

**LEVEL FIVE
KENPO**

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LEVEL FIVE SELF-DEFENSE TECHNIQUES

1. CLUTCHING FEATHERS (front left hand hair grab)

1. Standing naturally, step back with your left foot (into a right neutral bow), simultaneously pin opponent's left hand (to your head) with your left hand as you deliver a right middle finger fist to opponent's left armpit (have your fist strike vertically).

2. While in a right neutral bow, strike to the inside of your opponent's left arm with first a left inward and then a right outward block as your left hand immediately continues its course of action and cocks to your left hip.

3. Shift to a right front bow as you deliver a left heel thrust to opponent's jaw. Simultaneously convert your right outward block into an extended outward block, keeping your right extended outward block in place for protection, as well as in position for the next move.

4. Immediately shift into a right neutral bow as you deliver a right raking knuckle strike to bridge of opponent's nose. Without any loss of momentum pivot into a right reverse bow while *continuing* your right hand in a counter clockwise circle, slightly *changing* the orbit, and convert it into a right downward hammerfist to opponent's groin.

5. From the right reverse bow deliver a right rear scoop kick to your opponent's testicles.

6. Right from the kick go into a right front crossover and cover out twice.

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2. TRIGGERED SALUTE (front right hand direct push)

1. Standing naturally, while your opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot (to 11 o'clock) so as to cause a buckle from the inside of opponent's right knee. Simultaneously pin your opponent's right hand to your left shoulder with your left hand and strike to opponent's jaw with a right forward heel thrust.

2. Immediately drop your right hand and scrape opponent's right bicep and forearm while circling your right arm counter clockwise to execute the next strike. This action will check your opponent's right arm and force him to bend forward.

3. Continue circling your right arm counter clockwise and deliver a right inward horizontal elbow strike to opponent's left rib cage.

4. With your left hand still pinning and after following through with your first elbow shot, deliver a right outward horizontal- elbow strike to opponent's right rib cage or solar plexus, followed by a right thrusting chop to shoulder.

5. Release your left hand and execute a left overhead five finger claw to opponent's face as you cock your right fist (clenched and palm up) under your right chest. (After your left claw delivery your left forearm is then utilized as a pinning check.)

6. Follow-up with a right thrusting back knuckle (delivered vertically and straight up) to opponent's jaw.

7. From the right back knuckle left rear crossover (toward 12 o'clock) and deliver a right (underhand) back elbow strike to opponent's solar plexus. Have your left hand claw opponent's face in the process and then guard your own face area.

8. Have your right foot step out to one and two o'clock (thrust it and lock it out) as it buckles opponent's left knee from the inside out (at the moment of contact you should automatically be in a right reverse bow. Simultaneously strike down to opponent's groin with a right downward hammerfist or right heel of palm as your left hand still guards your face.

9. From the right reverse bow deliver a right knee kick to opponent's right inner knee.

10. Right from the kick go into a right front crossover and cover out twice.

3. DANCE OF DEATH (front straight right punch)

1. Standing in a left neutral bow, step forward and to you left with your left foot (toward ten o'clock to get out of the line of attack). Simultaneously strike to the outside of opponent's right punch with your left inward block as your right arm hangs naturally to the right of your body.
2. With your left hand still guarding, strike to opponent's groin with a right upward vertical reverse handsword while pivoting into a left forward bow.
3. Immediately step forward and to your left (to eleven o'clock) with your right foot (so as to buckle your opponent's right knee) into a right neutral bow as your right elbow strikes horizontally into opponent's right rib cage. Simultaneously have your left hand grab back of opponent's right knee and pull toward you.
4. With opponent now on his back (with his head facing between ten and 11 o'clock) have your right back knuckle strike down and out (from left to right) to inside of opponent's left knee to force his leg out, thus giving you a more desirable opening to the groin area. Your left hand should maintain grabbing opponent's right ankle.
5. Continue the action of the left back knuckle going out and then return with a right inward downward fingertip slice to opponent's groin area, while your left hand still maintains grab on opponent's right ankle.
6. Slide your left hand grab and shift it from the outside right heel to the top of opponent's toes while your right hand grabs outside of opponent's right heel.
7. Immediately push down on opponent's toes with your left heel of palm and pull up on opponent's right outside heel with your right hand and twist clockwise with both hands to snap opponent's right ankle. With the snap your opponent will turn from his back on to his stomach.
8. Release grabbing with both hands and left heel stomp to opponent's lower spine (stepping toward 1 and 2 o'clock).
9. Stand on opponent's spine with your left foot as your right leg closes to your left leg and then plants back and to the right to 4 o'clock.
10. Lift your left leg off of opponent's spine and re-plant it toward 11 o'clock as it pinches opponent's left kidney.
11. Drop into a left wide kneel as your left hand checks opponent's right shoulder blade and your right hand chops down to opponent's neck.
12. Immediately rise up and stomp upper spine of opponent with your right heel of foot (heel stomp).
13. Stand on opponent's upper spine with your right foot and plant your left foot toward 11 o'clock.
14. Cock your right foot and deliver a right (downward) back heel kick to opponent's head.
15. Right front crossover and cover out twice.

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4. GIFT OF DESTRUCTION (handshake)

1. With right hand shaking and while standing naturally, hop forward and slightly to your left (toward 10 o'clock) with your left foot as your right hand pulls your opponent's hand toward you.
2. With the above action, simultaneously strike in and against the joint of your opponent's right elbow with your left heel of palm as you deliver a right knee kick to opponent's groin or stomach.
3. As you plant your right foot forward and against the inside portion of opponent's right knee to cause a buckle, (in a right neutral bow) deliver a right inward elbow strike to chest of opponent, checking opponent's right arm with your left hand.
4. Immediately slide your left foot counter clockwise to 4 o'clock (into a right neutral bow) as your left hand strikes with a heel palm and five finger claw to opponent's face. Have your right hand cover low and horizontally across your navel.
5. From your right neutral bow execute a right outward strike, converting it into a right reverse back knuckle rake toward you while striking and breaking opponent's bridge of nose. Your left hand now drops into a low horizontal covering check.
6. With same right striking hand strike down with a hammerfist to left hinge of opponent's jaw in order to dislocate it.
7. While strike is being executed and without loss of momentum shift into a horse stance (side horse facing toward eight o'clock) and deliver a looping downward hammerfist strike (with your right elbow anchored) to upper abdominal area of opponent.
8. Right front crossover and cover out twice.

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5. LOCKING HORNS (front headlock)

1. With feet in line with each other and body bent forward, step forward with your right foot and deliver a right upward vertical reverse handsword to opponent's groin.
2. Immediately follow-up with a lifting vertical elbow strike to opponent's jaw.
3. After snapping the elbow, loop the right elbow and strike again with it driving it from 1 o'clock down to 7 o'clock, striking opponent's left hinge of jaw.
4. Left front crossover (toward 12 o'clock) into a left front twist stance as you execute a right horizontal back knuckle strike to right floating ribs of opponent simultaneous with a left heel pushdown strike to opponent's solar plexus (fingers are horizontal and pointed toward you).
5. From your left front twist stance deliver a right knee kick to opponent's groin.
6. From the knee kick immediately have your right foot (which is presently in the air) stomp to instep of opponent's right foot.
7. With your right foot still planted on opponent's right foot have your left foot cross back of your right foot and stomp to instep of opponent's left foot.
8. Left step through and cover out twice.

