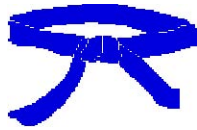


BLUE BELT



Kenpo Blue Belt Requirements



Techniques

1. Thousand Mallets
2. Driving the Spike
3. Siege of the Temple
4. Tangled Wings -- C
5. Releasing the Eagle
6. Hooves of Death
7. Lobsters Claws -- B, C
8. Approaching Night
9. Escape of the Lamb - B
10. Crumbling Statue -- A, B
11. Wings of Iron A, B
12. Crashing Waves
13. Clawing Hawk
14. Spreading Wings -- A, B
15. Whirlpool
16. Revealing Vest
17. Sculpturing Buddha
18. Silk Screen -- C

Supplemental Techniques

- Crossing Swords A
- Chinese Eclipse
- Ox Cart B
- Tumbling Samurai (Obsolete)
- Spinning Blades
- Parting the Beads (Obsolete)
- Crossed Arrows
- Silk Screen A, B
- Striking Cobra (Obsolete)
- Blinding Sword
- Hand of the Dragon B, C, D
- Sealing the Chest

Katas

- Long Kata form II
- Short Kata form III

Basics

- Front Heel Thrust
- Snap, double wheel
- Rear, snap kicks
- Rear heel kick
- Heel scoop
- Sim. kick punch, punch (opposite)
- Sim. kick chop, double chop to front
- Sim. inward block and cover, snap kick
- Sim. vertical block and snap kick, punch
- Step forward and punch, hammer fist, claw, back knuckle

Blue Belt Techniques

1. THOUSAND MALLETS (Right punch)

- a. Step forward with your left foot and left inward block as you cock the right hand in a reverse hammer-fist position by your right leg.
- b. Right reverse hammer fist into the man's groin as you cock the left hand in an extended outward block hammer fist position.
- c. Left hammer fist into the kidney area with the right hand cocked in an extended outward block position. Follow with the right hammer fist into the back of the neck.
- d. Slip your left foot behind your right foot and assume a cat stance with your right foot forward. Execute a right horizontal back knuckle to the attacker's temple as you step forward. Finish with a right underhand claw to the face, ripping out towards you.

2. DRIVING THE SPIKE (Right punch)

- a. Step forward with the right foot as you execute a right inward block. Right locking chop to the neck.
- b. Shuffle forward as you drive a right elbow spike into his sternum. Circle a right hammer fist to the groin.
- c. Reverse the direction of the hammer fist to a glancing back knuckle to nose, and left palm thrust to face as you bow.
- d. Finish with short right inverted punch into the solar plexus as you return to rear horse position.

3. SIEGE OF THE TEMPLE (Two-man attack--Man in front throws a right punch and man in the rear grabs your right shoulder with his left hand, the 2nd man will later step in with a right punch.)

- a. Left foot steps forward as you simultaneously block the man in front with a left inward block and the attacker in the rear with a right extended outward block.
- b. Strike attacker #1's floating ribs with a right raking key as you pivot counter clockwise 180 degrees on the left foot. Set in a right rear horse facing attacker #2, as you execute a left locking palm-down chop to attacker #1's floating ribs.
- c. The 2nd attacker now steps in with his right foot and throws a right punch. Simultaneous right inward block, right snap kick to groin.
- d. Plant forward, double glancing chops to the right side of his neck, followed by right upward elbow to chin, then right claw into face.

4. TANGLED WINGS, C VARIATION (Full Nelson)

- a. Step forward with left foot. Reverse bow as you right reverse elbow spike the side of man's head and strike down with left arm toward your left leg in a downward block motion. (The push/pull action of the two arms will loosen the grip and give you more room to strike.)
- b. Exchange feet into a right reverse bow with left elbow to the face and right downward block to give push/pull power.

5. RELEASING THE EAGLE (Right shoulder grabbed by man's left hand from your right side)

- a. Pin the hand to your shoulder with your left hand, right key into the triceps area as you step with your left foot away from the attacker.
- b. Drive a right key into his underarm area. Circle the right arm in a counter-clockwise direction and drive the right elbow into his arm so that his elbow will bend. Step with your left foot into hidden foot position.
- c. Still pinning hand to shoulder with your left hand move the right arm counter-clockwise around his arm and behind his back.
- d. From this position get low in your stance and thrust your right hip into his groin, stand and throw attacker over hip.

