

FIVE ANIMAL KENPO

4TH DEGREE BLACK BELT REQUIREMENTS

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Overview:

Initially, imitation of prearranged sequences is a tool to fine tune the athletic foundation of the kenpo art. This rehearsal of movement develops individual fundamental mechanics and also the ability to transition and coordinate from one fundamental to the next. In essence, every technique, set, or kata is a skill drill.

As a student progresses and polishes their skills, these sequences also embody examples of the strategic application of their kenpo. No sequence is meant to be the one ideal answer for a particular attack or scenario, but rather provide a perspective or insight into an aspect of kenpo combative theory. In essence, the sequences become a common reference point from which to have a roundtable discussion about how the body should move and which strategy is best applied when.

By 1st Degree Black Belt, a student of the art should be competent in demonstrating the complete sequential body of empty handed techniques and knowledgeable in the strategic lessons contained. While continuing to mature in their understanding of these empty hand skills, the focus then shifts for 2nd and 3rd Degree Black Belts to imitating the weapon training sequences (techniques and forms) of the art with the same eventual objective of arriving at the strategic lessons these movements are a case study of.

Fourth Degree Black Belt returns to the empty handed art but moves the student's understanding to a new tier by requiring the practitioner to engineer his own sequences and document the strategic lessons presented. The purpose of the exercise is not to continue to add to the ongoing body of kenpo sequences for the next poor generation of students to imitate, but rather to reinforce the depth of understanding of the student so that they gain additional insight into the existing body of kenpo curriculum and the concepts it reflects.

Prerequisite Requirements:

1. Must be an adult (18 years or older).
2. Must have been training for a minimum of 14 years.
3. Must have held the ranking of 3rd Deg. Black Belt for four years.
4. Must be actively involved in teaching and must have brought a student to Black Belt.
5. Must know the body of sequence for all previous rankings held.

Testing Requirements:

1. Develop a self-defense technique example showing each of the following relationships:
 - a. Crane defeats Snake
 - b. Snake defeats Snake
 - c. Dragon defeats Tiger
 - d. Tiger defeats Tiger
 - e. Snake defeats Leopard
 - f. Leopard defeats Leopard

Each technique will require in written form the following:

- a. Step by step summary of how the move is done.
 - b. Explanation of why this technique demonstrates the assigned animal relationship.
 - c. Explanation of other strategic lessons embodied in the technique.
 - d. Explanation of other existing techniques that have similar sequences and/or strategic lessons.
2. Develop an empty hand form that uses all of the above techniques (or aspects of) and a written summary of this form that also explains what benefit the form offers a student beyond the individual techniques.
 3. Physically demonstrate the techniques and form and be prepared to answer questions regarding your written summaries previously provided.
 4. Select one of the six techniques and write a sample lesson plan on how the technique would be taught in a group class. Be prepared to execute this lesson plan if requested on the examination. Your lesson plan can include drills, activities, and conditioning methods relevant to the technique.