"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 BLACK BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

COPYRIGHT © 1970 ED PARKER

BLACK BELT PLEDGE

I hold that my time and my skill are the assets of my profession, assets which grow in value as I progress in the Art until, as a Third Degree Black Belt, I stand as a fully qualified instructor. It shall be my responsibility to protect any student from ravenous individuals who would try to take advantage of personal weakness to divest the gullible into unprofitable paths, to preserve the sacred things, God, family, country, and Association, I pledge my all.

NOTES

1st DEGREE BLACK BELT REQUIREMENTS

TECHNIQUES		✓
1.	Twirling Wings (Rear -- two-hand stiff-arm shoulder grab)	
2.	Snapping Twig (Front -- left hand chest push)	
3.	Leaping Crane (Front -- right step-through punch)	
4.	Swinging Pendulum (Front -- right roundhouse kick)	
5.	Crushing Hammer (Rear -- bear hug, arms pinned)	
6.	Captured Leaves (Right flank -- finger lock)	
7.	Evading the Storm (Front -- right step-through overhead club)	
8.	Charging Ram (Front -- tackle)	
9.	Parting Wings (Front -- two-hand push)	
10.	Thundering Hammers (Front -- right step-through punch)	
11.	Squeezing the Peach (Rear -- bear hug, arms pinned)	
12.	Circling Wing (Rear -- two-hand choke, arms bent)	
13.	Calming the Storm (Front -- right step-through roundhouse club)	
14.	Darting Mace (Front -- two-hand wrist grab)	
15.	Hooking Wings (Front -- two-hand low push)	
16.	Shield and Sword (Front -- left step-through punch)	
17.	Gift in Return (Handshake)	
18.	Bow of Compulsion (Front -- wrist lock against opponent's chest)	
19.	Obstructing the Storm (Front -- right step-through overhead club)	
20.	Twin Kimono (Front -- two-hand lapel grab, pushing out)	
21.	Sleeper (Front -- right step-through straight punch)	
22.	Spiraling Twig (Rear -- bear hug, arms free)	
23.	Cross of Destruction (Rear -- two-hand choke)	
24.	Flight to Freedom (Rear -- Hammerlock)	

FORMS & SETS		✓
1.	Two-Man Form (Right & Left sides)	
2.	Club Set 1	
3.	Finger Set 2	
4.	Thesis Form	