



White Tiger Kenpo Yellow Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|------------------------------------|--|
| 1. Attacking the Circle ABC ----- | Footwork, Stance and Clock system |
| 2. Stop Hit ABCDE ----- | Right straight punch |
| 3. Chinese Sword AB----- | (A) Right Punch (B) Left punch |
| 4. Delayed Sword AB----- | (A) Right Punch (B) Out of range of chop |
| 5. Knee of Vengeance ----- | Two hand grab with push |
| 6. Fang of the Cobra ----- | Two hand choke from front |
| 7. Twisting Talon ABCD ----- | (AB) straight arm wrist grab (CD) Cross arm wrist grab |
| 8. Returning Dragon ----- | Left grab to right shoulder |
| 9. Breaking the Sword AB ----- | Right handshake with left sucker punch |
| 10. Kenpo Shield AB----- | Right straight punch |
| 11. Arm Bar----- | Left hand grab to right shoulder, right punch |
| 12. Japanese Strangle Hold AB----- | (A) Choke hold from behind (B) Choke / hammerlock |
| 13. Driving Elbow----- | Bear hug from behind high |
| 14. Crossing Guard----- | Offensive motion right side |
| 15. Circling Thorn ----- | Right thrusting knife attack |
| 16. Windmill Guard ABC----- | (A) Right Punch (B) Left Punch (C) Overhead Club |
| 17. Scooping the Kick ABCD ----- | (AB) Right Kick (C) Left Kick (D) Left Kick with jab |
| 18. Dancer ABC ----- | Two hand grab to shoulders from behind |
| 19. Opponents at Sides ABCD----- | Two man attack to arms and shoulders |
| 20. Returning Serpent ----- | Two hand grab to front |

Kicks

Blocks

Stances

1. Front Snap Kick
2. Side Snap Kick
3. Back Kick
4. Front Kick Back Kick
5. Side Thrust Kick
6. Step Wheel Kick
7. Turning Back Kick
8. Round House Kick
9. Forward Leg Wheel Kick
10. Crossing Back Kick

1. Scissor Block
2. Extended Outward Block
3. Inward Block
4. Upward Block

1. Attention Stance
2. Softbow
3. Hardbow
4. Horse Stance
5. Cat Stance
6. Dance Step



White Tiger Kenpo Orange Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|--------------------------------------|---|
| 1. Sumo----- | Low two hand grab |
| 2. Headlock ABC----- | (AB) Headlock from side (C) Headlock from front |
| 3. Crash of the Eagles ABCDE----- | Two hand grab from behind |
| 4. Grasping Talon AB----- | Cross arm grab |
| 5. Tackle Techniques ABCD----- | Tackle from front |
| 6. Passing the Horizon AB----- | Right hammerlock from behind |
| 7. Kimono Grab ABCD ----- | High two hand grab |
| 8. Lever ABC----- | Left grab to right shoulder |
| 9. Crashing Elbows AB ----- | Right straight punch |
| 10. Heel Hook AB----- | Full Nelson |
| 11. Bending the Sword----- | Handshake with hook Punch |
| 12. Bridge AB----- | Two hand choke from behind |
| 13. Eagle's Beak ABC----- | Left grab to right shoulder |
| 14. Front Bear Hug ABCDE----- | Front bear hug arms free |
| 15. Simitar----- | Straight right punch |
| 16. Breaking the Cross ----- | Two hand grab from behind |
| 17. Aiming the Spear ----- | Left shoulder grab with right hand, right punch |
| 18. Raising the Staff ABC----- | Straight arm wrist grab |
| 19. Rocking Elbow ----- | Straight arm wrist grab |
| 20. Reverse Hammerlock AB ----- | Hammerlock with left hand |
| 21. Anvil ABCD ----- | Double wrist grab from front |
| 22. Knee Lift----- | Low front bear hug, arms pinned |
| 23. Crane Leap ABCD ----- | Handshake with sucker punch |
| 24. Leg Pull ----- | Bear hug from behind high |
| 25. Chokes and Strangles ABCDE ----- | Chokes from a sided position |
| 26. Wrist Down Turn ----- | Thrusting Knife |
| 27. Trapping the Serpent ----- | Straight right punch |
| 28. Single Leg Takedown ----- | Right hook punch |
| 29. Outside Leg Reap----- | Two hand front choke |
| 30. Checking the Serpent ----- | Right crossing back kick |

