



American Kenpo
as originally taught



Yellow Belt Requirements

SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|-------------------------------|--|
| 1. Delayed Sword | Right grab to your left lapel; front |
| 2. Alternating Maces | Two hand push, low; front |
| 3. Sword of Destruction | Left Roundhouse punch; front |
| 4. Deflecting Hammer | Right front step-through kick, front |
| 5. Captured Twigs | Bearhug, arms pinned; rear |
| 6. The Grasp of Death | Headlock; left flank |
| 7. Checking the Storm | Overhead club attack; front |
| 8. Mace of Aggression | Two hand lapel grab, pulling in; front |
| 9. Attacking Mace | Right thrust punch; front |
| 10. Sword and Hammer | Left grab to right shoulder; right flank |

KICKS

BLOCKS

1. Front Snap Kick
2. Rear Snap Kick
3. Side Snap Kick (knife-edge)
4. Wheel Kick
5. Side Thrust Kick (side)
6. Roundhouse Kick

1. Inward (hammering)
2. Inward (thrusting)
3. Outward (vertical)
4. Outward (extended)
5. Upward
6. Downward (outward)

STANCE

SETS AND FORMS

1. Attention
2. Neutral Bow
3. Horse (training)
4. Horse (fighting)
5. Forward Bow
6. Close Kneel
7. Cat (45 degree)

- Blocking Set #1
 Short Form 1 (right side)

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American Kenpo
as originally taught

Orange Belt Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|-----------------------------------|---|
| 1. Clutching Feathers | Left hand hair grab; front |
| 2. Triggered Salute | Right hand push to left shoulder; front |
| 3. Dance of Death | Right straight punch; front |
| 4. Thrusting Salute | Right step-through front kick; front |
| 5. Gift of Destruction | Handshake (sucker punch); front |
| 6. Locking Horns | Headlock; front |
| 7. Lone Kimono | Left hand lapel grab; front |
| 8. Glancing Salute | Right hand push to right shoulder; front |
| 9. Five Swords | Right step-through roundhouse punch |
| 10. Buckling Branch | Left step-through front kick; front |
| 11. Scraping Hoof | Full Nelson |
| 12. Grip of Death | Right arm headlock; left flank |
| 13. Crossing Talon | Right grab to right wrist; front |
| 14. Repeating Mace | Left hand push to chest; front |
| 15. Shielding Hammer | Left step-through hooking punch; front |
| 16. Striking Serpent's Head | Bear hug, arms free; front |
| 17. Locked Wing | Right hammerlock |
| 18. Obscure Wing | Left hand shoulder grab; right flank |
| 19. Reversing Mace | Left step-through straight punch; front |
| 20. Thrusting Prongs | Bear hug, arms pinned; front |
| 21. Obscure Sword | Left hand shoulder grab; right rear flank |
| 22. Twisted Twig | Wrist lock; front |
| 23. Raining Claw | Right uppercut punch; front |
| 24. Crashing Wings | Bear hug, arms free; rear |

KICKS

- | | |
|-------------------------------------|--|
| 1. Front Knee Thrust | 8. Front Kick - Roundhouse Comb. |
| 2. Front Thrust Kick (ball of foot) | 9. Front Kick - Side Kick Comb. |
| 3. Side Thrust Kick (front) | 10. Front-Back-Side-Wheel Kick Comb. |
| 4. Rear Thrust Kick (back kick) | 11. Front Crossover Wheel Kick |
| 5. Rear Scoop Kick | 12. Front Cross Snapping Knife-edge |
| 6. Front Kick - Back Kick Comb. | 13. Rear Crossover Back Kick (shuffle) |
| 7. Front Kick - Wheel Kick Comb. | 14. Rear Crossover Canted Side Kick |

SETS AND FORMS

Kicking Set #1 Short Form #1 (both sides)



