

# KENPO BASICS





## Yellow Belt

<p><b>Stances:</b></p> <p>Attention Horse (Training) Natural Stance Neutral Bow Forward Bow 45 Degree Cat Stance</p>	<p><b>Blocks:</b></p> <p>Inward Outward Extended Outward Upward Downward Deflecting Downward</p>	<p><b>Parries:</b></p> <p>None</p>
<p><b>Punches:</b></p> <p>Straight Thrust Vertical Thrust Inverted Horizontal Thrust</p>	<p><b>Strikes:</b></p> <p>Outward Handsword Inward Handsword Outward Back Knuckle Back Hammerfist Inward Elbow Outward Elbow Obscure Elbow Upward Elbow Downward Elbow</p>	<p><b>Finger Techniques:</b></p> <p>None</p>
<p><b>Kicks:</b></p> <p>Front Snap Rear Thrust Front Roundhouse Front Stomp Front Chicken</p>	<p><b>Foot Maneuvers:</b></p> <p>Step Back Step Side Step Drag Push Drag Step Through</p>	<p><b>Exercises</b></p> <p>None</p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	



## Orange Belt

<p><b>Stances:</b></p> <p>Side Horse 45 Degree Horse Close Kneel</p>	<p><b>Blocks:</b></p> <p>Same as Yellow Belt</p>	<p><b>Parries:</b></p> <p>Inward</p>
<p><b>Punches:</b></p> <p>Straight Snap Vertical Snap Inverted Horizontal Snap Vert. Middle Finger Fist</p>	<p><b>Strikes:</b></p> <p>Inward Downward Diagonal Elbow Inward Overhead Elbow Forward Reverse Handword Inward Hammerfist Inward Raking Hammerfist Palm Heel Thrust Upward Palm Heel Forward Underhand Thumbs Half Fist Upward Lifting Forearm Back Elbow Hooking Back Knuckle</p>	<p><b>Finger Techniques:</b></p> <p>Straight Thrust Overhead Claw Outward Whip</p>
<p><b>Kicks:</b></p> <p>Front Thrust Kick Roundhouse Kick Front Knee Kick Rear Snap Side Thrust Kick</p>	<p><b>Foot Maneuvers:</b></p> <p>Drag Step Front Cross-Over Cover-Out</p>	<p><b>Exercises:</b></p> <p>Inward Outward Downward Outward Upward Outward Inward Outward</p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	



## Purple Belt

<p><b>Stances:</b></p> <p>One Legged Stance          90 Degree Cat          Front Twist          Wide Kneel</p>	<p><b>Blocks:</b></p> <p>Inside Downward (Palm Down)          Inside Downward (Palm Up)          Cross Wedge Block (Upward)</p>	<p><b>Parries:</b></p> <p>Outward          Downward</p>
<p><b>Punches:</b></p> <p>Vertical Back Knuckle (Snap)          Vertical Back Knuckle (Thrust)          Roundhouse          Uppercut</p>	<p><b>Strikes:</b></p> <p>Forward Horizontal Forearm          Back Horizontal Forearm          Inward Diagonal          Inner Wrist          Downward Thrusting Handword          Stiff-Arm Lifting Back Knuckle          Downward Outward          Back Knuckle          Inward Horizontal Palm Heel          Forward Underhand Palm Heel          Backward Underhand Palm Heel          Overhead Palm Heel          Forward Thrusting Handword</p>	<p><b>Finger Techniques:</b></p> <p>Vertical Thrust          Upward Thrust          Overhead Whip          Underhand Claw          Underhand Whip</p>
<p><b>Kicks:</b></p> <p>Shovel Kick          Thrusting Sweep Kick          Heel Hook (front leg)</p>	<p><b>Foot Maneuvers:</b></p> <p>Rear Crossover (front &amp; rear)</p>	<p><b>Exercises:</b></p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	





## Blue Belt

<p><b>Stances:</b></p> <p>Reverse Wide Kneel Reverse Cat Rear Twist</p>	<p><b>Blocks:</b></p> <p>Vertical Inside Forearm Vertical Outside Forearm Outward Waiters Hand Check (palm up)</p>	<p><b>Parries:</b></p> <p>Upward Horiz. Inward Palm Heel</p>
<p><b>Punches:</b></p> <p>Inverted Vertical Roundhouse Looping Overhead Hook Punch Chopping Punch</p>	<p><b>Strikes:</b></p> <p>Inward Diag. Palm Heel Inside Vert. Forearm Outward Palm Heel Rear Stiff Arm Palm Heel Lift Inward Diag. Knuckle Inward Horizontal Hooking Palm Heel Back Obscure Elbow</p>	<p><b>Finger Techniques:</b></p> <p>Inward Horizontal Slice Outward Horizontal Slice Back Thrust (over shoulder) Underhand Whip Side Uppercut Thrust</p>
<p><b>Kicks:</b></p> <p>Rear Stomp Side Chicken Front Stomp Side Stomp Rotating Heel of Foot Strike Spinning Horizontal Heel Hook</p>	<p><b>Foot Maneuvers:</b></p> <p>Forward Rolls Forward Dives</p>	<p><b>Exercises:</b></p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	



