

# Chamberlain Studios™ - Gasan Ryu Kenpo Speed Sheet

Rank Time & Total	Kata	Self Defense: Punches	Self Defense: Grabs	Self Defense: Weapons	Other
<b>Gasan Ryu™ Kenpo Beginner Ranks: White, Yellow, Orange</b>					
<b>White</b> Day 1	Blocking Form #1	Checking the Storm Sword of Destruction Evading the Storm	Retreating Butterfly Fang of the Cobra Knee of Vengeance Rear Choke Arm Wrap	Overhead Club 1 Straight-in Knife 1 Kote Gaeshi	Shoulder Rolls and ukemi Dojo Etiquette & History Belt Tying and Gi Folding Kenpo Report
<b>Yellow</b> 4 Months	Blocking Form #2 Pinion #1	Conquering Shield Tiger's Claw Buckling Branch	Hammering Vice Cobra Lock Battering Ram Elusive Praying Mantis	Sidearm Club 1 Slashing Knife 1 Arm bar	All Break-falls (ukemi) Kenpo History & Terms Sparring Drill 1 & 2 Kick Defenses Roundhouse
<b>Orange</b> 4 Months 8 Months	Pinion 2 Corcovado 1/3	Defying the Storm Dance of Death Double Elbows Inside	Looking in the Mirror Circling Vice Advancing Butterfly Rotating Destruction	Overhead Club 2 Kick, Arm break Uppercut Knife 1 Drag Racing	Grappling Intro Sparring Drill 3 & 4 Leg Hock/Osoto Gari
<b>Gasan Ryu™ Kenpo Intermediate Ranks: Purple, Blue, Green (Usually a year to get Purple)</b>					
<b>Purple</b> 4 Months 12 Months	Pinion 3 Circle of the Tiger	Menacing Twirl Unfurling Crane Double Elbows Outside	Three Swords Fleeing Snake Full Nelson Bear Hug 2: Angry Mule	Sidearm Club 2 Elbow strikes Overhead Knife 1 Outside fig. 4	Seonage & Ogoshi Sparring/Kumite Kick Defenses: Front kick
<b>Blue</b> 4 Months 1 Year, 4 months	Cat 1 Circle of the Leopard	Clutching Snake Heike Ryu Twirling Sacrifice	Headlock 2: Chicken Wing Tashi Arm Bars Advancing snake	3 strikes and you're out Straight-in Knife 2 Elbow drop	Assist with Kids Class Escrima Striking Drills Kick Defenses: Spinning
<b>Green</b> 4 Months 1 Year, 8 Months	Statue of the Crane Combat Bo #1	Captured Twig Rotating Ram Deflecting the Hammer Pilau 1 - Empi	Headlock 3 Spock and Roll Lifting Elbow Circling Tiger Trapping snake or crab	Thrusting Club 1 Elbow strike Straight in Knife 3 Returning the gift	Harai Goshi Grappling Submissions Escrima Basic Sinawali
<b>Gasan Ryu™ Kenpo Advanced Ranks: Brown III, Brown II, Brown I (Usually 2 years to get Brown III)</b>					
<b>Brown III</b> 4 Months 2 Years	Cat 2 Corcovado 2/3	Snapping Twig Sweeping Tiger Rising Moon Pilau 2 - Neck spin	Wrist Grabs (F,W,E) Rear Arm Choke Front Headlock Bear Hug 4: Knee grab	Thrusting Club 2 Arm bar throw Slashing Knife 2 Figure 4 hip Gun 1 low front	Grappling Takedowns Grappling Counters Escrima Adv. Sinawali Assist with Adult Class
<b>Brown II</b> 4 Months 2 1/2 Years	Cat 3	#2 #26 #11 Boston Crab Pilau 3 - Lefty combo	Chicken Wings Handshakes Headlock 4: Sacrifice Roll Gi Grab: Open Arms	Three Pak 1: Arm Plexus lift Overhead Club 3: Tashi Knife at throat: Crashing Hands Gun #2 high front	Continuous Locking Drill Escrima Angles of Attack
<b>Brown I</b> 6 Months 3 Years	Shushi-No-Kon-Sho	#10 Slow Dance #17 Tiger Throws #18 Dropping Elbow #19 Rolling Stone	Bear Hug 5: Head throw Headlock 5: Spine Break Wrist Grab: Inside wrist Lift	Three Pak 2: Arm lock Straight in Knife #4 wrist break Knife at throat-back Gun #3 behind	Koshi Garuma Escrima Disarms Teaching Group Classes
<b>Gasan Ryu™ Kenpo Expert Ranks: Black 1-10 (Usually 4 years to get Shodan)</b>					
<b>Shodan</b> 6 Months 3.5-4 Years	Circle of the Panther Sai Kata #1 Corcovado 3/3	36-A and 36-B 911 Coming round the mtn	Come-alongs: Gooseneck Monkey steals the Peaches Nage No Kata (Te Waza)	Three Pak 3: CA The Mountain Straight in Knife #5 Walk under elbow Gun #4 side	Tai Otoshi Teaching private classes
<b>Nidan</b> 2 Year 6 Years "Sensei"	Wah Lum First Form Kanegawa-No- Nichougama	Ball and Chain #21 Strong Arm Smash	Danish Kiss Nage No Kata (Koshi Waza)	Sidearm Club 4 Clothesline Straight in Knife #6 Lock-up Gun #5 middle, finger lock	Uchi Mata Cross Training
<b>Sandan</b> 3 Years 9 Years	Buck Yuen Tow Toe Right Hand Stick	Double Leg Muscle Destruction Elbow separation	Nage No Kata (Ashi Waza)	Escrima Stick and Knife Reactive Knife Straight in Knife #7	Elective report
<b>Yondan</b> 4 Years 13 Year	Han Sukie	Kajukenbo Alphabets	Kodokan Goshin-Jitsu Nage No Kata (Ma Sutemi Waza)	Gun #6 Deflecting smash Show him the point	Elective report
<b>Godan</b> 5 years 18 years "Shihan"	Die Myin Jayer Kune Pakua Darn Do	Kajukenbo Alphabets	Heike Ryu Goshin Jitsu Nage No Kata (Yoko Sutemi Waza)		Elective report Cross trained Black Belt
<b>Rank Time &amp; Total</b>	<b>Kata</b>	<b>Self Defense: Punches</b>	<b>Self Defense: Grabs</b>	<b>Self Defense: Weapons</b>	<b>Other</b> © 1981-2007 CSSD 8/07