

FIVE ANIMAL KENPO

1ST DEGREE BLACK BELT TECHNIQUE REVIEW

© 2004 Trevor Haines.

BEGINNING TECHNIQUES:

1. Wings of Entanglement (Full Nelson)
2. Slicing the Peach (Front Headlock)
3. Clearing Kimono (L. Lapel Grab)

4. Flanking Talon (Wrist Grab from Flank)
5. Wings of Devastation (Front Two Hand Choke)
6. Revolving Hammer (L. Rear Grab on R. Shoulder)

7. Disabling the Bear (Front Bear Hug, Arms Pinned)
8. Controlling Wing (R. Cross Wrist Grab)
9. Plucking the Apple (R. Rear Hammerlock)

10. Cracking the Cage (R. Flank L. Grab on R. Shoulder)
11. Accepting the Gift (R. Handshake)
12. Dropping the Bear (Rear Bear Hug, Arms Free)

13. Converging Wings (Front Two Hand Lapel Grab)
14. Battling Falcons (Front Two Hand Wrist Grab)
15. Tossing the Bear (Rear Bear Hug, Arms Pinned)

16. Compressing the Serpent (L. Flank R. Headlock)
17. Obscure Talons (Rear Two Hand Wrist Grab)
18. Spiraling Destruction (Rear L. Hand Belt Grab)

INTERMEDIATE TECHNIQUES:

19. Thundering Maces (R. Straight Thrust Punch)
20. Slaying the Tiger (L. Uppercut)
21. Discarding the Serpent (R. Rear Strangle Hold)

22. Advancing Wing (L. Straight Thrust Punch)
23. Splintering the Branch (R. Roundhouse/Front Kick)
24. Shattered Twig (Rear Two Hand Choke)

25. Decisive Sword (R. Roundhouse Punch)
26. Defensive Branch (L. Roundhouse/Front Kick)
27. Dismounting the Bear (Face Down/Face Up)

28. Returning Hammer (L. Roundhouse Punch)
29. Swords of Harmony (Front Two Hand Push)
30. Shredding the Darkness (L. Rear Hair Grab)

31. Clashing Tigers (R. Uppercut)
32. Protecting the Leaves (R. Flank Finger Lock)
33. Stinging the Bear (Front Bear Hug, Arms Free)

34. Hammering the Ram (Front Tackle)
35. Unleashing the Mace (R. Wrist Lock)
36. Preserving the Feathers (L. Front Hair Grab)

ADVANCED TECHNIQUES:

37. Breaking the Bridge (R. Straight Thrust Punch)
38. Hooking the Mace (L. Uppercut)
39. Spinning Branches (L. Roundhouse/Front Kick)

40. Greeting the Ground (L. Straight Thrust)
41. Uprooting the Branch (R. Roundhouse/Front Kick)
42. Circles of Entrapment (Front Two Hand Push)

43. Darting Serpent (R. Straight Snap Punch)
44. Capturing the Mace (R. Roundhouse Punch)
45. Releasing the Blade (L. Outward Back Knuckle)

46. Cracking the Whip (R. Outward Back Knuckle)
47. Embracing the Tiger (L. Roundhouse Punch)
48. Mirrored Mace (R. Lead Punch)

49. Trapping Fan (L/R Straight Punch Combo)
50. Rolling the Tiger (R. Uppercut Punch)
51. Evasive Panther (L/R Straight Punch Combo)

52. Entangled Branches (R. Crossover Stomp to L. Knee)
53. Tossing the Ram (Front Tackle)
54. Dueling Branches (R. Side Kick to R. Knee)

REFINEMENT TECHNIQUES:

55. Storming Branches (R. Overhead Club)
56. Rushing the Storm (R. Backhand Club)
57. Obscure Lance (L. Rear Shoulder Grab/R. Rear Knife)

58. Punishing the Storm (R. Straight Club Thrust)
59. Shattered Storm (R. Roundhouse Club)
60. Fatal Lance (R. Rear Knife to Throat)

61. Harnessing the Storm (R. Overhead Club)
62. Lancing the Branch (R. Overhead Knife)
63. Stealing the Flame (R. Flank/Front Pistol)

64. Entering the Storm (R. Roundhouse Club)
65. Spiraling Lance (R. Roundhouse Knife)
66. Obscure Flame (Rear Pistol)

67. Reversing the Storm (R. Backhand Club)
68. Returning Lance (R. Backhand Knife)
69. Raising the Flame (L. Flank/Front Pistol)

70. Collecting the Storm (R. Straight Club Thrust)
71. Invited Lance (R. Straight Knife Thrust)
72. Impending Lance (L. Lapel Grab/R. Frontal Knife)

BASIC STANCES:

1. Attention
2. Natural
3. Meditating Horse
4. Stationary Horse
5. Training Horse
6. Neutral Bow
7. Forward Bow
8. 45 Degree Cat
9. Close Kneel
10. One Legged

11. Modified Attention
12. Modified Neutral Bow
13. Front Twist
14. Wide Kneel
15. Reverse Close Kneel
16. Rear Bow
17. Reverse Bow

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.

BASIC FOOTWORK:

1. Natural Step Forward
2. Natural Step Back
3. Natural Step Side
4. Forward Step Through
5. Reverse Step Through

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

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



FIVE ANIMAL KENPO

BASIC BLOCKS:

1. Inward
2. Vertical Outward
3. Upward
4. Downward
5. Push Down
6. Extended Outward

7. Crosswedge
8. Inside Down (up)
9. Inside Down (dwn)
10. Inward Parry
11. Outward Parry
12. Upward Parry
13. Inside Down Parry

14. Inward Leg Block
15. Outward Leg Block
16. Downward Knee Block
17. Pulling Leg Block

BASIC HAND STRIKES:

1. Outward Back Knuckle
2. Reverse Punch
3. Ridge Hand

4. Uppercut Punch
5. Hook Punch

6. Inward Handword
7. Outward Handword
8. Spin Back Knuckle

BASIC LEG STRIKES:

1. Front Kick
2. Roundhouse Kick
3. Side Kick
4. Rear Kick

5. Hook Kick
6. Inverted Round Kick
7. Ax Kick

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

BASIC FALLING:

1. Front Break Fall
2. Side Break Fall
3. Backward Break Fall

4. Forward Roll
5. Backward Roll

SPARRING TECH:

1. Deceptive Mace
2. Controlling Falcon
3. Luring Dragon

4. Invited Serpent
5. Attacking Serpent
6. Returning Whip

7. Invited Spade
8. Exploding Whip
9. Taming the Serpent

10. Entangled Whips
11. Rising Dragon
12. Deceptive Dragon

13. Circling Serpent
14. Turning the Dragon
15. Encircling Whips

16. Descending Dragon
17. Clearing Crescent
18. Cloaking Mace

STATIONARY SETS:

1. Box Block Set
2. Punching Set
3. Basic Kicking Set

4. High/Low Block Set
5. Handword Set
6. Knee Set

7. 1-18 Blocking Set
8. Elbow Set
9. Low Line Kicking Set

10. Parry Set
11. Hammerfist Set
12. Stomping Set

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

FORMS:

1. Stance Drill A
2. Stance Drill B
3. Stance Drill C
4. Five Animal
5. Tiger Crane
6. Snake Leopard