American Kenpo
as originally taught
Purple Belt Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|---------------------------------|--|
| 1. Twirling Wings | Two-hand shoulder grab; rear |
| 2. Snapping Twig | Left hand chest push |
| 3. Leaping Crane | Right step-through punch; front |
| 4. Swinging Pendulum | Right roundhouse kick; front |
| 5. Crushing Hammer | Bear hug, arms pinned; rear |
| 6. Captured Leaves | Finger lock; right front flank |
| 7. Evading the Storm | Overhead club attack; front |
| 8. Charging Ram | Tackle; front |
| 9. Parting Wings | Two hand push; front |
| 10. Thundering Hammers | Right step-through punch; front |
| 11. Squeezing the Peach | Bear hug, arms pinned; rear |
| 12. Circling Wing | Two-hand choke, arms bent; rear |
| 13. Calming the Storm | Step-through roundhouse club; front |
| 14. Darting Mace | Two-hand wrist grab; front |
| 15. Hooking Wings | Two-hand push, low; front |
| 16. Shield and Sword | Left step-through punch; front |
| 17. Gift in Return | Handshake (sucker punch); front |
| 18. Bow of Compulsion | Right wrist lock, chest pin; front |
| 19. Obstructing the Storm | Right step-through overhead club; front |
| 20. Twin Kimono..... | Two-hand lapel grab |
| 21. Sleeper | Right step-through straight punch; front |
| 22. Spiraling Twig | Bear hug, arms free; rear |
| 23. Cross of Destruction | Two hand choke; rear |
| 24. Flight to Freedom | Right hammerlock |

KICKS

- | | |
|----------------------------------|------------------------------------|
| 1. Thrusting Sweep Kick (instep) | 8. Dropping Back Kick |
| 2. Hooking Heel Kick | 9. Replacement Canted Side Kick |
| 3. Spinning Back Kick | 10. Replacement Wheel Kick |
| 4. Spinning Side Kick | 11. Jump Front Snap Kick |
| 5. Heel Hook - Wheel Kick Comb. | 12. Front Chicken Kick |
| 6. Wheel Kick - Heel Hook Comb. | 13. Gravity Side Kick (pull-drag) |
| 7. Rear Cross Hooking Heel Kick | 14. Gravity Wheel Kick (pull-drag) |

SETS AND FORMS

Finger Set #1 Coordination Set #1 Long Form #1



American Kenpo
as originally taught

Blue Belt Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|--------------------------------|---|
| 1. Begging Hands | Two hand wrist grab; front |
| 2. Thrusting Wedge | Two hand push, high; front |
| 3. Flashing Wings | Right step-through punch; front |
| 4. Hugging Pendulum | Right thrusting knife-edge kick; front |
| 5. Repeated Devastation | Full nelson |
| 6. Entangled Wing | Right figure-four lock; front |
| 7. Defying the Storm | Right step-through roundhouse club |
| 8. Raking Mace | Two-hand lapel grab, pulling in; front |
| 9. Snaking Talon | Two hand push, or double punch; front |
| 10. Shield and Mace | Right step-through punch; front |
| 11. Retreating Pendulum | Right thrusting heel (back) kick; front |
| 12. Tripping Arrow | Bear hug, arms free; front |
| 13. Fallen Cross | Two-hand choke; rear |
| 14. Returning Storm | Right backhanded club; front |
| 15. Crossed Twigs | Two-hand wrist grab; rear |
| 16. Twist of Fate | Two-hand push; front |
| 17. Flashing Mace | Right step-through punch; front |
| 18. Gift of Destiny | Handshake (sucker punch); front |
| 19. Wings of Silk | Elbow pin, (double hammerlock) |
| 20. Gripping Talon | Left grab to right wrist; front |
| 21. Gathering Clouds | Right step-through punch; front |
| 22. Destructive Twins | Two-hand choke, pulling in; front |
| 23. Broken Ram | Tackle; front |
| 24. Circling the Horizon | Right step-through punch; front |

KICKS

- | | |
|----------------------------------|--|
| 1. Slicing Knife-edge | 8. Inward Crescent - Side Thrust |
| 2. Inward Crescent Kick | 9. Shuffle Side - Spinning Back Comb. |
| 3. Outward Crescent Kick | 10. Front-Wheel-Spinning Back Kick |
| 4. Front Scoop Kick | 11. Wheel Kick - Back Kick Combination |
| 5. Front Leg Sweep (replacement) | 12. Shuffle Outward Crescent Kick |
| 6. Rear Leg Sweep (step-through) | 13. Jump Wheel Kick |
| 7. Spinning Heel Hook | 14. Rear Chicken Kick |

