



# The Jasmine Dragon

*American Kenpo Karate Kung-Fu Martial Arts*



## Red Belt Technique List

### Self-Defense Techniques

- \_\_\_ Attack from the Temple A.B.
- \_\_\_ Bending Limbs
- \_\_\_ Circle of China A.B.C.
- \_\_\_ Crane's Beak A.B.
- \_\_\_ Dart A.B.
- \_\_\_ Encircling Arms A.B.C.
- \_\_\_ Flowing Hands
- \_\_\_ Gift
- \_\_\_ Slicing Dragon
- \_\_\_ Spear of Jade
- \_\_\_ Three Winds Claw
- \_\_\_ Three Winds Fist

### Weapons Disarming

- \_\_\_ Dropping the Staff
- \_\_\_ Missing the Leap

### Escape Techniques

- \_\_\_ Anvil A.B.C.
- \_\_\_ Bridge
- \_\_\_ Chokehold Techniques 2
- \_\_\_ Headlock A.B.C.
- \_\_\_ Japanese Hand A.B.
- \_\_\_ Knee Lift A.B.C.
- \_\_\_ Opening Cowl A.B.
- \_\_\_ Passing the Horizon A.B.
- \_\_\_ Pushing the Circle A.B.
- \_\_\_ Raising the Staff
- \_\_\_ Striking Asp
- \_\_\_ U Punch

### Katas

- \_\_\_ Short Two

### Sparring Techniques

- \_\_\_ Catching Tiger
- \_\_\_ Crossing Heel Hook
- \_\_\_ Advanced Wheel Kick A.B.
- \_\_\_ Kicking Set 3

### New Kicks

- \_\_\_ Heel Hook Kick
- \_\_\_ Inside Snap Kick
- \_\_\_ Scorpion Kick

- \_\_\_ Long Two