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6. LONE KIMONO (front left hand lapel grab)

1. Standing naturally (before pinning opponent's left hand to your chest) execute a left inward two-finger eye hook and then pin opponent's left hand to your chest with your left hand as you step back into a right neutral bow stance, immediately deliver a right upward strike to left elbow of opponent to cause an elbow break.
2. Have your left hand maintain your pin as you deliver a right torquing back knuckle strike to his left rib cage,
3. Immediately release your left hand and as you switch into a right forward bow stance execute a left outward handsword strike to his left side of neck as your right hand does a right extended out block to clear his left arm out of the way.
4. Deliver a right inward raking back knuckle strike to the bridge of opponent's nose (traveling from 1 to 7 o'clock) as you drag your left foot to your right foot, immediately execute a right knife edge kick to the inside of opponent's right knee to buckle and drop opponent to the ground.
5. Right front crossover and cover out twice to 6 o'clock.

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7. GLANCING SALUTE (front right hand cross push)

1. Standing naturally, while opponent pushes your right shoulder with his right hand, step forward and to your left with your left foot (toward ten o'clock into a left neutral bow) and immediately pivot to your right into a right front bow (facing 3 o'clock) as your right arm pins opponent's right wrist to your chest and your left forearm strikes out and against the joint of your opponent's right elbow.
2. Pivot to your left (toward 12 o'clock) into a left front bow as your left hand pins opponent's right arm to his body and your right heel of palm strikes to opponent's jaw.
3. Hook the back of opponent's neck with your right hand (forming the shape of the crane). Pull opponent's neck down as your right knee strikes to opponent's stomach.
4. Plant your right foot forward (toward 12 o'clock) into a right neutral bow and deliver a right horizontal inward elbow strike to opponent's head as your left heel of palm simultaneously strikes to opposite side of opponent's head to cause a sandwich effect.
5. Drag your left foot toward your right foot and step to 2 o'clock with your right foot, snapping your right foot into a right reverse bow in order to buckle opponent's left leg from inside of his left inner knee. Simultaneous with this action execute a right downward heel palm strike to opponent's groin while your left hand guards high.
6. Have your right foot immediately crossover your left foot (fairly high and toward 7 o'clock) so that your right knee strikes to the inside of opponent's right knee and buckles him and then plants into a right front twist stance as your left fingers hook to opponent's eyes.
7. Left step through and crosscut twice.

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8. FIVE SWORDS (front roundhouse right punch)

1. While in a right neutral bow, step forward and slightly to your right with your right foot (toward 10 o'clock and while still in a right neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
2. Immediately strike to opponent's right neck with your right outward chop.
3. Left finger thrust to opponent's eyes as right hand cocks to your right hip. This is done while you pivot into a right forward bow.
4. With left hand now guarding, deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow.
5. Have your left guarding hand circle counter clockwise and execute an outward five finger claw to opponent's face (ripping horizontally from your right to left) your right hand is guarding and checking low.
6. Deliver a right thrusting chop to left neck of opponent.
7. Followed by a left horizontal inward five finger claw to opponent's face as your left hand cocks (palm up) to your left heart.
8. Right reverse bow as you execute a right outward chop to right side of opponent's neck.
9. From right reverse bow deliver a right rising back stiff leg kick between crotch and to groin of opponent.
10. Right front crossover and cover out twice.

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9. SCRAPING HOOF (full nelson)

1. While in a full Nelson, thrust both of your fists toward the ground as straighten your knees, back and neck.
2. Immediately bend your left knee as you deliver a right back scooping heel kick to opponent's left shin. Then with the knife-edge of your right foot, kick to opponent's right shin and scrape the shin on the way down to stomp opponent's right instep with the heel of your right foot.
3. From your right stomp, shift your right foot back and to 7 o'clock into a right reverse bow, in order to buckle opponent's left leg from the inside of his left knee. Keep your hands guarding and covering at all times.
4. Immediately left front crossover and step out into a right neutral bow toward 5 o'clock with your right foot to buckle opponent's right knee from the inside out thus forcing your opponent on to his back with his legs spread open.
5. Left rear crossover and execute a right back heel kick to opponent's groin while he is still on his back.
6. Right front crossover and cover out twice.

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10. GRIP OF DEATH (left flank right headlock)

1. With opponent applying lock from your left side, step forward and to your left with your right foot (toward 10 o'clock while going into a right close kneel, assuming both of you are facing 12 o'clock) while turning your head to the left and tucking your chin against your chest so as not to have your air supply cut off. Simultaneously deliver a right hammerfist to opponent's groin and a left hammerfist to opponent's left kidney.
2. As you pivot into a left neutral bow (facing 6 o'clock), the fingers of your left hand presses under opponent's nose to force opponent's head back.
3. Immediately follow-up by striking with your right heel of palm to opponent's chin as you pivot into a left forward bow.
4. With your left foot somewhat to the side and back of opponent's right leg, have your left foot sweep opponent's right foot toward 10 o'clock ending in a left front twist stance.
5. Have your right foot shift toward 6 o'clock (a short step) pivoting slightly clockwise and immediately shoot your left foot back toward eight o'clock into a left reverse bow to buckle opponent's left inner knee.
6. Left front crossover (toward 1 and 2 o'clock) and cover out twice.

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11. CROSSING TALON (front right cross wrist grab)

1. With opponent's right hand grabbing your right wrist, counter grab his wrist as your left foot steps forward and to your right (into a neutral bow) simultaneously striking opponent's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward your right hip.
2. Continue to push and pull opponent's arm to the right of your body thus forcing your opponent's head down.
3. Immediately deliver a left side elbow strike to opponent's right jaw hinge.
4. Circle your left arm counter clockwise (clawing and ripping opponent's face in the process with your left five finger claw on the way up) and strike down with your left elbow to upper spine of opponent.
5. Immediately shift your left hand and have it grab back and to the thumb portion of your opponent's right hand (your left hand should grab , palm down, with your left thumb closest to you) while your right hand also shifts and grabs (matching your left hand to the opposite side of opponent' s right hand) opponent's right hand.
6. Step back with your left foot to 6 o'clock and snap (break) opponent's wrist by quickly twisting both of your hands counter clockwise at your own right hip.
7. Simultaneous with the wrist snap (break) execute a right roundhouse kick to opponent's solar plexus or face and force your opponent to the ground, face up, while still maintaining wrist grab.
8. With opponent on his back shift your right hand under (reverse it counter clockwise and palm up) opponent's right wrist and twist clockwise while switching your stance to a left reverse bow as your right hand continues to maintain grab.
9. Cock your left leg and deliver a left knife-edge kick to right neck of opponent as both of your hands grab and pull up and toward you to cause a possible shoulder dislocation. Release opponent's right hand, letting it drop.
10. Plant your left foot back to 6 o'clock and cover out twice.

12. SHIELDING HAMMER (front hooking left punch)

1. Standing in a right neutral bow, deliver a right extended outward block to the inside of opponent's left hook (at his left forearm) as your left heel of palm strikes to opponent's sternum (heel of palm out, fingers in).
2. Immediately shuffle forward and deliver an inward raking back knuckle strike to opponent's bridge of nose (striking diagonally from 2 o'clock to 8 o'clock).
3. Continuing the counter clockwise circular motion of your right hand, follow-up with a horizontal outward elbow strike to opponent's solar plexus as you simultaneously execute a left snapping two-finger eye poke to opponent's eyes.
4. Left front crossover and execute a left vertical punch to opponent's sternum simultaneous with a right downward hammerfist to opponent's groin.
5. Untwist (clockwise) as you execute a right elbow strike (obscure elbow) to opponent's jaw (cocking your left hand in the process for next move), continuing with a right heel of palm strike to opponent's jaw, followed by a right five finger ripping claw to opponent's face and ending in a left neutral bow while executing a left heel of palm strike to opponent's solar plexus or sternum (heel of palm out, fingers in).
6. Pivot clockwise to 5 o'clock and drop into a right close kneel stance while your head is still turned toward opponent and your right hand guards your face.
7. Execute a left back kick to opponent's groin.
8. Left front crossover and cover out twice.

