



White Tiger Kenpo Yellow Belt Requirements



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	Stance	Locks
Front Snap Kick	Inward Block	Attention Stance	Outside Wrist Lock
Side Snap Kick	Scissor Block	Softbow	Inside Wrist Lock
Back Kick	Upward Block	Hardbow	
Front Kick Back Kick	Extended Outward Block	Horse Stance	
Side Thrust Kick		Cat Stance	
Step Wheel Kick		Dance Step	
Turning Back Kick			
Round House Kick			
Forward Leg Wheel Kick			
Crossing Back Kick			



White Tiger Kenpo Orange Belt Requirement



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 wrist grab
5. Tackle Techniques ABCD----- Tackle from front
6. Passing the Horizon AB----- Right hammerlock from behind
7. Kimono Grab ABCD ----- High two hand front 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----- Right 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 sited 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

Kata	Drills	Jujits/Ground Techniques	Falls and Rolls	Sweeps, Reaps, Throws
Short 1	4 Corner Drill Stage 1	Forward Leg Arm Bar	Front Fall	Outside Leg Reap
	Trapping Drill Stage 1	Figure 4 Lock w/takedown	Back Fall	Inside Leg Reap
		Standing Armbar	Side Fall	Single Leg Takedown
			Forward roll	Rear Level Throw



White Tiger Kenpo Purple Belt Requirements



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 Cross ----- 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

Kata	Drills	Jujits/Ground Tech	Falls and Rolls	Sweeps, Reaps, Throws
Short 2	4 Corner Drill Stage 2	Neck Stock	Forward Roll Slap Out	Hip Throw
Long 1	Trapping Drill Stage 2	Cross Body Arm Bar	Jump Roll	Shoulder Throw
		Standing Scissor Lock		Head Turn Throw
		Goose Neck Lock		



White Tiger Kenpo Blue Belt Requirements



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

Kata	Drills	Jujits/Ground Tech	Sweeps, Reaps, Throws
Short 3	4 Corner Drill Stage 3	Figure 4 Arm Bar	Leg Lock Takedown
Long 2	Trapping Drill Stage 3	Cross Body Arm Bar Standing	Shoulder Throw
		Reverse Hammerlock	Head Hip Throw



White Tiger Kenpo Green Belt Requirements



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

Kata	Jujits/Ground Tech	Ground Locks
Mass Attacks	Sankyo	V Lock
Short 4	Knife Edge Arm Bar	Arm Bar
	Chicken Wing	Pillow Arm Lock
	Cross Body Armbar w/ Choke	Telephone



White Tiger Kenpo

3rd Brown Belt Requirements



1. Spinning Hammers----- Right straight punch, from right side
2. Dance of Death----- right punch
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. Shaolin 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

Kata	Level 1 Weapons
Dark Room Staff	20 Single stick technique
Long 4	Single stick Kata



White Tiger Kenpo

2nd Brown Belt Requirement



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----- Backswing 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

Kata	Level 2 Weapons
Skylight Staff	20 stick technique Single and Double
Bokken Set 1	
Bokken Set 2	



White Tiger Kenpo 1st Brown Belt Requirement



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

Kata	Level 3 Weapons
Double Stick Kata	5 Single Stick Technique
2 Man Bow Kata	5 Double Stick Technique
	5 Bow Drills and Techniques



White Tiger Kenpo Black Belt Requirements



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

Kata	Level 4 Weapons
Double Knife Set	5 Single Stick Techniques
Sword Set 1	5 Double Stick Techniques
Sword Set 2	5 Sword Techniques



White Tiger Kenpo

2nd Black Belt Requirements



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

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



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

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 Sankyo
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.



White Tiger Kenpo

4th Black Belt Requirements



To qualify for 4th Black Belt you must have:

- Have Instructors Permission
- Been at least 4 years from the date of your 3rd Black Belt test
- you have created 30 self defense techniques made up of the following attacks:
 - 5 – Right punch
 - 5 – Left Punch
 - 5 – Combination punches
 - 5 - Knife defenses
 - 5 – Gun Defenses
 - 5 – Club Defenses
- You must have created a 20 technique kata of your own
- You must be able to demonstrate all 30 self defense techniques at full speed and power on an opponent.
- You must be able to explain and demonstrate your Kata