ORANGE BELT
Kenpo Orange Belt Requirements

Techniques
1. Flapping wing A, B
2. Releasing the vise -- A, B, C
3. Twisting the jaws
4. Striking key
5. Descending arrow A
6. Arrows from the sky
7. Chopping bamboo B
8. Tangled wings
9. Wounded paws
10. Hand of the dragon

Supplemental Techniques
• Entering the Shrine B, C, D
• Jaws of the Tiger A, B
• Coil of the Python A, B
• Hidden sword B
• Charging Bull A, B, C
• Doors of the Shrine
• Lobster’s Claws A
• Sharpening the Blade B
• Capturing Paws B
• Raising the Mallet

Kata
• Stance Set
• Short Kata form I

Supplemental Basics
• Snap/Knife-Edge Kick Combination
• Snap Kick, Step-Forward
• Step-Forward Punch (or double punch)

Basics
• Snap kick/rear kick combination
• Snap/wheel kick
• Three-way kick
• Chicken kick
• Snap kick, step forward punch
• Simultaneous kick/punch, step back punch
• Inward block, outward block, chop
• Back Fall
• Side Fall
ORANGE BELT TECHNIQUES

1A. FLAPPING WING, "A" variation, (Two Hand Lapel grab)

a. Pin his hands to your chest with your left hand as you step back into a left rear horse and bring your right arm up in an upward block manner into his elbows to break or injure one or both of them.

b. Drop the right arm to your right side, then raise it overhead and drive your right forearm into his forearms, continuing through to knock the arms off.

c. Follow with a right speed chop to the throat.

d. Cover out.

1B. FLAPPING WING, "B" variation, (Two Hand Lapel grab)

A. Pin his hand to your chest with your left hand as you step back into a left rear horse and bring your right arm up in an upward manner into his elbows to break or injure one or both of them.

B. Drop your right arm to your right side then raise it and drive your right arm into his forearms to knock them off.

C. Follow up with a right speed chop to his throat.

D. Shuffle forward and right elbow smash to the attacker's head as you steady it with your left hand.

E. Pivot in a crouched position and execute a right hammer-fist to the groin followed by a right rear kick to the man's face or misdirection

2A. RELEASING THE VISE, "A" variation (Head lock with man's left arm, both you and attacker facing the same direction)

a. As the attacker pulls you downward, step forward in front of the man with your left foot and drive simultaneous hammer-fists, your right to his left kidney and your left into his groin.

b. Cover out.

2B. RELEASING THE VISE, "B" variation (Same attack as A))

a. Drop to your right knee and drive a right ridge hand sword into the man's groin.

b. Cover out.
2C. RELEASING THE VISE, "C" variation (Same attack as A))

   a. As the attacker pulls you downward, step back with your right foot and reach behind the attacker and grab the hair, eyes or nose with your right hand and pull his head back.

   b. Drive a left palm to the man's chin as you shift to a left bow.

   c. Cover out.

3. TWISTING THE JAWS (Right wrist grabbed by his right hand)

   a. With the left foot step forward, bringing the palm of your right hand toward your chest. Counter-grab his wrist as you twist to your right planting in front of him with your left foot. As you plant the left foot down, break his right elbow with your left forearm while still holding onto his right hand.

   b. Cock your left hand by your right shoulder and drive a left elbow through his right temple. Raise your left arm high in the air and drive the left elbow down into his upper spine or back of neck.

   c. Cover out.

4. STRIKING KEY (Right shoulder grabbed by his left hand from your right side)

   a. Pin his hand with your left hand. Take a small step away with the left foot and take a right key strike into his left triceps area. Your palm should face you when you do the key strike. Then drive another right key, this time in a Kenpo punch position, into his left underarm area.

   b. Left foot steps back together. Follow with a right knife-edge kick to the man's knee.

   c. Cover out.

5. DESCENDING ARROW, "A" variation (Right shoulder grabbed from behind by man's right hand)

   a. With your left foot, cross-step forward and to the right side. Cock both fists at your left hip.

   b. As you pivot around to face the attacker in a left rear horse, raise the right elbow high and drive down to clear the attacker's arm; left punch to the attacker's ribs. Follow with a right punch to the man's face.
c. Draw the right foot back to you for a right snap kick to the man's groin, midsection or whatever is open.

d. Cover out.

6. ARROWS FROM THE SKY (Two Hand Low lapel grab)

a. As you step off to the left side, raise your arms high into the air. With elbows together, drive down to clear his hands. Strike with double inverted half-fists to his throat.

b. With your right foot, step forward between his legs and strike up with your right elbow to his solar plexus or chin.

c. Pivot to a right kneel (your back to the attacker) and strike with a right hammer-fist into the man's groin.

d. Right rear kick to the man's midsection or face.

e. Cover out.

7. CHOPPING BAMBOO, "B" variation (Two men, each grabs a shoulder from the side)

a. With your left hand, pin attacker's hand to your right shoulder. Right foot steps as you strike with a right speed chop to the man's throat.

b. Right cross-step and pivot into a horse, striking the second attacker with a two finger eye scoop into the second man's left eye and left chop into this man's throat.

c. (The first man recovers and throws a right punch at you) Retreat from the attacker with a left hidden foot to a left rear horse facing the first man and pull in with your right foot to a cat position as you simultaneously block his right punch with a right inward block.

d. Follow from this right cat with a right snap kick to the man's midsection or groin and either a right rear kick or a right side kick to the second man's face or midsection depending the opening.

e. Cover out.
8. TANGLED WINGS (Full nelson)

a. Step off to your left and do double back-knuckles into attacker's face. Drive both elbows down to loosen the attacker's hold, then double push down to clear arms.

b. Strike with your right heel into the inside of the man's left knee at the nerve. Then take a right knife edge to the inside of his right knee and follow with a stomp to the instep.

c. Cover out.