SETS AND FORMS

Striking Set #1

Stance Set #1

Short Form #2



American Kenpo
as originally taught

Green Belt Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|---------------------------------|--|
| 1. Obscure Claws | Left hand shoulder grab; right flank |
| 2. Encounter with Danger | Two hand push, falling; front |
| 3. Circling Destruction | Left step-through punch; front |
| 4. Detour from Doom | Right roundhouse kick; front |
| 5. Squatting Sacrifice | Bear Hug, arms free; rear |
| 6. Escape from Death | Forearm strangle; rear |
| 7. Brushing the Storm | Overhead club attack; right flank |
| 8. Menacing Twirl | Belt grab; rear |
| 9. Leap from Danger | Two-hand push, falling; rear |
| 10. Circles of Protection | Right overhead punch; front |
| 11. Circle of Doom | Right front kick; front |
| 12. Broken Gift | Handshake (sucker punch); front |
| 13. Heavenly Ascent | Two-hand choke, pulling in; front |
| 14. Capturing the Storm | Overhead club; front |
| 15. Conquering Shield | Left grab to right lapel; front |
| 16. Taming the Mace | Right step-through punch; against wall |
| 17. Twirling Sacrifice | Full nelson |
| 18. Cross of Death | Two-hand cross-choke; front |
| 19. Securing the Storm | Right roundhouse club; front |
| 20. Intercepting the Ram | Tackle; front |
| 21. Kneel of Compulsion | Right step-through punch; right flank |
| 22. Clipping the Storm | Right club thrust to midsection; front |
| 23. Glancing Wing | Right uppercut; front |
| 24. The Back Breaker | Right step-through punch; right flank |

KICKS

- | | |
|------------------------------------|--------------------------------------|
| 1. Front Shovel Kick | 8. Inward Check - Replacement Wheel |
| 2. Rear Stiff Leg Raise | 9. Jump Back Kick |
| 3. Reverse Snap Kick (hoof kick) | 10. Jump Side Thrust Kick |
| 4. Roundhousing Heel Kick | 11. Jump Heel Hook Kick |
| 5. Downward Roundhouse Kick | 12. Jump Front Thrust Kick |
| 6. Inward Check Kick (instep) | 13. Jump Inward Crescent |
| 7. Outward Check Kick (knife-edge) | 14. Flying Side Kick (flying dragon) |

SETS AND FORMS

Coordination Set #2 Long Form #2 Short Form #3



American Kenpo
as originally taught

3rd Brown Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|-----------------------------------|---|
| 1. Glancing Spear | Right grab to left wrist; front |
| 2. Thrust into Darkness | Right step-through punch; left rear flank |
| 3. Circling Fans | Left-right punch combination; front |
| 4. Rotating Destruction | Right front kick - left spinning back kick |
| 5. Falcons of Force | Two men, Shoulder grabs; both sides |
| 6. The Bear and the Ram | Two men, Rear bear hug, front punch |
| 7. Raining Lance | Right step-through overhead knife; front |
| 8. Desperate Falcons | Two-hand wrist grab; front |
| 9. Leap of Death | Right step-through punch; front |
| 10. Protecting Fans | Left-right punch combination; front |
| 11. Deceptive Panther | Right snap kick - roundhouse kick comb. |
| 12. Courting the Tiger | Two men, wrist grabs, both sides |
| 13. Gathering of the Snakes | Two men, left punch-front; right punch rear |
| 14. Glancing Lance | Knife thrust, high; front |
| 15. Dominating Circles | Right off-set grab to right shoulder; front |
| 16. Destructive Fans | Right step-through punch; left flank |
| 17. Unfurling Crane | Left-right punch combination; front |
| 18. Grasping Eagles | Two men, right arm grab, rear; lapel grab front |
| 19. Parting of the Snakes | Two men, rear push into a right punch |
| 20. Thrusting Lance | Knife thrust, low; front |
| 21. Blinding Sacrifice | Two-hand grab or choke; front |
| 22. Snakes of Wisdom | Two men, left & right shoulder grabs; sides |
| 23. Entwined Lance | Right knife thrust, high; front |
| 24. Falling Falcon | Right grab to left lapel; front |

