



The Jasmine Dragon

American Kenpo Karate Kung-Fu Martial Arts



Orange Belt Technique List

Escape Techniques

- ___ Catching Fireflies A.B.
- ___ Chokehold Techniques 1
- ___ Circling Elbows A.B.
- ___ Clutching Feathers A.B.
- ___ Double One-Arm Grab A.B.C.
- ___ Full Nelson
- ___ Heel Hook A.B.
- ___ Japanese Stranglehold A.B.C.
- ___ Lever A.B.
- ___ Silent Escape A.B.C.
- ___ Shackle Break A.B.
- ___ Sumo
- ___ Wrap Around A.B.

Self-Defense Techniques

- ___ Aggressive Twins
- ___ Ascending to Heaven A.B.
- ___ Fish Hook A.B.
- ___ Opponents-At-Sides
- ___ Rocking Elbows
- ___ Scimitar A.B.
- ___ Tackle Techniques
- ___ The Serpent

Weapons Disarming

- ___ Cross-Block Disarm
- ___ Rear Guard A.B.

Katas

- ___ Snow Leopard

Sparring Techniques

- ___ Bounce Back-knuckle
- ___ Sticky Hands
- ___ Windmill Guard.
- ___ Kicking Set 2

New Kicks

- ___ Japanese Roundhouse Kick
- ___ Knife-Edge Kick

- ___ Long One