



The Jasmine Dragon

American Kenpo Karate Kung-Fu Martial Arts

2nd Degree Brown Belt Technique List



Escrima Blocks

- ___ Inward Hard-Block
- ___ Outward Hard-Block
- ___ Upward Hard-Block
- ___ Downward Hard-Block
- ___ Inward Soft-Block
- ___ Outward Soft-Block
- ___ Upward Soft-Block
- ___ Downward Soft-Block

Escrima Drills

- ___ Clearing the Baton
- ___ One-Handed Strikes
- ___ Two-Handed Strikes
- ___ Double Arm Strikes

Escrima Self-Defense

- ___ Blocking the Serpent A.B.
- ___ Choking the Dust A.B.
- ___ Dimming the Rage
- ___ Sleeping Dragon
- ___ Swinging the Axe

Opponent Grabs Stick

- ___ Monkey Hands
- ___ Tumbling Monkey
- ___ The Catapult
- ___ Clearing Talons A.B.C.
- ___ Fighting Dragons A.B.C.

Katas

- ___ Thrusting Stave

Escrima Stick Disarming

- ___ Circling the World
- ___ Hooking the Sun
- ___ Preparing the Staff
- ___ Sweeping Mongoose
- ___ Swinging Baton

Escrima Knife Disarming

- ___ Bed of Thorns
- ___ Blinding Serpent

Strike First

- ___ First Blood
- ___ Thrusting Arm Bar
- ___ Avenging Leopard

- ___ Tonfa Hamahiga