

**LEVEL THREE**  
**KENPO**  
**BROWN**

**KENPO LEVEL THREE  
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**SELF-DEFENSE TECHNIQUES**

**1. TWIN KIMONO** (*Front Pushing Two-Hand Lapel Grab* )

1. WHILE STANDING WITH YOUR FEET TOGETHER, STEP BACK TO 6 O'CLOCK WITH YOUR LEFT FOOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOUR LEFT ARM PINS YOUR OPPONENT'S ARMS AT THE WRISTS. SIMULTANEOUSLY DELIVER A RIGHT EXTENDED UPWARD FOREARM STRIKE AGAINST YOUR OPPONENT'S ELBOW JOINTS. (THIS WILL HOPEFULLY RAISE YOUR OPPONENT ONTO THE TIPS OF HIS TOES).
2. IMMEDIATELY SHIFT YOUR LEFT FOOT COUNTER CLOCKWISE BACK TO 4:30, AS YOU DELIVER A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S SOLAR PLEXUS. (THIS WILL TAKE THE WIND OUT OF YOUR OPPONENT AND FORCE HIM TO BEND FORWARD).
3. CIRCLE YOUR RIGHT ARM COUNTER CLOCKWISE AND EXECUTE AN INWARD DOWNWARD DIAGONAL HAMMER FIST TO THE LEFT TEMPLE, WHICH THEN FOLLOWS TO THE ARMS AS AN INWARD DOWNWARD DIAGONAL FOREARM STRIKE AGAINST YOUR OPPONENT'S LEFT FOREARM, FINISHING WITH YOUR RIGHT PALM UP AT YOUR SOLAR PLEXUS, WHILE YOUR LEFT HAND RELEASES THE PRESSURE ON YOUR OPPONENT'S ARMS AND REMAINS AS A **POSITIONAL CHECK** . MAKE SURE THAT YOUR OPPONENT'S ARMS ARE DRIVEN DOWN AND DIAGONALLY TO YOUR LEFT. (YOUR OPPONENT SHOULD RAPIDLY BEND DOWN).
4. IMMEDIATELY **ROUND THE CORNER** AND DELIVER A RIGHT SNAPPING OUTWARD UPWARD INVERTED HANDSWORD TO YOUR OPPONENT'S THROAT. KEEP YOUR LEFT HAND IN THE **NEUTRAL ZONE**. (THIS WILL STOP YOUR OPPONENT AND CAUSE HIM TO FALL TO THE GROUND).
5. RIGHT FRONT CROSSOVER AND COVER OUT TO 4:30.

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### 2. TRIGGERED SALUTE (*Front Right Hand Direct Push*)

1. WHILE STANDING NATURALLY, YOUR OPPONENT PUSHES YOUR LEFT SHOULDER WITH HIS RIGHT HAND. IMMEDIATELY AND SIMULTANEOUSLY: (1) TURN YOUR LEFT SHOULDER COUNTER CLOCKWISE AND RIDE YOUR OPPONENT'S RIGHT PUSH, AS YOU (2) STEP FORWARD INTO A RIGHT NEUTRAL BOW STANCE (BETWEEN 11 AND 12 O'CLOCK) (3) **BUCKLE** THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE WITH YOUR RIGHT KNEE (4) THRUST A RIGHT VERTICAL HEEL-PALM STRIKE TO YOUR OPPONENT'S CHIN, AS YOU (5) HAVE YOUR LEFT HAND **PINNING CHECK** YOUR OPPONENT'S RIGHT HAND TO YOUR CHEST. (YOUR OPPONENT'S HEAD SHOULD SNAP BACK AND AWAY FROM YOU).