6. HOOVES OF DEATH (Right punch w/left leg forward)

- a. Step forward with left foot into a right rear horse and left inward block. Follow with right ridge hand strike to the groin.
- b. From the outside grab behind his right knee with your left hand. As you step forward with your right foot, right elbow smash into his ribs to take the man down, while lifting the man's leg to your left side.
- c. Strike the nerve on the inside of his left knee with a side back knuckle and back to the same target at the right knee with the same strike. Follow with an overhead right downward chop to the groin.
- d. Grab his heel with your right hand, sliding your left hand toward his toes. Twist the foot sharply with both hands bringing the foot from the left to the right side of your body.
- e. As the attacker is lying on his stomach, execute a left heel scoop into his floating ribs followed by a stomp to the left kidney and step over the body so you end in a right kneel as you execute a right overhead chop to the back of his neck.
- f. Right heel scoop into his upper ribs, right stomp to upper spine, hop across the body and right knife-edge down into the head.

7. LOBSTERS CLAWS, B (Two hand grab from front)

- a. Step left into a square horse and punch both hands towards the ground, this will loosen the grip.
- b. Break the grip by circling the hands toward you and finish with back-knuckles to the face.

LOBSTERS CLAWS, C (Same attack)

- a. Step forward with left leg into a right rear horse and swing both hands clockwise, outwards in a circle, from your left hip to right hip ending with left hand on top of right.
- b. Simultaneous left back knuckle into his face and right Kenpo punch into solar plexus.

8. APPROACHING NIGHT (Right punch from your right side)

- a. Step into man with your right foot and windshield wiper block.
- b. Step directly behind the man with your left foot as you do a two-finger right eye scoop into his right eye, and a left palm thrust into his left kidney.
- c. Follow with right snapping back knuckle.

9. ESCAPE OF THE LAMB, B (Choke from the rear)

- a. Left hidden foot, bend low, duck your head and strike the attacker's groin with a left chop. Pivot into a square horse facing him with a right hand sword to the groin.
- b. Continue by stepping counter-clockwise and finish with a right crescent kick to the attacker's head.

10. CRUMBLING STATUE, A (Right punch)

- a. Step left to a right cat with a left parry as you execute a right shield parry to continue the deflection of the punch.
- b. Step behind the attacker into a left rear horse as circle hands as you take double palm strikes to his kidneys.
- c. Grab the top of his shoulders and pull him into you so he is off balance. Pull his left shoulder toward you to throw him face down to the ground.

CRUMBLING STATUE, B (Right punch)

- a. Step left to a right cat with a left parry as you execute a right shield parry to continue the deflection of the punch.
- b. Step behind the attacker into a left rear horse as circle hands as you take double palm strikes to his kidneys.
- c. Grab the top of his shoulders and pull him into you so he is off balance. Pull his left shoulder toward you to throw him face down to the ground.
- d. Jump high into the air and drive your right knee into the attacker's back as you take a right punch to the base of the skull.

11. WINGS OF IRON, "A" variation (Right Punch)

- A.** Step forward into a right rear horse and left inward block. Right glancing elbow to his solarplexes or floating ribs.
- B.** Cock both hands by the left shoulder and drive them both simultaneously with the right chop going into the back of his neck and the left chop going into his lower spine or right kidney.

WINGS OF IRON, "B" variation, (Same attack)

- A.** Same as step A of "A" variation, except that with the right glancing elbow you do not stay in a right rear horse but step forward with the right foot as you strike. Pivot your body without moving your feet by twisting from your right to your left and when you finish this you will be in a right rear horse add a left elbow spike into his right floating ribs when you focus into your horse after the pivot.
- B.** Step straight back into a left rear horse, countergrab his collar with your left and right back knuckle to the back of his neck or just below the skull.

12. CRASHING WAVES (Hair grab pulling you forward with either hand)

- a. Right foot steps forward into a left rear horse and simultaneous left punch over the top into the face and right inverted punch into the solar plexus.
- b. Step to the outside of his foot with your right into a left bow with a left vertical block. Take a left two-finger eye strike followed by a right punch as you shift into a horse stance.

