

The Belts

Students of Kenpo Karate (*Kenpoists*) show their progress in the art by the color of belt that they wear. Each color belt is a step toward the goal of Black Belt. Requirements for each belt differ for Little Dragons (starting at 4-6 years), Junior Dragons (starting at 6-10 years) and Adults.

Students begin their journey with a white belt. Each month, ***in the first full week of the month***, students are tested to evaluate progress. The purpose of these tests is to make certain that each student is making adequate progress, and to provide feedback to students. Assuming that adequate progress is being made, the student receives a stripe indicating progress within his or her belt level or is awarded a new belt indicating his or her advancement to the next higher level. Each student has different strengths and weakness, and each student will advance at his or her own pace. If a student practices more and trains diligently, he or she will generally advance more rapidly.

Students must wear complete uniform, including pants, top, and belt, for testing.

Experience has shown, however, that the majority of students progress at a fairly standard rate if they apply themselves to their training. The chart below shows the average student's progression.

<u>Belt Level</u>	<u># of Stripes</u>	<u>Approximate time</u>
Yellow Belt	1 stripe	2 months
Orange Belt	2 stripes	3 months
Purple Belt	2 stripes	3 months
Blue Belt	3 stripes	4 months
Green Belt	4 stripes	5 months

The Kenpo Karate Creeds

I will develop self discipline in order to bring out the best in myself and others.

I will develop myself in a positive manner and avoid anything that will reduce my mental growth or my physical health.

I will use what I learn in class constructively and defensively to help myself and my fellow man, and never to be abusive or offensive.

Message to Parents - Training in the Martial Arts

Kenpo can play a vital role in your mental and development of your child! The first year of his or her training will be geared primarily towards mental development. While your child will learn to block, kick, and punch, we will focus heavily on his or her ability to focus in class, to concentrate on the task at hand, and to pay attention to the instructor. Increasing your child's ability to focus and concentrate will greatly improve his or her confidence and potential for success.

Once a strong base of mental awareness and focus has been established, the instructor will teach more challenging and sophisticated forms and defensive techniques. This will heighten the level of concentration and continue to develop his or her physical attributes.

Our goal for your child is not merely to produce a child with solid self-defense skills; but also one who is kind, compassionate, respectful, courteous, responsible, self-disciplined and self-confident. We recognize that, while improvement in physical skills are important, the mental aspects of training are actually of the greatest value.

In Kenpo Karate, we respect tradition without being bound by it. Whenever tradition can complement the present, as well as influence the future, we do not hesitate to adopt it. Formalities and ceremonies associated with the Martial Arts have served and still serve an important role in society. Because of their positive qualities, they are stressed and emphasized at karate schools. Through adherence to formalities and ceremonies, discipline and respect will become ingrained.

Thank you for choosing PowerKenpo for your child's martial arts training! We appreciate your confidence and are confident that you'll be happy with the results.

POWERKENPO

**American Kenpo Karate
- The Ultimate Defense**

*Little Dragons
Student Guidebook*

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

Senior Grandmaster Ed Parker



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Notes on Star Block

- Start at Attention
- Left foot steps over to Meditation Horse
- Hands back to chambered position
- Right Hand:
 - Upward Block
 - Inward Block
 - Extended Outward Block
 - Downward Block
 - Back Elbow
 - Pushdown Block
 - Back Elbow.
- Repeat with Left hand
- Double Blocks – repeat sequence with both hands
- Close to Meditation Horse
- Left foot comes back to Attention position.

Notes on Short Form 1

- Start at Attention, facing to 12:00
- Left foot steps over to Meditation Horse
- Slide left foot back to Right Neutral Bow with Right Inward Block
- Slide Right foot all the way back to Left Neutral Bow with Left Inward Block
- Look over your front shoulder – punch coming from left
- Right foot steps across and away from the incoming punch (cover)
- Unwind to Left Neutral, facing to 9:00, with Left Vertical Outward Block
- Left foot slides all the way back to Right Neutral Bow with Right Vertical Outward Block
- Look over the back shoulder – overhead club attack coming from behind you
- Right foot covers across and away from the incoming club
- Unwind to Left Neutral, facing to 3:00, with Left Upward Block
- Left foot slides all the way back to a Right Neutral Bow with Right Upward Block
- Look over your right shoulder – kick coming from 6:00.
- Left foot covers across and away from the incoming kick
- Unwind to a Right Neutral, facing to 6:00, with a Right Downward Block
- Right foot slides all the way back to a Left Neutral with a Left Downward Block.
- Left foot steps around clockwise so that you finish in a Meditation Horse, facing to 12:00
- For side two, left foot steps back and repeat all above steps on the other side.
- Close to Attention.

Belt Requirements – Forms & Techniques

Yellow Belt

Form: Star Block

- Delayed Sword
 - Defense against a right punch
- Obscure Wing
 - Defense against a close shoulder grab, from behind

Orange Belt

Form: Short Form 1

- Sword of Destruction
 - Defense against a left punch
- Clutching Feathers
 - Defense against a left hand hair grab

Purple Belt

Form: Long Form 1

- Mace of Aggression
 - Defense against a two hand lapel grab
- Five Swords
 - Defense against a right punch

Blue Belt

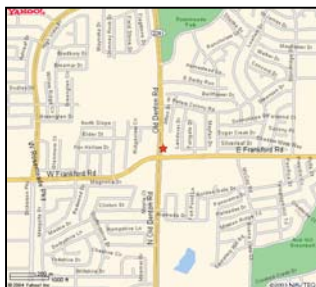
Forms: Short Form 2

- Buckling Branch
 - Defense against a left front kick
- Repeating Mace
 - Defense against a left push or punch

Green Belt

Forms: Long Form 2

- Charging Rams
 - Defense against a low tackle, arms wide
- Parting Wings
 - Defense against a high two hand push or grab
- Hooking Wings
 - Defense against a low push, arms close



The Karate School is conveniently located in Carrollton at the northeast corner of Old Denton Road and Frankford, near I35 & the George Bush Turnpike

Notes on Techniques

- Delayed Sword**
 - Defending against a right punch
 - Start with your feet together, hands up in front of your face, opponent in front of you
 - Left foot steps back to right neutral
 - With a right inward block
 - Right front kick to the stomach or groin
 - Outward Hand Sword to the neck
- Obscure Wing**
 - Defending against a close grip from behind, left hand your right shoulder
 - Start at attention, opponent behind you to your right
 - With your left hand, reach over and secure the hand to your shoulder
 - Right foot steps over the a horse
 - Right Back Elbow with to chest behind you
 - Right Hammer fist to groin
 - Right obscure elbow to chin as the head comes down.
- Sword of Destruction**
 - Defending against a left punch
 - Start at attention, hands down at your side
 - As the left punch comes in, left foot slides back to right neutral
 - Left hand checks to protect the face
 - Right extended outward block to the incoming arm
 - Right front kick to the groin or stomach
 - Right Inward Hand Sword to the neck
- Clutching Feathers**
 - Defense against a left hand hair grab
 - Start at attention, opponent in front of you, grabbing you by the hair. They are about to punch you with the right hand.
 - Left hand pins their hand to your head while your left foot slides back to right neutral bow
 - Right straight center knuckle strike to floating ribs
 - Right hand comes up inside the arm; as it pulls back to your head, do a left straight Palm Heel strike to the head.
 - Inward hand sword with the right hand.

Kenpo Karate Power Principles

Torque

Travel

Backup Mass

Borrowed Force

Marriage of Gravity