Kenpo Basics

Body movement and agility

1. Forward roll
2. Back roll
3. Side roll
4. Breakfalls front, back, side
5. Diving rolls and falls
6. Jumping and leaping skills
7. Unarmed and with weapons
8. Evasive movement

Footwork basics

1. Step Through
2. Crossover
3. Shuffle
4. Step Drag
5. Pivots and turnarounds
6. Combine techniques with basic footwork

Strength and Flexibility

1. Push-ups
2. Sit-ups
3. Pull-ups
4. Upper and lower body stretches from core outward to peripherals
5. Resistance training (weights) as appropriate

Diet and Wellness

1. Complete nutrition; fibers, carbohydrates, protein, hydration, vitamins and minerals
2. Proper rest; between training and sleep
3. Education of workout related supplements for adult students

Kenpo White Belt

Tie belt correctly, understand lineage and style history, any 3 techniques, 2 weeks minimum training, forward bow stance, 1 pushup

Kenpo White Belt – 1 Stripe

Kicks: Ball kick – front snap and thrust, crescent, roundhouse

Hand: Lead jab, rear lockout, hammer fist

Stances: Horse, neutral bow, forward bow

Blocks: Inward, outward, high and low

Form: Short form one legs only

Self Defense

1. One handed choke
   1. Inward block, hammer fist, lockout punch (neutral bow, forward bow)
2. Arm grab
   1. Low block, punch to face, punch to body (neutral bow, forward, neutral)
3. Front hair grab
   1. Grab hand on head, punch to body, kick to knee (neutral bow)
4. Take Down with trip
   1. Use outward wrist lock to unbalance then add trip
5. Two Hand Lapel Grab
   1. Horse shoe double punch (neutral bow)

Kenpo Yellow Belt

Kicks: Side Kick, Back Kick, Inward Crescent, Jumping front

Hand: Backfist, Palm Heel

Stances: Rear bow, cat

Blocks: Extended outward, double chop block

Form: Short form 1 complete

Self Defense

1. Two hand front choke
   1. Push elbows up and front kick to groin
2. Two hand rear choke
   1. Step and pivot break grip with elbow, palm to face punch to body
3. Head Lock
   1. Pinch nerve center, grab hair, hammer fist to body
4. Face Push
   1. Catch / deflect, absorb energy and rotate into outward wrist lock take down
5. Arms pinned from rear
   1. Pinch or strike hip socket nerve center / groin, spinout and elbow extension

Kenpo Yellow Belt – 1 stripe

Leg /Kicks: Jumping round, hook / hinge, skip side, snapping crescent, knee strikes

Arm: Elbows, finger jab, spear hand, ridge hand

Stances: Twist, narrow kneel

Blocks: Cross hand open / closed, push block

Punches in coordinated sequence

Self Defense Techniques

1. Cross hand wrist grab
   1. Counter grab elbow lock
2. Overhead knife
   1. Redirect knife into opponent’s leg, elbow to forehead
3. Front kick
   1. Downward block, ball kick
4. Hammer Lock
   1. Twist out, roundhouse kick
5. Two hand wrist grab
   1. Sling opponent’s arms down and back knuckle / punch

Kenpo Yellow – 2 stripe / Orange (if available)

Leg / Kick: Jumping side, flying knee, in/out round, axe

Arm / hand: Knife hand, thumb, one knuckle middle / thumb

Blocks: Smother block, double block (parry)

Head butt (3 horns) and safety

Punches, kicks, and other body weapons in coordinated sequences

Self Defense Techniques

1. Low knife thrust
   1. Hop to side and low side kick
2. Judo hold down, sitting position
   1. Transition to shoulder lock behind knee
3. Front and rear scissors release
   1. Dig elbows into knees, also ankle lock option
4. Fighting from the ground
   1. Kicks to the legs, leg takedowns
5. Make up your own self defense technique against a punch
   1. Use at least three blows