Forms

Short 1



White Tiger Kenpo Purple Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|---|--|
| 1. Striking Mace----- | Straight right punch |
| 2. Crossing Talons ABC----- | Right crossing wrist grab |
| 3. Circling Elbow----- | Bear hug from behind - arms free |
| 4. Locking Arm AB----- | Right hammerlock |
| 5. The Blitz ABC----- | Straight right punch |
| 6. Spiraling Wrist ABC----- | Bear hug from behind - arms free |
| 7. Crash of the Eagles Part II ABCDEFGHI----- | Two hand choke from behind |
| 8. Encircling Arms ABCD----- | Tackle from front |
| 9. Rising Elbow----- | Rear bear hug arms pinned |
| 10. Guarding the Wall----- | Right straight punch |
| 11. Eagle Pin----- | Right punch from front, bear hug arms free from behind |
| 12. Striking Fang AB----- | Right punch from right side |
| 13. Shackle Break ABC----- | Double wrist grab from behind |
| 14. Drawbridge AB----- | Right hand grab to left shoulder |
| 15. Full Nelson----- | Full Nelson |
| 16. Kung Fu Wrist ----- | Left straight punch |
| 17. Dividing Swords AB----- | Right straight punch |
| 18. Gift----- | Handshake or cross arm grab with left punch |
| 19. Opening Cowl AB----- | Two hand choke from behind |
| 20. Slicing Dragon----- | Right straight punch |
| 21. Ascending to Heaven ----- | Kick or knee to face while sitting |
| 22. Raising the Sword AB----- | Cross arm wrist grab with left punch |
| 23. Arm Hook AB----- | Right straight punch |
| 24. Crossing the Sun ABC----- | Right overhead club attack |
| 25. Attack from the Temple AB- ----- | (A) Right Punch (B) Two man attack |
| 26. Bowing to Buddha ----- | Front Snap Kick While on Left Knee |
| 27. Dart----- | Left or Right jab |
| 28. Covering the Talon AB----- | High front two hand grab |
| 29. Wing Break ABCD----- | Left grab to right shoulder |
| 30. U punch AB----- | Two hand front choke |

Forms

Short 2

Long 1



White Tiger Kenpo Blue Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|--|---|
| 1. Evading the Storm----- | Right punch |
| 2. Bridging the Gab----- | Two hand push |
| 3. Advancing Phoenix AB----- | Left grab, right punch |
| 4. Two Headed Serpent AB----- | Front two hand choke |
| 5. Reversing Grasp AB----- | Cross Arm Wrist Grasp |
| 6. Reaching for the Moon AB----- | Left grab to right shoulder, right foot forward |
| 7. Flashing Daggers ABC----- | Two hand grab or push |
| 8. Bending the Limb AB----- | Cross grab two hand on one wrist |
| 9. Wrap Arounds ABC ----- | Two man attack shoulder grabs |
| 10. Crouching Falcon----- | Two hand push or reach to choke |
| 11. Darting Serpent----- | Two hand push or reach to choke |
| 12. Silk Wind (Winding Silk)----- | Interlocked arms from behind |
| 13. Capturing the Leaves----- | Counter against finger lock |
| 14. Crossing the Lock AB----- | Double Wrist Grab |
| 15. Darkness AB----- | (A) Right punch from left side (B) Right straight punch |
| 16. Spinning from the Sun AB----- | Right overhead club attack |
| 17. Folding Wings----- | Two man attack shoulder grab |
| 18. Vise----- | Right Punch |
| 19. Dancing with the Flame AB----- | (A) Gun (B) Right thrusting knife |
| 20. Stretching the Bow ABC ----- | Right straight punch |
| 21. Arcing Blades AB----- | Right straight punch |
| 22. Circle of China----- | Front kick while down on left knee |
| 23. Calming the Storm ----- | Right straight punch |
| 24. Returning Thunder----- | Offensive kick |
| 25. Chokes and Strangles Part II ABCD----- | Chokes from a standing position |
| 26. The Serpent----- | Front Snap Kick |
| 27. Broken Staff ----- | Shoulder grab from side |
| 28. Circling Serpent AB ----- | Right straight punch |
| 29. Chinese "L" Choke AB----- | Two hand choke from behind |
| 30. 5 Swords AB----- | Right straight punch |