## Green Belt

<p><b>Stances:</b></p> <p>Rear Bow Modified Horse Modified Neutral</p>	<p><b>Blocks:</b></p> <p>Cross Wedge (low) Horizontal Forearm Universal Black</p>	<p><b>Parries:</b></p>
<p><b>Punches:</b></p> <p>One o'clock Punch Vertical Flank Sandwich Punch Vertical Horseshoe Hairpin Punch</p>	<p><b>Strikes:</b></p> <p>Vertical Downward Back Knuckle Half Fist (palm up) Inverted Horizontal Outward Middle Finger Fists Vertical Inward Elbow Double Looping Downward Back Knuckle Flapping Elbow</p>	<p><b>Finger Techniques:</b></p> <p>Inward Horizontal Two-Finger Hook Inverted Outward Two-Finger Hook Windshield Wiper (inward &amp; outward)</p>
<p><b>Kicks:</b></p> <p>Rear Stomp Side Chicken Front Cross Stomp Side Scoop Rotating Heel of Foot Strike Spinning Horizontal Heel Hook</p>	<p><b>Foot Maneuvers:</b></p> <p>Hop (forward &amp; reverse) Leap</p>	<p><b>Exercises:</b></p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	



## 3rd Brown Belt

<p><b>Stances:</b></p> <p>Concave Stance Diamond Stance Rotating Twist</p>	<p><b>Blocks (kicking):</b></p> <p>Inside Sweeping Outside Sweeping One Leg Position Inside Ricochet Outside Ricochet Inward Crescent Outward Crescent</p>	<p><b>Parries Leg):</b></p> <p>Inward Crescent Outward Crescent</p>
<p><b>Punches:</b></p> <p>Stiff Arm Lifting Punch Double Inward Roundhouse</p>	<p><b>Strikes:</b></p> <p>Ricochet Heel Palm Strike Piggy Back Strike Universal Strike Double Inward Back Knuckle Double Heel Palm Thrust</p>	<p><b>Finger Techniques:</b></p> <p>Double Finger Flick, Thumb Hook Strike</p>
<p><b>Kicks:</b></p> <p>Double Heel Stomp Front Side of Leg Kick</p>	<p><b>Foot Maneuvers:</b></p>	<p><b>Exercises:</b></p>
<p><b>Sets:</b></p> <hr/> <hr/> <hr/>	<p><b>Forms:</b></p> <hr/> <hr/> <hr/>	



## 2nd Brown Belt

<b>Stances:</b>	<b>Blocks (kicking):</b> Inward Kicking Block Outward Kicking Block	<b>Parries (leg):</b> Inside Knee Outside Knee
<b>Punches:</b> Downward Plunging Punch	<b>Strikes:</b> Cobra Hand Strike Windmill Strike Uppercut Forearm Strike	<b>Finger Techniques:</b> Double Two Finger Scissors Poke
<b>Kicks:</b> Dropping in Place Side Kick Retarded Ball Kick Slicing Kick Inverted Roundhouse Kick	<b>Foot Maneuvers:</b>	<b>Exercises:</b>
<b>Sets:</b> _____ _____ _____	<b>Forms:</b> _____ _____ _____	





## 1st Brown Belt

<b>Stances:</b>	<b>Blocks:</b> Inward Elbow Block Outward Elbow Block Downward Elbow Block Flapping Elbow Block	<b>Parries:</b>
<b>Punches:</b> Back Over the Shoulder	<b>Strikes:</b> Overhead Looping Downward Hammerfist Torquing Outward Back-Knuckle Rake	<b>Finger Techniques:</b>
<b>Kicks:</b> Bounce Kicks: Side, Rear, Roundhouse Looping Downward Roundhouse Kick	<b>Foot Maneuvers:</b> One Leg Skip	<b>Exercises:</b>
<b>Sets:</b> _____ _____ _____	<b>Forms:</b> _____ _____ _____	