

Orange Belt Requirements

TECHNIQUES

Crossing Talon (*right hand to right wrist grab*)
Shielding Hammer (*left hand step through punch*)
Locked Wing (*right hand rear hammerlock*)
Sword and Hammer (*right 1-hand shoulder grab*)
Crashing Wings (*rear bear hug under arms*)
Dance of Death (*attempted 2-hand push or grab*)

JU-JITSU

Double Wrist Lock Takedown (*2-hand single wrist grab*)

STRIKES

Uppercut
Outward Elbow
Downward Elbow
Heel Palm
Ridge Hand
Elbow Smash
Upward Elbow
Reverse Elbow
Finger Whip

BLOCKS

Fan Block
Parry
Outward Extended
Open-Ended Triangle
Heart Block

SETS

5-count, 7-count

PRESSURE POINTS

Torso, Hips, Legs, Feet

PRINCIPLES

Embryonic Moves
Rooting
Fitting
Alphabet of Motion
Pinpoint Effect
Minor and Major Moves
Checking
Range
Recoil
Master Key Move

ROLLS

Jumping Roll
Roll into Snake Stance
Combo Rolls

SAYINGS

“It is not the aim of Kenpo to merely produce a skillful as well as powerful practitioner, but to create a well-integrated student respectful of all.” –Ed Parker Sr.

“Limits are temporary. Each level achieved is not an end but a stepping stone to higher levels of skills and progress.” –Ed Parker Sr.

“Simplicity is the shortest distance between two points.” – Bruce Lee

FORMS

Long 1

STANCES

Snake
Fighting Snake
Reverse Bow
Front Crossover
Rear Crossover
Close Kneel
Wide Kneel
Twist

KICKS

Chicken
Falcon
Buckle
Outward Crescent
Inward Crescent
Forward Scoop
Spur

FITNESS

10 Pushups
15 Sit-ups
10 Squats

Therapeutic Parallels/Assignments

Assignment – Range is the principle that focuses on distance between you and another person. In life we create distance between ourselves and others through our behaviors (lying, cheating, shutting off emotions, lack of communication, aggressive communication, violence, etc.). This is usually done for many reasons; one of the biggest reasons being safety. However, we often find that these behaviors do not actually help us to feel more safe or more happy, but less safe or happy. Complete the assignment on this topic to be turned in before or at your next test.

Assignment - Recoiling means to bounce back. In life, the ability to bounce back is called resilience. Complete the assignment on this subject to be turned in before or at your next test

Assignment- Master Key movements or principles are ones that can be applied in many situations. An example of one of these movements is universal 3-count. As individuals we have our “go to” coping mechanisms that we turn to most often. One person may require a physical type of coping mechanism. Another may benefit more from an auditory or visual coping mechanism. Take some time to think of all the coping mechanisms you have learned that have benefited you the most. Complete the assignment on this topic and turn it in before or at your next test.

