



**American Kenpo**  
as originally taught

**Yellow Belt Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                               |  |
|-------------------------------|--|
| 1. Delayed Sword .....        | Right grab to your left lapel; front     |
| 2. Alternating Maces .....    | Two hand push, low; front                |
| 3. Sword of Destruction ..... | Left Roundhouse punch; front             |
| 4. Deflecting Hammer .....    | Right front step-through kick, front     |
| 5. Captured Twigs .....       | Bearhug, arms pinned; rear               |
| 6. The Grasp of Death .....   | Headlock; left flank                     |
| 7. Checking the Storm .....   | Overhead club attack; front              |
| 8. Mace of Aggression .....   | Two hand lapel grab, pulling in; front   |
| 9. Attacking Mace .....       | Right thrust punch; front                |
| 10. Sword and Hammer .....    | Left grab to right shoulder; right flank |

**KICKS**

**BLOCKS**

1. Front Snap Kick
2. Rear Snap Kick
3. Side Snap Kick (knife-edge)
4. Wheel Kick
5. Side Thrust Kick (side)
6. Roundhouse Kick

1. Inward (hammering)
2. Inward (thrusting)
3. Outward (vertical)
4. Outward (extended)
5. Upward
6. Downward (outward)

**STANCE**

**SETS AND FORMS**

1. Attention
2. Neutral Bow
3. Horse (training)
4. Horse (fighting)
5. Forward Bow
6. Close Kneel
7. Cat (45 degree)

- Blocking Set #1**  
**Short Form 1 (right side)**

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**American Kenpo**  
as originally taught  
**Orange Belt Requirements**



**SELF DEFENSE**

**TITLE**

**ATTACK**

- |                                   |   |
|-----------------------------------|---|
| 1. Clutching Feathers .....       | Left hand hair grab; front                |
| 2. Triggered Salute .....         | Right hand push to left shoulder; front   |
| 3. Dance of Death .....           | Right straight punch; front               |
| 4. Thrusting Salute .....         | Right step-through front kick; front      |
| 5. Gift of Destruction .....      | Handshake (sucker punch); front           |
| 6. Locking Horns .....            | Headlock; front                           |
| 7. Lone Kimono .....              | Left hand lapel grab; front               |
| 8. Glancing Salute .....          | Right hand push to right shoulder; front  |
| 9. Five Swords .....              | Right step-through roundhouse punch       |
| 10. Buckling Branch .....         | Left step-through front kick; front       |
| 11. Scraping Hoof .....           | Full Nelson                               |
| 12. Grip of Death .....           | Right arm headlock; left flank            |
| 13. Crossing Talon .....          | Right grab to right wrist; front          |
| 14. Repeating Mace .....          | Left hand push to chest; front            |
| 15. Shielding Hammer .....        | Left step-through hooking punch; front    |
| 16. Striking Serpent's Head ..... | Bear hug, arms free; front                |
| 17. Locked Wing .....             | Right hammerlock                          |
| 18. Obscure Wing .....            | Left hand shoulder grab; right flank      |
| 19. Reversing Mace .....          | Left step-through straight punch; front   |
| 20. Thrusting Prongs .....        | Bear hug, arms pinned; front              |
| 21. Obscure Sword .....           | Left hand shoulder grab; right rear flank |
| 22. Twisted Twig .....            | Wrist lock; front                         |
| 23. Raining Claw .....            | Right uppercut punch; front               |
| 24. Crashing Wings .....          | Bear hug, arms free; rear                 |

**KICKS**

- |                                     |  |
|-------------------------------------|--|
| 1. Front Knee Thrust                | 8. Front Kick - Roundhouse Comb.       |
| 2. Front Thrust Kick (ball of foot) | 9. Front Kick - Side Kick Comb.        |
| 3. Side Thrust Kick (front)         | 10. Front-Back-Side-Wheel Kick Comb.   |
| 4. Rear Thrust Kick (back kick)     | 11. Front Crossover Wheel Kick         |
| 5. Rear Scoop Kick                  | 12. Front Cross Snapping Knife-edge    |
| 6. Front Kick - Back Kick Comb.     | 13. Rear Crossover Back Kick (shuffle) |
| 7. Front Kick - Wheel Kick Comb.    | 14. Rear Crossover Canted Side Kick    |

