

# FIVE ANIMAL KENPO

## Summary of Beginning Stage Requirements

Yellow Belt • Advanced Yellow Belt • Orange Belt

© 2005 Trevor Haines.

FUNDAMENTAL SKILLS Required for all belt rankings	JAN / FEB / MAR / APR "YELLOW BELT"	MAY / JUN / JLY / AUG "ADV. YELLOW BELT"	SEP / OCT / NOV / DEC "ORANGE BELT"
<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 Knuckle</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>FALLING:</b></p> <ol style="list-style-type: none"> <li>1. Front Break Fall</li> <li>2. Side Break Fall</li> <li>3. Backward Break Fall</li> </ol>	<p><b>FORM:</b> Stance Drill A</p> <p><b>SET:</b> 1. Box Block Set</p> <p><b>SPARRING TECHNIQUE:</b> 1. "Deceptive Mace"</p> <p><b>SELF-DEFENSE TECH'S:</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. Rear Grab on R. Shoulder) <i>crane controls snake</i></li> </ol> <p>-----</p> <p><b>DVD Reference Guide:</b></p> <ol style="list-style-type: none"> <li>1. Beg. Basics: \$29.95</li> <li>2. Stance Drills &amp; Sets: \$29.95</li> <li>3. Sparring Techniques: \$29.95</li> <li>4. Beg. Techniques: \$29.95</li> </ol> <p><b>www.kenpodvd.com</b></p>	<p><b>FORM:</b> Stance Drill B</p> <p><b>SET:</b> 2. Punching Set</p> <p><b>SPARRING TECHNIQUE:</b> 2. "Controlling Falcon"</p> <p><b>SELF-DEFENSE TECH'S:</b></p> <ol style="list-style-type: none"> <li>7. "Disabling the Bear" (Front Bear Hug, Arms 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" (R. Flank 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, Arms Free) <i>snake controls snake</i></li> </ol> <p>-----</p> <p><b>Additional DVD Resource:</b></p> <p>"The Art of War -- Today"</p> <p>This instructional DVD puts the timeless strategies of the General Sun Tzu into modern streetwise application!</p> <p>\$29.95</p> <p><b>www.kenpodvd.com</b></p>	<p><b>FORM:</b> Stance Drill C</p> <p><b>SET:</b> 3. Basic Kicking Set</p> <p><b>SPARRING TECHNIQUE:</b> 3. "Luring Dragon"</p> <p><b>SELF-DEFENSE TECH'S:</b></p> <ol style="list-style-type: none"> <li>13. "Converging Wings" (Front Two Hand Lapel Grab) <i>crane controls snake</i></li> <li>14. "Battling Falcons" (Front Two Hand Wrist Grab) <i>crane controls snake</i></li> <li>15. "Tossing the Bear" (Rear Bear Hug, Arms Pinned) <i>crane controls snake</i></li> <li>16. "Compressing the Serpent" (L. Flank R. Headlock) <i>snake controls snake</i></li> <li>17. "Obscure Talons" (Rear Two Hand Wrist Grab) <i>crane controls snake</i></li> <li>18. "Spiraling Destruction" (Rear L. Hand Belt Grab) <i>snake controls snake</i></li> </ol> <p>-----</p> <p><b>Private Lessons:</b></p> <p>Want that extra polish? Private instruction is a superb resource for reaching your kenpo goals. <b>\$30 per half hour lesson.</b></p> <p><b>Testing Fee Structure:</b></p> <p>Yellow - Adv. Purple: \$25. Blue - Brown (Ikkyu): \$35 Black Belt Examination: \$95</p>