2. FORECASTING THE RESPONSE OF YOUR OPPONENT'S UPPER BODY: (1) FRICTIONALLY SLIDE YOUR RIGHT HAND DOWN YOUR OPPONENT'S RIGHT ARM WHILE FORMING A RIGHT DOWNWARD VERTICAL SHAPE OF A CRANE (**ANCHORING YOUR ELBOW**) (2) HOOK YOUR OPPONENT'S RIGHT ARM DOWN AND TO 5:30, WHICH WILL THEN COCK AT YOUR RIGHT HIP (3) **ROUND THE CORNER** WITH YOUR RIGHT ARM, AS YOU (4) UNHESITATINGLY DELIVER A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S SOLAR PLEXUS. (THE FRICTIONAL PULL WILL BRING YOUR OPPONENT'S UPPER BODY FORWARD AND DIAGONALLY TO HIS RIGHT. THE FORCE OF YOUR ELBOW STRIKE SHOULD MAKE HIM BEND FORWARD AT THE WAIST).

3. AFTER FOLLOWING THROUGH WITH YOUR RIGHT INWARD HORIZONTAL ELBOW STRIKE, DELIVER A RIGHT SIDE OUTWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S RIGHT FLOATING RIBS. (THIS SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD EVEN FURTHER).

4. USING **RESIDUAL TORQUE**, FOLLOW UP WITH A RIGHT SIDE OUTWARD HORIZONTAL CROOKED BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S RIGHT KIDNEY AND IMMEDIATELY COCK YOUR RIGHT FIST AT YOUR SOLAR PLEXUS. (YOUR REPEATED FOLLOW UPS SHOULD MAGNIFY THE DAMAGE TO HIS KIDNEY).

5. WITHOUT ANY LOSS OF MOTION, THRUST A RIGHT OUTWARD UPWARD VERTICAL BACK-KNUCKLE STRIKE (FIST IS INVERTED AND HORIZONTAL) UNDER YOUR OPPONENT'S CHIN WHILE YOUR LEFT HAND CONTINUES TO PIN YOUR OPPONENT'S RIGHT HAND AGAINST YOUR LEFT SHOULDER. (THIS CONTOURING FIT SHOULD DRIVE YOUR OPPONENT'S HEAD BACK).

6. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

**3. REVERSING MACE** (*Front Left Step-through Straight Punch*)

1. FROM A RIGHT NEUTRAL BOW STANCE, SLIDE YOUR LEFT FOOT COUNTER CLOCKWISE TO 4:30 WHILE REMAINING IN A RIGHT NEUTRAL BOW STANCE. DURING THIS TRANSITION, EXECUTE A RIGHT INWARD HORIZONTAL PARRY AND A LEFT OUTWARD HOOKING PARRY COMBINATION TO THE OUTSIDE OF YOUR OPPONENT'S LEFT PUNCH. YOUR LEFT HAND FINISHES PALM UP AND ON TOP OF YOUR OPPONENT'S LEFT ARM (LIKE A "WAITER CARRYING A TRAY") AND AT OR ABOVE HIS LEFT ELBOW. WITHOUT ANY LOSS OF MOTION, YOUR RIGHT INWARD HORIZONTAL PARRY CONTINUES TO CIRCLE COUNTER CLOCKWISE AND BECOMES A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S LEFT LOWER RIB CAGE. (THIS SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD AT THE WAIST).
2. IMMEDIATELY SHIFT YOUR WEIGHT ONTO YOUR LEFT LEG AND DELIVER A RIGHT DOWNWARD LOOPING ROUNDHOUSE KICK TO THE BACK OF YOUR OPPONENT'S LEFT KNEE, **COMPLEMENTING THE ANGLE** OF YOUR OPPONENT'S LEFT THIGH DURING THE COURSE OF THIS ACTION. THE KICK IS EXECUTED WITH YOUR INSTEP AND ANKLE LOCKED STRAIGHT OUT UPON IMPACT. (THIS MOVE SHOULD **BUCKLE** YOUR OPPONENT'S LEFT KNEE TO THE GROUND).
3. FROM THE **POINT OF CONTACT** OF YOUR RIGHT KICK, RIGHT FRONT CROSSOVER AND COVER OUT TO 4:30.