**SETS AND FORMS**

Kicking Set #1    Short Form #1 (both sides)



**American Kenpo**  
as originally taught  
**Purple Belt Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                 |  |
|---------------------------------|--|
| 1. Twirling Wings .....         | Two-hand shoulder grab; rear             |
| 2. Snapping Twig .....          | Left hand chest push                     |
| 3. Leaping Crane .....          | Right step-through punch; front          |
| 4. Swinging Pendulum .....      | Right roundhouse kick; front             |
| 5. Crushing Hammer .....        | Bear hug, arms pinned; rear              |
| 6. Captured Leaves .....        | Finger lock; right front flank           |
| 7. Evading the Storm .....      | Overhead club attack; front              |
| 8. Charging Ram .....           | Tackle; front                            |
| 9. Parting Wings .....          | Two hand push; front                     |
| 10. Thundering Hammers .....    | Right step-through punch; front          |
| 11. Squeezing the Peach .....   | Bear hug, arms pinned; rear              |
| 12. Circling Wing .....         | Two-hand choke, arms bent; rear          |
| 13. Calming the Storm .....     | Step-through roundhouse club; front      |
| 14. Darting Mace .....          | Two-hand wrist grab; front               |
| 15. Hooking Wings .....         | Two-hand push, low; front                |
| 16. Shield and Sword .....      | Left step-through punch; front           |
| 17. Gift in Return .....        | Handshake (sucker punch); front          |
| 18. Bow of Compulsion .....     | Right wrist lock, chest pin; front       |
| 19. Obstructing the Storm ..... | Right step-through overhead club; front  |
| 20. Twin Kimono.....            | Two-hand lapel grab                      |
| 21. Sleeper .....               | Right step-through straight punch; front |
| 22. Spiraling Twig .....        | Bear hug, arms free; rear                |
| 23. Cross of Destruction .....  | Two hand choke; rear                     |
| 24. Flight to Freedom .....     | Right hammerlock                         |

**KICKS**

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1. Thrusting Sweep Kick (instep) | 8. Dropping Back Kick              |
| 2. Hooking Heel Kick             | 9. Replacement Canted Side Kick    |
| 3. Spinning Back Kick            | 10. Replacement Wheel Kick         |
| 4. Spinning Side Kick            | 11. Jump Front Snap Kick           |
| 5. Heel Hook - Wheel Kick Comb.  | 12. Front Chicken Kick             |
| 6. Wheel Kick - Heel Hook Comb.  | 13. Gravity Side Kick (pull-drag)  |
| 7. Rear Cross Hooking Heel Kick  | 14. Gravity Wheel Kick (pull-drag) |

**SETS AND FORMS**

Finger Set #1   Coordination Set #1   Long Form #1



**American Kenpo**  
as originally taught  
**Blue Belt Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                |   |
|--------------------------------|---|
| 1. Begging Hands .....         | Two hand wrist grab; front              |
| 2. Thrusting Wedge .....       | Two hand push, high; front              |
| 3. Flashing Wings .....        | Right step-through punch; front         |
| 4. Hugging Pendulum .....      | Right thrusting knife-edge kick; front  |
| 5. Repeated Devastation .....  | Full nelson                             |
| 6. Entangled Wing .....        | Right figure-four lock; front           |
| 7. Defying the Storm .....     | Right step-through roundhouse club      |
| 8. Raking Mace .....           | Two-hand lapel grab, pulling in; front  |
| 9. Snaking Talon .....         | Two hand push, or double punch; front   |
| 10. Shield and Mace .....      | Right step-through punch; front         |
| 11. Retreating Pendulum .....  | Right thrusting heel (back) kick; front |
| 12. Tripping Arrow .....       | Bear hug, arms free; front              |
| 13. Fallen Cross .....         | Two-hand choke; rear                    |
| 14. Returning Storm .....      | Right backhanded club; front            |
| 15. Crossed Twigs .....        | Two-hand wrist grab; rear               |
| 16. Twist of Fate .....        | Two-hand push; front                    |
| 17. Flashing Mace .....        | Right step-through punch; front         |
| 18. Gift of Destiny .....      | Handshake (sucker punch); front         |
| 19. Wings of Silk .....        | Elbow pin, (double hammerlock)          |
| 20. Gripping Talon .....       | Left grab to right wrist; front         |
| 21. Gathering Clouds .....     | Right step-through punch; front         |
| 22. Destructive Twins .....    | Two-hand choke, pulling in; front       |
| 23. Broken Ram .....           | Tackle; front                           |
| 24. Circling the Horizon ..... | Right step-through punch; front         |