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13. THRUSTING SALUTE (front straight right front snap kick)

1. While in a left neutral bow, deliver a left downward block inside of opponent's right kicking leg (step further back with your right foot if needed).
2. Kick forward with the ball of your right foot to opponent's groin.
3. As you plant your right foot forward and to your left (toward 11 o'clock in order to check opponent's right knee), deliver a right heel of palm thrust to opponent's jaw while your left hand checks near your right rib cage.
4. Left front crossover and deliver a left vertical punch to opponent's solar plexus simultaneous with a right horizontal heel strike across opponent's mid-section (it hurts and checks).
5. Pivot clockwise into a left neutral bow. Simultaneous with the pivot execute a left horizontal inward elbow strike to opponent's left rib cage.
6. With your left forearm horizontally checking your opponent's body, deliver a chopping punch to opponent's pubic bone.
7. Left front crossover and cover out twice.

14. STRIKING SERPENT'S HEAD (front bear hug -- arms free)

1. Drop back with your right foot (toward six o'clock) into a left neutral bow. Simultaneously hook your left hand around and back of opponent's head so that your left knuckle strikes to opponent's left temple (or mastoid) while your right hand cocks into a half fist at chest level.
2. Immediately have your left hand grab and pull opponent's hair back (above the forehead) and execute a thrusting half fist to opponent's throat. (Strike with the half fist while in a left forward bow then immediately shift back (in place) to a left neutral bow).
3. From your left neutral bow shift into a left cat stance as your left hand claws vertical and down across opponent's face. The right hand at this point is covering.
4. Shift your left foot to 9 o'clock as your left hand now grabs opponent's right wrist and have your right foot step to 11 o'clock (into a right neutral bow) buckling inside of opponent's right knee as you deliver a right inward elbow strike to left ribs of opponent.
5. Hook your right foot around (clockwise) and back of opponent's right foot and have your right hand grab around and back of opponent's left neck and shoulder.
6. Drop down into a right wide kneel stance as you pull and force your opponent's spine down onto your right knee.
7. Shift your left hand to opponent's chest to pin and check and deliver a right overhead hammerfist to opponent's heart.
8. Shift into a right cat stance (to slip leg out from under opponent) while your left hand still checks.
9. Pivot counter clockwise and deliver a right roundhouse (looping and dropping kick down) to opponent's face (while opponent is on the ground face up).
10. Right front crossover and cover out twice.

15. LOCKED WING (right hammerlock)

1. With opponent locking your right arm, step back and to your right with your left foot into a right neutral bow as your right hand counter grabs your opponent's right wrist. (Try to place your left leg inside and against opponent's right leg.)
2. Immediately pivot your entire body counter clockwise into a left neutral bow as you deliver a left back horizontal elbow strike to opponent's jaw.
3. Circle your left arm over, executing a left ripping five finger claw to opponent's face, and under opponent's right elbow as you pivot to your right in a modified horse, thus causing an elbow break.
4. While still applying pressure on opponent's left elbow, drop back with your right foot (into a left forward bow) and execute a left clawing grab to opponent's groin.
5. Immediately release your right hand as you deliver a right knee kick to opponent's chest with an overhead heel of palm strike to the back of opponent's neck.
6. Immediately after the heel of palm strike and right foot plant, execute a right claw to opponent's face (pulling toward you) simultaneous with your left hand clawing and grabbing the meat under opponent's left chest and armpit.
7. Shift your left foot toward 2 o'clock as you turn your opponent over on to his back with the assistance of your right hand so that as you drop into a right wide kneel his spine will be resting on your right knee.
8. Have your right elbow strike back to opponent's jaw, continue the action and claw his face as you circle your right arm counter clockwise over and down striking with a right hammerfist to opponent's heart or left collar bone.
9. Drop your right foot back to 12 o'clock thus forcing opponent's back to the ground and immediately shift into a right close kneel stance facing toward 9 o'clock as your left knee drops hard to opponent's throat.
10. Spring up and left stomp kick to opponent's face.
11. Left front crossover and cover out twice.

16. OBSCURE WING (flank left hand shoulder grab)

1. With feet together and opponent's left hand grabbing your right shoulder, step to your right with your right foot into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pokes (over the right shoulder) to the eyes of your opponent.
2. Deliver a right hammerfist down to opponent's groin.
3. Immediately follow-up with an upward lifting elbow strike to opponent's chin; making sure that your right arm follows the contour of your opponent's body.
4. Immediately shoot your right foot back to 7 o'clock into a right reverse bow (to buckle opponent) as you deliver a right back (over the shoulder) knuckle strike to opponent's face.
5. Without hesitation have your right hand grab opponent's right neck and jerk opponent's head down as you deliver a right knee kick to opponent's face. Have your left hand assist in the process.
6. Plant your right foot slightly forward (toward 12 o'clock) into a shallow right neutral bow (as your left hand grabs the left side of opponent's neck) and immediately step back to 6 o'clock with your left foot, jerk, and flip opponent on to his back.
7. Go into a left front crossover, only this time have your left foot sweep (toward 12 o'clock) across opponent's head and face.
8. Immediately hop into the air (counter clockwise) and as your left foot plants, deliver a right roundhouse kick to opponent's solar plexus while he is still on his back.
9. Now have your right foot sweep (toward 6 o'clock) across while striking jaw, face, and other parts of the head. Then have your right foot end in a right front twist stance.
10. Cover out twice.

17. REVERSING MACE (front straight left punch)

1. From a right neutral bow, slide your left foot counter clockwise to five o'clock; simultaneously use a right inward and left outward outside of opponent's left punch. Without any loss of motion, the right inward continues and becomes a right back knuckle to opponent's left rib cage.
2. Pivot counter clockwise and deliver a right low roundhouse kick to back of opponent's left knee, looping the kicking foot so that it compliments the angle of your opponent's left thigh, thus having a tremendous effect in buckling your opponent's left leg.
3. Plant your right foot slightly (toward 12 o'clock) and shuffle (drag your left foot) and deliver a right side kick (toward 11 o'clock) to inside of opponent's right knee (buckling opponent on to his knees).
4. Plant your right foot (toward eleven o'clock) and left rear crossover and right downward hammerfist to opponent's sternum (assuming opponent is still on his knees) with your left hand checking at opponent's left arm and shoulder.
5. From twist stance (left rear twist) untwist counter clockwise (in place) turning completely around and execute a left back knuckle strike to right mastoid of opponent.
6. Step forward to 12 o'clock with your right (right neutral bow) foot and immediately pivot clockwise (facing opponent's back) into a left forward bow as your left hand checks opponent's shoulder blades while your right hand delivers a corkscrew punch to upper spine (opponent is still on his knees).
7. Immediately follow-up with a right knee kick to lower spine.
8. From knee kick position, right stomp to left ankle of opponent and slide your right foot to the ground (on the outside of opponent's left ankle).
9. Left front crossover and cover out twice.

18. BUCKLING BRANCH (front straight left kick)

1. While in a left neutral bow, step slightly back and to your right with your right foot to 5 o'clock; simultaneously blocking opponent's left kick with a left downward block.
2. Deliver a right ball kick to opponent's groin while his back is toward you.
3. Plant your right foot and deliver a left knife-edge kick to the inside of opponent's right knee to buckle inside of opponent's right knee, thus forcing opponent to his knees (keep your hands in a defensive position).
4. From left knife-edge kick plant your left foot between 9 and 10 o'clock (into a left reverse bow).
5. Immediately twist (in place) into a left front twist stance as your left hand checks opponent's left shoulder blade while delivering a right overhead vertical downward hammerfist strike to opponent's solar plexus, followed by a right knee kick to opponent's middle spine if feasible to do so.
6. If knee kick is used replant your right foot to original position prior to the kick (stance is the same if kick was not delivered). Immediately repivot (in place) into a left reverse bow. While in the process of doing so execute a right back knuckle strike to opponent's jaw followed by a left heel of palm claw to opponent's chin and face (both arms are delivered in a stiff-arm manner).
7. Shift your left foot counter clockwise (to five o'clock) and drop into a right close kneel as your right fist (clenched) drops and loops counter clockwise and strikes (in an underhand back knuckle fashion) to opponent's head as he is dropping.
8. Left foot drag and leap as you pivot counter clockwise in the air and land with a right overhead downward roundhouse kick to opponent's sternum (kick is like leaping kick of "Leap of Death").
9. From kick right front crossover and cover out twice.

