**KENPO BASICS**

1. Forward Roll (L&R)

2. Backward Roll (L&R)

3. Chinese Roll

4. Breaking Backward Falls

5. Dive Forward Break Fall

6. Step Through (Forward & Back)

7. Crossover (Forward & Back)

8. Shuffle (Forward & Back)

9. Heel Kick

10. Roundhouse Kick

11. Ball Kick

12. Hinge Kick

13. Inside & Outside Crescent Kick

14. Inward Block

15. Outward Block

16. Upward Block

17. Front Hand Jab

18. Rear Hand Jab

19. Front Lockout Punch

20. Rear Lockout Punch

21. Knife Edge Kick (Toes Down, Snapping)

22. Knife Edge Kick (Toes Up, Thrusting)

23. Using Blocks, Punches, and Kicks While Doing

Step Throughs, Crossovers, and Shuffles

**RED BELT I**

1. Overhead Knife (Forehead)

2. Front Bear Hug (Ears)

3. Right Punch (Temple)

4. Right Punch (Eyes)

5. Straight Across Wrist Grab (Chop Under Nose)

6. Right Punch (Nose)

7. Left Punch (Jaw)

8. Right Punch (Throat)

9. Left Punch (Neck)

10. Right Punch (Collar Bone)

11. Two Hand Wrist Grab From Behind (Solar Plexus)

12. Right Punch (Side Rib Cage)

13. Short Form I

**RED BELT II**

1. Headlock (Diaphragm)
2. Left Punch (Spleen)
3. Right Punch (Kidneys)
4. Left Hand Lapel Grab (Elbow)
5. Right Punch (Bladder)
6. Front Choke (Groin)
7. Front Tackle (Spine)
8. Right Kick (Thigh)
9. Right Punch (Back of Knee)
10. Right Punch (Front of Knee)
11. Sparring Position (Shinbone)
12. Right Punch (Achilles Tendon)
13. Long Form II

**BLUE BELT I**

1. Lapel Grab (Chop To Neck, Palm to Solar Plexus, Etc.)
2. Side Lapel Grab (Simultaneous Outward and Punch, Etc.)
3. Rear Lapel Grab (Upward and Middle Finger Rake to Groin)
4. Round House Punch (Extended Outward, Half Fist to the Throat)
5. Straight Ball Kick (Downward Block, Mace To Head, Punch, Etc.)
6. Straight Ball Kick (Inside Downward, Palm In, Back Knuckle)
7. Front Tackle (Elbow to Spine)
8. Rear Bear Hug, Arms Pinned (Break With Elbow Sandwich, Etc.)
9. Straight Punch (Simultaneous Low Elbow And High Punch)
10. Straight Punch (Simultaneous Chop And Middle Finger Fist To Ribs)
11. Straight Punch (Chop, Elbow, Kidney Rake, Kick, Etc.)
12. Knee Attack (Back Knuckle To Knee, Hammer Fist To Groin, Eye Poke)
13. Short and Long Form II

**BLUE BELT II**

1. Two Hand Lapel Grab (Double Punches,etc.).
2. Rear Bear Hug (Arms Pinned and Free).
3. Rear Choke (Elbow to Ribs).
4. Rear Choke (Palm,Elbow & Claw).
5. Cross Hand Wrist Grab (Elbow Break,Elbow Spine).
6. Full Nelson (Stomp , Kick to Inside of Knee).
7. Low Two Hand Push (Double Fingers to Diaphragm,etc.).
8. Head Lock (Simultaneous Double Hammer Fist,etc.).
9. Hammerlock (Elbow to Jaw,Elbow Break,etc.).
10. Two Hand Wrist Grab from Behind (Counter Grab,Elbow to Spine).
11. Arms Pinned from the Rear (Twirl Out,Elbow Break).
12. Lapel Grab (Elbow Break,Elbow to Chin,etc.).
13. Short Form III

**BLUE BELT III**

1. Front Bear Hug (Half Fist To Throat, Etc.)
2. Straight Across Wrist Grab (Pat Down, Punch To Ribs, Etc.)
3. Front Lapel Grab (Simultaneous Heals Of Palm)
4. Two Hand Push (Chop To Rib, Throat, Etc.)
5. Straight Across Wrist Grab (Elbow To Front Rib, Pat Down, Etc.)
6. Side Lapel Grab (Three Back Fist Options)
7. Rear Choke (Thumbs To Eyes, Elbow To Chin, Etc.)
8. Low Two-Hand Push (Double-Slaps To Groin, Double Kidney Rakes, Etc.)
9. Rear Bear Hug Arms Free (Alternating Elbows)
10. Front Two-Hand Wrist Grab (Simultaneous Double Punches)
11. Lapel Grab (Elbow Break, Chop To Throat)
12. Two-Hand Push (Double Palms to Chest)
13. Long Form III

**GREEN BELT I** (Misc. Tech.)

1. Straight Punch (Police Choke)
2. Straight Punch (One Wing Gi Strangle)
3. Straight Punch (Winding Choke)
4. Straight Punch (Rear Throat Lock)
5. Front Two-Hand Wrist Grab (Wrist Lock Take Down)
6. Low Punch (Take Down Elbow Crank, Etc.)
7. Straight Punch (Wrist Lock Take Down, Hanging Wrist Lock)
8. Front Tackle (Chop To Neck)
9. Dive Rollover Choke
10. Straight Punch (Holding Arm Bar)
11. Scissors (Front and Rear)
12. Headlock (Take Down With Knee Check, Reverse Shoulder Lock)
13. Finger Set

