

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

BLUE BELT TEST

BASICS: _____

 SELF DEFENSE: _____

 FORM 1- 4: _____

 SPARRING: _____

 DATE: _____

Write a paragraph on COURAGE, what it means to you, and give an example of someone in your life that you think exemplifies COURAGE. Must be completed and accepted prior to BLUE BELT test.

Date: _____

REQUIREMENTS FOR JR./TEEN BLUE BELT

VERSION 4.2 6-7-12



NAME: _____

DATE: _____

BASICS

1st TIP

<u>MANEUVERS</u>	<u>STRIKES</u>	<u>KICKS</u>
pull drag _____	spinning _____	crescent (i) _____
push drag _____	backfist _____	crescent (o) _____
<u>STANCES</u>	overhand _____	chicken (f) _____
crane _____	<u>FALLING/TUMBLING</u>	<u>FITNESS</u>
	front fall (h) _____	40 squats _____
		20 pushups _____
		40 crunches _____

FORMS/SETS

BELT

Form 1-4	mechanical	_____	execution	_____
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SPARRING

STRIKING

Combination 9	Jab-Cross-Rear Knee-Skip Knee	_____
Combination 10	Drag-Step Side Kick- Spinning Back Kick	_____
Combination 11	Jab-Cross-Jab-Spinning Backfist	_____

GRAPPLING

<u>Throws</u>	<u>Submissions</u>
hip roll (o goshi) _____	triangle _____
thigh (uchi mata) _____	anaconda _____

Sparring will consist of three one minute rounds consecutively:

Standing Grappling	_____
Sparring a Jr. Student (teaching skills)	_____
Sparring a Sr. Student (skill)	_____

SELF DEFENSE

1st TIP

THRUSTING WEDGE (attempted two hand front choke)			
WHIPPING THE STORM (right backhand club)			

2nd TIP

MACES OF DOOM (left uppercut)			
SWEEPING GUILLOTINE (right uppercut)			

BELT

FLASHING WINGS (step thru right straight punch)			
LEAPING CRANE (step thru right straight punch)			

"A loss can be worth the experience if you gain something more valuable from it"

Senior Grandmaster Ed Parker

"We are going to have peace even if we have to fight for it"

Dwight D. Eisenhower

THE THREE POINTS OF VIEW

The Master Key to Logic in the American Kenpo system is the THREE POINTS OF VIEW concept. This concept looks at self defense from the first person's view point (you), the second person's view point (your opponent), and the third persons view point (a bystander). With this in mind, one can discover how basics work, the principles of self defense, the logic of motion, and what you and your opponet are capable of doing in a given situation. For example, during combat, there are two ways to get hit, INTENTIONALLY and UNINTENTIONALLY. Using the THREE POINTS OF VIEW concept, we can analyze what is happening at any given moment during the fight. We already know that when ever your strike, you HAVE to leave an oppening in your guard. Therefore you lok from the third person point of view to find out what targets may get hit from his weapons. Once you see what possibilities may be used against you, you inturn CHECK his usapone keeping yourself safe from the unintentional hit.