



# 1<sup>st</sup> Brown Belt



## 1<sup>st</sup> Kyu - ikkyu

*Just when there seems to be no way out deep in the mountains and at the river's edge,  
beyond the dark willows are bright flowers blooming in a new village.*

-- Proverbs

### Techniques

- |                       |                        |
|-----------------------|------------------------|
| 1. Twisting Vine (3)  | 13. Smothering Wings   |
| 2. Whirling Thorn     | 14. Chopping Log       |
| 3. Slapping Silk      | 15. Double Knot        |
| 4. Arching Wings      | 16. Twisting Trunk     |
| 5. Covering Talon (2) | 17. Attacking Jade (2) |
| 6. Parting The Reeds  | 18. Spinning Lotus     |
| 7. Returning Fist (2) | 19. Ming's Claw        |
| 8. The Vise (2)       | 20. Oriental Warrior   |
| 9. The Butterfly (4)  | 21. Thai Boxes         |
| 10. Lever Of Ming (2) | 22. Attacking Wasp     |
| 11. Crouching Tiger   | 23. Illusion Of Death  |
| 12. Opening Swords    | 24. Snapping Crane     |

### KATA

- |              |              |                |
|--------------|--------------|----------------|
| 1. Long Five | 2. Staff Set | 3. Kung-Fu Set |
|--------------|--------------|----------------|

### (Optional Techniques)

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|-----------------------|--------------------|
| 1. Double Asp (3)     | 4. Crossing Hooks  |
| 2. Turning The Key    | 5. Springing Limbs |
| 3. Double Evasion (2) | 6. Tumbling Viper  |

### Belt Pledge:

*I honor and hold sacred the right of all men to protect them selves. I further hold that as a trained Martial Artist in Kenpo I will take upon myself all obligation and responsibilities deemed sacred to my God, family, country and Association.*