**KICKS**

- |                                  |  |
|----------------------------------|--|
| 1. Slicing Knife-edge            | 8. Inward Crescent - Side Thrust       |
| 2. Inward Crescent Kick          | 9. Shuffle Side - Spinning Back Comb.  |
| 3. Outward Crescent Kick         | 10. Front-Wheel-Spinning Back Kick     |
| 4. Front Scoop Kick              | 11. Wheel Kick - Back Kick Combination |
| 5. Front Leg Sweep (replacement) | 12. Shuffle Outward Crescent Kick      |
| 6. Rear Leg Sweep (step-through) | 13. Jump Wheel Kick                    |
| 7. Spinning Heel Hook            | 14. Rear Chicken Kick                  |

**SETS AND FORMS**

Striking Set #1      Stance Set #1      Short Form #2



**American Kenpo**  
as originally taught  
**Green Belt Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                 |  |
|---------------------------------|--|
| 1. Obscure Claws .....          | Left hand shoulder grab; right flank   |
| 2. Encounter with Danger .....  | Two hand push, falling; front          |
| 3. Circling Destruction .....   | Left step-through punch; front         |
| 4. Detour from Doom .....       | Right roundhouse kick; front           |
| 5. Squatting Sacrifice .....    | Bear Hug, arms free; rear              |
| 6. Escape from Death .....      | Forearm strangle; rear                 |
| 7. Brushing the Storm .....     | Overhead club attack; right flank      |
| 8. Menacing Twirl .....         | Belt grab; rear                        |
| 9. Leap from Danger .....       | Two-hand push, falling; rear           |
| 10. Circles of Protection ..... | Right overhead punch; front            |
| 11. Circle of Doom .....        | Right front kick; front                |
| 12. Broken Gift .....           | Handshake (sucker punch); front        |
| 13. Heavenly Ascent .....       | Two-hand choke, pulling in; front      |
| 14. Capturing the Storm .....   | Overhead club; front                   |
| 15. Conquering Shield .....     | Left grab to right lapel; front        |
| 16. Taming the Mace .....       | Right step-through punch; against wall |
| 17. Twirling Sacrifice .....    | Full nelson                            |
| 18. Cross of Death .....        | Two-hand cross-choke; front            |
| 19. Securing the Storm .....    | Right roundhouse club; front           |
| 20. Intercepting the Ram .....  | Tackle; front                          |
| 21. Kneel of Compulsion .....   | Right step-through punch; right flank  |
| 22. Clipping the Storm .....    | Right club thrust to midsection; front |
| 23. Glancing Wing .....         | Right uppercut; front                  |
| 24. The Back Breaker .....      | Right step-through punch; right flank  |

**KICKS**

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1. Front Shovel Kick               | 8. Inward Check - Replacement Wheel  |
| 2. Rear Stiff Leg Raise            | 9. Jump Back Kick                    |
| 3. Reverse Snap Kick (hoof kick)   | 10. Jump Side Thrust Kick            |
| 4. Roundhousing Heel Kick          | 11. Jump Heel Hook Kick              |
| 5. Downward Roundhouse Kick        | 12. Jump Front Thrust Kick           |
| 6. Inward Check Kick (instep)      | 13. Jump Inward Crescent             |
| 7. Outward Check Kick (knife-edge) | 14. Flying Side Kick (flying dragon) |