**4. RAINING CLAW** (*Front Right Uppercut Punch*)

1. WHILE STANDING NATURALLY, STEP BACK TO 6 O'CLOCK WITH YOUR LEFT FOOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AND DELIVER A RIGHT DOWNWARD HORIZONTAL DIPPING FOREARM BLOCK TO THE FOREARM OF YOUR OPPONENT'S RIGHT UPPERCUT PUNCH. YOUR LEFT HAND IS CHECKING HIGH TO PROTECT YOUR UPPER BODY.
2. SHUFFLE FORWARD (PUSH-DRAG) AND IMMEDIATELY EXECUTE A LEFT INWARD VERTICAL OVERHEAD CLAW TO YOUR OPPONENT'S FACE, WHILE YOUR RIGHT ELBOW STAYS CLOSE TO YOUR BODY. (THIS STRIKE MAY BRING YOUR OPPONENT'S HEAD FORWARD AND DOWN).
3. HAVE YOUR RIGHT FIST CIRCLE CLOCKWISE AND EXECUTE A RIGHT OUTWARD UPWARD VERTICAL BACK-KNUCKLE THRUST TO YOUR OPPONENT'S NOSE (APPLY **OBJECT OBSCURITY** BY **TRACKING** YOUR RIGHT PUNCH UP AND ALONG YOUR LEFT WRIST, RELEASING YOUR CLAW JUST BEFORE YOUR RIGHT PUNCH ARRIVES). YOUR LEFT HAND CHECKS LOW. (THIS ACTION SHOULD SNAP YOUR OPPONENT'S HEAD BACK AND AWAY FROM YOU).
4. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

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### 5. FATAL DEVIATION (*Front Right/Left Punch - Opponent's Right Leg Is Forward*)

1. STANDING NATURALLY, STEP BACK TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A RIGHT INWARD BLOCK TO THE INSIDE OF YOUR OPPONENT'S RIGHT PUNCHING ARM. HAVE YOUR LEFT HAND **POSTIONALLY CHECK** IN FRONT OF YOUR SOLAR PLEXUS.
2. AS YOUR OPPONENT DELIVERS A LEFT ROUNDHOUSE PUNCH, PUSH-DRAW FORWARD INTO A RIGHT FORWARD BOW STANCE, WHILE DELIVERING A RIGHT EXTENDED OUTWARD BLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT PUNCHING ARM **"WITH"** A LEFT THRUSTING VERTICAL PUNCH TO YOUR OPPONENT'S FACE. (THIS SHOULD SNAP YOUR OPPONENT'S HEAD BACK AND KEEP HIS **DEPTH ZONE** IN CHECK).
3. IMMEDIATELY PIVOT COUNTER CLOCKWISE INTO A RIGHT NEUTRAL BOW STANCE, AS YOU EXECUTE A RIGHT THRUSTING INWARD DIAGONAL HANDSWORD STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S NECK. HAVE YOUR LEFT HAND **POSTIONALLY CHECK** IN FRONT OF YOUR SOLAR PLEXUS. (THIS SHOULD STUN YOUR OPPONENT).
4. WITHOUT HESITATION, EXECUTE A LEFT FRONT TWIST STANCE FORWARD AND HAVE YOUR RIGHT HAND CIRCLE COUNTER CLOCKWISE AND DIAGONALLY DOWN, TO FORCE YOUR OPPONENT'S RIGHT ARM AGAINST THE RIGHT SIDE OF HIS BODY AND HIP. YOUR RIGHT ELBOW SHOULD **POSTIONALLY CHECK** YOUR OPPONENT'S LEFT ARM AT THE SAME TIME. SIMULTANEOUS WITH THIS ACTION, HAVE YOUR LEFT HAND CIRCLE CLOCKWISE AND EXECUTE A LEFT INWARD HORIZONTAL HEEL-PALM STRIKE (FINGERTIPS POINTING OUT, WITH YOUR LEFT ELBOW **ANCHORED**) TO THE RIGHT SIDE OF YOUR OPPONENT'S JAW. (THIS SHOULD DAZE YOUR OPPONENT).
5. HAVE YOUR RIGHT FOOT STEP OUT INTO A RIGHT NEUTRAL BOW STANCE TO 11 O'CLOCK (FACING 12 O'CLOCK) TO **BUCKLE** THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE. WITH YOUR LEFT HEEL-PALM STILL BRACED AGAINST YOUR OPPONENT'S RIGHT JAW, HAVE YOUR RIGHT ARM CIRCLE COUNTER CLOCKWISE AND EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S JAW. (THIS ACTION SHOULD CAUSE HIM TO PASS OUT).
6. IMMEDIATELY PIVOT COUNTER CLOCKWISE IN PLACE INTO A RIGHT REVERSE BOW STANCE TO FURTHER **BUCKLE** THE INSIDE OF YOUR OPPONENT'S RIGHT LEG AND EXPOSE HIS GROIN. WHILE EMPLOYING YOUR RIGHT REVERSE BOW STANCE, EXECUTE A RIGHT BACK UNDERHAND VERTICAL HAMMERFIST STRIKE TO YOUR OPPONENT'S GROIN. YOUR LEFT HAND SHOULD BE CHECKING OVER YOUR RIGHT