Forms

Short 3

Long 2

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White Tiger Kenpo Green Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|---------------------------------|--|
| 1. Prayer of the Dragon----- | Right hook punch right lead |
| 2. Turning the Key AB----- | Offensive movement from behind (Jailer Technique) |
| 3. The Butterfly AB----- | Right straight punch |
| 4. Whirling Warrior ABC----- | Right straight punch |
| 5. Flowing Hands----- | Two man attack one on each side |
| 6. Whirling Blades AB----- | Right straight punch |
| 7. Whirlwind----- | Left grab to right shoulder, right straight punch |
| 8. Crossing Hammers AB----- | Left punch |
| 9. Two man Swinging Gate----- | Two man attack one in front and one back |
| 10. Shogun AB----- | Straight arm wrist grab |
| 11. Knee Sweep----- | Two man attack one on each arm |
| 12. Kung Fu Wrist AB----- | Two man attack two hands on each arm |
| 13. Stone Warrior----- | Double Shoulder grab |
| 14. Praying Mantis AB----- | Right or left punch |
| 15. Drums of Manchu----- | Left right punch combination |
| 16. Sowing the Seeds AB----- | Right straight punch |
| 17. Flashing Wings----- | Right straight punch |
| 18. Parting the Waves AB----- | (A)Right punch right foot forward (B)Left foot forward |
| 19. Winding Limbs ABC ----- | Right or left straight punch |
| 20. Brushing Wind ----- | Right straight punch, right side |
| 21. Thundering Hammers----- | Right straight punch |
| 22. Checking the Tide----- | Right punch followed by a right front snap kick |
| 23. Crossing the Mountain----- | Left right straight punch |
| 24. Whirling Leaves ABC----- | (AB) Left right punch from side (C) From front |
| 25. Sweeping Wings----- | Right front snap kick |
| 26. Kneeling Tiger----- | Defense against a knee while down on left knee |
| 27. The Lotus--- ----- | Right left or left right punch from side |
| 28. Attacking the Wall AB ----- | Right straight punch |
| 29. 7 Swords----- | Right straight punch |
| 30. Reversing Hammers----- | Left straight punch |

