

## **Dragon Kenpo Requirements for 2nd Degree Black Belt**

### **2<sup>nd</sup> Degree Black Belt Self Defense Technique I**

**Defense against a left flanking headlock using right arm**

- 1. Step forward with your right foot into a right closed kneel.**
- 1. Execute a left ridgehand strike to your assailant's groin.**
- 2. Grab your assailant behind his knee with your left hand.**
- 2. Grab your assailant's ankle with your right hand.**
- 3. Pull on your assailant's leg to take him to the ground on his back.**
- 4. Execute a right kick to his face to finish.**

### **2<sup>nd</sup> Degree Black Belt Self Defense Technique II**

**Defense against a straight right punch**

- 1. Step your right foot forward into a right neutral bow facing 12:00.**
- 1. Execute a left outward block and trap his hand.**
- 2. Pivot to face 9:00 in a deep horse stance.**
- 2. Grab your assailant's right thigh with your right arm.**
- 3. Pull your assailant across your shoulders and throw with a fireman's throw.**
- 4. Finish with a left stomp to your assailant's face.**

### **2<sup>nd</sup> Degree Black Belt Self Defense Technique III**

**Defense against a double wrist grab from 12:00**

- 1. Turn your right arm palm up.**
- 1. Grab your assailant's left hand with your left hand.**
- 2. Peel your assailant's left hand off your right into a wrist lock.**
- 3. Step back with your right leg into a left neutral bow.**
- 3. Twist your assailant's wrist to take him to the ground.**
- 4. Kick your assailant with your right foot.**
- 4. Twist your assailant's wrist to break it.**
- 5. Return to a ready stance.**

### **2<sup>nd</sup> Degree Black Belt Self Defense Technique IV**

**Defense against a right to right cross wrist grab**

- 1. Rotate your right wrist over to counter grab his wrist.**
- 1. Step forward with your left foot into a left neutral bow.**
- 1. Execute a left elbow to your assailant's face.**
- 2. Apply pressure on your assailant's elbow with your left to force him to kneel.**
- 3. Execute a right snap kick to your assailant's face.**
- 4. Strike your assailant's elbow with your left to break his arm.**

### **2<sup>nd</sup> Degree Black Belt Self Defense Technique V**

**Defense against a bear hug from 6:00 with arms pinned**

- 1. Step your right foot into a horse stance.**
  - 1. Execute a left hand sword to your assailant's groin.**
  - 2. Step your left foot around behind your assailant's legs.**
  - 3. Push your assailant over your leg with your left arm.**
  - 4. Pivot to face 6:00 with a right snap kick to your assailant's face.**
- (Note: Variation of Crashing Wings)**

**2<sup>nd</sup> Degree Black Belt Self Defense Technique VI**

**Defense against a two hand choke from 12:00**

- 1. Grab your assailant's right bicep with your left hand.**
- 1. Grab your assailant's triceps with your right hand.**
- 2. Push with your right hand.**
- 2. Pull with your left hand.**
- 3. Step back with your left foot towards 4:30 to face 10:30 in a right neutral bow.**
- 3. Take your assailant to the ground.**
- 4. Drop your left knee into a right close kneel.**
- 4. Execute a left punch to your assailant's face.**

**2<sup>nd</sup> Degree Black Belt Self Defense Technique VII**

**Defense against a right grab to your left lapel**

- 1. Pin your assailant's hand to your body with your left hand.**
- 1. Step forward with your right foot into a right neutral bow.**
- 1. Grab your assailant's elbow with your right hand.**
- 2. Force his arm to bend into a hammer lock.**
- 2. As your assailant bends over, execute a right knee lift to the face.**