



# The Jasmine Dragon

*American Kenpo Karate Kung-Fu Martial Arts*



## Yellow Belt Technique List

### Hand-Strikes

- \_\_\_ Back-Knuckle
- \_\_\_ Bear-Fist Strike
- \_\_\_ Dragon's-Head Punch
- \_\_\_ Four-Finger Eye-Shot
- \_\_\_ Hammer Strike
- \_\_\_ Karate Chop
- \_\_\_ Knife-Edge Strike
- \_\_\_ Leopard-Hand Punch
- \_\_\_ Ram's-Head Punch
- \_\_\_ Ridge-Hand Strike
- \_\_\_ Sun Punch
- \_\_\_ Tiger-Claw Strike

### Kicks

- \_\_\_ Front-Snap Kick
- \_\_\_ Front-Thrust Kick
- \_\_\_ Rear Kick
- \_\_\_ Round-House Kick
- \_\_\_ Side-thrust Kick
- \_\_\_ Wheel-Kick

### Kata

- \_\_\_ Short One

### Blocks

- \_\_\_ Inward Block
- \_\_\_ Outward Block
- \_\_\_ Upward Block
- \_\_\_ Downward Block
- \_\_\_ Star Block

### Stances

- \_\_\_ Attention Stance
- \_\_\_ Cat Stance
- \_\_\_ Hard-Bo Stance
- \_\_\_ Horse Stance
- \_\_\_ On-Guard Stance
- \_\_\_ Ready Stance
- \_\_\_ Soft-Bo Stance

### Escape Techniques

- \_\_\_ Aiming the Spear A.B.
- \_\_\_ Dancer
- \_\_\_ Driving Elbows
- \_\_\_ Eagles Beak A.B.C.
- \_\_\_ Front Bear Hug A.B.C.
- \_\_\_ Grasping Talons A.B.C.
- \_\_\_ Kimono Grab A.B.
- \_\_\_ Kitty Kick
- \_\_\_ Reverse Hammerlock A.B.C.
- \_\_\_ Rising Elbow

### Self-Defense Techniques

- \_\_\_ Block Chop
- \_\_\_ Block Kick
- \_\_\_ Blocking the Kick A.B.
- \_\_\_ Covering Talons A.B.C.
- \_\_\_ Cutting the Pagoda A.
- \_\_\_ Four Fists
- \_\_\_ Double Blades A.B.
- \_\_\_ Delayed Sword
- \_\_\_ Sword of Destruction

### Sparring Techniques

- \_\_\_ Step & Slide
- \_\_\_ Stepping Up
- \_\_\_ Kicking Set 1
  - \_\_\_ Crossing Behind
  - \_\_\_ Crossing In Front

### Philosophy

**Karate:** Empty Hands

**Kung-Fu:** Exercise

**Kosho-Ryu:** Old Pine-Tree Style

**Kenpo:** Law of the Fist

### Greeting & Creed

I come to you with only Karate, my empty hands. I have no weapons, but should I be forced to defend myself, my principals, or my honor, should it be a matter of life or death, right or wrong, then these are my weapons, karate, my empty hands.