Forms

Mass Attacks Short 4

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3rd Brown Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|-----------------------------------|--|
| 1. Spinning Hammers----- | Right straight punch, from right side |
| 2. Dance of Death----- | (A) right punch, left lead (B) right punch, right lead |
| 3. Leap of Death----- | Right straight punch |
| 4. Miss of the Leap ABC----- | Right straight punch |
| 5. Eagle Claw----- | Right straight punch from right side |
| 6. Eagle Miss AB----- | Right straight punch from right side |
| 7. Foot Rake----- | Offensive movement, opponent rising from ground |
| 8. Sleeper AB----- | Right straight punch |
| 9. Startled Cat ----- | Right overhead club attack |
| 10. Manchurian Takedown AB----- | Right grab to left shoulder |
| 11. Shoalin Warrior AB----- | Right straight punch |
| 12. Springing Tiger AB----- | Right straight punch |
| 13. Raking the Ground----- | Offensive motion, opponents rising from the ground |
| 14. Slicing Knee----- | Offensive kick against a boxers lead |
| 15. Beggar Points the Way----- | Front two hand choke |
| 16. Eagles Talon----- | Right straight punch from right side |
| 17. Crossing Darts----- | Gun |
| 18. Bending the Staff----- | Right straight punch |
| 19. Dropping the Staff - ----- | Right straight punch |
| 20. The Escape ABC ----- | Right left hook punch |
| 21. Uncovering the Flame AB----- | Gun |
| 22. Opening the Fan AB----- | Right straight punch |
| 23. Double Blades----- | Right roundhouse club |
| 24. Clawing Panther----- | Right straight punch |
| 25. Wind Storm AB----- | Right straight punch |
| 26. 3 Winds Claw----- | Left right straight punch |
| 27. 3 Winds Fist----- | Left right straight punch |
| 28. Chinese Cobra AB----- | Right left straight punch |
| 29. Spider Captures its Pray----- | Right grab to left shoulder with a left punch |
| 30. Taming the Cobra----- | Right shoulder grab, left punch |

Forms

Dark Room Staff Long 4

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2nd Brown Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|--|---|
| 1. The Bladed Gift----- | Right roundhouse club |
| 2. Rocker ABC----- | Cross body push |
| 3. Circling the Sun AB----- | Left right straight punch |
| 4. Leveling the Clouds----- | Left straight punch |
| 5. Broken Wing----- | straight arm wrist grab with punch |
| 6. Catching the Dragons Tail----- | Front snap kick |
| 7. Monkey Elbow----- | Right straight punch from right side |
| 8. Striking Asp----- | Two hand grab from front |
| 9. Dragon Whips its Tail----- | Right hook punch |
| 10. Pushing the Circle----- | Straight arm wrist grab |
| 11. Circles of Glass----- | Right left or left right straight punch |
| 12. Japanese Hand AB----- | Straight on push |
| 13. Waterwheel----- | Right punch |
| 14. Tumbling Clouds ----- | Right thrusting knife attack |
| 15. Soaring Hawk----- | Double wrist grab from behind |
| 16. Dragon Flicks its Tongue----- | Roundhouse Kick |
| 17. Reversing the Cobra----- | Reversal for Guillotine choke |
| 18. Covering the Flame AB----- | Gun |
| 19. Cobra and the Mongoose AB----- | Right thrusting knife |
| 20. The Crane Stretches its Wings----- | Right straight punch |
| 21. Dance of the Mongoose AB----- | Right roundhouse club, catching on back swing |
| 22. Offers of Dust AB----- | Thrusting club attack |
| 23. Ming's Sword----- | Right thrusting knife attack |
| 24. Chinese Fan ----- | Right thrusting knife attack |
| 25. Locking the Gate AB----- | Right thrusting knife attack |
| 26. Circle of Fire----- | 3 man attack |
| 27. Circle of Steel----- | 3 man attack |
| 28. Hands of Death----- | 3 man attack |
| 29. Moment of Truth----- | 3 man attack |
| 30. Fallen Circle----- | 3 man attack |

Forms

Skylight Staff
Panther Set (Book Set)