**SETS AND FORMS**

Coordination Set #2   Long Form #2   Short Form #3



**American Kenpo**  
as originally taught  
**3rd Brown Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                   |   |
|-----------------------------------|---|
| 1. Glancing Spear .....           | Right grab to left wrist; front                 |
| 2. Thrust into Darkness .....     | Right step-through punch; left rear flank       |
| 3. Circling Fans .....            | Left-right punch combination; front             |
| 4. Rotating Destruction .....     | Right front kick - left spinning back kick      |
| 5. Falcons of Force .....         | Two men, Shoulder grabs; both sides             |
| 6. The Bear and the Ram .....     | Two men, Rear bear hug, front punch             |
| 7. Raining Lance .....            | Right step-through overhead knife; front        |
| 8. Desperate Falcons .....        | Two-hand wrist grab; front                      |
| 9. Leap of Death .....            | Right step-through punch; front                 |
| 10. Protecting Fans .....         | Left-right punch combination; front             |
| 11. Deceptive Panther .....       | Right snap kick - roundhouse kick comb.         |
| 12. Courting the Tiger .....      | Two men, wrist grabs, both sides                |
| 13. Gathering of the Snakes ..... | Two men, left punch-front; right punch rear     |
| 14. Glancing Lance .....          | Knife thrust, high; front                       |
| 15. Dominating Circles .....      | Right off-set grab to right shoulder; front     |
| 16. Destructive Fans .....        | Right step-through punch; left flank            |
| 17. Unfurling Crane .....         | Left-right punch combination; front             |
| 18. Grasping Eagles .....         | Two men, right arm grab, rear; lapel grab front |
| 19. Parting of the Snakes .....   | Two men, rear push into a right punch           |
| 20. Thrusting Lance .....         | Knife thrust, low; front                        |
| 21. Blinding Sacrifice .....      | Two-hand grab or choke; front                   |
| 22. Snakes of Wisdom .....        | Two men, left & right shoulder grabs; sides     |
| 23. Entwined Lance .....          | Right knife thrust, high; front                 |
| 24. Falling Falcon .....          | Right grab to left lapel; front                 |

**KICKS**

- |                                 |   |
|---------------------------------|---|
| 1. Snapping Calf Raise          | 8. Rear Crossover Stomp                   |
| 2. Outward Roundhouse Kick      | 9. Reverse Spinning Wheel Kick            |
| 3. Hopping Front Thrust Kick    | 10. Jump Spinning Back Kick               |
| 4. Sliding Front Thrust Kick    | 11. Jump Spinning Crescent Kick           |
| 5. Front Leg Reap (replacement) | 12. Crescent-Jump Spinning Crescent Comb. |
| 6. Rear Leg Reap (step through) | 13. Front Kick - Jump Spinning Back Kick  |
| 7. Front Crossover Stomp        | 14. Wheel Kick - Jump Spinning Back Kick  |

**SETS AND FORMS**

Striking Set #2

Stance Set #2

Long Form #3



**American Kenpo**  
as originally taught  
**2nd Brown Requirements**



**SELF DEFENSE**

**TITLE**

**ATTACK**

- |                                    |  |
|------------------------------------|--|
| 1. Fatal Cross .....               | Two-hand grab or push low; front             |
| 2. Twirling Hammers .....          | Left step-through punch; front               |
| 3. Defensive Cross .....           | Right snap kick; front                       |
| 4. Dance of Darkness .....         | Right kick followed by a right punch; front  |
| 5. Marriage of the Rams .....      | Two men, double shoulder grabs; sides        |
| 6. The Ram and the Eagle .....     | Two men, front right punch, rear collar grab |
| 7. Escape from the Storm .....     | Right overhead club; right flank             |
| 8. Circling Windmills .....        | Two-hand push followed by right punch; front |
| 9. Destructive Kneel .....         | Right step-through punch; front              |
| 10. Bowing to Buddha .....         | Right roundhouse kick, kneeling; front       |
| 11. Reversing Circles .....        | Left roundhouse kick followed by left punch  |
| 12. Reprimanding the Bears .....   | Two men, front right punch & rear bear hug   |
| 13. Circling the Storm .....       | Right club thrust; front                     |
| 14. Unfolding the Dark .....       | Left step-through punch; right rear flank    |
| 15. Unwinding Pendulum .....       | Right kick followed by right punch; front    |
| 16. Piercing Lance .....           | Right knife thrust, arms up; front           |
| 17. Escape from the Darkness ..... | Right step-through punch; left rear flank    |
| 18. Capturing the Rod .....        | Right pistol holdup, close; front            |
| 19. Prance of the Tiger .....      | Right step-through uppercut; right flank     |
| 20. Broken Rod .....               | Right pistol holdup, against back; rear      |
| 21. Entwined Maces .....           | Left-right punch combination; front          |
| 22. Defying the Rod .....          | Right pistol holdup, high; front             |
| 23. Fatal Deviation .....          | Right-left punch combination; front          |
| 24. Twisted Rod .....              | Right pistol holdup, close; front            |

