

# FIVE ANIMAL KENPO

## Summary of Advanced Stage Requirements

Blue Belt • Adv. Blue Belt • Green Belt

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FUNDAMENTAL SKILLS Blue Belt - Green Belt	JAN / FEB / MAR / APR "BLUE BELT"	MAY / JUN / JLY / AUG "ADV. BLUE BELT"	SEP / OCT / NOV / DEC "GREEN BELT"
<p><b>STANCES:</b> 18. 90 Degree Cat 19. Reverse Wide Kneel 20. Reverse Twist 21. Reverse 90 Deg. Cat 22. Reverse 45 Deg. Cat 23. Modified 90 Deg. Cat 24. Extended Bow</p> <p><b>FOOTWORK:</b> 14. Fwd Front Cross Over 15. Fwd Rear Cross Over 16. Rev. Front Cross Over 17. Rev. Rear Cross Over 18. Cover 19. Cover Out 20. Switch</p> <p><b>BLOCKS:</b> 14. Inward Leg Block 15. Outward Leg Block 16. Downward Knee Block 17. Pulling Leg Block</p> <p><b>HAND STRIKES:</b> 6. Inward Handword 7. Outward Handword 8. Spin Back Knuckle</p> <p><b>LEG STRIKES:</b> 8. Inward Crescent Kick 9. Outward Crescent Kick 10. Spin Side Kick 11. Spin Hook Kick 12. Spin Rear Kick 13. Spin Roundhouse Kick 14. Jump Crescents 15. Fwd Crossover Sweep 16. Rev. Crossover Sweep 17. Outward Hook Sweep 18. Rev. Thrusting Sweep</p> <p><b>FALLING:</b> 4. Forward Roll 5. Backward Roll</p> <p><b>REVIEW:</b> ALL Beg. &amp; Int. Stage Fundamental Skills.</p>	<p><b>FORM:</b> Tiger / Crane: Sections 1 &amp; 2</p> <p><b>SET:</b> 7. 1-18 Blocking Set</p> <p><b>SPARRING TECHNIQUE:</b> 7. "Invited Spade"</p> <p><b>SELF-DEFENSE TECH'S:</b> 37. "Breaking the Bridge" (R. Straight Thrust Punch) <i>dragon controls tiger</i> 38. Hooking the Mace (L Uppercut) <i>dragon controls tiger</i> 39. "Spinning Branches" (L. Roundhouse/Front Kick) <i>dragon controls tiger</i> 40. "Greeting the Ground" (L. Straight Thrust) <i>dragon controls tiger</i> 41. "Uprooting the Branch" (R. Roundhouse/Front Kick) <i>dragon controls tiger</i> 42. "Circles of Entrapment" (Front Two Hand Push) <i>dragon controls tiger</i> ----- <b>DVD Reference Guide:</b> 1. Adv. Basics: \$29.95 2. Tiger/Crane Form: \$29.95 3. Sparring Techniques: \$29.95 4. Adv. Techniques: \$29.95</p> <p><b>www.kenpodvd.com</b></p>	<p><b>FORM:</b> Tiger / Crane: Sections 3 &amp; 4</p> <p><b>SET:</b> 8. Elbow Set</p> <p><b>SPARRING TECHNIQUE:</b> 8. "Exploding Whip"</p> <p><b>SELF-DEFENSE TECH'S:</b> 43. "Darting Serpent" (R. Straight Snap Punch) <i>snake controls leopard</i> 44. "Capturing the Mace" (R. Roundhouse Punch) <i>dragon controls tiger</i> 45. "Releasing the Blade" (L. Outward Back Knuckle) <i>leopard controls leopard</i> 46. "Cracking the Whip" (R. Outward Back Knuckle) <i>snake controls leopard</i> 47. "Embracing the Tiger" (L. Roundhouse Punch) <i>dragon controls tiger</i> 48. "Mirrored Mace" (R. Lead Punch) <i>leopard controls leopard</i> ----- <b>Additional DVD Resource:</b> "The Art of War -- Today"  This instructional DVD puts the timeless strategies of the General Sun Tzu into modern streetwise application!  \$29.95</p> <p><b>www.kenpodvd.com</b></p>	<p><b>FORM:</b> Tiger / Crane: Sections 5 &amp; 6</p> <p><b>SET:</b> 9. Low Line Kicking Set</p> <p><b>SPARRING TECHNIQUE:</b> 9. "Taming the Serpent"</p> <p><b>SELF-DEFENSE TECH'S:</b> 49. "Trapping Fan" (L/R Straight Punch Combo) <i>snake controls leopard</i> 50. "Rolling the Tiger" (R. Uppercut Punch) <i>dragon controls tiger</i> 51. "Evasive Panther" (L/R Straight Punch Combo) <i>leopard controls leopard</i> 52. "Entangled Branches" (R. Cross Stomp to L. Knee) <i>leopard controls leopard</i> 53. "Tossing the Ram" (Front Tackle) <i>dragon controls tiger</i> 54. "Dueling Branches" (R. Side Kick to R. Knee) <i>leopard controls leopard</i> ----- <b>Private Lessons:</b> Want that extra polish? Private instruction is a superb resource for reaching your kenpo goals. <b>\$30 per half hour lesson.</b>  <b>Testing Fee Structure:</b> Yellow - Adv. Purple: \$25. Blue - Brown (Ikkyu): \$35 Black Belt Examination: \$95</p>