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White Tiger Kenpo

1st Brown Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|----------------------------------|---|
| 1. Evasion of the Dragon----- | Right overhead club |
| 2. Bowing to the Dragon----- | Right Left straight punch |
| 3. The Dragons Hammer ----- | Right straight punch, left grab |
| 4. The Dagger AB----- | Right straight punch |
| 5. Mantis----- | Cross arm wrist grab |
| 6. Dancing Mantis----- | Right or left punch from the side |
| 7. Sticks of Satin AB----- | Right overhead club attack |
| 8. Vipers Coil----- | Right hammerlock from behind |
| 9. Advancing Hammers ----- | Right straight punch |
| 10. Sweeping Arm Hook----- | Roundhouse Club |
| 11. Snapping Twigs----- | Left grab to shoulder with right punch |
| 12. Breaking the Yoke----- | Right straight punch |
| 13. Prayer of Death----- | Right kick to face (defense from kneeling position) |
| 14. Caught in the Nettles----- | Right punch with right kick |
| 15. Crane Defends its Nest ----- | Offensive motion |
| 16. Dancing Dragon----- | Right straight punch |
| 17. Capturing the Wind----- | Right straight punch |
| 18. Swinging Pendulum----- | Right Front Snap Kick |
| 19. Twisting Staves----- | Front Snap Kick |
| 20. Guiding the Staff----- | Right straight punch back against the wall |
| 21. Cyclone----- | Left straight punch |
| 22. Double Spears ABCD----- | Left straight punch |
| 23. Destructive Wind----- | Left straight punch |
| 24. Whirling Thorn----- | Right overhead knife attack |
| 25. Thunder in Darkness----- | Right straight punch |
| 26. Advancing Storm AB----- | Right straight punch |
| 27. Attacking Mantis----- | Right straight punch |
| 28. Dance of the Dragon----- | Right left or left right straight punch |
| 29. Praying at the Wall----- | Right hook punch against wall |
| 30. Dance of the Crane----- | Push followed by a right punch |

Forms

Tiger and Crane



White Tiger Kenpo Black Belt Requirements



Self Defense Techniques

Trigger Name

Attack

- | | |
|-----------------------------------|---|
| 1. Chinese Pincers----- | Right straight punch |
| 2. Crossing Hooks----- | Right straight punch |
| 3. Turning the Flame AB----- | (A) Gun to back (B) Gun to head |
| 4. Stopping the staff----- | Right straight punch |
| 5. Twisting Vine----- | Right overhead club attack |
| 6. Breaking the Staves----- | Bear hug from behind |
| 7. Hands of Jade----- | Left straight punch |
| 8. Spinning Log----- | Right straight punch with back against wall |
| 9. Lever of Ming----- | Left right straight punch |
| 10. The Lion AB----- | Two hand choke from front |
| 11. Double Lance----- | Right straight punch |
| 12. Flash of the Tigers Claw----- | Left straight punch |
| 13. Returning Fist----- | Left straight punch |
| 14. Falling Blades----- | Thrusting Knife |
| 15. Crossing Swords----- | Straight arm wrist grab |
| 16. Falling Hammers----- | Left right straight punch from right side |
| 17. Corkscrew----- | Right straight punch from right side |
| 18. The Whip----- | Left right straight punch |
| 19. Winding Elbows----- | Right straight punch |
| 20. Twisting Serpent----- | Left straight punch |
| 21. Chopping the Log----- | Right roundhouse kick |
| 22. Falling Tree----- | Left straight punch |
| 23. The Python----- | Right straight punch from right side |
| 24. Calming the Waves----- | Right straight punch |
| 25. The Monk and the Tiger----- | Right straight punch |
| 26. Tiger Corners its Prey----- | Right left straight punch combination |
| 27. Turning from the Beggar----- | Left straight punch |
| 28. Four fist----- | Right straight punch |
| 29. Advancing Dragon AB----- | Left straight punch |
| 30. Vengeance from Above----- | Left right straight punch combination |



White Tiger Kenpo

2nd Black Belt Requirements



Self Defense Techniques

2nd Black is follow ups to your Yellow, Orange and purple belt as well as introducing new Concepts

