



The Jasmine Dragon

American Kenpo Karate Kung-Fu Martial Arts



Green Belt Technique List

Escape Techniques

- ___ Chinese Thumb Screw A.B.
- ___ Diving Hawk A.B.
- ___ Hidden Fist
- ___ Knee Sweep
- ___ Parting the Reeds
- ___ Retreating Phoenix A.B.
- ___ The Phoenix
- ___ Thrusting Staves
- ___ Vice
- ___ Wedge A.B.C.

Weapons Disarming

- ___ Cobra and the Mongoose
- ___ Hostage Disarm
- ___ Spidey Sense
- ___ Spinning from the Sun A.B.C.

Self-Defense Techniques

- ___ Circles of Glass
- ___ Clawing Panther
- ___ Crane Kick A.B.
- ___ Guarding the Wall
- ___ Leveling the Clouds
- ___ Mantis Kung-Fu A.B.C.
- ___ Monkey Elbow A.B.
- ___ Opening the Fan
- ___ Plucking a Bird from the Sky
- ___ Praying Mantis A.B.C.
- ___ Raising the Shield
- ___ Returning Thunder
- ___ Seven Swords
- ___ Striking Mace
- ___ Shooting Star
- ___ Thrusting Limb A.B.
- ___ Tiger Kung-Fu

Katas

- ___ Dance of the Hummingbird

Sparring Techniques

- ___ Double Leg Sweep
- ___ Lunging Dragon A.B.
- ___ Rear Hand Leads Sun
- ___ Ridge to Groin
- ___ Kicking Set 6

New Kicks

- ___ Chicken Kick
- ___ Double Crescent
- ___ Flying Reverse Crescent

- ___ Book Set