19. THRUSTING PRONGS (front bear hug -- arms pinned)

1. Step back with your right foot. Simultaneously thrust both of your thumbs to opponent's groin.
2. Strike opponent's groin with your right knee as your left hand circles over and on top of opponent's right arm.
3. With knee in groin, immediately deliver a right knife-edge kick to the inside of opponent's right shin.
4. Scrape opponent's shin with your right foot as you stomp to his right instep cocking your right hand to your right hip.
5. Immediately follow-up with a right inward horizontal elbow strike to opponent's left jaw.
6. Shift (slide clockwise) your right foot to 9 o'clock (left neutral bow) as your right hand hooks (forming the shape of a crane) on to right side of opponent's neck and head (forcing opponent's head down) and immediately follow-up with a left chop to back of opponent's neck (forcing opponent's head down even further).
7. Have your left hand remain pushing down on opponent's neck and deliver a right knee kick to opponent's face.
8. As you plant your right foot to 3 o'clock (right neutral bow) deliver a right overhead chop to back of opponent's neck.
9. Immediately pivot counter clockwise (facing 9 o'clock) into a left neutral bow and execute a right back scooping heel kick to opponent's left hinge of jaw.
10. While right foot is still against opponent's jaw, convert it into a right knife-edge kick to inside of opponent's left knee to buckle.
11. Right front crossover and cover out twice.

20. TWISTED TWIG (front wrist lock)

1. With feet together, step forward and to your left (toward 11 o'clock) with your right foot into a right neutral bow (to buckle opponent's right knee) as you strike up and to opponent's jaw with your right elbow. Your left hand is placed on top of opponent's right wrist for security reasons.

2. Pivot counter clockwise into a reverse left neutral bow as you deliver a right back elbow to opponent's solar plexus.

3. Left rear crossover and right reverse bow to buckle on inside of opponent's left knee. Simultaneously deliver a right downward hammerfist to opponent's groin. (Left hand is in high guard position.)

4. Have your left guarding hand shift into a left hook (forming the shape of the crane). As your left hand hooks clockwise and to the left side of opponent's neck and pulls down, simultaneously execute a vertical upward back knuckle strike to opponent's face (to cause sandwiching effect).

5. Circle your right hand and hook it (forming the shape of the crane) counter clockwise to right side of opponent's neck and head and with both of your hands grab back of opponent's head and pull it down as you deliver a right knee kick to opponent's head (again causing another sandwiching effect).

6. Plant your right foot straight down from the knee kick so that it is almost in line with your left foot and immediately step back with your left foot as both of your arms pull and flip opponent over and onto his back.

7. With opponent now on his back with his head closest to you, leap up and counter clockwise in the air, dropping down into a left close kneel as your right knee drops and crosses opponent's right collar bone and throat. Simultaneous with the drop, execute a right downward vertical raking back knuckle slice across opponent's bridge of nose (traveling overhead, down, and toward you). Your left hand should be kept in a low guard position.

8. Immediately leap up and shift clockwise in the air, dropping down into a right close kneel as your left knee drops and crosses opponent's left collar bone and throat. Simultaneous with the drop, execute a left downward corkscrew punch to opponent's face.

9. Again leap up and pivot counter clockwise in the air and land with a right overhead downward roundhouse kick to opponent's sternum (kick is like leaping kick of "Leap of Death").

10. Right front crossover and cover out twice.

21. OBSCURE SWORD (right rear flank left hand shoulder grab)

1. With feet together, step directly forward with your left foot (to 12 o'clock) into a left neutral bow facing straight ahead with your right hand sword cocked to your heart and your right palm up - checking with your left hand on your right shoulder.
2. Immediately pivot to your right on a 45 degree angle (facing 4 o'clock) into a right forward bow, execute a right outward hand sword to throat.
3. Deliver a left kick to opponent's groin and chicken kick with a right ball kick to inside of opponent's right knee (to buckle). Your right hand in the meantime is held above your head.
4. As you plant your right foot (right neutral bow) toward 4 o'clock (assuming both of you were originally facing twelve o'clock) come down with a right chopping punch to rake across bridge of opponent's nose (on his left side) continuing on to a right hammerfist to left collar bone of opponent and down to opponent's right chest.
5. Immediately have your left foot crossover and back of your right leg (having your left rear crossing leg buckle opponent's left leg). Simultaneously strike outward and up (a modified outward strike) striking to bridge of opponent's nose (his right side) with your right fist continuing the outward and upward motion into a right upward elbow strike under opponent's chin. Both moves or strikes are done without any loss of motion.
6. With the right elbow now above your head begin to pivot counter clockwise and to your left into a right neutral bow and drop down (diagonally) with your right elbow to opponent's sternum. Complete the in place stance shift (into right neutral bow) and deliver a right downward hammerfist to opponent's groin.
7. Shift your left foot around and back (counter clockwise to 4 o'clock) into a left reverse bow to buckle opponent's left leg even further, your left hand hooks in the shape of the crane to the opponent's left shoulder (with your elbow anchored) and assists in turning him around and keeps him from falling as you turn him around.
8. Pivot clockwise into a left neutral bow (facing 5 o'clock) and deliver a right knee kick to opponent's spine.
9. As you plant your right foot forward into a right neutral bow (toward five o'clock cock and strike out with both of your heel of palms to back of opponent's shoulder blades forcing opponent face down so that his body is diagonal (with opponent's head at 5 o'clock and his feet at 11 o'clock).
10. Left rear crossover and deliver a right back heel stomp to opponent's testicles.
11. Right foot glides and slides over opponent's right thigh and calf before crossing over and covering out twice.

22. REPEATING MACE (front left hand push)

1. From a right neutral bow, have your left foot step back to five o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammerfist to opponent's left kidney and a right back knuckle to opponent's left rib cage.
2. Place your weight on your left leg and deliver a right downward roundhouse kick to compliment the angle of the thigh and strike the top of opponent's left calf in back of the knee.
3. Immediately after the right kick, plant your right foot (toward 12 o'clock) and left front crossover (left front twist) back and toward 11 o'clock as you execute a right hammerfist (over opponent's left arm) to sternum or face of opponent as your left hand checks (on top of) opponent's left arm.
4. From the left forward twist stance pivot clockwise (into a left neutral bow) and deliver a left heel of palm thrust to opponent's jaw. Have your right hand now check opponent's left arm. You should be facing toward 11 o'clock.
5. Without any hesitation pivot (completely around) clockwise and execute a right spinning back kick to opponent's mid-section thus forcing opponent to the ground (on to his back) so that his head is pointed toward 11 o'clock.
6. Hop (with your left leg while your back is still facing opponent) toward and between opponent's legs as you deliver a right back scoop kick to inside of opponent's left knee.
7. Circle counter clockwise and down with the same right kicking foot and execute a right roundhouse kick down and to right inner knee of opponent.
8. Plant your right foot on the inside of opponent's right leg and immediately execute a left rear crossover heel stomp to opponent's groin.
9. Left step out and right crossover while having your right foot sweep and scrape the right shin, instep, and foot of opponent.
10. Continue having your right foot crossover and cover out twice.

