



YELLOW BELT

PUNCHES

**Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammerstrike**

SELF-DEFENSES

**Front Choke
Back Choke
Bear Hug
Two-handed Wrist Grab**

KICKS

**Front Ball
Instep
Backheel
Side Thrust**

EIGHT POINT BLOCKS

HALFMOONING

COMBINATIONS

**Six
Seven**

KENPOS

**First
Second**



ORANGE BELT

PUNCHES

Front 2 Knuckle

Back 2 Knuckle

Thrust

Palmheel to Chin

Hammerstrike

Raking Tiger Claw

Two-Finger Poke

Knifehand

Driving Knifehand

KICKS

Front Ball

Instep

Backheel

Side Thrust

Pivoting Side Kick

Crossover Side Kick

Stepping Stool

BLOCKS

Eight Point Blocks w/

Counter Strikes

COMBINATIONS

Three

Six

Seven

KENPOS

First

Second

Tiger Mouth

ONE PINAN

SELF-DEFENSES

Front Choke

Back Choke

Bear Hug

Underarm Bear Hug

Two-handed Wrist Grab

One-handed Wrist Grab

KNIFE DEFENSE

Straight

CLUB DEFENSE

Overhead



PURPLE BELT

PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust

Palmheel to Chin
Hammerstrike
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke

KICKS

Front Ball Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Stepping Stool
Roundhouse
Shuffle Sidekick

BLOCKS

Eight Point
Blocks w/

Counter Strikes

Eight Point
Openhanded

COMBINATIONS

Two
Three
Five
Six
Seven

KENPOS

First
Second
Tiger Mouth
Crane

ONE PINAN

TWO PINAN

SELF-DEFENSES

Front Choke
Back Choke
Bear Hug

Inside Bear Hug

One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Gee Grab
Full Nelson
Back Hair Grab

KNIFE DEFENSES

Straight
Slashing

CLUB DEFENSES

Overhead
Side

SPARRING



PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammerstrike
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Stepping Stool
Roundhouse
Crescent Kick

BLOCKS

Eight Point Blocks
w/ Counter Strikes
Eight Point Openhanded
Eight Point Palm

COMBINATIONS

Two
Three
Four
Five
Six
Seven
Eighteen

KENPOS

First
Second
Tiger Mouth
Crane
Mauling Tiger
Elbow
Left-handed

ONE PINAN

TWO PINAN

HEIAN NIDAN

SELF-DEFENSES

Front Choke
Back Choke
Bear Hug
Inside Bear Hug
One-handed Wrist Grab

One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Gee Grab
Full Nelson
Back Hair Grab
Front Hair Grab
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke

KNIFE DEFENSES

Straight
Slashing
Overhead

CLUB DEFENSES

Overhead
Side
Straight

SPARRING



PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammerstrike
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Stepping Stool
Roundhouse
Crescent Kick
Spinning Back
Hook Kick

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point Openhanded
Eight Point Palm

COMBINATIONS

Two
Three
Four
Five
Six
Seven
Eight
Nine
Eighteen

KENPOS

First
Second
Tiger Mouth
Crane
Mauling Tiger
Elbow
Inside Dragon
Left-handed (2)

ONE PINAN

TWO PINAN

HEIAN NIDAN

ONE KATA

SELF-DEFENSES

Front Choke

Back Choke

Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Gee Grab
Full Nelson
Back Hair Grab
Front Hair Grab
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Arm Lock
Hook Punch
Ground Punch Defense

KNIFE DEFENSES

Straight **(2)**
Slashing
Overhead **(2)**

CLUB DEFENSES

Overhead **(2)**
Side
Straight **(2)**

SPARRING



PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammerstrike
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand
Trigger Finger
Roundhouse Elbow
Rising Elbow
Side Elbow

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Shuffle Side Kick
Stepping Stool
Roundhouse
Crescent Kick
Spinning Back
Hook Kick
Spinning Side
Spinning Crescent
Spinning Hook

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point
Openhanded
Eight Point Palm

COMBINATIONS

Two-Nine
Twelve
Eighteen

KENPOS

First
Second
Tiger Mouth
Crane
Mauling Tiger
Elbow
Inside Dragon
Rising Leopard
Left-handed (3)

ONE PINAN

TWO PINAN

HEIAN NIDAN

ONE KATA

TWO KATA

SELF-DEFENSES

Front Choke (2)

Back Choke

Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Gee Grab
Full Nelson
Back Hair Grab
Front Hair Grab
Hook Punch (2)
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Ground Punch Defense

KICK DEFENSES

Front
Roundhouse
Side

KNIFE DEFENSES

Straight (2)
Slashing (2)
Overhead (2)

CLUB DEFENSES

Overhead (2)
Side (2)
Straight (2)

SPARRING



PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammer Temple
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand
Trigger Finger
Roundhouse Elbow
Rising Elbow
Side Elbow
Phoenix Strike

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Shuffle Side Kick
Stepping Stool
Roundhouse
Hook
Crescent Kick
Spinning Back
Spinning Side
Spinning Crescent
Spinning Hook

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point
Openhanded
Eight Point Palm
Ten Point

COMBINATIONS

Two-Nine
Twelve
Fourteen
Fifteen
Sixteen
Eighteen

KENPOS

Right-Handed **(12)**
Left-Handed **(4)**

ONE-THREE PINAN

HEIAN NIDAN

ONE-TWO KATA

STATUE OF THE CRANE

SELF-DEFENSES

Front Choke (2)
Back Choke
Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab

