

FIVE ANIMAL KENPO

Summary of Intermediate Stage Requirements

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

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FUNDAMENTAL SKILLS Adv. Orange - Adv. Purple	JAN / FEB / MAR / APR “ADV. ORANGE BELT”	MAY / JUN / JLY / AUG “PURPLE BELT”	SEP / OCT / NOV / DEC “ADV. PURPLE BELT”
<p>STANCES:</p> <p>11. Modified Attention 12. Modified Neutral Bow 13. Front Twist 14. Wide Kneel 15. Reverse Close Kneel 16. Rear Bow 17. Reverse Bow</p> <p>FOOTWORK:</p> <p>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</p> <p>BLOCKS:</p> <p>7. Crosswedge 8. Inside Down (up) 9. Inside Down (dwn) 10. Inward Parry 11. Outward Parry 12. Upward Parry 13. Inside Down Parry</p> <p>HAND STRIKES:</p> <p>4. Uppercut Punch 5. Hook Punch</p> <p>LEG STRIKES:</p> <p>5. Hook Kick 6. Inverted Round Kick 7. Ax Kick</p> <p>BEG. STAGE REVIEW:</p> <p>Intermediate Stage students are also responsible for ALL Beginning Stage Fundamental Skills.</p>	<p>FORM: Five Animal: Dragon/Snake</p> <p>SET: 4. High/Low Block Set</p> <p>SPARRING TECHNIQUE: 4. “Invited Serpent”</p> <p>SELF-DEFENSE TECH’S:</p> <p>19. “Thundering Maces” (R. Straight Thrust Punch) <i>tiger controls tiger</i></p> <p>20. “Slaying the Tiger” (L. Uppercut) <i>tiger controls tiger</i></p> <p>21. “Discarding the Serpent” (R. Rear Strangle Hold) <i>crane controls snake</i></p> <p>22. “Advancing Wing” (L. Straight Thrust Punch) <i>tiger controls tiger</i></p> <p>23. “Splintering the Branch” (R. Roudhouse/Front Kick) <i>tiger controls tiger</i></p> <p>24. “Shattered Twig” (Rear Two Hand Choke) <i>snake controls snake</i></p> <p>-----</p> <p>DVD Reference Guide:</p> <p>1. Int. Basics: \$29.95 2. Five Animal Form: \$29.95 3. Sparring Techniques: \$29.95 4. Int. Techniques: \$29.95</p> <p>www.kenpodvd.com</p>	<p>FORM: Five Animal: Tiger/Leopard</p> <p>SET: 5. Handsword Set</p> <p>SPARRING TECHNIQUE: 5. “Attacking Serpent”</p> <p>SELF-DEFENSE TECH’S:</p> <p>25. “Decisive Sword” (R. Roundhouse Punch) <i>tiger controls tiger</i></p> <p>26. “Defensive Branch” (L. Roundhouse/Front Kick) <i>tiger controls tiger</i></p> <p>27. “Dismounting the Bear” (Face Down/Face Up) <i>crane controls snake</i></p> <p>28. “Returning Hammer” (L. Roundhouse Punch) <i>tiger controls tiger</i></p> <p>29. “Swords of Harmony” (Front Two Hand Push) <i>tiger controls tiger</i></p> <p>30. “Shredding the Darkness” (L. Rear Hair Grab) <i>snake controls snake</i></p> <p>-----</p> <p>Additional DVD Resource:</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>www.kenpodvd.com</p>	<p>FORM: Five Animal: Crane/Conclusion</p> <p>SET: 6. Knee Set</p> <p>SPARRING TECHNIQUE: 6. “Returning Whip”</p> <p>SELF-DEFENSE TECH’S:</p> <p>31. “Clashing Tigers” (R. Uppercut) <i>tiger controls tiger</i></p> <p>32. “Protecting the Leaves” (R. Flank Finger Lock) <i>crane controls snake</i></p> <p>33. “Stinging the Bear” (Front Bear Hug, Arms Free) <i>snake controls snake</i></p> <p>34. “Hammering the Ram” (Front Tackle) <i>tiger controls tiger</i></p> <p>35. “Unleashing the Mace” (R. Wrist Lock) <i>snake controls snake</i></p> <p>36. “Preserving the Feathers” (L. Front Hair Grab) <i>snake controls snake</i></p> <p>-----</p> <p>Private Lessons:</p> <p>Want that extra polish? Private instruction is a superb resource for reaching your kenpo goals. \$30 per half hour lesson.</p> <p>Testing Fee Structure:</p> <p>Yellow - Adv. Purple: \$25. Blue - Brown (Ikkyu): \$35 Black Belt Examination: \$95</p>