**GREEN BELT II** (Misc. Tech.)

1. Straight Punch (Crane Perry, Nose Rake, Etc.)
2. Rear Choke (Cross Elbows, Kick, Elbow Poke)
3. Roundhouse Punch (Simultaneous Punch and Chop)
4. Right Kick (Cross Hand Block, Ankle Break, Etc.)
5. Left Kick (Cross Hand Block, Throw To Outside, Ball Kick)
6. Straight Punch (Downward Block, Ball Kick, Elbow To Spine)
7. Straight Punch (Heel of Palm and Finger Dot To Eye)
8. Straight Punch (Back Knuckle, Heal Raise & Middle Finger Fist)
9. Straight Punch (Double Circling Chops, Etc.)
10. Round House Punch (Against The Wall)
11. Right Kick and Punch (Right Kick, Slap to Groin)
12. Right Left Punch (Simultaneous Eye Rake and Middle Finger Fist)
13. Universal Staff Set

**GREEN BELT III** (Misc. Tech.)

1. Straight Punch (Outward, Eye Rake, Elbow Lift to Jaw, Etc.)
2. Straight Punch (Elbow Break, Heel Of Palm, Nose Rake, Etc.)
3. Back Hand Club (Elbow Break, Elbow To Jaw and Spine)
4. Hair Grab, Front and Rear (Punch To Arm Pit and Elbow to Solar Plexus
5. Straight Punch (Simultaneous Inward and Ball Kick, Chop, Elbow To Chin, Etc.
6. Hand Shake (Slap And Redirect, Alternating Elbows To Ribs)
7. Straight Punch (Closed Fist Like Five Count)
8. Straight Punch (Stiff Leg Raise, Sweep, Roundhouse Kick)
9. Lapel Grab (Use Forearms For Elbow Break)
10. Straight Punch (Inside Of Wrist To Throat, Elbow To Sternum)
11. Straight Punch (Variation Of Back Breaker, Knife Edge Kick To Back of Knee, Etc.)
12. Black Belt Set

**BROWN BELT I**

1. Two Man Technique (Right Punch From Front, Left Punch From Behind)
2. Two Man Technique (Bear Hug From Behind, Punch From The Front)
3. Two Man Technique (Wrist Grabs From Each Side)
4. Right/Left Punch (Double Perry, Ball Kick, Elbow)
5. Right Boxers Punch (Inward & Ball Kick, Eye Poke)
6. Right/Left Punch (Outward/Inward, Hammer Fist To Groin, Etc.)
7. Straight Punch (Take Down With The Knees, Etc.)
8. Straight Punch (Double Elbow To Ribs, Hook Chop, Etc.)
9. Straight Punch (Entry Variation To Dance Of Death)
10. Straight Punch (Wide Windmill Block, Etc.)
11. Form IV (First 1/2)

**BROWN BELT II**

1. Punch From The Side (Double Punch To Kidney, Etc.)
2. Straight Punch (Forearm Technique)
3. Right/Left Punch (Figure 8 Blocks, Ball Kick)
4. Double Upper Cuts (Double Push Down Blocks, Back Knuckle)
5. Thrusting Ball Kick (Cross Hand Block, Back Knuckle, Pendulum Strike, Etc.)
6. Thrusting Ball Kick (Block From A Kneeling Position, Elbow To Groin)
7. Triple Upper Cuts (Butterfly Kick)
8. Straight Punch (Simultaneous Outward And Punch To Ribs, Hammer Fist To Kidney)
9. Straight Punch (Five Count)
10. Straight Punch (Circling Mace)
11. Form IV (Second 1/2)

**BROWN BELT III**

1. Straight Punch (Upward Circling Hammer Fist, Etc.)
2. Straight Punch (Dance Of Death)
3. Straight Punch (Leap Of Death)
4. Punch From The Side (Back Breaker)
5. Attack To Back Of Knee (Step, Hop, Skip And Knee To Leg, Etc.)
6. Straight Punch (Inside Wrist To Neck, Take Down With Thigh Trip)
7. Straight Punch (Palm To Chin, Elbow Poke To Ribs, Pick Up Leg, Etc.)
8. Lapel Grab (Take Down With Thigh Trip)
9. Straight Punch (Back Knuckle, Trip From A Kneeling Position, Etc.)
10. Straight Punch (Hop To The Side, Knife-Edge Kick, Back Knuckle To Kidney, Etc.
11. Form V

**BLACK BELT I**

1. Low Knife Thrust ( Low Outside Double Parry, Eye Hook , Knife Edge To Back Of Knee etc.).
2. High Knife Thrust ( Double Inside Parry, Ball Kick , Elbow ,Claw ,Hammerfist To Groin etc.).
3. Low Club Thrust (Alternating Hammer Fist To Knife Hand etc.).
4. Front Gun ( Low Inward , Low Groin Slap ,Wrist Lock etc.).
5. Overhead Knife ( Redirect Knife Into Opponents Thigh etc.).
6. Overhead Club (Overhead Cross Hand Block , Direct Club Into Knee , Step Through Take Away et.).
7. High Club Thrust ( Inward Block , Step Through With Double Elbow To Ribs etc. ).
8. Overhead Club ( Outside Parry , Palm To Chin ,Elbow Poke To Ribs etc.).
9. Knife Thrust ( Outward Parry , Underhand Chopping Claw To Nose etc.).
10. Front Gun ( Inside Outside Wrist Grab & Parry , Eye Poke , Wrist Lock , Elbow Break ).
11. Rear Gun ( Outward Parry , Uppercut Elbow Break etc. ).
12. Front Gun ( Inward Outward Parry & Wrist Grab , Sim. Eye Poke & Ball Kick etc. ).
13. Front Gun ( Inward / Outward Double Parry & Wrist Lock Takedown , Kick , Stomp , Eye Poke etc.).
14. Form 6
15. Sai set
16. Spear set