

KNIFE TECHNIQUES

LANCE represents a defensive technique while BLADE represents an offensive technique.

- PROTECTING LANCE (RS1 or H1)
- SHELTERING LANCE (RS2, H2, S4, H4)
- DARTING LANCE (T9, S3)
- WHIPPING LANCE (T9, S3)
- WHIPPING BLADE
- RETURNING LANCE (S12)
- INTERCEPTING THE LANCE (T9, S3)
- SWIRLING LANCE (T9, S3)
- HOOKING LANCE (Low T9, S3)
- TRAPPING LANCE (High T9)

SKILL DRILLS

FIREARM SERIES

- Revolver _____
- Semi-auto _____
- Shotgun _____
- Rifle-Semi _____
- Rifle-Manual _____

CONTROL SERIES

STRESS TRAINING

- SOWING MACHINE _____
- KNIFE AND CLUB _____

THREE GUN SPRINT

FITNESS

Fitness requirement same as GREEN

SPARRING

Sparring requirement same as GREEN plus:

- Knife Sparring X1 _____
- Blindfolded Sparring _____

BLACK BELT TEST

COMMENTS: _____

DATE: _____

REQUIREMENTS FOR BLACK BELT

VERSION 1.0 5-4-12



NAME: _____

DATE: _____

FORMS/SETS (AKKI REQUIRED)

Form 2-2

mechanical _____ execution _____

1ST LEVEL KNIFE (AKKI REQUIRED)

SETS

Dexterity Set 1 mechanical _____ execution _____

Two Man Knife Set mechanical _____ execution _____

Universal Set mechanical _____ execution _____

Single Heart Set mechanical _____ execution _____

Double Heart Set mechanical _____ execution _____

DRILLS

Four Corners mechanical _____ execution _____

Pick and Roll mechanical _____ execution _____

Thrust and Return mechanical _____ execution _____

Palming mechanical _____ execution _____

Timing/Footwork: mechanical _____ execution _____

THE 'SECRET' OF KENPO

The end of one Journey begins another. Till now, you have been learning the structure, mechanics and science that make AMERICAN KENPO what it is. The Seniors say that a Kenpo 1st Degree Black Belt is truly the Tiger at the height of its maturity and power. For those that want to take that next path to Mastery though, a Black Belt is just the beginning. Teaching the System is an integral part of the Master's Path. Through teaching, we really become the "Third Person". No longer an actual participant but still part of the process. Able to watch and evaluate from many different angles, the Teacher begins to see how different body types and mental attitudes shape the knowledge he is imparting. With the freedom to watch and guide, the Teacher now has the time to re-evaluate his own motion and focus on the refinement process. This is the stage where internalization of the micro-refined mechanics take the Black Belt to the next level. One of the reasons why Mr. Parker designated 3rd Degree Black belt as full instructor was because he felt that teaching time allows the Black Belt to personalize their Kenpo and truly make it "tailored". As the second leg of the Triangle, the MIND manifests itself as a thorough understanding of the science of Kenpo. PRINCIPLES, CONCEPTS, and THEORIES have been explored, experienced, and hopefully, understood throughout their Journey and by Black Belt, BODY and MIND are tied together. The third side, SPIRIT, is your own personal investment as to why you have chosen this Journey to begin with. A belief based on experience is paramount to actually using Kenpo to defend oneself. Knowing the difference between confidence and competence can keep you from getting killed. True competence comes from testing yourself in as real an environment as you can create. Challenge yourself both physically and mentally and you will feel the SPIRIT of your own personal belief grow. So what is the "Secret" to Kenpo? There are none, only hard work, a good instructor, and time.

SELF DEFENSE

KNIFE

EVADING THE LANCE (right low knife thrust)

ASCENDING THE LANCE (right knife thrust)

INTERCEPTING THE LANCE (right high slash)

SLIKING THE LANCE (right low slash)

RAINING LANCE (right overhead knife)

RETURNING THE LANCE (left knife thrust)

HANDGUN

TWISTED HEAT (front right pistol to chest)

BROKEN HEAT (right rear pistol to back)

DEFYING HEAT (rear right pistol to back)

RETURNING HEAT (front right pistol hold-up)

LONG GUN

ENTWINING THE STICK (front right rifle; high)

BENDING THE STICK (rear rifle to back)

CRASHING STICK (front right rifle; low)

TWO MAN DEFENSIVE

FALCONS OF FORCE (right and left flank shoulder grab)

BEAR AND RAM (rear bear-hug; front right punch)

RAM AND EAGLE (front right punch and rear left collar grab)

TWO MAN - OFFENSIVE

DEPARTING MACES (V formation; contact penetration)

PARTING CYCLONE (V formation; contact)

CHARGING BEAR (right and left flank; contact)

FIREARMS

The use and instruction of FIREARMS as a part of your belt curriculum is a new concept to Martial Training. While defensive applications against firearms have been taught since their introduction to the general population, rarely has the actual skill-set of using a firearm been taught in a Martial Art class. Considering that the knowledge of using the Knife and Club is integral to defending against these weapons, so should an understanding of the use of various firearms be required in order to defend against them. The different characteristics of firearms must be known in an instant as to its capabilities prior to choosing a defense. Long gun, short gun, revolver, semi-auto all share commonalities as well as differences that must be considered. The report of a hand-gun close to your body is significantly different than the report of a shotgun or large caliber rifle at the same distance. Inoculation is the key to successfully defending oneself when confronted by a firearm. The requirements included in Black Belt hope to meet that need.