**KICKS**

- |   |                                   |
|---|-----------------------------------|
| 1. Front Thrust Kick (heel of foot)     | 8. S.W.K. - Jumping Wheel Kick    |
| 2. Reverse Spinning Stiff-Leg Reap      | 9. Spring Side Thrust Kick        |
| 3. Sliding Wheel Kick (S.W.K.)          | 10. Spring Back Thrust Kick       |
| 4. S.W.K. - Spinning Outward Crescent   | 11. Spring Wheel Kick             |
| 5. S.W.K. - Reverse Spinning Wheel Kick | 12. Spring Heel Hook              |
| 6. S.W.K. - Jumping Wheel Kick          | 13. Jump Spinning Heel Hook       |
| 7. S.W.K. - Jumping Spinning Crescent   | 14. Wheel - Jump Wheel Kick Comb. |

**SETS AND FORMS**

Two-Man Set (both sides)

Long Form #4



**American Kenpo**  
as originally taught  
**1st Brown Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                   |   |
|-----------------------------------|---|
| 1. Clutching Feathers .....       | Left hand hair grab; front                |
| 2. Triggered Salute .....         | Right hand push to left shoulder; front   |
| 3. Dance of Death .....           | Right straight punch; front               |
| 4. Thrusting Salute .....         | Right step-through front kick; front      |
| 5. Gift of Destruction .....      | Handshake (sucker punch); front           |
| 6. Locking Horns .....            | Headlock; front                           |
| 7. Lone Kimono .....              | Left hand lapel grab; front               |
| 8. Glancing Salute .....          | Right hand push to right shoulder; front  |
| 9. Five Swords .....              | Right step-through roundhouse punch       |
| 10. Buckling Branch .....         | Left step-through front kick; front       |
| 11. Scraping Hoof .....           | Full Nelson                               |
| 12. Grip of Death .....           | Right arm headlock; left flank            |
| 13. Crossing Talon .....          | Right grab to right wrist; front          |
| 14. Repeating Mace .....          | Left hand push to chest; front            |
| 15. Shielding Hammer .....        | Left step-through hooking punch; front    |
| 16. Striking Serpent's Head ..... | Bear hug, arms free; front                |
| 17. Locked Wing .....             | Right hammerlock                          |
| 18. Obscure Wing .....            | Left hand shoulder grab; right flank      |
| 19. Reversing Mace .....          | Left step-through straight punch; front   |
| 20. Thrusting Prongs .....        | Bear hug, arms pinned; front              |
| 21. Obscure Sword .....           | Left hand shoulder grab; right rear flank |
| 22. Twisted Twig .....            | Wrist lock; front                         |
| 23. Raining Claw .....            | Right uppercut punch; front               |
| 24. Crashing Wings .....          | Bear hug, arms free; rear                 |

**KICKS**

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1. Front-Wheel-Jump Spinning Back    | 8. Spring Spinning Heel Hook      |
| 2. Dropping Side Kick                | 9. Flying Front Kick              |
| 3. Dropping Wheel Kick               | 10. Flying Front Kick - Back Kick |
| 4. Knee Trap Takedown                | 11. Flying Front - Side Thrust    |
| 5. Knee Trap Takedown - Leg Figure 4 | 12. Flying Front - Wheel Kick     |
| 6. Spring Spinning Roundhouse        | 13. Flying Front - Heel Hook      |
| 7. Jump Reverse Spinning Roundhouse  | 14. Pivot Kick                    |

