guardsman Group 42
14. SLICING MACE – Guardsman Group 43
15. BATTLING HAMMERS – Guardsman Group 46
16. THE SLEEPING GIANT – Guardsman Group 46
17. EVADING SCISSORS – Guardsman Group 47
18. ADVANCING FAN – Guardsman Group 54
19. SPIRALING WINDMILL – Guardsman Group 55
20. INTERCEPTING TALON – Guardsman Group 56
21. LUNAR ECLIPSE – Guardsman Group 56
22. REPEATING SPURS – Guardsman Group 63
23. RETURNING SICKLE – Guardsman Group 64
24. TWISTING HOOVES – Guardsman Group 64

### Optional Techniques

Your choice of 16 other techniques. Choose from groups not listed in the Compulsory listing. Draw techniques from Groups 83-104. Concentrate on the 6<sup>th</sup> Black – 7<sup>th</sup> Black groups.

## Forms

- Personal Form - **Two-Man Grappling Set** composed of 16-20 techniques. Both sides and symmetry are not required. The set should progress from standing to takedown, to grappling holds, to escape and finish standing, and then repeat for each new takedown, hold and escape. Techniques can come from American Kenpo Techniques, Advanced Kenpo Techniques, or your own tailored techniques. Submit a short written description detailing, the theme and purpose of the form, main principles applied, and other details utilized while designing the form.
- Kenpo Cane Set #2 (Short Form #5)
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## Written Examination

A 25 question, multiple choice examination covering concepts, principles, theory and history of American Kenpo. (To be given one week prior to the physical techniques/forms test)



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## 8<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 40 total: 24 Compulsory, 16 Optional

### Compulsory Techniques

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28
9. CRASHING RAM – Guardsman Group 32
10. DESCENDING VENGEANCE – Guardsman Group 34
11. STRIKING SHIELD – Guardsman Group 34
12. THE GRIFFIN – Guardsman Group 38
13. ALTERNATING BLADES – Guardsman Group 42
14. SLICING MACE – Guardsman Group 43
15. BATTLING HAMMERS – Guardsman Group 46
16. THE SLEEPING GIANT – Guardsman Group 46
17. EVADING SCISSORS – Guardsman Group 47
18. ADVANCING FAN – Guardsman Group 54
19. SPIRALING WINDMILL – Guardsman Group 55
20. INTERCEPTING TALON – Guardsman Group 56
21. LUNAR ECLIPSE – Guardsman Group 56
22. REPEATING SPURS – Guardsman Group 63
23. RETURNING SICKLE – Guardsman Group 64
24. TWISTING HOOVES – Guardsman Group 64

### Optional Techniques

Your choice of 16 other techniques. Choose from groups not listed in the Compulsory listing. Draw techniques from Groups 83-108. Concentrate on the 6<sup>th</sup> Black – 8<sup>th</sup> Black groups.

## Forms

- Personal Form - **Two-Man Single-Stick Set** composed of 8-12 techniques. Both sides and symmetry is required. Each technique of the set should act as a flow drill that can end with disarming your partner. The Partner will then retrieve his weapon and the set will resume, etc. Techniques should come from Elite-Fighters Arnis de Mano, American Kenpo Techniques, or your own tailored techniques. Submit a short written description detailing, the theme and purpose of the form, main principles applied, and other details utilized while designing the form.
- Personal Form - **Two-Man Double-Stick Set** composed of 8-12 techniques. The specifics for this set are similar to Two-Man Single-Stick Set.
- Personal Form – **Two-Man Sparring Set** composed of methods demonstration attack entries, follow-ups, counters and exits against the various types of fighters.
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## Written Examination

A 25 question, multiple choice examination covering concepts, principles, theory and history of American Kenpo. (To be given one week prior to the physical techniques/forms test)

# 9<sup>th</sup> Degree Black Belt Requirements

**Defensive Techniques:** - 42 total: 24 Compulsory, 18 Optional

## **Compulsory Techniques**

1. DOMINATING LEVER – Defender Group 3
2. THRUSTING SPEAR – Defender Group 8
3. PUMMELING SWORD – Defender Group 10
4. HUGGING ELBOWS – Defender Group 12
5. ATTACKING CRANE – Defender Group 15
6. HIDDEN ESCAPE – Defender Group 19
7. CIRCLING VIPER – Defender Group 24
8. CLASHING FISTS – Defender Group 28
9. CRASHING RAM – Guardsman Group 32
10. DESCENDING VENGEANCE – Guardsman Group 34
11. STRIKING SHIELD – Guardsman Group 34
12. THE GRIFFIN – Guardsman Group 38
13. ALTERNATING BLADES – Guardsman Group 42
14. SLICING MACE – Guardsman Group 43
15. BATTLING HAMMERS – Guardsman Group 46
16. THE SLEEPING GIANT – Guardsman Group 46
17. EVADING SCISSORS – Guardsman Group 47
18. ADVANCING FAN – Guardsman Group 54
19. SPIRALING WINDMILL – Guardsman Group 55
20. INTERCEPTING TALON – Guardsman Group 56
21. LUNAR ECLIPSE – Guardsman Group 56
22. REPEATING SPURS – Guardsman Group 63
23. RETURNING SICKLE – Guardsman Group 64
24. TWISTING HOOVES – Guardsman Group 64

## **Optional Techniques**

18 Root Techniques from the American Kenpo System equivalent to the Advanced Kenpo System. Be able to describe the interrelationship, and how the techniques are the root from which all other techniques are derived.

## **Forms**

- Personal Form - ***Two-Man Stick and Dagger Set*** composed of 8-12 techniques. Both sides and symmetry are not required. Each technique of the set should act as a flow drill that can end with disarming your partner. The Defender will then retrieve the disarmed weapon and the set will resume, etc. Submit a short written detailed description.
- Personal Form - ***Two-Man Dagger vs. Dagger*** composed of 8-12 techniques. The specifics for this set are similar to Two-Man Single-Stick Set.
- Personal Form - ***Two-Man Empty Hand vs. Dagger*** composed of 8-12 techniques. Each technique of the set should act as a flow drill that can end with disarming your partner. The Partner will then retrieve his weapon and the set will resume, etc. The specifics for this set are similar to Two-Man Single-Stick Set.
- Personal Form – ***Master Techniques of Kenpo Form*** demonstrating the principles of the 24 Root Techniques. Techniques should come from Advanced Black Belt Techniques Groups 1-108 and the American Kenpo Techniques. Submit a short detailed description of the form.
- Two Forms selected from Short One through Long 6 (announced one week prior to test)

## **Written Examination**

Written thesis - topic to be determined between the practitioner and the mentor. The topic to be chosen allows the practitioner to contribute his/her best talents back to the martial arts.