

# FIVE ANIMAL KENPO

## Summary of Intermediate Stage Requirements

Adv. Orange Belt • Purple Belt • Adv. Purple Belt

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<b>FUNDAMENTALS</b> Adv. Orange - Adv. Purple	<b>JAN / FEB / MAR / APR</b> "ADV. ORANGE BELT"	<b>MAY / JUN / JLY / AUG</b> "PURPLE BELT"	<b>SEP / OCT / NOV / DEC</b> "ADV. PURPLE BELT"
<b>STANCES:</b>	<b>FORM:</b>	<b>FORM:</b>	<b>FORM:</b>
11. Modified Attention 12. Modified Neutral Bow 13. Front Twist 14. Wide Kneel 15. Reverse Close Kneel 16. Rear Bow 17. Reverse Bow	Five Animal: Dragon/Snake	Five Animal: Tiger/Leopard	Five Animal: Crane/Conclusion
<b>FOOTWORK:</b>	<b>SETS:</b>	<b>SETS:</b>	<b>SETS:</b>
6. Forward Step Drag 7. Reverse Step Drag 8. Forward Drag Step 9. Reverse Drag Step 10. Forward Pull Drag 11. Reverse Pull Drag 12. Forward Push Drag 13. Reverse Push Drag	10. Parry Set 11. Hammerfist Set 12. Stomping Set	13. Universal Blocking Set 14. Back Knuckle Set 15. High/Low Kicking Set	16. Leg Blocking Set 17. Palm Heel Set 18. Spin Kicking Set
<b>BLOCKS:</b>	<b>SPARRING:</b>	<b>SPARRING:</b>	<b>SPARRING:</b>
7. Crosswedge 8. Inside Down (up) 9. Inside Down (dwn) 10. Inward Parry 11. Outward Parry 12. Upward Parry 13. Inside Down Parry	10. Entagled Whips 11. Rising Dragon 12. Deceptive Dragon	13. Circling Serpent 14. Turning the Dragon 15. Encircling Whips	16. Descending Dragon 17. Clearing Crescent 18. Cloaking Mace
<b>HAND STRIKES:</b>	<b>SELF-DEFENSE:</b>	<b>SELF-DEFENSE TECH'S:</b>	<b>SELF-DEFENSE TECH'S:</b>
4. Uppercut Punch 5. Hook Punch	19. Thundering Maces (R. Straight Thrust Punch) <i>tiger controls tiger</i>	25. Decisive Sword (R. Roundhouse Punch) <i>tiger controls tiger</i>	31. Clashing Tigers (R. Uppercut) <i>tiger controls tiger</i>
<b>LEG STRIKES:</b>			
5. Hook Kick 6. Inverted Round Kick 7. Ax Kick	20. Slaying the Tiger (L. Uppercut) <i>tiger controls tiger</i>	26. Defensive Branch (L. Roundhouse Kick) <i>tiger controls tiger</i>	32. Protecting the Leaves (R. Flank Finger Lock) <i>crane controls snake</i>
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