"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: _____

2nd DEGREE BROWN BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

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2nd 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 privilege 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.

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.

- ROD - *Pistol holdup*

SAYINGS

Strikes are intermissions of relaxation.

The ears are the eyes of darkness.

Transitions are the conjunctions that bridge techniques.

Not until the brain shifts into gear with the body will the intangible become tangible.

While the term approximately does not mean exactly, it can lead to exact findings applicable to you.

Explosion from within is really implosion to without.

Separating your direction can also mean separating your power.

Never discard knowledge that is not applicable to you, but store it.

2nd DEGREE BROWN BELT REQUIREMENTS

TECHNIQUES		✓
1.	Fatal Cross (Front -- two-hand attempted low grab or push)	
2.	Twirling Hammers (Front -- left step-through punch)	
3.	Defensive Cross (Front -- right snap ball kick)	
4.	Dance of Darkness (Front -- right kick followed by a right punch)	
5.	Marriage of the Rams (Right & left -- shoulder grabs / 2-men)	
6.	Ram and the Eagle (Front -- right punch / Rear -- shoulder grab / 2-men)	
7.	Escape from the Storm (Right flank -- right overhead club)	
8.	Circling Windmills (Front -- two-hand push followed by a right punch)	
9.	Destructive Kneel (Front -- right step-through punch)	
10.	Bowing to Buddha (Front -- right roundhouse kick, while kneeling)	
11.	Reversing Circles (Front -- left roundhouse kick & left punch combination)	
12.	Reprimanding the Bears (Front -- right punch / Rear -- bear hug, arms free / 2-men)	
13.	Circling the Storm (Front -- right club thrust)	
14.	Unfolding the Dark (Right rear flank -- left step-through punch)	
15.	Unwinding Pendulum (Front -- right kick followed by a right punch)	
16.	Piercing Lance (Front -- right knife thrust, while your arms are up)	
17.	Escape from Darkness (Left rear flank -- right step-through punch)	
18.	Capturing the Rod (Front -- right pistol holdup)	
19.	Prance of the Tiger (Right flank -- right step-through uppercut)	
20.	Broken Rod (Rear -- right pistol holdup)	
21.	Entwined Maces (Front -- right and left straight punch combination)	
22.	Defying the Rod (Front -- right pistol holdup)	
23.	Fatal Deviation (Front -- right & left punch combination)	
24.	Twisted Rod (Front -- right pistol holdup)	
FORMS & SETS		✓
1.	Short Form 4 (Right and Left sides)	
2.	Kicking Set 2	
3.	Staff Set 1	
4.	Spontaneous Form	
5.	Personal Form	