

WORLDWIDE KENPO KARATE LEVEL ONE

WHITE, YELLOW, & ORANGE BELTS

SELF-DEFENSE TECHNIQUES

1. DELAYED SWORD - right hand lapel grab
2. OBSCURE SWORD - flank left hand shoulder grab
3. CIRCLING WING - rear two-hand choke
4. MACE OF AGGRESSION - two-hand lapel grab - pulling in
5. BEGGING HANDS - front two hand grab to wrists
6. AGGRESSIVE TWINS - two-hand push
7. ALTERNATING MACES - two-hand front push
8. DEFLECTING HAMMER - right front thrust kick
9. CRUSHING HAMMER - rear bear hug - arms pinned
10. GIFT OF DESTRUCTION - handshake
11. GRIP OF DEATH - left flank right arm headlock
12. CHECKING THE STORM - right overhead club attack
13. SHIELDING HAMMER - front hooking left hand punch
14. BLINDING SACRIFICE - front two-hand choke
15. THRUSTING PRONGS - front bear hug-arms pinned

FORMS

Short Form 1

Long Form 1

WORLDWIDE KENPO KARATE LEVEL TWO

PURPLE, BLUE, & GREEN BELTS

SELF-DEFENSE TECHNIQUES

1. CROSSING TALON - front right cross wrist grab
2. CHARGING RAM - front tackle
3. SNAPPING TWIG - front left hand chest push
4. PARTING WINGS - front two-hand push
5. FIVE SWORDS - Front roundhouse right punch
6. CIRCLING THE HORIZON - front step through right punch
7. THUNDERING HAMMER - front straight right punch
8. SLEEPER - front straight step through right punch
9. ATTACKING MACE - front straight right punch
10. SWINGING PENDULUM - front right roundhouse kick
11. INTELLECTUAL DEPARTURE - front right kick
12. CRASHING WINGS - rear bear hug - arms free
13. LOCKING HORNS - front headlock
14. HEAVENLY ASCENT - front two-hand choke
15. DEFYING THE STORM - Front right roundhouse club

FORMS

Short Form 2

Long Form 2

WORLDWIDE
KENPO KARATE
LEVEL THREE

BROWN BELTS

SELF-DEFENSE TECHNIQUES

1. TWIN KIMONO - two hand lapel grab
2. TRIGGERED SALUTE - right hand direct shoulder push
3. REVERSING MACE - front left straight punch
4. RAINING CLAW - front right uppercut punch
5. FATAL DEVIATION - right and left punch combination
6. UNWINDING PENDULUM - right front kick followed by right punch
7. HUGGING PENDULUM - front right side kick
8. STRIKING SERPENT'S HEAD - front bear hug, arms free
9. LOCKED WING – hammerlock
10. SCRAPING HOOF - full nelson
11. DESTRUCTIVE TWINS - front two-hand choke - pulling in
12. CAPTURING THE STORM - front right overhead club attack
13. EVADING THE STORM - right overhead club attack
14. FALCONS OF FORCE - left and right flank shoulder grab by two men
15. GRASPING EAGLES - right front lapel grab and rear arm grab - by two men

FORMS

Short Form 3

Long Form 3

WORLDWIDE
KENPO KARATE
LEVEL FOUR

1st DEGREE BLACK BELT

Self-Defense Techniques

1. HOOKING WINGS - two-hand low push
2. DARTING MACE - right two-hand wrist grab
3. CROSS OF DEATH - front two-hand cross choke
4. BACK BREAKER - flank step-thru right punch
5. TRIPPING ARROW - front bear hug - arms free
6. BROKEN GIFT – handshake
7. ROTATING DESTRUCTION - right front kick and left spinning back kick combination
8. COURTING THE TIGER - left and right arm grab by two men
9. THE RAM AND THE EAGLE - flank right shoulder grab and front right punch by two men
10. ENTWINED LANCE - front knife thrust
11. RAINING LANCE - front knife thrust
12. GLANCING LANCE - front knife thrust
13. TWISTED ROD - front right pistol
14. CAPTURING THE ROD - front right pistol against chest
15. BROKEN ROD - rear right pistol

