

American Kenpo

3rd Brown Belt



Training Syllabus
24 Techniques System

American Kenpo 24 Technique System 3rd Black Belt Manual

Sebastian Brünink



American Kenpo 24 Technique System 3rd Black Belt Manual:

American Kenpo 24 Technique System LeAnn Rathbone, 2014-11-18 American Kenpo 24 Technique System 3rd Black Belt Manual This manual goes over the 24 self defense techniques that are required as well as Long 6 These are the techniques that were originally taught in American Kenpo and are still being taught today by the present Kenpo Masters This is a reference manual no pictures but complete description of everything This is a great training aid this manual is designed to assist you with your belt requirements starting from the ground up

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