23. RAINING CLAW (front uppercut right punch)

1. While in a right neutral bow, deliver a right downward inward block to right forearm of opponent's right uppercut. Your left hand is guarding at chest level.
2. Immediately shoot a left overhead claw to opponent's face while your right elbow stays close to your body.
3. Your right clenched fist then circles clockwise and becomes a right thrusting back knuckle strike to opponent's face.
4. Have your left hand (which was guarding at the sternum and solar plexus) execute a left heel of palm strike to opponent's chin ricocheting into a five finger eye thrust. At this point your right hand should then be guarding in place of the left hand.
5. From the ricocheting left five finger thrust to opponent's eyes time your next move so that they simultaneously counteract each other. When the left five finger thrust claws opponent's face on the way down, deliver a right half fist strike (palm up) to opponent's throat. Continue the motion of your left hand and drop it down over your right elbow (like in "Five Swords").
6. Shift your left foot toward 4 o'clock as your left hand claws out and to opponent's face with the action stopping at the face and have your right hand circle counter clockwise and deliver a back knuckle strike to opponent's solar plexus (have your right arm circle on the inside of your own left arm).
7. Again shift your left foot and move it toward one and 2 o'clock as your right back knuckle (after the hit) slides along the left rib cage of opponent continuing under opponent's left arm while your left hand checks opponent's left elbow. Immediately execute a left arm lock forcing your opponent to bend over as you drop down into a right wide kneel.
8. Step forward with your left foot toward 6 o'clock as your left hand slides down opponent's left forearm to his left wrist. At this point begin to place great pressure on opponent's arm (opponent's left arm at this point is in a hammerlock).
9. Shift your right foot clockwise to 6 o'clock (left neutral bow) and have your right hand now assist your left hand in grabbing opponent's left wrist and yank opponent's left arm down and toward you to dislocate opponent's left shoulder as opponent's face and body is forced to the ground (face down).
10. Leap up in the air and turn counter clockwise (facing nine o'clock) as you come down executing a right knee drop to back of opponent's neck.
11. Bounce on opponent's neck and leap up and turn clockwise (facing 3 o'clock) coming down with a left heel stomp to opponent's head.
12. Left front crossover and cover out twice.

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24. CRASHING WINGS (rear bear hug -- arms free)

1. Step to your right with your right foot into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised them).
2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist.
3. Have your left foot then go around and behind of opponent's left leg (toward 7 o'clock) and into a left reverse bow.
4. Pivot to your left and deliver a left elbow strike to opponent's jaw (while in a left neutral bow) and a right hammerfist to opponent's groin (while in a left forward bow).
5. Have your left elbow continue across of opponent's face and convert it into a left five finger face rip across of opponent's face.
6. (On this next move, time the stance change with the contact of the strike). Have your right striking hammerfist now slide up the middle of opponent's body and convert it into a right heel of palm strike to opponent's jaw (fingers are parallel to the ground and pointed out and away from you) striking the jaw the moment your left foot moves slightly to your left into a wide left neutral bow.
7. Now have your left hand grab opponent's forehead as your right hand grabs the bridge of opponent's nose and yanks opponent's head down and toward you as you deliver a right knee kick to back of opponent's neck and head (knee kick coming up and back along side of opponent's spine).
8. Have opponent drop to the ground (face up) and step forward in the direction of seven o'clock with your right foot (into a right neutral bow) followed by a left step through (left neutral bow) in the same direction, concluding by circling your right foot clockwise to 6 o'clock (left neutral bow facing opponent).
9. Now that you are facing your opponent deliver a right sliding slice kick to opponent's head.
10. Plant your right foot back to 7 o'clock and execute a left sliding back heel kick to opponent's head.
11. Left front crossover and cover out twice.

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LONG FORM FIVE

Long Form 5 is a technique form showing all takedown techniques. Much like Form 4, many of the attacks come from the side or behind you. Although, in the case of this form, that is part of how some of the techniques work whereas in Form 4, we are stuck in bad positions. This form is also called the Fulcrum Form because many of the techniques show fine examples of the use of the fulcrum concept to take attackers to the ground.

This form opens, as do the other forms, with the salutation but we start the form just before the salutation ends...at the praying hands part. Long 5 is also known as the takedown form, the point of origin form, the parallel line form, the hand accent form, and the surprise form. Throughout the form, notice the use of the pattern of the claw, back knuckle, pushdown, and using alternate hands. Form 5 displays the universal pattern on many levels. The majority of attacks are straight punches thrown from either the 12-6 line or the 3-9 lines.

There are four ways to perform a take down:

1. Base to the front
2. Base to the rear
3. Top to rear
4. Top to front

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Open Salutation: The sign for Long Form Five is to extend the fingers and thumb of your right hand in front of your left, palms facing, by your left hip, then the left hand in front of the right by your right hip, followed by the full salutation. This form opens, as do the other forms, with the Salutation but we start the form just before the Salutation ends...at the praying hands part.

Set 1 Destructive Fans (*flank right punch with opponent's right leg forward*)

1) As opponent throws a right punch (from 9:00), drop your left foot back (to 8:00) into a modified horse as your right hand circles clockwise parrying opponent's right arm from the outside at the wrist. Your left hand travels clockwise parrying opponent's arm on the outside at the elbow. Your right hand continues to circle changing into a right hammerfist (palm up) to opponent's solar plexus.

2) Sweep opponent's left leg with your left foot as you drop into a left front twist. Your right hand should cup and saucer over the left under your left armpit.

3) Pivot (clockwise) out of your twist and into a transitional cat stance as you execute a right downward overhead back knuckle to opponent and then a right stiff-leg (to 3:00) to back of opponent's right leg.

4) As you plant deliver a right punch to opponent's head as you shift into a left forward bow (facing 9:00) with a left hand pushdown checking opponent's upper right arm. The punch is aimed low.

Set 2 Destructive Fans (*flank left punch with opponent's left leg forward*)

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1) As opponent throws a left punch (from 3:00), drop your right foot back (to 4:00) into a modified horse as your left hand circles clockwise parrying opponent's left arm from the outside at the wrist. Your right hand travels clockwise parrying opponent's arm on the outside at the elbow. Your left hand continues to circle changing into a left hammerfist (palm up) to opponent's solar plexus.

2) Sweep opponent's right leg with your right foot as you drop into a right front twist. Your left hand should cup and saucer over the right under your right armpit.

3) Pivot (clockwise) out of your twist and into a transitional cat stance as you execute a left downward overhead back knuckle to opponent and then a left stiff-leg (to 9:00) to back of opponent's left leg.

4) As you plant deliver a left punch to opponent's head as you shift into a right forward bow (facing 3:00) with a right hand pushdown checking opponent's upper left arm. The punch is aimed low.

Transition - Bring your right foot (to 6:00) into a left neutral bow as you deliver a left outward downward parry

Set 3 Dance Of Death (*front straight right punch*)

1) Strike to the outside of opponent's right punch with your left inward parry as your right arm hangs naturally to the right of your body.

2) With your left hand still guarding (with a left bracing angle), strike to opponent's groin with a right upward vertical reverse handsword while pivoting into a left forward bow; be conscious of proper framing at this point.

3) Immediately step through and to your left (to 10:00) into a right neutral with your right foot (to buckle opponent's right knee) as your right elbow strikes horizontally and into opponent's right rib cage while your left hand grabs back of opponent's right knee and pulls toward you so that your left hand concludes the grab (after sliding along the leg) at your opponent's right ankle.

4) With opponent now on his back (with his head facing between 10:30), have your right back knuckle strike down and out (from left to right) to inside of opponent's left knee to force his leg out, thus giving you a more desirable opening to the groin area. Your left hand should maintain grabbing opponent's right ankle.