KICKS

- | | |
|---------------------------------|---|
| 1. Snapping Calf Raise | 8. Rear Crossover Stomp |
| 2. Outward Roundhouse Kick | 9. Reverse Spinning Wheel Kick |
| 3. Hopping Front Thrust Kick | 10. Jump Spinning Back Kick |
| 4. Sliding Front Thrust Kick | 11. Jump Spinning Crescent Kick |
| 5. Front Leg Reap (replacement) | 12. Crescent-Jump Spinning Crescent Comb. |
| 6. Rear Leg Reap (step through) | 13. Front Kick - Jump Spinning Back Kick |
| 7. Front Crossover Stomp | 14. Wheel Kick - Jump Spinning Back Kick |

SETS AND FORMS

Striking Set #2

Stance Set #2

Long Form #3



American Kenpo
as originally taught

2nd Brown Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|------------------------------------|--|
| 1. Fatal Cross | Two-hand grab or push low; front |
| 2. Twirling Hammers | Left step-through punch; front |
| 3. Defensive Cross | Right snap kick; front |
| 4. Dance of Darkness | Right kick followed by a right punch; front |
| 5. Marriage of the Rams | Two men, double shoulder grabs; sides |
| 6. The Ram and the Eagle | Two men, front right punch, rear collar grab |
| 7. Escape from the Storm | Right overhead club; right flank |
| 8. Circling Windmills | Two-hand push followed by right punch; front |
| 9. Destructive Kneel | Right step-through punch; front |
| 10. Bowing to Buddha | Right roundhouse kick, kneeling; front |
| 11. Reversing Circles | Left roundhouse kick followed by left punch |
| 12. Reprimanding the Bears | Two men, front right punch & rear bear hug |
| 13. Circling the Storm | Right club thrust; front |
| 14. Unfolding the Dark | Left step-through punch; right rear flank |
| 15. Unwinding Pendulum | Right kick followed by right punch; front |
| 16. Piercing Lance | Right knife thrust, arms up; front |
| 17. Escape from the Darkness | Right step-through punch; left rear flank |
| 18. Capturing the Rod | Right pistol holdup, close; front |
| 19. Prance of the Tiger | Right step-through uppercut; right flank |
| 20. Broken Rod | Right pistol holdup, against back; rear |
| 21. Entwined Maces | Left-right punch combination; front |
| 22. Defying the Rod | Right pistol holdup, high; front |
| 23. Fatal Deviation | Right-left punch combination; front |
| 24. Twisted Rod | Right pistol holdup, close; front |

KICKS

- | | |
|---|-----------------------------------|
| 1. Front Thrust Kick (heel of foot) | 8. S.W.K. - Jumping Wheel Kick |
| 2. Reverse Spinning Stiff-Leg Reap | 9. Spring Side Thrust Kick |
| 3. Sliding Wheel Kick (S.W.K.) | 10. Spring Back Thrust Kick |
| 4. S.W.K. - Spinning Outward Crescent | 11. Spring Wheel Kick |
| 5. S.W.K. - Reverse Spinning Wheel Kick | 12. Spring Heel Hook |
| 6. S.W.K. - Jumping Wheel Kick | 13. Jump Spinning Heel Hook |
| 7. S.W.K. - Jumping Spinning Crescent | 14. Wheel - Jump Wheel Kick Comb. |

SETS AND FORMS

Two-Man Set (both sides)

Long Form #4



American Kenpo
as originally taught

1st Brown Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|-----------------------------------|---|
| 1. Clutching Feathers | Left hand hair grab; front |
| 2. Triggered Salute | Right hand push to left shoulder; front |
| 3. Dance of Death | Right straight punch; front |
| 4. Thrusting Salute | Right step-through front kick; front |
| 5. Gift of Destruction | Handshake (sucker punch); front |
| 6. Locking Horns | Headlock; front |
| 7. Lone Kimono | Left hand lapel grab; front |
| 8. Glancing Salute | Right hand push to right shoulder; front |
| 9. Five Swords | Right step-through roundhouse punch |
| 10. Buckling Branch | Left step-through front kick; front |
| 11. Scraping Hoof | Full Nelson |
| 12. Grip of Death | Right arm headlock; left flank |
| 13. Crossing Talon | Right grab to right wrist; front |
| 14. Repeating Mace | Left hand push to chest; front |
| 15. Shielding Hammer | Left step-through hooking punch; front |
| 16. Striking Serpent's Head | Bear hug, arms free; front |
| 17. Locked Wing | Right hammerlock |
| 18. Obscure Wing | Left hand shoulder grab; right flank |
| 19. Reversing Mace | Left step-through straight punch; front |
| 20. Thrusting Prongs | Bear hug, arms pinned; front |
| 21. Obscure Sword | Left hand shoulder grab; right rear flank |
| 22. Twisted Twig | Wrist lock; front |
| 23. Raining Claw | Right uppercut punch; front |
| 24. Crashing Wings | Bear hug, arms free; rear |

