

GREEN BELT



Kenpo Green Belt Requirements



Techniques

1. Dancing Cat
2. Gun Attack -- A, B
3. Slashing Claws
4. Snapping the vines
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8. Soaring Eagle
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15. Slamming Gate -- A, B
16. Shifting Current A
17. Key to Darkness
18. Glancing Tong

Kata

- Long Kata form III
- Staff Set

Basics

- Jumping snap/rear in the air
- Double reverse crescent
- Flying knife-edge
- Spinning knife-edge
- Heel kick, Heel scoop, rear
- Sim. scoop, groin rip, chop
- Inward block, elbow, hammerfist
- Sim. heel kick, elbow
- Cat, double claws, snap kick
- Triple kick with hand combinations

Supplemental Techniques

- Circling fans
- Shield of Death
- Flapping Wing F
- Thundering Clouds
- Jewels of darkness
- Flight of the Swan
- Ox Cart C
- Shifting Sails
- Jaws of the Tiger C, D, E, F, G
- Siamese Cat

Supplemental Basics

- Jumping Snap
- Jumping Rear
- Front Hooking Heel
- Rear Hooking Heel
- Spinning Hooking Heel
- Jump Spinning Hooking Heel

GREEN BELT TECHNIQUES

1. Dancing Cat (right punch then left step and left punch)

- a. Evade the right punch by stepping left into a short right bow, right extended outward block.
- b. Draw into a right cat with a left downward parry.
- c. Simultaneous right snap kick to the groin, right Kenpo key to eye or temple.

2. Gun Attack A (gun in his right hand from front)

- a. Step left turning to a right cat as you do a low right windshield parry with your right as you grab the attacker's wrist with your left hand. Slap the back of his hand with the back of your right hand.
- b. Right elbow to the back of his gun-holding hand to knock the gun away.
- c. Maintain pressure against his wrist with your right arm. Place your right leg behind his right leg at the back of the knee and take him down onto his back.
- d. With the attacker on his back and you still holding onto his right arm with your left hand; right stomp to the right shoulder; right stomp to the sternum and simultaneous right stomp to the left shoulder with a right eye strike.

Gun Attack B (same as A)

- a. Right step forward, left windshield parry, grabbing the gun with your right hand and guiding it past your body as you pull the attacker into the back of your right shoulder.
- b. Left eye thrust over your shoulder (you keep control of his hand)
- c. Left hand also grabs his gun hand. Step away from the man with your right foot into a rear horse as you arc the gun barrel back toward his face.
- d. Snap kick to the groin or stomach. Take the gun away.

3. Slashing Claws (Left then Right punches)

- a. Step back into a right rear horse, right circular parry followed by left circular parry.
- b. Step forward with the right leg as the right hand circles to an overhead claw ripping down the face.
- c. Right monkey-elbow to the solar plexus as a right palm strikes the chin.

4. Snapping the Vines (Two attackers, both with double hand wrist grabs)

- a. Right hidden foot as you pull in with the right hand, push toward the second attacker with your left.
- b. Right snap kick to the groin of the attacker on your right. Step across your body toward the second man, counter grab his left wrist.
- c. Break this attacker's left arm at the elbow with your right forearm as you pivot into a rear horse.

5. Rickshaw (A grab of both wrists from behind with attacker's right knee in the small of your back and both your arms are held straight back)

- a. Counter grab his wrists as you step forward and across from the man with your left foot. turn as you swing your right hand to the front of you and leave the left hand behind you
- b. Pivot from this position into a left rear horse facing the attacker as you swing your right arm in a sideways figure eight manner which will pull him into you (His body will be across your right leg). Retain the hold on his left hand with your left hand and right elbow spike down to his spine.

6. Fallen Warrior (Left shoulder grabbed by his right hand)

- a. Pin attacker's hand to your shoulder with your left hand which is in hammer-fist position.
- b. Step forward with your right leg against the outside of his right knee. Strike with right inward block motion into his right arm at the shoulder and continue the block's motion to take the man down onto his back.