5) Continue the action of the left back knuckle going out and then return with a right inward downward chop to opponent's groin (chop is shown on the outside of your right leg).

6) Bring your right hand to your left hip, positioning your hands to show the foot grab then twist clockwise with both hands to snap opponent's right ankle. With the snap, your opponent will turn from his back on to his stomach.

7) Release grabbing with both hands and left heel stomp to opponent's lower spine (stepping to 1:30), your hands should be cup and saucer on your right hip (left hand on top).

8) After elevating your left foot high, stand on opponent's spine with your left foot as your right leg step over the opponents back and then plants back and to the right (to 4:00).

9) Lift your left leg off opponent's spine and replant it (to 11:00) as it pinches opponent's right kidney.

10) Drop into a left close kneel as your left hand checks opponent's right shoulder blade and your right hand chops down to opponent's neck.

11) Immediately raise up and stomp upper spine with your right heel (heel stomp), as your hands cup and saucer on your left hip.

12) Stand on opponent's upper spine with your right foot and plant your left foot (to 11:00).

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13) Cock your right foot and deliver a right (downward) back heel kick to opponent's head, shooting both hands towards the opponent, complementing the angle of your leg.

Transition - plant into a right front twist (facing 9:00) with hands cupped on your right hip. Execute a left downward parry as you shift your left foot off the line of attack

Set 4 Dance Of Death (front straight left punch)

1) As you unwind from your twist stance, strike to the outside of opponent's left punch with your right inward parry as your left arm rests and hangs naturally to the right of your body.

2) With your right hand still guarding (with a right bracing angle), strike to opponent's groin with a left upward vertical reverse handsword while pivoting into a right forward bow; be conscious of proper framing at this point.

3) Immediately step through and to your right (to 8:00) into a left neutral with your left foot (to buckle opponent's left knee) as your left elbow strikes horizontally and into opponent's left rib cage while your right hand grabs back of opponent's left knee and pulls toward you so that your right hand concludes the grab (after sliding along the leg) at your opponent's left ankle.

4) With opponent now on his back (with his head facing between 8:30), have your left back knuckle strike down and out (from right to left) to inside of opponent's right knee to force his leg out, thus giving you a more desirable opening to the groin area. Your right hand should maintain grabbing opponent's left ankle.

5) Continue the action of the left back knuckle going out and then return with a left inward downward chop to opponent's groin (chop is shown on the outside of your left leg).

6) Bring your left hand to your right hip, positioning your hands to show the foot grab, then twist clockwise with both hands to snap opponent's left ankle. With the snap, your opponent will turn from his back on to his stomach.

7) Release grabbing with both hands and right heel stomp to opponent's lower spine (stepping to 5:30), your hands should be cup and saucer on your left hip (right hand on top).

8) After elevating your right foot high, stand on opponent's spine with your right foot as your left leg step over the opponents back and then plants back and to the left (to 2:00).

9) Lift your right leg off opponent's spine and replant it (to 7:00) as it pinches opponent's left kidney.

10) Drop into a right close kneel as your right hand checks opponent's left shoulder blade and your left hand chops down to opponent's neck.

11) Immediately raise up and stomp upper spine with your left heel (heel stomp), as your hands cup and saucer on your right hip.

12) Stand on opponent's upper spine with your left foot and plant your right foot (to 7:00).

13) Cock your left foot and deliver a left (downward) back heel kick to opponent's head, shooting both hands towards the opponent, complementing the angle of your leg.

Transition - plant into a left front twist (facing 9:00) with both hands cocked on your left hip (clenched and right over left, and then shift your right foot offline with a right outward block.

Set 5 Leap Of Death (front straight right punch)

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- 1) Immediately have your right hand turn into a right hooking crane hand (grabbing or hooking opponent's right wrist). Simultaneously strike to outside of opponent's right elbow with a left inward horizontal heel palm (to break opponent's elbow).
- 2) Shift (in place) into a left reverse bow continuing your right hand grab as well as pressure on opponent's right elbow with your left heel palm and jerk opponent to your right (to 12:00).
- 3) Immediately shift into a left forward bow as your left back knuckle hits horizontally to opponent's right rib cage with your right hand still maintaining grab.
- 4) Again shift (in place) into a left reverse bow restricting opponent's left elbow with your left forearm (force is now in a downward motion) while your right hand jerks opponent's arm down to the ground so as to force your opponent face down to the ground.
- 5) Leap into the air with both feet cocked under you and both your hands cocked to your chest (palms up in begging fashion).
- 6) Come down on opponent in a diamond stance so that both heels of your feet strike to both opponent's respective kidneys (right heel to opponent's right kidney and left heel to opponent's left kidney) and slide off to sides of kidneys. Simultaneously have heel palms strike to back of opponent's respective mastoids to force opponent's face to hit and bounce on the ground.
- 7) From the reaction of your opponent's face hitting the ground and bouncing back up, slip both your hands along opponent's face and under opponent's chin.
- 8) Immediately switch (in place) from a diamond to a concave stance and pull up and to you with both hands (pulling up on opponent's chin) as your knees brace down and against opponent's back. Pull and stretch your opponent's neck up and back.
- 9) Without loss of motion, twist your opponent's head and neck clockwise (pulling up and against your opponent's chin with your right hand, and pushing down on the back of your opponent's head with your left hand) to snap opponent's neck.
- 10) With your right hand cocked to your right ear (palm out) and your left hand pushing your opponent's head down, immediately follow-up with a right inside downward (palm up) chop to bridge of opponent's nose.
- 11) Switch (in place) into a right close kneel and drop your left knee to opponent's upper spine (using the opponent's body as a springboard) with a left heel palm to back of opponent's head to again force opponent's face into the ground.
- 12) After bouncing on opponent's back spring up and leap, turning your body counter clockwise in midair and land with your left foot to the right of your opponent's body as a right downward round kick is delivered to your opponent's head, which follows through.

Transition - right front crossover (to 9:00) as your left hand executes a left outward block (to your right side).

Set 6 Leap Of Death (*front straight left punch*)

- 1) Immediately have your left hand turn into a left hooking crane hand (grabbing or hooking opponent's left wrist). As you step out toward 7, simultaneously strike to outside of opponent's left elbow with a right inward horizontal heel palm (to break opponent's elbow).
- 2) Shift (in place) into a right reverse bow continuing your left hand grab as well as pressure on opponent's left elbow with your right heel palm and jerk opponent to your left (to 6:00).
- 3) Immediately shift into a right forward bow as your right back knuckle hits horizontally to opponent's left rib cage with your left hand still maintaining grab.

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4) Again shift (in place) into a right reverse bow restricting opponent's right elbow with your right forearm (force is now in a downward motion) while your left hand jerks opponent's arm down to the ground so as to force your opponent face down to the ground.

5) Leap into the air with both feet cocked under you and both your hands cocked to your chest (palms up in begging fashion).

6) Come down on opponent in a diamond stance so that both heels of your feet strike to both opponent's respective kidneys (right heel to opponent's right kidney, etc.) and slide off to sides of kidneys. Simultaneously have heel palms strike to back of opponent's respective mastoids to force opponent's face to hit and bounce on the ground.

7) From the reaction of your opponent's face hitting the ground and bouncing back up, slip both your hands along opponent's face and under opponent's chin.

8). Immediately switch (in place) from a diamond to a concave stance and pull up and to you with both hands (pulling up on opponent's chin) as your knees brace down and against opponent's back. Pull and stretch your opponent's neck up and back.

9) Without loss of motion, twist your opponent's head and neck counter clockwise (pulling up and against your opponent's chin with your left hand, and pushing down on the back of your opponent's head with your right hand) to snap opponent's neck.