KICKS

- | | |
|--------------------------------------|-----------------------------------|
| 1. Front-Wheel-Jump Spinning Back | 8. Spring Spinning Heel Hook |
| 2. Dropping Side Kick | 9. Flying Front Kick |
| 3. Dropping Wheel Kick | 10. Flying Front Kick - Back Kick |
| 4. Knee Trap Takedown | 11. Flying Front - Side Thrust |
| 5. Knee Trap Takedown - Leg Figure 4 | 12. Flying Front - Wheel Kick |
| 6. Spring Spinning Roundhouse | 13. Flying Front - Heel Hook |
| 7. Jump Reverse Spinning Roundhouse | 14. Pivot Kick |

SETS AND FORMS

Kicking Set #2

Long Form #5



American Kenpo
as originally taught
1st Black Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|---------------------------------|--|
| 1. Twirling Wings | Two-hand shoulder grab; rear |
| 2. Snapping Twig | Left hand chest push |
| 3. Leaping Crane | Right step-through punch; front |
| 4. Swinging Pendulum | Right roundhouse kick; front |
| 5. Crushing Hammer | Bear hug, arms pinned; rear |
| 6. Captured Leaves | Finger lock; right front flank |
| 7. Evading the Storm | Overhead club attack; front |
| 8. Charging Ram | Tackle; front |
| 9. Parting Wings | Two hand push; front |
| 10. Thundering Hammers | Right step-through punch; front |
| 11. Squeezing the Peach | Bear hug, arms pinned; rear |
| 12. Circling Wing | Two-hand choke, arms bent; rear |
| 13. Calming the Storm | Step-through roundhouse club; front |
| 14. Darting Mace | Two-hand wrist grab; front |
| 15. Hooking Wings | Two-hand push, low; front |
| 16. Shield and Sword | Left step-through punch; front |
| 17. Gift in Return | Handshake (sucker punch); front |
| 18. Bow of Compulsion | Right wrist lock, chest pin; front |
| 19. Obstructing the Storm | Right step-through overhead club; front |
| 20. Twin Kimono..... | Two-hand lapel grab |
| 21. Sleeper | Right step-through straight punch; front |
| 22. Spiraling Twig | Bear hug, arms free; rear |
| 23. Cross of Destruction | Two hand choke; rear |
| 24. Flight to Freedom | Right hammerlock |

KICKS

- | | |
|------------------------------------|---|
| 1. Axe Kick (inward) | 8. Spring Double Front Snap Kick |
| 2. Axe Kick (outward) | 9. Forward Roll - Dropping Back Kick |
| 3. Scissor Takedown | 10. Forward Roll - Jump Front Snap Kick |
| 4. Flying Scissor Tackle | 11. Forward Roll - Jump Back Kick |
| 5. Chicken Knee Kick | 12. Forward Roll - Jump Wheel Kick |
| 6. Dropping Back -Side (side roll) | 13. Forward Roll - Jump Side (side) |
| 7. Jump Spinning Dropping Back | 14. Forward Roll - Jump Side (front) |

