

REQUIREMENTS FOR ORANGE BELT

VERSION 4.1 4-14-11

GROUNDPLAY

Back Fall _____	Front Fall _____
Forward Roll _____	Side Fall _____
Backward Roll _____	Shoulder Roll _____

STRESS TRAINING

Choose Your Weapon _____	Don't Get Hit _____
Timber! _____	Ambush _____

PRINCIPLES OF SELF DEFENSE

Angles: proper angles ensure ACCURACY, BODY ALIGNMENT, and ECONOMY OF MOTION.

Body Alignment: place angles into perspective. It compels body parts to coordinate to move in one or opposite directions as a balanced unit.

Backup Mass: is a result of BODY ALIGNMENT. When this occurs, the weight of your body positions itself in line with and behind of, the action rendered.

Economy of Motion: entails avoiding wasteful angles, and the management of strength (power) in obtaining the most from your efforts in the shortest possible time.

Timing: is the concept that incorporates the principle of ECONOMY OF MOTION. It is the regulation of speed and coordinated effort in synchronization with an opponent's movements.

Telegraphing: can be used as a form of deceptive timing to disrupt your opponent's thought patterns. It is also a form of body language which can work against you by informing your opponent of your intentions.

FITNESS

Pushups X 20 _____	Air Squats X 30 _____
Sit Up Reach X 20 _____	Squat Thrusts _____

SPARRING

Grappling X 3 mins _____	Boxing X 3 mins _____
Sparring X 2 Mins _____	

ORANGE BELT TEST

COMMENTS: _____

DATE: _____



NAME: _____

DATE: _____

BASICS

STANCES

forward bow _____
 reverse bow _____
 front cat _____
 wide kneel _____
 close kneel _____

BLOCKS

push down _____
 palm down _____
 palm up _____

MANEUVERS

cover out _____
 side step _____
 front _____
 crossover _____
 rear _____
 crossover _____
 back switch _____
 front switch _____

KICKS

side _____
 scoop _____
 push _____
 inward _____
 outward _____

HAND STRIKES

half fist _____
 ridge hand _____
 palm heel _____
 vertical _____

FORMS/SETS (AKKI Required)

Universal Set 1-1	mechanical	_____	execution	_____
Form 1-2	mechanical	_____	execution	_____
Form 1-3	mechanical	_____	execution	_____
Form 1-4	mechanical	_____	execution	_____

SKILL DRILLS

Head Movement	mechanical	_____	execution	_____
Power Hands	mechanical	_____	execution	_____
Power Legs	mechanical	_____	execution	_____

QUESTIONS

NAME THE THREE DIMENSIONS WE USE IN KENPO. DEPTH, HEIGHT, WIDTH.
 HOW DO YOU SET THE PROPER DEPTH OF A NEUTRAL BOW? SET YOUR KNEE-HEEL LINE.
 HOW DO YOU SET YOUR PROPER HEIGHT WHILE IN A NEUTRAL BOW? BEND YOUR KNEES.
 HOW DO YOU SET THE PROPER WIDTH OF A NEUTRAL BOW? SET YOUR TOE-HEEL LINE.
 DEFINE "FOCUS". TO CONCENTRATE BODY, MIND, AND BREATH.
 NAME THE THREE STAGES OF LEARNING?
 PRIMITIVE - THE "HOW TO" STAGE
 MECHANICAL - THE "WHY" STAGE
 SPONTANEOUS - THE "DO" STAGE

SELF DEFENSE

FLASHING CRANES (front high two hand push)
 DANCE OF DEATH (right straight punch)
 THRUSTING DEVASTATION (step-thru right front kick)
 CROSSING TALON (right cross hand wrist grab)
 TRIGGERED DEVASTATION (right hand direct push)
 FIVE SWORDS (step-thru right roundhouse punch)
 WHIPPING PENDULUM (step-thru left front kick)
 DESTRUCTIVE HAMMER (left roundhouse punch)
 INTERCEPTING THE MACE (step-thru left straight punch)

OPTIONAL (AKKI Required)

OBSURE WING (right flank, left hand shoulder grab)
 CRASHING THUNDER (front bearhug; arms free)
 LOCKING HORNS (front headlock)
 CRASHING WINGS (rear bear-hug; arms free)
 LOCKED WING (right hammerlock)
 SCRAPING HOOV (full Nelson)
 THRUSTING PRONGS (front bear-hug; arms pinned)

Kenpo is for the person who has everything and wants to protect it.

Senior Grandmaster Ed Parker