10) With your left hand cocked to your left ear (palm out) and your right hand pushing your opponent's head down, immediately follow-up with a left inside downward (palm up) chop to bridge of opponent's nose.

11). Switch (in place) into a left close kneel and drop your right knee to opponent's upper spine (using the opponent's body as a springboard) with a right heel palm to back of opponent's head to again force opponent's face into the ground.

12) After bouncing on opponent's back spring up and leap, turning your body clockwise in midair and land with your right foot to the left of your opponent's body as a left downward round kick is delivered to your opponent's head.

Transition - left front crossover (to 3:00) as your hands cup and saucer on your right hip (palms open), then step out (still facing 12:00). Left rear crossover and twist out (so that you are facing 6:00).

Set 7 The Back Breaker (flank step through right punch)

1) Step forward (to 4:30) with your right foot as you execute a double parry (left inward parry followed by right outward parry) outside of opponent's right arm.

2) Step (to 4:30) with your left foot as your right hand grabs your opponent's right shoulder. Pivot clockwise and have your left hand grab back of opponent's left shoulder.

3) Step back (to 4:30) with your right foot into a left neutral as both your arms pull your opponent's shoulders back, thus disturbing his balance. Without hesitation deliver a right knee kick to opponent's lower spine.

4) Drop your right foot (to 4:30) into a left neutral and increase your two hand pull and force your opponent onto your left knee, striking his upper spine.

5) With your left hand on top of his head, deliver a right heel palm to the right side of the chin and then grab the chin, twist opponent's head clockwise breaking his neck; chop to opponent's nose with your right hand.

6) While still in place deliver two (right and left) rolling downward back knuckles to left and right collar bones (respectively) of opponent.

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7) Just prior to stepping back with your left foot, execute two heel palm claws to opponent's face.

8) Slide your left foot back (to 6:00) into a right wide kneel as you force your opponent's head to the ground.

Transition - right front crossover (to 9:00) as your hands cup and saucer on your left hip, then step out (still facing 12:00). Right rear crossover and twist out (so that you are facing 6:00) as you bring your hands to your hips (training horse).

Set 8 The Back Breaker (flank step through left punch)

1) Step forward (to 7:30) with your left foot as you execute a double parry (right inward parry followed by left outward parry) outside of opponent's left arm.

2) Step (to 7:30) with your right foot as your left hand grabs your opponent's left shoulder. Pivot clockwise and have your right hand grab back of opponent's right shoulder.

3) Step back (to 7:30) with your left foot into a right neutral as both your arms pull your opponent's shoulders back, thus disturbing his balance. Without hesitation deliver a left knee kick to opponent's lower spine.

4) Drop your left foot (to 7:30) into a right neutral and increase your two hand pull and force your opponent on your right knee, striking his upper spine.

5) With your right hand on top of his head, deliver a left heel palm to the left side of the chin and then grab the chin, twist opponent's head clockwise breaking his neck; chop to opponent's nose with your right hand.

6) While still in place deliver two (right and left) rolling downward back knuckles to left and right collar bones (respectively) of opponent.

7) Just prior to stepping back with your right foot, execute two heel palm claws to opponent's face.

8) Slide your right foot back (to 6:00) into a left wide kneel as you force your opponent's head to the ground.

Transition - step in to a left front twist stance (facing 12:00) as your hands cup and saucer on your left hip (fists closed).

Set 9 Hopping Crane (fleeing opponent - approach on his left)

1) Step out of the twist (to 12:00) with a right foot. Hop forward once on your right foot (gauging step). Step off to 11 o'clock with your left foot and deliver a right knee strike to back of opponent's left leg, lifting it off the ground; at the same time deliver a right outward diagonal heel palm to his sternum while your left hand checks high.

2) Execute a right thrusting side kick to inside of opponent's right knee, forcing him to the ground as your hands return to your right hip to generate additional force.

Transition - pivot in place to a right front twist stance (facing 12:00) as your hands cup and saucer on your right hip (fists closed).

Set 10 Hopping Crane (fleeing opponent - approach on his right)

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1) Step out of the twist (to 12:00) with a left foot. Hop forward once on your left foot (gauging step). Step off to 1 o'clock with your right foot and deliver a left knee strike to back of opponent's right leg, lifting it off the ground; at the same time deliver a left outward diagonal heel palm to his sternum while your right hand checks high.

2) Execute a left thrusting side kick to inside of opponent's left knee, forcing him to the ground as your hands return to your left hip to generate additional force.

Transition - plant into a left front twist stance (facing 12:00), then pivot in place to a right cat (facing 6:00) as your right hand checks low, and your left hand checks high. Both hands are on your right side, framing your body. Stomp your right heel on the ground.

Set 11 Sleeper (front straight right punch)

1) Step to your left on a 45° angle with your left foot (to 5:00) into a left neutral bow as you strike with a left inward block to outside of opponent's right arm, right arm is hanging naturally to the side.

2) Pivot into a left forward bow as you deliver a right inward upward diagonal inner wrist strike to the left side of opponent's neck. Your left hand is checking opponent's right arm.

3) Execute a left front crossover (towards 6:00), as your right hand claws opponent's face.

4) Step through reverse (to 6:00) as you execute a right downward back knuckle to the head.

Finally, deliver a left push down strike as you settle into a right forward bow (facing 12:00).

Transition - drop immediately back into a left cat stance (facing 12:00) as your left hand checks low, and your right hand checks high. Both hands are on your left side, framing your body. Then stomp your left heel on the ground

Set 12 Sleeper (front straight left punch)

1) Step to your right on a 45 degree angle with your right foot (to 1:00) into a right neutral bow as you strike with a right inward block to outside of opponent's left arm, your left arm is hanging naturally to the side.

2) Pivot (in place) into a right forward bow as you deliver a left inward upward diagonal inner wrist strike to the right side of opponent's neck. Your right hand is checking opponent's left arm (bracing angle check).

3) Execute a right front crossover (towards 12:00), as your left hand claws opponent's face.

4) Step through reverse (to 12:00) as you execute a left downward back knuckle to the head.

Finally, deliver a right push down strike as you settle into a left forward bow (facing 6:00).

Set 13 Brushing the Storm (flank right overhead club)

1) Slide your left foot (in the first half of the figure 8) outside of the attack line as you execute a left inward parry as your right hand hangs at your right side; then slide your right foot (in the last half of the figure 8) inside as you strike the opponent's jaw with a right heel palm.

2) Step forward with your left foot into a left close kneel (to 6:00) as you strike to opponent's solar plexus with your right elbow (striking vertically and down) and continue checking opponent's right arm with your left hand.

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- 3) Deliver a right heel palm strike to opponent's groin.
- 4) Drop your right foot back (to 4:00) into a left neutral as your right hand pulls opponent's right leg to you as your left hand pushes forward at opponent's right hip.
- 5) While holding opponent's right leg with your right hand, cat your left foot back and deliver a left instep kick to opponent's groin.
- 6) Plant your left foot into a left rear twist.

Set 14 Brushing the Storm (*flank left overhead club*)

- 1) Slide your right foot (in the first half of the figure 8) outside of the attack line as you execute a right inward parry as your left hand hangs at your left side; then slide your left foot (in the last half of the figure 8) inside as you strike the opponent's jaw with a left heel palm.
- 2) Step forward with your right foot into a right close kneel (to 10:00) as you strike to opponent's solar plexus with your left elbow (striking vertically and down) and continue checking his left arm with your right hand.
- 3) Deliver a left heel palm strike to opponent's groin.
- 4) Drop your left foot back (to 2:00) into a right neutral as your left hand pulls opponent's left leg to you as your right hand pushes forward at opponent's left hip.
- 5) While holding opponent's left leg with your left hand, cat your right foot and deliver a right instep kick to opponent's groin.
- 6) Plant your right foot into a right rear twist.