Two-handed Wrist Grab
Two-handed Wrist Grab
(Behind)
Two-handed Gee Grab
Full Nelson
Back Hair Grab
Front Hair Grab
Hook Punch (2)
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Ground Punch Defense
Head Lock
Arm Lock

KICK DEFENSES

Front
Roundhouse
Side

KNIFE DEFENSES

Straight (2)
Slashing (2)
Overhead (2)
Reverse

CLUB DEFENSES

Overhead (2)
Side (2)
Straight (2)
Reverse

SPARRING



3rd DEGREE BROWN

PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammer Temple
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand
Trigger Finger
Roundhouse Elbow
Rising Elbow
Side Elbow
Phoenix Strike
Eagle Claw

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Shuffle Side Kick
Stepping Stool
Roundhouse
Hook
Crescent Kick
Spinning Back
Spinning Side
Spinning Crescent
Spinning Hook

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point
Openhanded
Eight Point Palm
Ten Point

COMBINATIONS

Two-Twelve
Fourteen-Nineteen

KENPOS

Right-Handed **(15)**
Left-Handed **(6)**

ONE-FIVE PINAN

HEIAN NIDAN

ONE-TWO KATA

STATUE OF THE CRANE

SELF-DEFENSES

Front Choke (2)
Back Choke
Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Wrist Grab
(Behind)
Two-handed Gee Grab

Full Nelson

Back Hair Grab
Front Hair Grab
Hook Punch (2)
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Ground Punch Defense
Head Lock
Arm Lock
Arm Lock w/Wrist Grab

KICK DEFENSES

Front
Roundhouse
Side

KNIFE DEFENSES

Straight (2)
Slashing (2)
Overhead (2)
Reverse **(2)**

CLUB DEFENSES

Overhead (2)
Side (2)
Straight (2)
Reverse **(2)**

SPARRING



2nd DEGREE BROWN

PUNCHES

Front 2 Knuckle
Back 2 Knuckle
Thrust
Palmheel to Chin
Hammer Temple
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand
Trigger Finger
Roundhouse Elbow
Rising Elbow
Side Elbow
Phoenix Strike
Eagle Claw

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Shuffle Side Kick
Stepping Stool
Roundhouse
Hook
Crescent Kick
Spinning Back
Spinning Side
Spinning Crescent
Spinning Hook
Snake Kick

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point
Openhanded
Eight Point Palm
Ten Point

COMBINATIONS

One-Twenty

KENPOS

Right-Handed (17)
Left-Handed (7)

ONE-FIVE PINAN

HEIAN NIDAN

ONE-FOUR KATA

STATUE OF THE CRANE

SELF-DEFENSES

Front Choke (2)
Back Choke
Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Wrist Grab
(Behind)
Two-handed Gee Grab
Full Nelson
Back Hair Grab
Front Hair Grab

Hook Punch (2)

Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Ground Punch Defense
Head Lock
Arm Lock
Arm Lock w/Wrist Grab
One-handed Choke
w/Strike

KICK DEFENSE

Front
Roundhouse
Side

KNIFE DEFENSE

Straight (2)
Slashing (2)
Overhead (2)
Reverse (2)

CLUB DEFENSE

Overhead (2)
Side (2)
Straight (2)
Reverse (2)

GUN

Front
Rear

SPARRING



1st DEGREE BROWN

PUNCHES

Front 2 Knuckle
Back 2 Knuckle Thrust
Palmheel to Chin
Hammer Temple
Raking Tiger Claw
Two-Finger Poke
Knifehand Neck
Driving Knifehand
Spear Poke
Ridgehand
Trigger Finger
Roundhouse Elbow
Rising Elbow
Side Elbow
Phoenix Strike
Eagle Claw

KICKS

Front Ball
Instep
Backheel
Side Thrust
Pivoting Side Kick
Crossover Side Kick
Shuffle Side Kick
Stepping Stool
Roundhouse
Hook
Crescent Kick
Spinning Back
Spinning Side
Spinning Crescent
Spinning Hook
Snake Kick

BLOCKS

Eight Point Blocks w/
Counter Strikes
Eight Point Openhanded
Eight Point Palm
Ten Point

COMBINATIONS

One-Twenty-One
Twenty-six

KENPOS

Right-Handed (20)
Left-Handed (10)

ONE-FIVE PINAN

HEIAN NIDAN

ONE-FIVE KATA

STATUE OF THE CRANE

SHUSHI-NO-KON-SHO (Staff)

SELF-DEFENSES

Front Choke (2)
Back Choke
Bear Hug
Inside Bear Hug
One-handed Wrist Grab
One-handed Gee Grab
Two-handed Wrist Grab
Two-handed Wrist Grab
(Behind)
Two-handed Gee Grab

Full Nelson

Back Hair Grab
Front Hair Grab
Hook Punch (2)
Crossarm Wrist Grab
Guard
Mount
Escape From Guard
Ground Choke
Ground Punch Defense
Head Lock
Arm Lock
Arm Lock w/Wrist Grab
One-handed Choke w/Strike

KICK DEFENSE

Front
Roundhouse
Side

KNIFE DEFENSE

Straight (2)
Slashing (2)
Overhead (2)
Reverse (2)

CLUB DEFENSE

Overhead (2)
Side (2)
Straight (2)
Reverse (2)

GUN

Front
Rear

SPARRING