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c. Right hand counter-grabs his right hand. Pivot to a reverse bow with a left palm strike to the elbow. Left wheel kick to the head.

d. Left hand re-counter-grabs his wrist as you pivot to a right reverse bow and right palm strike to the elbow. Finish with a right forward heel scoop into ribs, right stomp to the abdomen.

7. Striking the Gong (Right Punch)

a. Step forward into a right rear horse and left inward block while using a right extended outward block to cock the right hand for the next strike.

b. Right raking back-knuckle across the attacker's temple or bridge of nose.

c. Continue the motion of that back-knuckle to the left side of your body and then swing to the right and back-knuckle his floating ribs. Continue this sweeping motion to the right as you left elbow smash to his right ribs.

d. Shuffle forward and right elbow smash to body or face.

8. Wielding the Torch (Left, then right punches)

a. Step back with the left foot into a left rear horse, right inward block. Then slight left hidden-foot and pivot to another left rear horse with a circular smother parry for the right punch. Right speed chop to the throat.

b. Step with the left foot back into the original left rear horse, and glancing back-knuckle through the temple.

c. Shuffle forward with a right elbow smash to the left temple.

d. Pivot so your back faces the attacker; kneel for right hammer-fist to the groin followed by a right rear kick.

e. Cover out.

9. Soaring Eagle (Right Punch)

- a. Left foot steps forward into a right rear horse and left inward block. Right glancing elbow smash into the ribs followed by right reverse elbow into the attacker's right floating ribs.
- b. Double glancing chops to the right side of his neck.
- c. Right palm-up chop to the bridge of the nose, throat or temple.

10. Glancing Blades (Right Punch)

- a. Right foot steps forward into a horse with right inward block. Right glancing chop into the side of the attacker's neck.
- b. Left palm thrust to his chin from bow followed by right hand sword into the solar plexus from rear horse.
- c. Left hidden-foot. As you pivot into a left rear horse, left circular claw, right glancing chop to the left side of his neck followed by a right speed chop to the throat.
- d. End the technique with a right rear kick or side thrust to the body.

11. Rising Sun (Wall technique, Right punch)

- A.** Step with the left foot to the left side while executing a simultaneous left parry to deflect the right punch and right glancing key to the floating ribs (key moves from right to left).
- B.** Right speed chop into the man's right floating ribs. Step between his legs with your right foot and right elbow smash into his solarplexes.
- C.** Collapse his right knee by striking it with your right knee, and right scoop kick to the groin.

12. Lifting the Chopsticks, "C" variation (Right Overhead club)

A. Left foot steps forward into a right rear horse and block with a chopstick block (right hand on top). Turn your right hand in the direction of the club and control the club by grabbing onto the man's right wrist with your hands and swing the club in a clockwise manner so that the club strikes the attacker's right knee.

B. Continue the clockwise motion controlling the attacker's arm with your left hand and the club with your right and step straight forward with your right foot and then your left foot so that you end up in a left rear horse facing him. Break his right arm with either the club or your right arm.

13. Breaking the Yoke - A (From behind, grab your right shoulder with left hand, right punch)

a. Step with left foot across body as you cock your hands to your left hip. Pivot into a left rear horse facing the attacker and simultaneous left punch to solar plexus, right vertical outward block.

b. Shuffle forward and simultaneous right hammer-fist to the groin, left vertical outward block.

c. Left downward claw, circle a right back-knuckle into the face.

14. Slaying the Dragon - B (Left Punch)

a. Step back into a left rear horse, grabbing punch at attacker's wrist with left hand and break his left elbow with a right palm.

b. Maintaining control of the wrist with your left hand, right locking back-knuckle to face, then grab his left shoulder with your right hand and throw him past you to the ground.

c. Leap over the man and land with your heels on each side of the body. Drive your knees into the shoulder blades while you drive double palms into the base of the head.

d. Grab the front of the face with both hands and pull back to snap the neck against your knees.

e. Grab the back of the head with your left hand, claw the front of his face with the right hand as you twist his head. Right chop to the side of the neck or bridge of the nose.

f. Left knee to the head or the back of his neck and hop across the body. Right wheel kick to the face.

