

2ND BROWN SELF DEFENSE TECHNIQUES

1. MENACING TWIRL - (Rear left hand belt grab)
2. LEAP FROM DANGER - (Rear two hand push)
3. CIRCLES OF PROTECTION - (Front right step through overhead punch)
4. ROTATING DESTRUCTION - (Front snap - spinning rear kick combination)
5. BROKEN GIFT - (Front handshake)
6. ESCAPE FROM DEATH - (Rear right arm choke)
7. CAPTURING THE STORM - (Front right overhead club)
8. INTERCEPTING THE RAM - (Front tackle)
9. BACK BREAKER - (Right flank step through right punch)
10. DECEPTIVE PANTHER - (Front rt. snap kick - low & rt. roundhouse - high)
11. TWIRLING SACRIFICE - (Rear full nelson)
12. HEAVENLY ASCENT - (Front two hand choke - arms straight)
13. SECURING THE STORM - (Front right roundhouse club)
14. FALLING FALCON - (Front right direct lapel grab)
15. TAMING THE MACE - (Front right step through punch)
16. DEFENSIVE CROSS - (Front right snap kick)
17. CROSS OF DEATH - (Front two hand cross choke)
18. KNEEL OF COMPULSION - (Right flank right step through punch)
19. BOWING TO BUDDHA - (Front right roundhouse kick (kneeling))
20. GLANCING WING - (Front left uppercut punch)

Forms and Sets

Form 4

Coordination Set 2

SAYINGS

- When you criticize, make sure you suggest options to remedy the problem.
- Logic can lead to truth.
- Scrutinize, analyze, realize, revise, devise; then
- Desire, perspire, acquire; then
- Reform, conform, and perform.
- Kenpo never changes it is perpetually refined.
- When you are analyzing Kenpo, do not view it only from outside in, but from inside out.
- Practice does not make perfect; perfect practice makes perfect.
- Neophytes often teach the more skilled the existence of undiscovered variables.
- The mind leads, the body follows.



Second Degree Brown Belt Pledge: *I understand that like a doctor, the private affairs of students and fellow instructors that come to my attention during the exercising of my responsibilities are privileged communications and must never be discussed with any living soul. I vow that I will never violate this pledge nor any other for the sake of personal benefit.*