

Black Belt Class

Class Days and Times

You want to attend a class from the A day and one from the B day each week. This will make sure you get all required material, and attendance points, towards your next belt. Being on a regular schedule will also help strengthen, and instill, self-discipline.

A Day's

Sat: 12:30pm

Mon: 5:30pm

Tue: 12:00pm & 7:30pm

B Day's

Wed: 5:30pm

Thu: 12:00pm & 6:45pm

Fri: 6:45pm

Missing Classes and Vacations

If you are unable to make a scheduled class day (whether due to vacation, illness or schedule) please let us know asap via email, call or text. You'll also want to include when you'll be making those classes up. Students on a basic program can attend an extra class each week (total of 3). Black Belt Training Students can attend as many extra classes as they like. If you need help scheduling the make up classes do not hesitate to let us know.

Contact Info

Studio's Phone Number: 603-625-5835

Studio's Text Number: 603-246-5205

Mr. McKenzie's email: seniorinstructor@manchesterkarate.com

Self-Defense Techniques

You learn, and work on, 6-7 Kenpo techniques, review 6-7 under rank Kenpo techniques and 6 minor art techniques (that subject changes each Black belt cycle) during a 16 week cycle. This gives you time to learn the sequence, work it on a partner, and improve on it each week. The technique names are used as memory anchors to help remember the sequence. Here is the current cycle (Cycle 2 of 2026) of material the Black Belts are working on:

Kenpo Techniques

1. Delayed Sword – Right hand lapel grab
2. Reprimanding the Bears –Rear bear hug arms pinned w/right straight punch
3. Snaking Talon – Left then right straight punch
4. Retreating Pendulum – Rear crossover right side kick
5. Pincher – Right headlock
6. Glancing Lance – Straight thrust knife (high line)

7. Raining Lance – Right overhead knife

Review Techniques

1. Wings of Silk – Yoke Grab
2. Reversing Mace w/ext – Left Straight Punch
3. Triggered Salute w/ext – Right Straight Push
4. Striking Serpent's Head w/ext – Front Bear Hug
5. Circling Wing w/ext – Rear Two Handed Choke
6. Thrusting Salute w/ext – Right Front Kick

Minor Art for the Cycle – Gun Defense

1. Capturing the Rod – Right Gun to the chest/head from front
2. Broken Rod – Right Gun to lower/middle back from the back
3. Defying the Rod – Right gun to the chest/head from front
4. Twisted Rod – Right gun to the chest/head from the front
5. Low Stick Up – gun held at abdominal area from the front
6. High Stick Up – gun held at chest/head area from the front

Forms

Form 4 – 1st Black

Form 5 – 2nd Black

Form and Set

A Form/Set is a way to work, and strengthen, the basic motion you will draw from to protect yourself. Similar to how a boxer uses shadow boxing to work on sequence combinations. In this class you will mainly focus on Form 4 (for 1st Degrees) and 5 & 6 for the 2nd degrees. 3rd degrees and above can choose which Form to work on (if no specific directions have been given in class)

The list of techniques in the Forms (in order)

Form 4

Protecting Fans/isolation
Darting Leaves
Unfurling Crane
Destructive Kneel
Flashing Wings
Gathering Clouds
Circles of Protection
Dance of Darkness
Thundering Hammers
Unwinding Pendulum

Form 5

Destructive Fans
Dance of Death
Leap of Death
Back Breaker
Hopping Crane
Sleeper
Brushing the Storm
Falling Falcon
Circling the Horizon
Leaping Crane

Form 6

Glancing Lance
Unfurling Lance
Clipping the Lance
Thrusting Lance
Raining Lance
Capturing the Storm
Circling the Storm
Escape from the Storm
Entwined Lance
Capturing the Rod

Reversing Circles
Snaking Talon
Circling Fans
Isolation
Defensive Cross
Bowing to Buddha
Prance of the Tiger
Shield and Mace
Five Swords
Twirling Hammers

Broken Rod
Defying the Rod
Twisted Rod
Isolation

Freestyle Training with safety gear

Black Belts do freestyle drills with safety gear on the B days of weeks 1, 2 and 3. The safety gear is a padded helmet, gloves, boots, mouthpiece and cup for male students. You can purchase the required gear at the front office. The Freestyle Drills are designed to improve, and test, various aspects of your martial arts training (timing, accuracy, confidence, distance, etc) in a safe manner.

Black Belt Training

The Black Belt Training (BBT) students are those that have set/reached their goal to Black Belt.

Benefits of being in the Black Belt Training program:

- Access to advanced training (Single Stick, Double Stick, Nunchucks, Gracie Jiu-Jitsu) which takes place on the B day classes (in under rank classes)
- Able to attend more than two classes each week
- Can take classes they graduated out of for extra training and review of previous material (example a Family Intermediate student can take a Family Basic class or Family Beginner Class)
- Each week 8 there is a special themed class for BBT Students (Spar Wars, Bo Staff Training, etc)
- Able to be part of the STORM Team (10yr – 13yr) or Leadership Team (14yr and above). These are the students that assist with the classes. There are no additional fees to be part of the teams. Certain criteria must be met to be on either team. Reach out to Mr. McKenzie for more detail.
- Access to the Youtube channel for your class (Black Belts) which has videos of the Techniques/Forms. These videos are meant to be used as reminders and not instructional.

STUDENT CREED

1. I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH AND MY PHYSICAL HEALTH!
2. I WILL DEVELOP SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS!
3. I WILL USE THE ART OF KENPO CONSTRUCTIVELY AND DEFENSIVELY; TO HELP MYSELF AND MY FELLOW MAN AND NEVER TO BE ABUSIVE OR OFFENSIVE!

4. I WILL LIVE BY THE PRINCIPLES OF BLACK BELT: MODESTY, INTEGRITY, PERSEVERANCE, SELF CONTROL AND INDOMITABLE SPIRIT!