13. CLAWING HAWK (Double hand push from front)

- a. Right foot steps forward into a left bow and thrust your fingers into his eyes (this movement also allows your forearms to knock his arms aside).
- b. Grab his right shoulder with your left hand. As you pull this shoulder down, pivot into a left rear horse and right elbow upward into solar plexus or chin.
- c. Follow with a right claw to the face.

14. SPREADING WINGS, A (2 man attack with each grabbing a shoulder from the side)

- a. Step forward with the right foot and circle your arms behind and raise them high over your head. Then drive our elbows down into the attacker's arms.
- b. Double inverted punches into their temples or faces.

SPREADING WINGS, B (Same as A)

- a. Step back with the right foot and circle arms forward up and back Step forward with your right foot as you encircle the attackers' arms at the elbow. Continue forward into a left rear horse with double inverted punches forward to dislocate attackers' arms.
- b. Follow with double side hammer fists into abdomen, groin or ribs.

15. WHIRLPOOL (Right punch)

- a. Step forward into a right rear horse with a left inward block. Follow with a right ridge hand into the throat and leave it there.
- b. Step behind the man with your right foot and grab your right hand with your left, palm to palm. Pull the man into you so his back rests against your chest and you are applying a choke hold with your hands.
- c. Pivot to a right bow as you throw the attacker to the ground. As he falls, right Kenpo punch to the base of the skull.

16. REVEALING VEST (Bear hug from the rear)

- a. Drop the right shoulder, raise your left shoulder and foot.
- b. Perform these four strikes simultaneously: 1. left stomp into his left instep; 2 left hand claw and grab his left inner thigh; 3. right heel into the man's groin and 4. right elbow beneath the jaw.
- c. Pin his left arm to your left side with your left arm. Step across your body with your right foot. Left hidden foot into a square horse facing the same direction from which you started. (His left arm is pinned by your left). Use a right inverted punch motion to break his pinned arm at the elbow.

17. SCULPTURING BUDDHA (2 handed front push)

- a. Step forward into a left horse and flick your index fingers into his eyes and follow through with thumbs.
- b. Circle both arms around and take double claws into the groin.
- c. Circle both arms behind his back. Shuffle back to a right cat as your back knuckles rake the kidneys.
- d. Shuffle back into the man with eye strikes. As he brings his hands up, slap them down.
- e. Circle both hands and drive back knuckles into his temples.
- f. Cup the top of his head with both your hands and drive his face into your right knee.

18. SILK SCREEN, "C" VARIATION (Right shoulder grab by his left hand followed by right punch)

- A.** Right snap kick to the groin with a simultaneous left pin to his left hand and right inward block to stop the right punch. The block must be altered and it must go underneath the left arm that is grabbing you.
- B.** Plant forward with the right leg after the kick. Circling your right arm downward and completing the circle by executing an arrow (downward elbow) to clear the opponent's right arm.
- C.** Follow with a right upward elbow to opponent's chin, then a right downward claw to the opponent's face.

SUPPLEMENTAL BLUE BELT TECHNIQUES

1. CROSSING SWORDS, "A" variation, (Right Punch)

- A.** Step back into a right rear horse with a left extended outward chopping block.
- B.** Countergrap the man's right wrist with your left hand and follow with a right snap kick to either ribs, knees, or to the groin; and then step forward with your right foot planting behind attacker.
- C.** Bring his right arm over and behind your head. Thrust the right hand palm down towards his throat using the area between the thumb and forefinger as the weapon, as you pull down with your left hand breaking the elbow.

2. CHINESE ECLIPSE, (Right punch)

- A.** Step forward with left foot into a rear horse with a left inward block. Follow with a right punch into the ribs or solarplexes.
- B.** A left circling backknuckle punch into his right temple. Right inverted finger thrust (palm up) into area just below the ribs.
- C.** With the left hand drive a palm claw into the face. Shuffle in with a right elbow smash into the sternum.

3. OX CART, "B" variation, (Rear choke from behind or two hand shoulder grab from behind)

- A.** Step to your right with your right foot and countergrab his hands. Cross step with right foot and turn the body so that you are now facing him in a right rear horse and his arms are crossed in front of you while still holding onto the hands.
- B.** Right knee strike to the elbows, continuing through to a snap kick to groin or low abdomen.
- C.** Plant forward with the right foot between his legs and execute a right elbow smash to the left side of his head.