**SETS AND FORMS**

Kicking Set #2

Long Form #5



**American Kenpo**  
as originally taught  
**1st Black Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                 |  |
|---------------------------------|--|
| 1. Twirling Wings .....         | Two-hand shoulder grab; rear             |
| 2. Snapping Twig .....          | Left hand chest push                     |
| 3. Leaping Crane .....          | Right step-through punch; front          |
| 4. Swinging Pendulum .....      | Right roundhouse kick; front             |
| 5. Crushing Hammer .....        | Bear hug, arms pinned; rear              |
| 6. Captured Leaves .....        | Finger lock; right front flank           |
| 7. Evading the Storm .....      | Overhead club attack; front              |
| 8. Charging Ram .....           | Tackle; front                            |
| 9. Parting Wings .....          | Two hand push; front                     |
| 10. Thundering Hammers .....    | Right step-through punch; front          |
| 11. Squeezing the Peach .....   | Bear hug, arms pinned; rear              |
| 12. Circling Wing .....         | Two-hand choke, arms bent; rear          |
| 13. Calming the Storm .....     | Step-through roundhouse club; front      |
| 14. Darting Mace .....          | Two-hand wrist grab; front               |
| 15. Hooking Wings .....         | Two-hand push, low; front                |
| 16. Shield and Sword .....      | Left step-through punch; front           |
| 17. Gift in Return .....        | Handshake (sucker punch); front          |
| 18. Bow of Compulsion .....     | Right wrist lock, chest pin; front       |
| 19. Obstructing the Storm ..... | Right step-through overhead club; front  |
| 20. Twin Kimono.....            | Two-hand lapel grab                      |
| 21. Sleeper .....               | Right step-through straight punch; front |
| 22. Spiraling Twig .....        | Bear hug, arms free; rear                |
| 23. Cross of Destruction .....  | Two hand choke; rear                     |
| 24. Flight to Freedom .....     | Right hammerlock                         |

**KICKS**

- |                                    |   |
|------------------------------------|---|
| 1. Axe Kick (inward)               | 8. Spring Double Front Snap Kick        |
| 2. Axe Kick (outward)              | 9. Forward Roll - Dropping Back Kick    |
| 3. Scissor Takedown                | 10. Forward Roll - Jump Front Snap Kick |
| 4. Flying Scissor Tackle           | 11. Forward Roll - Jump Back Kick       |
| 5. Chicken Knee Kick               | 12. Forward Roll - Jump Wheel Kick      |
| 6. Dropping Back -Side (side roll) | 13. Forward Roll - Jump Side (side)     |
| 7. Jump Spinning Dropping Back     | 14. Forward Roll - Jump Side (front)    |

**SETS AND FORMS**

Staff Set #1

Blocking Set #2



**American Kenpo**  
as originally taught  
**2nd Black Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                |   |
|--------------------------------|---|
| 1. Begging Hands .....         | Two hand wrist grab; front              |
| 2. Thrusting Wedge .....       | Two hand push, high; front              |
| 3. Flashing Wings .....        | Right step-through punch; front         |
| 4. Hugging Pendulum .....      | Right thrusting knife-edge kick; front  |
| 5. Repeated Devastation .....  | Full nelson                             |
| 6. Entangled Wing .....        | Right figure-four lock; front           |
| 7. Defying the Storm .....     | Right step-through roundhouse club      |
| 8. Raking Mace .....           | Two-hand lapel grab, pulling in; front  |
| 9. Snaking Talon .....         | Two hand push, or double punch; front   |
| 10. Shield and Mace .....      | Right step-through punch; front         |
| 11. Retreating Pendulum .....  | Right thrusting heel (back) kick; front |
| 12. Tripping Arrow .....       | Bear hug, arms free; front              |
| 13. Fallen Cross .....         | Two-hand choke; rear                    |
| 14. Returning Storm .....      | Right backhanded club; front            |
| 15. Crossed Twigs .....        | Two-hand wrist grab; rear               |
| 16. Twist of Fate .....        | Two-hand push; front                    |
| 17. Flashing Mace .....        | Right step-through punch; front         |
| 18. Gift of Destiny .....      | Handshake (sucker punch); front         |
| 19. Wings of Silk .....        | Elbow pin, (double hammerlock)          |
| 20. Gripping Talon .....       | Left grab to right wrist; front         |
| 21. Gathering Clouds .....     | Right step-through punch; front         |
| 22. Destructive Twins .....    | Two-hand choke, pulling in; front       |
| 23. Broken Ram .....           | Tackle; front                           |
| 24. Circling the Horizon ..... | Right step-through punch; front         |

