

American Kenpo

1st Brown Belt



Training Syllabus
24 Techniques System

American Kenpo 24 Technique System 1st Brown Belt

Jiyuan Zhang



American Kenpo 24 Technique System 1st Brown Belt:

American Kenpo 24 Technique System: 1st Brown Belt LeAnn Rathbone, 2014-11-01 American Kenpo 24 Technique System 1st Brown Belt Manual This manual goes over the 24 self defense techniques that are required as well as Long 4 and Striking Set 2 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 **American Kenpo**

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