"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, or right or wrong; then here are my weapons Karate, my empty hands."

--Ed Parker

NAME: _____

PHONE: _____

ORANGE BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

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ORANGE BELT PLEDGE

I understand that I am but a beginner in a new and fascinating art which will direct me to greater obligations and responsibilities. To honor my obligations and responsibilities I pledge myself to serve my instructor, fellow students, and fellow men.

SYNONYMS

All self-defense techniques have been given names to simplify teaching. Many of the names or words have been chosen because of their symbolic meanings.

- SALUTE - *Heel palm*
- FEATHERS - *Hair*
- WING - *Elbow*
- LEAVES - *Fingers*
- PRONGS - *Thumbs*
- BRANCH - *Leg*
- TALON - *Grab*
- GIFT - *Handshake*
- CLAWS - *Finger tips*

SAYINGS

Let time be your measurement to skill and experience.

To hear is to doubt, to see is to be deceived, but to feel is to believe.

He who hesitates, meditates in a horizontal position.

There are no pure styles of Karate, purity comes only when pure knuckles meet pure flesh no matter who delivers or receives.

NOTES

Orange Belt techniques require covering out.

ORANGE BELT REQUIREMENTS

TECHNIQUES		✓
1.	Clutching Feathers (Front -- left hand hair grab)	
2.	Triggered Salute (Front -- right hand direct push)	
3.	Dance of Death (Front -- right straight punch)	
4.	Thrusting Salute (Front -- right step-through kick)	
5.	Gift of Destruction (Handshake)	
6.	Locking Horns (Front -- headlock)	
7.	Lone Kimono (Front -- left hand lapel grab)	
8.	Glancing Salute (Front -- right hand cross push)	
9.	Five Swords (Front -- right step-through roundhouse punch)	
10.	Buckling Branch (Front -- left step-through kick)	
11.	Scrapping Hoof (Full Nelson)	
12.	Grip of Death (Left flank -- right arm headlock)	
13.	Crossing Talon (Front -- right cross wrist grab)	
14.	Repeating Mace (Front -- left hand push)	
15.	Shielding Hammer (Front -- left step-through hooking punch)	
16.	Striking Serpent's Head (Front -- bear hug, arms free)	
17.	Locked Wing (Hammerlock)	
18.	Obscure Wing (Right flank -- left hand shoulder grab)	
19.	Reversing Mace (Front -- step-through straight punch)	
20.	Thrusting Prongs (Front -- bear hug, arms pinned)	
21.	Twisted Twig (Front -- wrist lock)	
22.	Obscure Sword (Right flank -- left hand shoulder grab)	
23.	Raining Claw (Front -- right uppercut punch)	
24.	Crashing Wings (Rear -- bear hug, arms free)	
FORMS & SETS		✓
1.	Long Form 1	
2.	Kicking Set 1	
3.	Personal Form	