**KICKS**

- |                               |   |
|-------------------------------|---|
| 1. Dropping Leg Sweep 180°    | 8. Side Roll - Downward Roundhouse        |
| 2. Dropping Leg Sweep 360°    | 9. Side Roll - Downward Heel (inward)     |
| 3. Dropping Leg Reap 180°     | 10. Side Roll - Downward Heel (outward)   |
| 4. Dropping Leg Reap 360°     | 11. Forward Roll - Jump Double Front Snap |
| 5. Raking Front Kick          | 12. Forward Roll - Jump Front-Back        |
| 6. Dropping 180° Sweep - Reap | 13. Forward Roll - Jump Front-Side        |
| 7. Dropping 180° Reap - Sweep | 14. Forward Roll - Chicken                |

**SETS AND FORMS**

Finger Set #2

Long Form #6



**American Kenpo**  
as originally taught  
**3rd Black Requirements**



**SELF DEFENSE TECHNIQUES**

**TITLE**

**ATTACK**

- |                                 |  |
|---------------------------------|--|
| 1. Obscure Claws .....          | Left hand shoulder grab; right flank   |
| 2. Encounter with Danger .....  | Two hand push, falling; front          |
| 3. Circling the Horizon .....   | Left step-through punch; front         |
| 4. Detour from Doom .....       | Right roundhouse kick; front           |
| 5. Squatting Sacrifice .....    | Bear Hug, arms free; rear              |
| 6. Escape from Death .....      | Forearm strangle; rear                 |
| 7. Brushing the Storm .....     | Overhead club attack; right flank      |
| 8. Menacing Twirl .....         | Belt grab; rear                        |
| 9. Leap from Danger .....       | Two-hand push, falling; rear           |
| 10. Circles of Protection ..... | Right overhead punch; front            |
| 11. Circle of Doom .....        | Right front kick; front                |
| 12. Broken Gift .....           | Handshake (sucker punch); front        |
| 13. Heavenly Escape .....       | Two-hand choke, pulling in; front      |
| 14. Capturing the Storm .....   | Overhead club; front                   |
| 15. Conquering Shield .....     | Left grab to right lapel; front        |
| 16. Taming the Mace .....       | Right step-through punch; against wall |
| 17. Twirling Sacrifice .....    | Full nelson                            |
| 18. Cross of Death .....        | Two-hand cross-choke; front            |
| 19. Securing the Storm .....    | Right roundhouse club; front           |
| 20. Intercepting the Ram .....  | Tackle; front                          |
| 21. Kneel of Compulsion .....   | Right step-through punch; right flank  |
| 22. Clipping the Storm .....    | Right club thrust to midsection; front |
| 23. Glancing Wing .....         | Right uppercut; front                  |
| 24. The Back Breaker .....      | Right step-through punch; right flank  |

**KICKS**

- |   |                                       |
|---|---------------------------------------|
| 1. Rear Shovel Kick                                       | 8. Rolling Hammer - Jump Front-Wheel  |
| 2. Side Shovel Kick                                       | 9. Vaulting Side Thrust               |
| 3. Forward Roll - Hammering Heel<br>(Rolling Hammer Kick) | 10. Vaulting Side - Spinning Back     |
| 4. Rolling Hammer - Chicken Kick                          | 11. Vaulting Side - Double Front Snap |
| 5. Rolling Hammer - Jump Front                            | 12. Cartwheel Roundhouse              |
| 6. Rolling Hammer - Jump Front-Back                       | 13. Cartwheel Double Roundhouse       |
| 7. Rolling Hammer - Jump Front-Side                       | 14. Cartwheel Heel Hook               |

**SETS AND FORMS**

Nunchaku Set #1

Long Form #7