4. TUMBLING SAMURAI, (Push from rear)

Fall into a right shoulder roll and use the momentum from the roll to come up into a right rear horse. From there you do a thrusting knifeedge with your right leg.

5. SPINNING BLADES, (Right punch, left foot forward)

A. Step forward into a right rear horse with a left inward block. Pivot about three quarters turn going from your right foot. As you do this pivot do a right side glancing key into the man's right floating ribs. At the end of your pivot and as you focus into your right rear horse, do a left chop into his right floating ribs.

B. Right snap kick into his left knee and then plant forward with the right foot between his legs and right ridge hand or hand sword into his groin.

6. PARTING THE BEADS (Front double hand push)

a. Step back with left foot into a right cat as you double downward parry .

b. Right snap kick into the groin or midsection.

7. CROSSED ARROWS, (Two man attack. Right punch from the front and grabbed around the waist from behind with your arms free)

A. Simultaneous right inward block and right snap kick to the groin or midsection.

B. Step with the right foot to the right side and circle your arms to drive both elbows into his forearms. Slip your left foot behind his right foot so that your left knee will be behind his right knee and both of your hands are cocked at your right hip. Drive the left elbow into his face, throat or sternum and follow with a right side hammerfist into his groin, or upper abdominal area driving him down.

8. SILK SCREEN, "A" Variation, (Right shoulder grab by his left hand followed by right punch)

A. Right snap kick to the groin with a simultaneous left pin to his left hand and right inward block to stop the right punch. The block must be altered and it must go underneath the left arm that is grabbing you.

B. Countergrab the man's left wrist with your right hand and step back with your right foot pulling man into you by his left arm as you left palm into his chin.

SILK SCREEN, "B" Variation, (Same attack)

Perform the same block and grab counter plus kick that you did in step A of "A" variation. Step back with the right foot and trap the attackers left forearm (circle your left arm from your left to right to drive your left elbow down into his left forearm). Follow with a right half fist to his throat.

9. STRIKING COBRA, (2 Right jabs)

A. Shuffle back into a right Cat or T Stance, intercepting the 1st jab with a right circular parry. Parry the 2nd jab with a similar motion as you shuffle back again. Follow immediately with a right speed chop to the throat.

B. "B" or with a right circular backknuckle to the temple.

C. "C" or with a right one finger eye thrust.

10. BLINDING SWORD, (Wall Technique, Right punch)

A. Step forward with your left foot to a 45 degree angle with a simultaneous left parry and right glancing key which is moving from your right to left.

B. Return the right hand back to the right side by striking through the man's right floating ribs with a backknuckle.

C. Step between his legs with your right foot with a simultaneous right hand sword to the groin and left four- finger eye thrust.

11. HAND OF THE DRAGON, "B" Variation, (Front choke with right hand only).

A. Place your left thumb between his right thumb and first finger (your palm will be facing down) and place your right hand around his wrist or lower hand.

B. Step back with your left foot and take him down by jerking and ripping the thumb with your left hand and applying a twisting pressure with your right hand.

C. As he falls loosen the hand, leap in the air and drive your right knee into his ribs, stomach or any open target and right kenpo punch to face or throat.

HAND OF DRAGON, "C" Variation, (Same choke but instead of falling down, he turns his back to you and kneels down)

A. You try to take him down in the same manner that was used in "B" and "D" variations but he turns his back and kneels down, therefore, with both of your hands still holding onto his right hand, wrap them around his neck by moving his arm and yours in a circular motion from right to left. Apply pressure to tighten his arm around his neck and choke him.

B. While still choking, right kenpo punch into his mastoids.

HAND OF THE DRAGON, "D" variation, (Same Attack as "A")

- A.** Perform the steps "A" and "B" as stated in "B" variation.
- B.** After the take down, pull his arm towards your midsection as you do a right stomp into the man's right underarm.
- C.** Counter grab his right wrist with your right hand. Pivot, kneel down on your right knee and break his right elbow across your left leg. You will be kneeling facing his legs.

12. SEALING THE CHEST, (Right punch)

- A.** Evade the attack by stepping with the left foot on a 45 degree angle and blocking a left parry. Step through a right cat into a left rear horse as you strike the temple area with a right kenpo punch.
- B.** Drop your right hand down by your right side. Then raise it up by your right shoulder. From this position, right palm straight down into his sternum and straighten out your right leg (shift to a bow stance) to take him down.