15. Flaming Dragon (Left punch from right side)

- a. Step to the right while simultaneously parrying the punch with your left and glancing key to the floating ribs with your right (from right to left).
- b. Quick right back-knuckle to the solar plexus.
- c. Shuffle toward the attacker with simultaneous right elbow spike to the solar plexus, left two-finger eye thrust.

16. Slamming Gate A (Side club attack)

- a. Right foot steps forward into a horse as you do a double chopping block to the attacker's right arm.
- b. Grab his right wrist with your left hand, cup his right elbow with your right hand and step back into a right rear horse breaking the arm by snapping it at the elbow.
- c. Right wheel kick into the solar plexus or head.

Slamming Gate B (Side club attack, double swing)

- a. Duck the first attempt.
- b. Step forward into a right rear horse and do double chopping block to the back of his right arm on the return swing.
- c. Counter grab his right wrist with your right hand as you step in front of him with your left foot. Break his arm at the elbow with your left forearm.
- d. Follow with left elbow spike to temple, elbow spike to spine.

17. Shifting Current - A (Right then left punches)

- a. Hop back into a right cat blocking the right punch with a right inward chopping block; block the left with a right extended outward chopping block.
- b. Grab attacker's left shoulder or arm with your right hand and pull him forward as you simultaneously execute a right snap kick to the groin and left four-finger eye strike.

18. Key to Darkness (Left punch)

- a. Left foot steps to right rear horse as you execute a right vertical outward block. Left palm strikes the attacker's right temple.
- b. Right key into the solar plexus followed by a left four-finger eye thrust.

19. Glancing Tong (Left Punch)

- a. Step back into a left rear horse grabbing the attacker's wrist with your left hand as take a glancing eye strike with your hand moving from right to left.
- b. Right hand now moves back from the left to the right and hits the right temple with a glancing back-knuckle.
- c. Pivot to a right reverse bow and break the elbow with a right side palm.

SUPPLEMENTAL GREEN BELT TECHNIQUES

1. CIRCLING FANS: Left punch from side.

- A. Step with right foot towards attacker and execute a left parry to block punch. Knock it up and out of the way with a right upward circling block.
- B. Continue to circle to a right key to the nerve in attacker's left arm tricep area.
- C. Cock arm and shuffle in with right elbow to the ribs.
- D. Right hammerfist to the groin.

2. SHIELD OF DEATH: Right punch.

- A. Left foot steps forward into a right rear horse, left parry blocks the punch followed by a right upward circling block.
- B. Continue to circle the right circling block into a right glancing elbow which will strike his floating ribs or solarplexes.
- C. Strike with right elbow strike into the floating rib area.
- D. Follow with double glancing chops to the side of the neck.
- E. Right palm to bridge of the nose, or if the head is turned, then the temple.

3. FLAPPING WING, "F" VARIATION: Lapel grab.

- A. Pin his hands to your chest with your left hand, step back into a left rear horse to pull him off balance. Bring your right arm up into his elbows in an upward block motion.
- B. Still pinning the hands to your chest, drop the right arm down and circle it to the right. Bring it down across the tops of his arms to clear the hands away from you. Right speed chop to the throat.
- C. Shuffle forward with the right leg and right elbow smash to the temple on the left side of his head as you stabilize the other side with your left hand.

D. Still in your left rear horse and with the attitude of your upper body facing the man, right hand will grab the groin and will rip up towards the attacker's face as you simultaneously right scoop kick and left chop or palm to the throat.

E. Right palm up chop to the left side of his neck with the simultaneous right knife-edge kick to his left knee.

4. THUNDERING CLOUDS:

Right shoulder grabbed by attacker's left arm on the right side.