Trigger Name

Attack

- | | |
|---|---|
| 1. Stop Hit ACD----- | Right straight punch |
| 2. Chinese Sword AB----- | (A) Right straight punch (B) Left |
| 3. Delayed Sword AB----- | (A) Right straight punch (B) Grab punch combo |
| 4. Knee of Vengeance----- | Two hand grab with push |
| 5. Twisting Talon ABCD----- | (AB) Straight grab with punch (CD) Cross grab |
| 6. Spider Spins its Web----- | Left right straight punch |
| 7. Windmill Guard A----- | Right straight punch |
| 8. Kung Fu Cross----- | Right Punch w/ left punch as you step back in |
| 9. Typhoon----- | Left right straight punch |
| 10. Double Headed Dragon----- | Right left straight punch |
| 11. Gift----- | Handshake |
| 12. Avenging Swords----- | Right left straight punch |
| 13. Reversing Hammers----- | Right Hammerlock |
| 14. Crane Leap----- | Right straight punch |
| 15. Crashing Elbows----- | Right straight punch |
| 16. Lever----- | Right grab to right shoulder |
| 17. Raising the Staff----- | Straight arm wrist grab |
| 18. Striking Fang----- | Right straight punch from right side |
| 19. Dart----- | Right straight punch |
| 20. Trapping the Sword----- | Right left jab |
| 21. Wings of Devastation----- | Left right hook punch |
| 22. Circling Blade----- | Right overhead knife attack |
| 23. Dropping the Sword----- | Right thrusting knife |
| 24. Falling Dragon----- | Right straight punch from left side |
| 25. Attack from the Temple----- | Right straight punch |
| 26. Brush with Death (follow up of Leg Pull)----- | Bear hug from behind high |
| 27. Twirling Wings (Opening Cowl)----- | Two hand choke from behind |
| 28. Arm Hook----- | Right straight punch |
| 29. Striking Mace----- | Right straight punch |
| 30. Japanese Strangle Hold----- | Right hammerlock from behind |



White Tiger Kenpo

3rd Black Belt Requirements



Self Defense Techniques

3rd Black introduces new concepts as well as 15 basic knife initiation moves Concepts

Trigger Name

Attack

- | | |
|-------------------------------------|---|
| 1. Evading the Lance----- | Knife to knife - Right thrusting knife |
| 2. Raining Lance----- | Knife to knife - Right thrusting knife |
| 3. Avoiding the Serpents Thorn----- | Knife to knife – Downward Diagonal / Upward Slash |
| 4. Sheltering Lance----- | Knife to knife – Overhead knife |
| 5. Crossing Lance----- | Knife to knife – Horizontal Slash to Head |
| 6. Lances----- | Knife to knife - Downward Slash |
| 7. Falling Lance----- | Knife to knife - Backhand Horizontal Slash |
| 8. Defanging the Snake----- | Knife to knife – Downward Diagonal Slash |
| 9. Dancing Thorn----- | Knife to knife – Diagonal Slash / thrust |
| 10. Slashing Thorn----- | Knife to knife - Right thrusting knife |
| 11. Shielding Lance----- | Knife to knife - Right thrusting knife |
| 12. Snake Avoids the Mongoose----- | Knife to knife – Diagonal Slash / Upward Slash |
| 13. Snake Strikes the Mongoose----- | Knife to knife – Upward Diagonal Slash/ Downward |
| 14. Shield and Sword----- | Knife to knife – Horizontal Slash |
| 15. Twisting Lance----- | Knife to knife – Backhand Horizontal Slash |
| 16. Battering Ram----- | Two hand choke |
| 17. Encounter with Danger----- | Two hand push from front |
| 18. Detour from Doom----- | Roundhouse Kick |
| 19. Leap from Danger----- | Two hand push from behind |
| 20. Shields of Iron----- | Right straight punch, left hook |
| 21. The Weave----- | Left right punch |
| 22. Falling from the Clouds----- | Left right punch |
| 23. Striking Daggers----- | Two hand push |
| 24. Capturing the Serpent----- | Front headlock |
| 25. Serpent Coils its Prey----- | Right punch |
| 26. Changing Wind----- | Back hand club / counter with Sankyō |
| 27. Reversing the Serpent----- | Straight arm wrist grab |
| 28. Tails of the Serpent----- | Offensive motion left lead |
| 29. The Beggar----- | Double wrist grab |
| 30. Scorpion Sting----- | Right Punch |

* Student will be tested on all 30 techniques as well as will have to demonstrate all 30 techniques at combat speed. The student is also required to take the 15 knife initiation moves and complete them into full techniques.