

Dragon Kenpo Requirements for 1st Degree Black Belt

1st Degree Black Belt Self Defense Technique I

Defense against a right downward club attack (Angle 8)

- 1. Step your right foot back towards 4:30 into a left neutral bow.**
- 1. Execute a left outward block and trap your assailant's hand.**
- 2. Step forward with your right foot into a right neutral bow facing 10:30.**
- 2. Come under your assailant's elbow with your right hand to grab your left wrist.**
- 3. Apply torque to your assailant's elbow with a key lock throw.**
- 4. Drop your right knee into your assailant's body.**
- 4. Finish with a right punch to your assailant's face.**

1st Degree Black Belt Self Defense Technique II

Defense against a right downward club attack (Angle 8)

- 1. Step with your left foot back towards 7:30 into a right neutral bow facing 1:30.**
- 1. Execute a right outward block and trap your assailant's hand.**
- 2. Step forward into a left neutral bow facing 1:30.**
- 2. Execute a left elbow strike to your assailant's face.**
- 3. Step back with your left foot into a right neutral bow.**
- 3. Take your assailant to the ground with a wrist lock.**
- 4. Drop your right knee into your assailant's body.**
- 4. Finish with a right punch to your assailant's face.**

1st Degree Black Belt Self Defense Technique III

Defense against a straight right punch

- 1. Step forward with your left foot into a left neutral bow.**
- 1. Execute a right outward block and trap your assailant's wrist.**
- 1. Execute a left rising block to break your assailant's elbow.**
- 2. Chop down on your assailant's elbow with your left hand to bend it.**
- 2. Step in with your right foot into a right neutral bow.**
- 2. Twist your assailant's right wrist with your right hand.**
- 2. Throw your assailant to the ground with a wrist lock.**

1st Degree Black Belt Self Defense Technique IV

Defense against a straight right punch

- 1. Step back with your right foot into a left neutral bow.**
- 1. Execute a left outward block and trap your assailant's wrist.**
- 2. Step forward with your right foot into a right neutral bow.**
- 2. Execute a right heel palm strike to your assailant's face.**
- 3. Come under your assailant's elbow with your right hand and grab your wrist.**
- 3. Take your assailant to the ground with a key lock throw.**
- 4. Drop your right knee into your assailant's body.**
- 4. Finish with a right punch to your assailant's face.**

1st Degree Black Belt Self Defense Technique V

Defense against a straight right punch

- 1. Step back with your left foot into a right neutral bow.**
- 1. Execute a right inside block.**
- 2. Step forward with your left foot into a horse stance facing 3:00.**
- 2. Execute a knife hand strike to your assailant's elbow to break it.**
- 3. Grab your assailant's right shoulder with your left hand.**
- 4. Pull with your left hand.**
- 4. Kick your assailant's right foot out from underneath him with your left foot.**
- 5. Drop your right knee into your assailant's body.**
- 5. Finish with a right punch to your assailant's face.**

1st Degree Black Belt Self Defense Technique VI

Defense against a straight right punch

- 1. Step back with your right foot into a left neutral bow.**
- 1. Execute a left outward block and trap your assailant's wrist.**
- 2. Kick your assailant's midsection with your right leg.**
- 3. Execute a right upper cut to your assailant's chin.**
- 3. Plant your right leg beside your assailant's right leg in a neutral bow facing 10:30.**
- 4. Pivot to face 4:00 into a left neutral bow.**
- 4. Toss your assailant over your hip.**
- 5. Drop your right knee into your assailant's body.**
- 5. Finish with a right punch to your assailant's face.**

1st Degree Black Belt Self Defense Technique VII

Defense against a straight right punch

- 1. Step back with your right foot into a left neutral bow.**
- 1. Execute a left outward block and trap your assailant's wrist.**
- 2. Step forward with your right foot into a right neutral bow facing 10:30**
- 2. Grab your assailant around the neck.**
- 3. Pivot 180 degrees to face 6:00 in a left neutral bow.**
- 3. Toss your assailant over your hip.**
- 4. Drop your right knee into your assailant's body.**
- 4. Finish with a right punch to your assailant's face.**