

FIVE ANIMAL KENPO

Summary of Refinement Stage Requirements

Adv. Green Belt • Sankyu • Nikyu • Ikkyu

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JAN / FEB / MAR / APR “ADV. GREEN BELT”	MAY / JUN / JLY / AUG “SANKYU: 3RD BROWN”	SEP / OCT / NOV / DEC “NIKYU: 2ND BROWN”	“IKKYU: 1ST BROWN”
<p>FORM: Snake/Leopard: Sections 1 & 2</p> <p>SET: 10. Parry Set</p> <p>SPARRING TECHNIQUE: 10. “Entangled Whips”</p> <p>SELF-DEFENSE TECH’S:</p> <p>55. “Storming Branches” (R. Overhead Club) <i>tiger controls tiger</i></p> <p>56. “Rushing the Storm” (R. Backhand Club) <i>tiger controls tiger</i></p> <p>57. “Obscure Lance” (L. Rear Grab/R. Rear Knife) <i>snake controls snake</i></p> <p>58. “Punishing the Storm” (R. Straight Club Thrust) <i>tiger controls tiger</i></p> <p>59. “Shattered Storm” (R. Roundhouse Club) <i>tiger controls tiger</i></p> <p>60. “Fatal Lance” (R. Rear Knife to Throat) <i>crane controls snake</i></p>	<p>FORM: Snake/Leopard: Sections 3 & 4</p> <p>SET: 11. Hammerfist Set</p> <p>SPARRING TECHNIQUE: 11. “Rising Dragon”</p> <p>SELF-DEFENSE TECH’S:</p> <p>61. “Harnessing the Storm” (R. Overhead Club) <i>dragon controls tiger</i></p> <p>62. “Lancing the Branch” (R. Overhead Knife) <i>dragon controls tiger</i></p> <p>63. “Stealing the Flame” (R. Flank/Front Pistol) <i>crane controls snake</i></p> <p>64. “Entering the Storm” (R. Roundhouse Club) <i>dragon controls tiger</i></p> <p>65. “Spiraling Lance” (R. Roundhouse Knife) <i>dragon controls tiger</i></p> <p>66. “Obscure Flame” (Rear Pistol) <i>snake controls snake</i></p> <p>-----</p> <p>DVD Reference Guide:</p> <p>1. Stance Drills & Sets: \$29.95</p> <p>2. Snake/Leopard Form: \$29.95</p> <p>3. Sparring Techniques: \$29.95</p> <p>4. Ref. Techniques: \$29.95</p> <p>www.kenpodvd.com</p>	<p>FORM: Snake/Leopard: Sections 5 & 6</p> <p>SET: 12. Stomping Set</p> <p>SPARRING TECHNIQUE: 12. “Deceptive Dragon”</p> <p>SELF-DEFENSE TECH’S:</p> <p>67. “Revering the Storm” (R. Backhand Club) <i>dragon controls tiger</i></p> <p>68. “Returning Lance” (R. Backhand Knife) <i>dragon controls tiger</i></p> <p>69. “Raising the Flame” (L. Flank/Front Pistol) <i>crane controls snake</i></p> <p>70. “Collecting the Storm” (R. Straight Club Thrust) <i>dragon controls tiger</i></p> <p>71. “Invited Lance” (R. Straight Knife Thrust) <i>dragon controls tiger</i></p> <p>72. “Impending Lance” (L. Lapel Grab/R. Knife) <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 Form Tiger / Crane Form Snake/Leopard Form</p> <p>SETS:</p> <p>13. Universal Blocking Set 14. Back Knuckle Set 15. High/Low Kicking Set 16. Leg Blocking Set 17. Palm Heel Set 18. Spinning Kicking Set</p> <p>SPARRING TECH’S:</p> <p>13. “Circling Serpent” 14. “Turning the Dragon” 15. “Encircling Whips” 16. “Descending Dragon” 17. “Clearing Crescent” 18. “Cloaking Mace”</p> <p>SELF-DEFENSE TECH’S</p> <p>Current calendar review cycle of all four curriculum levels (Beg., Int., Adv., and Ref.)</p> <p>Total of 24 techniques.</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>