

# REQUIRED TECHNIQUES FOR YELLOW BELT

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|-------------------------|------------------------------------------|
| 1. DELAYED SWORD        | Front – right hand lapel grab            |
| 2. ALTERNATING MACES    | Front – two hand push                    |
| 3. SWORD OF DESTRUCTION | Front – left round house punch           |
| 4. DEFLECTING HAMMER    | Front – right front thrust kick          |
| 5. CAPTURED TWIGS       | Rear – bear hug - arms pinned            |
| 6. THE GRASP OF DEATH   | Left flank – right arm headlock          |
| 7. CHECKING THE STORM   | Front – right step through overhead club |
| 8. MACE OF AGGRESSION   | Front – two hand lapel grab - pulling in |
| 9. ATTACKING MACE       | Front – right step through punch         |
| 10. SWORD AND HAMMER    | Right flank – left hand shoulder grab    |

## CREED

**I COME TO YOU WITH ONLY KARATE. 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, OF RIGHT OR WRONG; THEN HERE ARE MY WEAPONS, KARATE, MY EMPTY HANDS.**

**MASTER ED PARKER  
(1931 -1990)**

**FOUNDER - INTERNATIONAL KENPO KARATE ASSOCIATION**

# PREREQUISITE BASICS FOR YELLOW BELT

## STANCES

Attention  
Neutral  
Horse  
Neutral Bow  
Forward Bow  
Cat (45 degree)

## BLOCKS

Inward  
Vertical Outward  
Upward  
Downward  
Extended Outward  
Step-Through Blocks

## PUNCHES

Snapping Horizontal  
Snapping Vertical  
Thrusting Horizontal  
Thrusting Vertical  
Uppercut

## STRIKES

Inward Handsword  
Outward Handsword  
Outward Elbow  
Inward Overhead Elbow  
Back Hammerfist

## FINGER TECHNIQUES

Inward Overhead Claw

## KICKS

Front Snap Ball  
Side Snap Knife-Edge  
Back Snap Heel  
Front Roundhouse  
Step-Through Kicks

## FOOT MANEUVERS

Drag-Step  
Step-Drag  
Step-Through  
Cover Step

## FORMS & SETS

Star Block  
Kicking Set Line #1 & #2  
Short Form #1

## SAYINGS FOR YELLOW BELT

- Distance is your best friend.
- Whatever the attitude, so is the response
- When blocking on the inside of an opponent's arm, do so below the elbow, never above it.
- When blocking on the outside of an opponent's arm, do so above the elbow, never below it.
- The ankle is the wrist of the foot.
- A knife-edge kick is a chop with the foot.
- Deflection; then infliction of pain.

Please learn your sayings. They are valuable tools. Some make comparative analysis for you; others provide practical insights into the way real survival encounters are. All sayings provide logical and useful insights into Kenpo. The application of many may be extended into other facets of your daily life.