9. WOUNDED PAWS (Rear bear hug with your arms free)

a. Step to the right into a square horse. Raise both of your arms high in the air and drive your elbows into both of his hands to break his hold.

b. With your left leg, circle behind your attacker's right knee to restrict his movement as you cock both of your hands by your right hip.

c. Drive your left elbow into his throat followed closely by a right hammer-fist to his groin or lower abdomen.

d. Cover out.

10. HAND OF THE DRAGON (Right choke from the front)

a. Step back with your left foot as you reach over his hand and place your left thumb between his thumb and index finger (your palm facing down).

b. Twist his palm toward his face as your right hand grasps his and your right thumb moves to the back of his hand.

c. Continue to rotate his hand toward your left hip. As he drops, keep hold of his hand with both of your hands.

d. Pull his hand sharply towards you as you do a simultaneous right heel stomp into his right underarm/rib.

d. Cover out.
SUPPLEMENTAL ORANGE BELT TECHNIQUES

1. ENTERING THE SHRINE "B" variation, (Bear hug from the front, arm free).

   a. Step back into a right rear horse and triple backknuckle (R, L, R) into the man's mastoid region in a circular manner.

ENTERING THE SHRINE: "C" Variation, (Same attack)

   a. Step back with the right foot and simultaneously strike the right of his jaw with your left palm and right key which will grind into the left side of his jaw below his left ear at the joint.

ENTERING THE SHRINE: "D" variation, (Same attack).

   a. Step back into a right horse and double palm strike into the man's ears. This will break his ear drum.

2. JAWS OF THE TIGER: "A" variation, (Right wrist grabbed by his left hand).

   a. Pull the right hand into your right side as you take a small step forward with your right foot. Punch with your right hand to the left on a 45 degree angle up. This will loose his grab, your left hand will be under your underarm. As you bring your right hand back to your side, chop his hand off.

   b. Right punch into his ribs and left punch into face.

JAWS OF THE TIGER: "B" variation, (Same attack)

   a. As you step forward with your right foot, slip the right hand area of your thumb and index finger underneath his wrist and raise it.

   b. Shuffle forward with the right foot and drive the right elbow straight down into the man's sternum.

(Version 1/9/02 by T Shem)
3. COIL OF THE PYTHON: "A" variation, (His left arm chokes you from behind).

a. Step to your left side with your left foot and right elbow straight back into his solarplexus. Right hammer-fist to the groin and right backknuckle to his nose.

COIL OF THE PYTHON: "B" variation, (Same attack).

a. Step off to the left side with your left foot and right arm elbows straight back into the man's solarplexus and then follow with a simultaneous right hammer-fist to his groin and a left eye thrust over right shoulder.

4. HIDDEN SWORD: "B" variation, (Same attack).

a. Step forward with the right foot as the man pulls you forward and pin his hands to your body with your left hand with simultaneous right hand sword to the man's groin.

b. As you clear the man's arms down and off with your left hand, cock your right arm in inward block position with open hand, drive a right chop into the left side of the man's neck.

5. CHARGING BULL: "A" variation, (Man charging at you).

a. Left snap kick to the man's midsection or groin and plant back into a left rear horse, with your attention stilt forward drive a right chop into the back of his neck. Do not recoil the chop.

CHARGING BULL: "B" variation, (Man too close to kick, but still charging at you).

a. Step back with your left leg and a right elbow smash into the man's left temple.

CHARGING BULL: "C" variation, (Man charges at you and grasps ahold of your midsection with his left arm).

Step back into a left rear horse. Drive a right downward elbow into the man's spine or lower neck and then right hammer-fist into the man's lower spine or right kidney.
6. **DOORS OF THE SHRINE.** (Front bear hug with your arms pinned to your body).

   a. Drive both of your thumbs into the man's groin and you can also pinch so that this will loosen his hold.

   b. Drive your right knee up into his groin as you also drive your left hand between his arms and left chop into the man's throat. Plant forward with your right foot. Drive a right punch into the man's solarplexus.

7. **LOBSTER'S CLAWS, "A" variation,** (Two hand wrists grab from front).

   a. Step back into the right rear horse and do a double vertical outward block to loosen his grip, then snap the hand into chopping blocks to clear the arms.

   b. Right snap kick into the or groin and plant forward and drive double palms up into lower floating ribs.

8. **SHARPENING THE BLADE, "B" variation,** (Left hand grabbing your right shoulder from front)

   a. Circle your right arm clockwise to counter grab his left shoulder.

   b. Step back with Right to a rear horse, pull him to you simultaneously execute a left palm thrust to his chin.

9. **CAPTURING PAWS, "B" variation,** (Same attack).

   a. Step off to the right side with the right foot and left elbow to the man's solarplexus, followed by left hammer-fist to the man's groin. Grab ahold of the groin with your left hand.

   b. Step behind his right leg with your left leg and rip up with your left hand. As you hammer-fist the groin with your right hand continue your left elbow to the chin thereby taking the man down.
10. RAISING THE MALLET, (Right hand grabbed by both his hands)

a. Simultaneously grab your right hand with your left hand as you right snap kick into the attacker's groin. Recoil the right kick and step between his leg with the right leg and pull your right elbow up into his chin. This circular rise will also break his grip.

b. Continue the circle and pivot so that your rear faces the man and right hammerfist into the attacker's groin and follow with a right rear kick to his midsection or face.