SETS AND FORMS

Staff Set #1

Blocking Set #2



American Kenpo
as originally taught

2nd Black Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|--------------------------------|---|
| 1. Begging Hands | Two hand wrist grab; front |
| 2. Thrusting Wedge | Two hand push, high; front |
| 3. Flashing Wings | Right step-through punch; front |
| 4. Hugging Pendulum | Right thrusting knife-edge kick; front |
| 5. Repeated Devastation | Full nelson |
| 6. Entangled Wing | Right figure-four lock; front |
| 7. Defying the Storm | Right step-through roundhouse club |
| 8. Raking Mace | Two-hand lapel grab, pulling in; front |
| 9. Snaking Talon | Two hand push, or double punch; front |
| 10. Shield and Mace | Right step-through punch; front |
| 11. Retreating Pendulum | Right thrusting heel (back) kick; front |
| 12. Tripping Arrow | Bear hug, arms free; front |
| 13. Fallen Cross | Two-hand choke; rear |
| 14. Returning Storm | Right backhanded club; front |
| 15. Crossed Twigs | Two-hand wrist grab; rear |
| 16. Twist of Fate | Two-hand push; front |
| 17. Flashing Mace | Right step-through punch; front |
| 18. Gift of Destiny | Handshake (sucker punch); front |
| 19. Wings of Silk | Elbow pin, (double hammerlock) |
| 20. Gripping Talon | Left grab to right wrist; front |
| 21. Gathering Clouds | Right step-through punch; front |
| 22. Destructive Twins | Two-hand choke, pulling in; front |
| 23. Broken Ram | Tackle; front |
| 24. Circling the Horizon | Right step-through punch; front |

KICKS

- | | |
|-------------------------------|---|
| 1. Dropping Leg Sweep 180° | 8. Side Roll - Downward Roundhouse |
| 2. Dropping Leg Sweep 360° | 9. Side Roll - Downward Heel (inward) |
| 3. Dropping Leg Reap 180° | 10. Side Roll - Downward Heel (outward) |
| 4. Dropping Leg Reap 360° | 11. Forward Roll - Jump Double Front Snap |
| 5. Raking Front Kick | 12. Forward Roll - Jump Front-Back |
| 6. Dropping 180° Sweep - Reap | 13. Forward Roll - Jump Front-Side |
| 7. Dropping 180° Reap - Sweep | 14. Forward Roll - Chicken |

SETS AND FORMS

Finger Set #2

Long Form #6



American Kenpo
as originally taught
3rd Black Requirements



SELF DEFENSE TECHNIQUES

TITLE

ATTACK

- | | |
|---------------------------------|--|
| 1. Obscure Claws | Left hand shoulder grab; right flank |
| 2. Encounter with Danger | Two hand push, falling; front |
| 3. Circling the Horizon | Left step-through punch; front |
| 4. Detour from Doom | Right roundhouse kick; front |
| 5. Squatting Sacrifice | Bear Hug, arms free; rear |
| 6. Escape from Death | Forearm strangle; rear |
| 7. Brushing the Storm | Overhead club attack; right flank |
| 8. Menacing Twirl | Belt grab; rear |
| 9. Leap from Danger | Two-hand push, falling; rear |
| 10. Circles of Protection | Right overhead punch; front |
| 11. Circle of Doom | Right front kick; front |
| 12. Broken Gift | Handshake (sucker punch); front |
| 13. Heavenly Escape | Two-hand choke, pulling in; front |
| 14. Capturing the Storm | Overhead club; front |
| 15. Conquering Shield | Left grab to right lapel; front |
| 16. Taming the Mace | Right step-through punch; against wall |
| 17. Twirling Sacrifice | Full nelson |
| 18. Cross of Death | Two-hand cross-choke; front |
| 19. Securing the Storm | Right roundhouse club; front |
| 20. Intercepting the Ram | Tackle; front |
| 21. Kneel of Compulsion | Right step-through punch; right flank |
| 22. Clipping the Storm | Right club thrust to midsection; front |
| 23. Glancing Wing | Right uppercut; front |
| 24. The Back Breaker | Right step-through punch; right flank |

KICKS

- | | |
|---|---------------------------------------|
| 1. Rear Shovel Kick | 8. Rolling Hammer - Jump Front-Wheel |
| 2. Side Shovel Kick | 9. Vaulting Side Thrust |
| 3. Forward Roll - Hammering Heel
(Rolling Hammer Kick) | 10. Vaulting Side - Spinning Back |
| 4. Rolling Hammer - Chicken Kick | 11. Vaulting Side - Double Front Snap |
| 5. Rolling Hammer - Jump Front | 12. Cartwheel Roundhouse |
| 6. Rolling Hammer - Jump Front-Back | 13. Cartwheel Double Roundhouse |
| 7. Rolling Hammer - Jump Front-Side | 14. Cartwheel Heel Hook |

SETS AND FORMS

Nunchaku Set #1

Long Form #7