A. Pin his left hand to your right shoulder with your left hand. Step back slightly with your right foot as you circle your right arm clockwise around his left arm.

B. Step forward with your right foot into a left rear horse and break attacker's elbow and/or dislocate his shoulder with your right arm in an inverted punch motion.

C. Step with your left foot slightly to your right so that you will be more open to your attacker, and hit the back of his head with your reverse backknuckle which is traveling from your right to left and continues to your left hip.

D. Simultaneously left hand kenpo punch to the solarplexes and the right hand in a half-fist to the right side of the nose in a slicing motion.

5. JEWELS OF DARKNESS: Left punch.

A. Right foot steps forward into a left rear horse and right vertical outward block.

B. Shuffle forward and right two finger eye scoop to attacker's left eye. Continue this motion into a right choking grab with the palm and elbow both facing up and the left hand will simultaneously grab the groin.

C. Shuffle back into a solid stance and rip both the throat and the groin. Follow up immediately with a right two-finger thrust into the eyes.

6. FLIGHT OF THE SWAN: Right punch.

A. Step back into a right rear horse and grab the punch with both hands left thumb up, right thumb down (palms facing man's arm) and pull punch past you.

B. Right ridge hand to either the throat or the nose. Step forward with your right leg into a left rear horse and circle a right over head elbow into the man's sternum or solarplexes.

C. Follow with a right claw to face.

7. OX CART, "C" variation

Rear choke by attacker's left arm and your right arm is in arm lock.

- A. Left hidden foot and duck head as you strike with left elbow into the solarplexes.
- B. Pivot into a square horse and strike with back of the right wrist into the groin. Follow this with double glancing chops to the left side of his neck.
- C. Right palm to the nose, jaw, or temple.

8. SHIFTING SAILS: Right punch.

- A. Right foot steps back into a right rear horse as you grab punch at the wrist with your right hand and break at elbow with a left side palm. Let your left hand slide until both hands are grabbing the attacker's wrist.
- B. Step back into a left rear horse and swing the man's arm to your left side by moving your arms in a circular pattern clockwise. He will end up on your leg so keep your body attitude forward.
- C. Circle your right arm over your head in a clockwise manner and execute an over head elbow into the man's neck or spine.

9. JAWS OF THE TIGER, "C" variation: Right hand grabbed by his left hand.

- A. Circle your right hand counter clockwise from the right to the left to release his grip of the hand.
- B. Shuffle forward with simultaneous right elbow spike to the ribs or solarplexes and left eye thrust.

JAWS OF THE TIGER, "D" variation: (Same attack)

He's too strong this time to move your hands in a counter clockwise manner so just snap the right hand toward your stomach to loosen the grip and right elbow spike into the solarplexes or ribs and left eye thrust.

JAWS OF THE TIGER, "E" variation: (Same attack)

Step forward as in "C" and "D" variations into a left rear horse and right elbow moving from right to left and strikes as his elbow followed by a right hammerfist to the groin.

JAWS OF THE TIGER, "F" variation

Your right hand grabbed by his left hand and he punches with right.

A. Step forward into a right rear horse, circle the right hand upward to get rid of his grip followed immediately with left upward block. The right hand circles around and becomes an inverted punch into midsection.

B. Grab his right shoulder with your left hand and sweep his right leg out with your left leg.

C. Leap in the air and drive your right knee into his ribs or solarplexes, and right kenpo punch to his face or throat.

JAWS OF THE TIGER, "G" variation: (Same attack as "F" variation)

A. Simultaneously drop the right hand to your stomach and parry the right punch down with your left hand, circle your right backknuckle over the top of this and strike into the temple.

B. Right wheel kick into the midsection or face.

10. SIAMESE CAT: Right punch.

A. Step back into a right rear horse and double extended outward chopping blocks.

B. Simultaneous right modified lunge kick to the abdomen and a right inward chopping block to the right shoulder joint. Right hand claws down the face.

C. Right monkey elbow to the solarplexes and chin.