

Dragon Kenpo Requirements for 3rd Degree Black Belt

3rd Degree Black Belt Self Defense Technique I

Defense against a right roundhouse kick

- 1. Step with your right foot into a right neutral bow.**
- 1. Execute a left outside scoop block.**
- 2. Execute a hand sword to the back of your assailant's knee to bend it.**
- 2. Apply a figure four lock to your assailant's knee.**
- 3. Push him to the ground and apply a knee crank to finish.**

3rd Degree Black Belt Self Defense Technique II

Defense against an overhead stab (Angle 8)

- 1. Step your left leg back into a right neutral bow facing 1:30.**
- 1. Execute a right outside block.**
- 2. Step forward with your left foot.**
- 2. Grab your assailant's chin with your left hand.**
- 2. Grab the back of your assailant's head with your right hand.**
- 3. Twist sharply to break your assailant's neck.**
- 4. Execute a right snap kick to your assailant's spine to kick him away from you.**

3rd Degree Black Belt Self Defense Technique III

Defense against a right snap kick from 12:00

- 1. Step drag to your left.**
- 1. Execute a right outward knee block to turn your assailant's back toward you.**
- 2. Apply a rear naked choke to your assailant.**
- 3. Step your right foot across your left in a twist stance.**
- 3. Unwind to face 9:00 with a hip throw to take your assailant to the ground.**

3rd Degree Black Belt Self Defense Technique IV

Defense against a right finger pointed at your chest from 12:00

- 1. Grab your assailant's finger with your left hand from underneath.**
- 1. Grab your assailant's elbow with your right hand.**
- 2. Twist your assailant's arm into a hammer lock.**
- 2. Execute a right kick to your assailant's right knee to take him to the ground.**
- 3. Execute a left knee to the back of your assailant's skull to finish.**

3rd Degree Black Belt Self Defense Technique V

Defense against a full nelson from 6:00

- 1. Reach up with your right hand and grab your assailant's chin.**
- 1. Reach up with your left hand and grab the back of your assailant's head.**
- 2. Step back with your right foot into a left neutral bow facing 12:00**
- 2. Twist your assailant's head to take him to the ground.**
- 3. Drop into a left close kneel.**
- 3. Execute a left punch to your assailant's face.**

3rd Degree Black Belt Self Defense Technique VI

Defense against a full nelson from 6:00

- 1. Snap your head backwards to crush your assailant's fingers.**
- 2. Relax your knees and grab opponents head.**
- 3. Throw with a head gripped shoulder throw.**



3rd Degree Black Belt Self Defense Technique VII

Defense against a right snap kick

- 1. Step back with your right foot into a left neutral bow.**
- 1. Catch your assailant's heel with your left hand.**
- 1. Grab your assailant's toes with your right hand.**
- 2. Twist your assailant's foot to turn over his body.**
- 3. Execute a snap kick to your assailant's body to finish.**

COUNTER

- 1. Execute a snap kick.**
- 2. Your assailant grabs and twists your foot**
- 2. Bend over and put your hands on the ground.**
- 2. Fire a donkey kick into your assailant's face to stomach to finish.**