"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: _____

1st DEGREE BROWN BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

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1st DEGREE BROWN BELT PLEDGE

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

SAYINGS

Deprivation breeds appreciation

Desperation often hinders inspiration.

Don't look for answers beyond your realm of understanding for more often than not, many answers are before you that have been overlooked.

Logic, as it applies to the times is the key.

Motion is the language of the body. Properly executed it can be used to save your life.

Glory disrupts, power corrupts.

Associated with motion are emotion, and commotion. All three can be effective, depending upon how they are used.

Style is what an individual eventually molds for himself.

Categorize your moves as either: useful, un-useful, or useless.

First control the use of the weapon, then take control of the weapon.

1st DEGREE BROWN 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 4	
2.	Striking Set 2	
3.	Personal Form	