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SHOULDER. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).

7. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

8. SURVEY.

9. RETURN BY EXECUTING A LEFT REAR CROSSOVER, FOLLOWED BY A RIGHT THRUSTING BACK-HEEL KICK TO YOUR OPPONENT'S GROIN. (YOUR OPPONENT SHOULD FALL TO THE GROUND AT THIS POINT).

10. FROM THE **POINT OF CONTACT** OF YOUR RIGHT KICK, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TWICE IN THE DIRECTION OF 6 O'CLOCK.



**6. UNWINDING PENDULUM** (*Front Right Kick And Right Punch Combination*)

1. WHILE YOU ARE IN A RIGHT NEUTRAL BOW STANCE, YOUR OPPONENT EXECUTES A RIGHT KICK TO YOUR GROIN. SLIDE YOUR RIGHT FOOT BACK TO 6 O'CLOCK INTO A RIGHT REAR REVERSE TWIST STANCE (FACING 12 O'CLOCK). EXECUTE A RIGHT OUTWARD DOWNWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT LEG **"WITH"** YOUR LEFT HAND COCKING SLIGHTLY ABOVE YOUR SOLAR PLEXUS IN PREPARATION FOR A LEFT INWARD BLOCK. (THIS SHOULD TURN YOUR OPPONENT SLIGHTLY TO HIS LEFT).
2. AS YOUR OPPONENT FOLLOWS UP WITH A RIGHT PUNCH, UNPIVOT CLOCKWISE INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE YOU EXECUTE A LEFT INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT ARM (PREFERABLY AT THE ELBOW). HAVE YOUR RIGHT ARM HANG NATURALLY ALONG YOUR RIGHT HIP AND THIGH DURING THIS MANEUVER. (THIS ACTION, COMBINED WITH THE PREVIOUS BLOCK, SHOULD RESULT IN TURNING YOUR OPPONENT SO THAT HIS BACK FACES YOU).
3. IMMEDIATELY EXECUTE A RIGHT STEP-THROUGH THRUSTING SWEEP KICK TO THE BACK OF YOUR OPPONENT'S LEFT KNEE. (THIS SHOULD **BUCKLE**, AS WELL AS FORCE YOUR OPPONENT'S LEFT LEG TO SPREAD APART FROM HIS RIGHT LEG).
4. PLANT FORWARD INTO A RIGHT FRONT TWIST STANCE, AS YOU EXECUTE A RIGHT VERTICAL UNDERHAND CLAW UNDER YOUR OPPONENT'S GROIN FROM THE REAR, AS YOUR LEFT HAND HORIZONTALLY **POSITIONALLY CHECKS** YOUR OPPONENT'S ARMS AT HIS ELBOWS. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).
5. STEP OUT WITH YOU LEFT FOOT TOWARD 9 O'CLOCK INTO A RIGHT NEUTRAL BOW. COVER OUT TOWARD 9 O'CLOCK.

