

# REQUIRED TECHNIQUES FOR 1<sup>ST</sup> DEGREE BLACK BELT

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1. DESTRUCTIVE KNEEL Front – right step through punch
  2. ENTWINED MACES Front – left & right punch (left leg forward)
  3. MARRIAGE OF THE RAMS Right & left flank – shoulder grabs/two men
  4. THE RAM AND THE EAGLE Front – right punch & left rear shoulder grab/two men
  5. ESCAPE FROM THE STORM Right flank – right step-through overhead club
  6. THRUSTING LANCE Front – right step-through knife thrust
  7. CAPTURING THE ROD Front – right pistol against your chest
  8. PRANCE OF THE TIGER Right flank – right step-through uppercut punch
  9. FATAL DEVIATION Front – right & left punch (right leg forward)
  10. SNAKES OF WISDOM Right & left flank – shoulder grab/two men
  11. REPRIMANDING THE BEARS Front – right punch & rear bear hug, arms free/two men
  12. CIRCLING THE STORM Front – right club thrust
  13. ENTWINED LANCE Front – right step-through knife thrust
  14. BROKEN ROD Rear – right hand pistol holdup
  15. TWIRLING HAMMERS Front – left step through punch
  16. PIERCING LANCE Front – right step-through knife thrust
  17. UNFOLDING THE DARK Right rear flank – left step-through punch
  18. DEFYING THE ROD Front – right pistol holdup
  19. ESCAPE FROM DARKNESS Left rear flank - right step through punch
  20. TWISTED ROD Front – right pistol holdup, against your chest

## CREED

***I HOLD THAT MY TIME AND MY SKILL ARE THE ASSETS OF MY PROFESSION, ASSETS WHICH WILL GROW IN VALUE AS I PROGRESS IN THE ART UNTIL I STAND AS A FULLY QUALIFIED INSTRUCTOR. IT SHALL ALSO BE MY RESPONSIBILITY TO PROTECT ANY STUDENT FROM RAVENOUS INDIVIDUALS WHO WOULD TRY TO TAKE ADVANTAGE OF PERSONAL WEAKNESSES, TO DIVEST THE GULLIBLE INTO UNPROFITABLE GAINS, TO PRESERVE THE SACRED THINGS, PERSONAL BELIEFS, FAMILY, AND THE ART OF KENPO, I PLEDGE MY ALL.***  
**MASTER ED PARKER**

# PREREQUISITE BASICS FOR 1<sup>ST</sup> DEGREE BLACK BELT

Please read pages 8 thru 13 in the First Degree Black Belt manual, as they discuss in detail the basics required for this rank (specifically Striking and Contact Manipulation.)

## FORMS & SETS

Finger Set #2

Two Man Black Belt Form

Long Form 4

Personal Form (20 Techniques/Theme Required)

## WEAPON: SWORD

Korean Kung-Fu Sword Form: Kahl-Sal-Dah (Performed with Chinese Broadsword)

## BLACK BELT THESIS

The Thesis Requirements for First Degree Black Belt are as follows:

Eight pages (typed) and should follow the basic guidelines for a thesis; cover page, objective, footnotes, etc. Subject should be related to Kenpo or the Martial Arts in general. All sources cited in the thesis should be stated in the bibliography or in footnotes. The subject of the thesis is to be approved by the Head Instructor prior to writing it.

## SAYINGS FOR 1<sup>ST</sup> DEGREE BLACK BELT

- A true martial artist is not one who fears change, but one who causes it to happen.
- As one gets older he learns to become a magician with motion; therein lies the secret of wisdom over youth.
- Creativity should be bound within the realm of true principles.
- There are no degrees of death, for it comes but once.
- Fear no man, but respect all.
- A true measure of humility is when you remain being what you are regardless of the success that you have become.
- Kenpo is for the man who has everything and wants to protect it.
- When one willingly and continuously boasts of his loyalty, anticipate toasting his departure.
- In motion, is motion that is often overlooked.
- It is not important how long you have been IN the arts, but how long you have been AT it.