

## **Dragon Kenpo Requirements for 1st Degree Brown Belt**

### **1<sup>st</sup> Degree Brown Belt Technique I**

**Defense against a right stabbing attack with a knife (Angle 5)**

- 1. Step forward with your left foot into a left neutral bow**
- 1. Execute a right downward outward block.**
- 2. Pivot to face 3:00 into a horse stance.**
- 2. Grab your assailant's hands with both of yours.**
- 3. Pivot 180 degrees underneath your assailant's arm.**
- 3. Guide the knife into your assailant's midsection.**

### **1<sup>st</sup> Degree Brown Belt Technique II**

**Defense against a gun threat from 6:00, pointed at the back of your head**

- 1. Raise your hands in surrender.**
- 1. Step back with your right foot into a left neutral bow facing 12:00**
- 1. Pivot 180 degree into a right neutral bow facing 6:00**
- Note: Your right raised arm should knock the gun out of the line of fire.**
- 2. Step towards 6:00 into a left neutral bow with your left foot.**
- 2. Execute a left stepping punch to your assailant's face.**
- 2. Grab your assailant's wrist with your right hand.**
- 3. Step towards 9:00 with your left foot so that you are facing 12:00 in a horse stance.**
- 3. Break your assailant's arm over your shoulder and take the gun.**
- 4. Pivot to face your assailant and point the gun at him.**

### **1<sup>st</sup> Degree Brown Belt Technique III**

**Defense against a gun threat from 6:00, pointed at the back of your head**

- 1. Raise your hands in surrender.**
- 1. Step back with your right foot into a left neutral bow facing 12:00**
- 1. Pivot 180 degree into a right neutral bow facing 6:00**
- Note: Your right raised arm should knock the gun out of the line of fire.**
- 2. Step towards 6:00 into a left neutral bow with your left foot.**
- 2. Execute a left elbow strike to your assailant's face.**
- 2. Grab your assailant's wrist with your right hand.**
- 3. Execute a right knee strike to your assailant's face.**
- 3. Execute a right knee strike to your assailant's arm to weaken his grasp of the gun.**
- 4. Take your assailant's weapon and point it at him as you move away.**

### **1<sup>st</sup> Degree Brown Belt Technique IV**

**Defense against a gun threat from 9:00, you are perpendicular to your assailant**

- 1. Execute a left outward block and trap your assailant's hand.**
- 2. Pivot to face your assailant in a left neutral bow.**
- 3. Execute a right snap kick to your assailant's body.**
- 4. Land in a right neutral bow facing 9:00.**
- 4. Grab your assailant's head with your right hand.**
- 4. Pull your assailant's head into a right knee to the face.**
- 5. Spin underneath your assailant's arm to apply a come along hold.**
- 6. Take the gun from your assailant and point it at him as you move away.**

### **1<sup>st</sup> Degree Brown Belt Technique V**

**Defense against a gun threat from 9:00, you are perpendicular to your assailant**

- 1. Execute a left outward block and trap your assailant's hand.**
- 2. Deliver a left side kick into your assailant's ribs.**
- 3. Plant into a left neutral bow facing 9:00.**
- 4. Step forward with your right foot into a right neutral bow.**
- 4. Grab your assailant's elbow with your right hand.**
- 5. Step forward with your left foot into a left neutral bow.**
- 5. Disarm your assailant.**
- 5. Drive your assailant back and to the ground with a chicken wing throw.**

### **1<sup>st</sup> Degree Brown Belt Technique VI**

**Defense against a gun threat from 6:00, pointed at the back of your head**

- 1. Raise your hands in surrender.**
  - 1. Step back with your left foot into a right neutral bow facing 12:00**
  - 1. Pivot 180 degree into a left neutral bow facing 6:00**
- Note: Your left raised arm should knock the gun out of the line of fire.**
- 2. Grab your assailant's wrist with your left hand.**
  - 2. Step towards 6:00 into a right neutral bow with your right foot.**
  - 2. Execute a right stepping punch to your assailant's face.**
  - 3. Step your right foot across your left into a twist stance.**
  - 4. Unwind into a horse stance facing 12:00.**
  - 4. Throw your assailant over your shoulder with a shoulder throw.**

### **1<sup>st</sup> Degree Brown Belt Technique VII**

**Gun threat from 12:00, pointed at your face**

- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a left outside block and trap your assailant's wrist.**
- 2. Grab the barrel of the gun with your right hand.**
- 2. Spin the gun around to take control of it.**
- 3. Shuffle back, pointing the gun at your assailant.**