FORM

Long Form 4

WORLDWIDE KENPO KARATE LEVEL FIVE

2nd DEGREE BLACK BELT

SELF-DEFENSE TECHNIQUES

1. CLUTCHING FEATHERS - front left hand hair grab
2. TRIGGERED SALUTE - front right hand direct push
3. DANCE OF DEATH - front straight right punch
4. GIFT OF DESTRUCTION - handshake
5. LOCKING HORNS - front headlock
6. LONE KIMONO - front left hand lapel grab
7. GLANCING SALUTE - front right hand cross push
8. FIVE SWORDS - front roundhouse right punch
9. SCRAPING HOOF - full nelson
10. GRIP OF DEATH - left flank right headlock
11. CROSSING TALON - front right cross wrist grab
12. SHIELDING HAMMER - front hooking left punch
13. THRUSTING SALUTE - front straight right front snap kick
14. STRIKING SERPENT'S HEAD - front bear hug - arms free
15. LOCKED WING - right hammerlock
16. OBSCURE WING - flank left hand shoulder grab
17. REVERSING MACE - front straight left punch
18. BUCKLING BRANCH - front straight left kick
19. THRUSTING PRONGS - front bear hug - arms pinned
20. TWISTED TWIG - front wrist lock
21. OBSCURE SWORD - right rear flank left hand shoulder grab
22. REPEATING MACE - front left hand push
23. RAINING CLAW - front uppercut right punch
24. CRASHING WINGS - rear bear hug - arms free

FORMS

Long Form 5

WORLDWIDE
KENPO KARATE
LEVEL SIX

3rd DEGREE BLACK BELT

SELF-DEFENSE TECHNIQUES

1. CAPTURED LEAVES - flank finger lock
2. EVADING THE STORM - front right overhead club
3. TWIRLING WINGS - rear stiff two-hand choke
4. SNAPPING TWIG - front left hand chest push
5. LEAPING CRANE - front step through right punch
6. CRUSHING HAMMER - rear bear hug -- arms pinned
7. CIRCLING WING - rear two-hand choke -- arms bent
8. CALMING THE STORM - front right roundhouse club
9. CHARGING RAM - front tackle
10. PARTING WINGS - front two-hand push
11. THUNDERING HAMMER - front straight right punch
12. SQUEEZING THE PEACH - rear bear hug--arms pinned
13. BOW OF COMPULSION - front wrist lock - against chest
14. OBSTRUCTING THE STORM - front right overhead club
15. DARTING MACE - front two-hand wrist grab
16. SHIELD AND SWORD - front straight left punch
17. SWINGING PENDULUM - front roundhouse right kick
18. GIFT IN RETURN - front hand shake
19. CROSS OF DESTRUCTION - rear two-hand choke
20. TWIN KIMONO - front two-hand lapel grab- push out
21. HOOKING WINGS - front two-hand low push
22. SLEEPER - front straight step through right punch
23. SPIRALING TWIG - rear bear hug - arms free
24. FLIGHT TO FREEDOM - hammerlock

FORM

Long Form 6

WORLDWIDE KENPO KARATE LEVEL SEVEN

4th DEGREE BLACK BELT

SELF-DEFENSE TECHNIQUES

1. BEGGING HANDS - front two-hand grab to wrists
2. FLASHING WINGS - front straight right punch
3. REPEATED DEVASTATION - full nelson
4. ENTANGLED WING - front arm lock
5. DEFYING THE STORM - front right roundhouse club
6. RAKING MACE - front two-hand lapel grab - pull in
7. THRUSTING WEDGE - front two-hand high push
8. SHIELD & MACE - front straight step thru right punch
9. TRIPPING ARROW - front bear hug - arms free
10. FALLEN CROSS - rear two-hand choke
11. RETURNING STORM - roundhouse & backhand club attack
12. CROSSED TWIGS - rear two-hand grab to wrists
13. FLASHING MACE - front straight right punch
14. HUGGING PENDULUM - front right side kick
15. WINGS OF SILK - rear two-arm lock
16. GATHERING CLOUDS - front straight right punch
17. GRIPPING TALON - front left hand direct wrist grab
18. SNAKING TALON - front two hand push
19. CIRCLING THE HORIZON - front step thru right punch
20. RETREATING PENDULUM - front right rear kick
21. GIFT OF DESTINY - handshake
22. DESTRUCTIVE TWINS - two hand choke - pull in
23. BROKEN RAM - front tackle
24. TWIST OF FATE - front two hand push

FORM

Long Form 7

WORLDWIDE
KENPO KARATE
LEVEL EIGHT

5th DEGREE BLACK BELT

SELF-DEFENSE TECHNIQUES

1. CIRCLING DESTRUCTION
2. SQUATTING SACRIFICE
3. ESCAPE FROM DEATH
4. OBSCURE CLAWS
5. CIRCLES OF PROTECTION
6. HEAVENLY ASCENT
7. BRUSHING THE STORM
8. MENACING TWIRL
9. TAMING THE MACE
10. DETOUR FROM DOOM
11. CROSS OF DEATH
12. CAPTURING THE STORM
13. CONQUERING SHIELD
14. ENCOUNTER WITH DANGER
15. KNEEL OF COMPULSION
16. CIRCLE OF DOOM
17. BROKEN GIFT
18. SECURING THE STORM
19. INTERCEPTING THE RAM
20. LEAP FROM DANGER
21. GLANCING WING
22. TWIRLING SACRIFICE
23. CLIPPING THE STORM
24. THE BACK BREAKER