



# The Jasmine Dragon

*American Kenpo Karate Kung-Fu Martial Arts*



## 1<sup>st</sup> Degree Brown Belt Technique List

### Self-Defense Techniques

- \_\_\_ Chinese Cobra
- \_\_\_ Crashing Elbows
- \_\_\_ Darkness A.B.
- \_\_\_ Drums of Manchu A.B.
- \_\_\_ Intervention A.B.C.
- \_\_\_ Leap of Death
- \_\_\_ Legion of Ming
- \_\_\_ Passing Wind A.B.
- \_\_\_ Prance of the Tiger
- \_\_\_ Prayer of Death
- \_\_\_ Sickle
- \_\_\_ Sleeper
- \_\_\_ Springing Tiger
- \_\_\_ Snake Charmer
- \_\_\_ Sweeping Serpent
- \_\_\_ Turning the Handle A.B.

### Stick Disarming

- \_\_\_ Aikido Disarm

### Blade Disarming

- \_\_\_ Machete–Mychetti
- \_\_\_ Offer of Dust A.B.
- \_\_\_ Slash Guard
- \_\_\_ Spinning Blade
- \_\_\_ Tumbling Clouds
- \_\_\_ Whirling Thorn

### Katas

- \_\_\_ Basic Bo Kata

### Grappling Techniques

- \_\_\_ Bucking Bridge
- \_\_\_ Fighting Cobra
- \_\_\_ Shrimp Crawl
- \_\_\_ Triangle Choke

### Fire-Arm Disarming

- \_\_\_ Uncovering the Flames

- \_\_\_ Revenge of the White Tiger