

Download American Kenpo 24 Technique System Blue Belt

American Kenpo 24 Technique System: Yellow Belt Manual. This manual goes over the 10 self-defense techniques that are required as well as Blocking Set #1 and Short 1 and the Freestyle Techniques. A Brief History of Kenpo Self-Defense Techniques. The heart of the Kenpo System, and therefore the belt requirements, has always been practical—effective—self-defense techniques. Taekwondo (Korean 태권도 [tæ.kwɔ̃.n.do] , often mispronounced as / t a k w n d o / , or / t a k w n d o /) is a Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. Brazilian jiu-jitsu focuses on getting an opponent to the ground in order to neutralize possible strength or size advantages through ground fighting techniques and submission holds involving joint-locks and chokeholds.