

# FIVE ANIMAL KENPO

## Summary of Beginning Stage Requirements

Yellow Belt • Advanced Yellow Belt • Orange Belt

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<b>FUNDAMENTALS</b> Required for all rankings	<b>JAN / FEB / MAR / APR</b> <b>"YELLOW BELT"</b>	<b>MAY / JUN / JLY / AUG</b> <b>"ADV. YELLOW BELT"</b>	<b>SEP / OCT / NOV / DEC</b> <b>"ORANGE BELT"</b>
<p><b>STANCES:</b></p> <ol style="list-style-type: none"> <li>1. Attention</li> <li>2. Natural</li> <li>3. Meditating Horse</li> <li>4. Stationary Horse</li> <li>5. Training Horse</li> <li>6. Neutral Bow</li> <li>7. Forward Bow</li> <li>8. 45 Degree Cat</li> <li>9. Close Kneel</li> <li>10. One Legged</li> </ol> <p><b>FOOTWORK:</b></p> <ol style="list-style-type: none"> <li>1. Natural Step Forward</li> <li>2. Natural Step Back</li> <li>3. Natural Step Side</li> <li>4. Forward Step Through</li> <li>5. Reverse Step Through</li> </ol> <p><b>BLOCKS:</b></p> <ol style="list-style-type: none"> <li>1. Inward</li> <li>2. Vertical Outward</li> <li>3. Upward</li> <li>4. Downward</li> <li>5. Push Down</li> <li>6. Extended Outward</li> </ol> <p><b>HAND STRIKES:</b></p> <ol style="list-style-type: none"> <li>1. Outward Back Fist</li> <li>2. Reverse Punch</li> <li>3. Ridge Hand</li> </ol> <p><b>LEG STRIKES:</b></p> <ol style="list-style-type: none"> <li>1. Front Kick</li> <li>2. Roundhouse Kick</li> <li>3. Side Kick</li> <li>4. Rear Kick</li> </ol>	<p><b>FORM:</b></p> <p>Stance Drill A</p> <p><b>SETS:</b></p> <ol style="list-style-type: none"> <li>1. Box Block Set</li> <li>2. Punching Set</li> <li>3. Basic Kicking Set</li> </ol> <p><b>SPARRING:</b></p> <ol style="list-style-type: none"> <li>1. Deceptive Mace</li> <li>2. Controlling Falcon</li> <li>3. Luring Dragon</li> </ol> <p><b>SELF-DEFENSE:</b></p> <ol style="list-style-type: none"> <li>1. Wings of Entanglement (Full Nelson) <i>crane controls snake</i></li> <li>2. Slicing the Peach (Front Headlock) <i>snake controls snake</i></li> <li>3. Clearing Kimono (L. Lapel Grab) <i>crane controls snake</i></li> <li>4. Flanking Talon (Wrist Grab from Flank) <i>crane controls snake</i></li> <li>5. Wings of Devastation (Front Two Hand Choke) <i>crane controls snake</i></li> <li>6. Revolving Hammer (L. Grab on R. Shoulder) <i>crane controls snake</i></li> </ol>	<p><b>FORM:</b></p> <p>Stance Drill B</p> <p><b>SETS:</b></p> <ol style="list-style-type: none"> <li>4. High/Low Block Set</li> <li>5. Handsword Set</li> <li>6. Knee Set</li> </ol> <p><b>SPARRING:</b></p> <ol style="list-style-type: none"> <li>4. Invited Serpent</li> <li>5. Attacking Serpent</li> <li>6. Returning Whip</li> </ol> <p><b>SELF-DEFENSE:</b></p> <ol style="list-style-type: none"> <li>7. Disabling the Bear (Front Bear Hug, Pinned) <i>snake controls snake</i></li> <li>8. Controlling Wing (R. Cross Wrist Grab) <i>crane controls snake</i></li> <li>9. Plucking the Apple (R. Rear Hammerlock) <i>crane controls snake</i></li> <li>10. Cracking the Cage (L. Grab on Shoulder) <i>snake controls snake</i></li> <li>11. Accepting the Gift (R. Handshake) <i>snake controls snake</i></li> <li>12. Dropping the Bear (Rear Bear Hug, Free) <i>snake controls snake</i></li> </ol>	<p><b>FORM:</b></p> <p>Stance Drill C</p> <p><b>SETS:</b></p> <ol style="list-style-type: none"> <li>7. 1-18 Blocking Set</li> <li>8. Elbow Set</li> <li>9. Low Line Kicking Set</li> </ol> <p><b>SPARRING:</b></p> <ol style="list-style-type: none"> <li>7. Invited Spade</li> <li>8. Exploding Whip</li> <li>9. Taming the Serpent</li> </ol> <p><b>SELF-DEFENSE:</b></p> <ol style="list-style-type: none"> <li>13. Converging Wings (Two Hand Lapel Grab) <i>crane controls snake</i></li> <li>14. Battling Falcons (Two Hand Wrist Grab) <i>crane controls snake</i></li> <li>15. Tossing the Bear (Rear Bear Hug, Pinned) <i>crane controls snake</i></li> <li>16. Compressing Serpent (L. Flank R. Headlock) <i>snake controls snake</i></li> <li>17. Obscure Talons (Rear Wrist Grab) <i>crane controls snake</i></li> <li>18. Spiraling Destruction (Rear L. Hand Belt Grab) <i>snake controls snake</i></li> </ol>