

# FIVE ANIMAL KENPO

## 5TH DEGREE BLACK BELT REQUIREMENTS

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### Overview:

Godan (Fifth Degree Black Belt) in Five Animal Kenpo is the last physically attainable ranking in the style. Symbolically, the ranking represents “mastery” of the system. Mastery should not be confused with perfection. Perfection of mechanics is an ideal we train towards but will never fully achieve; Strategy, psychology, and fighting spirit are artistic elements of kenpo that will transcend this mechanical foundation. Mastery involves the balance between our physical ability with our proper spirit of conduct -- tempering courage with calm.

Mastering Five Animal Kenpo requires the following:

1. Capable of performing with skill the entire curriculum of the art.
2. Understanding of the macro concepts (strategy) and micro principles (mechanics of motion) of the art.
3. Experience in teaching the skill and concepts of the art to others.
4. Engineer your own curriculum (empty hand 4th Dan / weaponry 5th Dan) that reflect the art’s concepts.
5. Personal conduct should reflect the values of the art (Wisdom, confidence, integrity, respect, humility).

### Prerequisite Requirements:

1. Must be an adult (18 years or older).
2. Must have been training for a minimum of 18 years.
3. Must have held the ranking of 4th Deg. Black Belt for four years.
4. Must be actively involved in teaching and must have brought a student to 2nd Degree Black Belt.
5. Must know the body of sequence for all previous rankings held.

### Testing Requirements:

Each of the ten items should be submitted in writing with the student also prepared to physically demonstrate each aspect and answer questions related to their presentation.

1. Select a weapon that is traditionally used in a martial art but is not currently one of the four used in the existing Five Animal Kenpo curriculum.
2. Summarize the history of where this weapon originated and compare and contrast how different martial art styles use this weapon.
3. Classify the weapon using the “Five Elemental Questions of Weaponry” and then identify which (if any) existing curriculum weapons share in each of these five question categories. Create a chart of the results.
4. Identify and explain which of the five animal strategies the weapon would primarily lend itself. If there are additional animal strategies that the weapon would lend itself identify and explain those as well.
5. Explain any handling methods or application of the weapon not used by other styles that could be added to the weapon’s repertoire based on Five Animal Kenpo empty hand movements, existing methods of our other weapons, and more broadly the use of the five animal concept. Be specific in tracing each unique method to a particular existing body of Five Animal Kenpo curriculum.
6. Create one technique with your weapon to show a sample of how to counter each of the four existing kenpo weapons. Each of these techniques should have a written description that also summarizes key lessons of strategy presented by the technique.
7. Create one technique with each of the four kenpo weapons to counter an attack from your weapon. Again, write a description of the techniques that include a summary of combative concepts introduced.
8. Create five preemptive techniques with your weapon when faced against that same weapon. Use the “Five Methods of Attack” as your guide. Write a summary of how the techniques are performed and identify which of the five methods of attack was used.
9. Create a form using the weapon which surveys a variety of handling skills that would be consistent to the overall movement system of Five Animal Kenpo while taking advantage of the inherent design factors of the weapon. Write a description of this form.
10. Write a private lesson plan for teaching any one of your weapon techniques.