Transition - unwind into a left neutral bow (facing 9:00); your right hand should be cocked at your sternum, palm up, and your left hand open in front of you

Set 15 Fallen Falcon (*right hand left shoulder grab*)

- 1) Pin opponent's hand with your left hand. Immediately step through forward (to 9:00) behind opponent's right leg as you strike to his shoulder with your right inward block.
- 2) Pivot to your left (towards 3:00) as your right leg buckles opponent's leg, forcing him to the floor.
- 3) Have your right hand circle underneath and regrab opponent's right hand, twisting his arm; then deliver a left heel palm strike to his elbow (trying to cause a break) as you slide your right foot to your left. Then execute a left side kick to opponent's ribs.
- 4) Step out to a left forward bow (to 3:00) as your left hand regrabbs opponent's arm and you re-break his elbow with a right heel palm.
- 5) Do a right glancing knee strike to attackers elbow, allowing your leg to pass attackers arm. Immediately drive your right leg back into a scraping heel kick to attackers kidney, up and down into a right ball kick to attackers solar plexus.

Transition - step forward into a right neutral bow (facing 3:00); your left hand should be cocked at your sternum, palm up, and your right hand open in front of you

Set 16 Fallen Falcon (*left hand right shoulder grab*)

WORLDWIDE KENPO KARATE ASSOCIATION

1) Pin opponent's hand with your right hand. Immediately step through forward (to 3:00) behind opponent's left leg as you strike to his shoulder with your left inward block.

2) Pivot to your right (towards 9:00) as your left leg buckles opponent's leg, forcing him to the floor.

3) Have your left hand circle underneath and regrab opponent's left hand, twisting his arm; then deliver a right heel palm strike to his elbow as you slide your left foot to your right. Then execute a right side kick to opponent's ribs.

4) Step out to a right forward bow (to 9:00) as your right hand regrabbs opponent's arm and you re-break his elbow with a left heel palm.

5) Do a left glancing knee strike to attacker's elbow, allowing your leg to pass attacker's arm. Immediately drive your left leg back into a scraping heel kick to attacker's kidney, up and down into a left ball kick to attacker's solar plexus.

Transition - step forward into a left neutral bow (facing 9:00); your right hand should be cocked at your sternum, palm up, and your left hand open in front of you.

Set 17 Circling the Horizon (front step through right punch)

1) Step with your left foot (to 2 o'clock) into a front cross over as your right hand delivers an overhead backknuckle to the outside of the punch. Your right foot then steps up into a cat stance as you deliver a left overhead heel palm claw opponent's face.

2) Without any loss of motion, have your right hand circle clockwise, first covering past your groin area.

3) Continue to circle your right hand clockwise and step forward with your right foot to a right neutral (to 2:00) as you deliver a right thrusting back knuckle vertically to opponent's right temple.

4) Cock your right arm to your right rib cage and without hesitation, strike your opponent's right ribs with a right inward horizontal elbow as you step to a right neutral (to 2:00).

5) Drop down and strike back of opponent's right knee with a right chopping hammerfist to buckle him as you drop to your left knee.

6) Follow through with your right hand and immediately strike up to opponent's groin with your right heel palm as your right leg sweeps opponent's leg (you are now kneeling on your left knee); your left hand is still guarding.

7) Have your right leg circle under you, then deliver a right ball kick to the opponent's right kidney which follows through and becomes a heel stomp to opponent's solar plexus.

Transition - drag your right foot to you as you cup and saucer on your right hip (left hand on top). Rear twist and stand up (facing 6:00) as you deliver a left backknuckle to the outside of the opponent's left punch.

Set 18 Circling the Horizon (front step through left punch)

WORLDWIDE KENPO KARATE ASSOCIATION

- 1) Step to your right with your right foot (to 9:00) as your right hand parries your opponent's left punch.
- 2) Without any loss of motion, have your left hand circle clockwise, first covering past your groin area and begin to have your left foot cat to your right foot (into a left 45° cat).
- 3) Continue to circle your left foot and your left hand counter clockwise and step forward with your left foot to a left neutral (to 4:00) as you deliver a left thrusting back knuckle vertically to opponent's left temple.
- 4) Cock your left arm to your left rib cage and without hesitation, strike your opponent's left ribs with a left inward horizontal elbow as you step to a left neutral (to 4:00).
- 5) Drop down and strike back of opponent's left knee with a left chopping hammerfist to buckle him as you drop to your right knee.
- 6) Follow through with your left hand and immediately strike up to opponent's groin with your left heel palm as your left leg sweeps opponent's leg (you are now kneeling on your right knee); your right hand is still guarding.
- 7) Have your left leg circle under you, then deliver a left ball kick to the opponents left kidney which follows through and becomes a heel stomp to opponent's solar plexus.

Transition - drag your left foot to you as you cup and saucer on your left hip (right hand on top). Rear twist and stand up (facing 12:00) and drop into a transitional training horse stance

Set 19 Leaping Crane (front step through right punch)

- 1) Hop to your left (to 10:00) into a right one legged (crane) stance with your right foot cocked to the inside portion of your left knee as your left hand parries inward and your right middle knuckle rakes horizontally, striking your opponent's right ribs in the process. End the move of your right hand by having it cock horizontally across your waist with your right fist clenched, palm up, and to the side of your left hip.
- 2) Deliver a right snapping knife edge kick to outside of opponent's right knee to buckle him.
- 3) As you plant your right foot (to 2:00) between opponent's legs, deliver a right back knuckle to opponent's left kidney, using marriage of gravity.
- 4) Immediately deliver a right inward elbow (shuffling forward if needed) to opponent's head as your left heel palm strikes opposite side of opponent's head thus causing a sandwiching effect.
- 5) Shift first into a right neutral as you execute a right five finger ripping face claw from the left side of opponent's face, ripping back and to you and while ripping shift into a right forward bow.
- 6) Shift back into a right neutral as you execute a right chop to the right back side of opponent's neck.
- 7) Right front scoop kick to opponent's groin and left chicken kick to opponent's upper spine while your hands come back to your left hip.
- 8) From left chicken kick (while left foot is in the air) left front crossover stomp to top of opponent's right ankle to break, your hands should be cupped on your right hip.

Transition - step out (to 3:00), hands on your hips

Set 20 Leaping Crane (front step through right punch)

WORLDWIDE KENPO KARATE ASSOCIATION

1) Hop to your right (to 2:00) into a right one leg (crane) stance with your left foot cocked to the inside portion of your right knee as your right hand parries inward and your left middle knuckle rakes horizontally, striking your opponent's left ribs in the process. End the move of your left hand by having it cock horizontally across your waist with your left fist clenched, palm up, and to the side of your right hip.

2) Deliver a left snapping knife edge kick to outside of opponent's left knee to buckle him.

3) As you plant your left foot (to 10:00) between opponent's legs, deliver a left back knuckle to opponent's right kidney, using marriage of gravity.

4) Immediately deliver a left inward elbow (shuffling forward if needed) to opponent's head as your right heel palm strikes opposite side of opponent's head thus causing a sandwiching effect.

5) Shift first into a left neutral as you execute a left five finger ripping face claw from the right side of opponent's face, ripping back and to you and while ripping shift into a left forward bow.

6) Shift back into a left neutral as you execute a left chop to the left back side of opponent's neck.

7) Left front scoop kick to opponent's groin and right chicken kick to opponent's upper spine while your hands come back to your right hip.

8) From right chicken kick (while right foot is in the air) right front crossover stomp to top of opponent's left ankle to break.

Transition - step out (to 6:00) into a left one leg stance, with your right fist and open left hand over your right shoulder, bring your hands forward as you plant into a meditating horse. Close out.

Salutation