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### 7. HUGGING PENDULUM (*Front Right Thrusting Knife-Edge Kick*)

1. WHILE IN A RIGHT NEUTRAL BOW STANCE, SHUFFLE BACK (PUSH-DRAG) TO 7:30, AS YOU DELIVER A RIGHT HAMMERING OUTWARD DOWNWARD DIAGONAL BLOCK ON THE OUTSIDE OF YOUR OPPONENT'S RIGHT KICKING LEG. HAVE YOUR BLOCKING ARM TRAVEL FROM 10:30 TO 4:30. (THIS ACTION SHOULD DISTURB YOUR OPPONENT'S BALANCE, INJURE HIS LEG, INFLICT PAIN AND TURN HIS BODY TO HIS LEFT).

2. WITHOUT DELAY, EXECUTE A LEFT FRONT TWIST STANCE, AS YOU CROSS YOUR RIGHT HAND TO YOUR GROIN (FIST CLENCHED) AND **POSTIONALLY CHECK** WITH YOUR LEFT HAND. DELIVER A RIGHT THRUSTING KNIFE-EDGE KICK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE. (THIS SHOULD **BUCKLE** YOUR OPPONENT'S LEFT KNEE TO THE GROUND).

3. AS YOU PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE, FOLLOW UP WITH A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE OR HAMMERFIST STRIKE TO YOUR OPPONENT'S RIGHT MASTOID. ARC YOUR STRIKE TO THE RIGHT AND RETURN WITH A RIGHT INWARD HORIZONTAL HOOKING HEEL-PALM CLAW TO THE LEFT SIDE OF YOUR OPPONENT'S FACE. MAINTAIN A BEND IN YOUR RIGHT ELBOW THROUGHOUT YOUR ACTION. (YOUR OPPONENT SHOULD FALL TO THE GROUND).

4. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

**8. STRIKING SERPENT'S HEAD** (*Front Bear Hug - Arms Free*)

1. WHILE STANDING NATURALLY, DROP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK): (1) HAVE YOUR LEFT HAND HOOK AROUND AND IN BACK OF YOUR OPPONENT'S HEAD SO THAT YOUR LEFT LOOPING INWARD OVERHEAD INVERTED BACK-KNUCKLE STRIKES HIS LEFT TEMPLE OR MASTOID, WHILE (2) YOUR RIGHT HAND COCKS INTO A HORIZONTAL HALF-FIST AT CHEST LEVEL (PALM UP AND ABOVE YOUR OPPONENT'S ARMS). (THE OUTCOME OF THIS ACTION SHOULD DAZE YOUR OPPONENT).
2. CONTINUE THE ACTION BY: (1) HAVING YOUR LEFT HAND GRAB AND PULL YOUR OPPONENT'S HAIR BACK (GRAB ABOVE THE FOREHEAD) (2) PIVOTING INTO A LEFT FORWARD BOW STANCE (FACING 12 O'CLOCK) (3) EXECUTING A RIGHT SNAPPING HORIZONTAL HALF-FIST (PALM DOWN) TO YOUR OPPONENT'S THROAT. IMMEDIATELY RETURN TO YOUR LEFT NEUTRAL BOW STANCE AFTER DELIVERING YOUR RIGHT HORIZONTAL HALF-FIST STRIKE. (YOUR OPPONENT SHOULD DROP BACK AND FALL TO THE GROUND).
3. LEFT FRONT CROSSOVER AND COVER OUT TO 4:30.

**9. LOCKED WING** (*Rear Right Arm Hammerlock*)

1. WHILE STANDING NATURALLY, WITH YOUR OPPONENT LOCKING YOUR RIGHT ARM BEHIND YOUR BACK, STEP BACK AND TO YOUR RIGHT WITH YOUR LEFT FOOT TO 4:30 INTO A RIGHT NEUTRAL BOW STANCE BETWEEN THE OPPONENT'S FEET (WITH YOUR HEAD STILL FACING 12 O'CLOCK), AS YOUR RIGHT HAND COUNTER GRABS YOUR OPPONENT'S RIGHT WRIST. (TRY TO PLACE YOUR LEFT LEG INSIDE AS WELL AS AGAINST YOUR OPPONENT'S RIGHT LEG).
2. IMMEDIATELY PIVOT YOUR ENTIRE BODY COUNTER CLOCKWISE INTO A LEFT NEUTRAL BOW STANCE OR HORSE STANCE DEPENDING ON THE CIRCUMSTANCE (FACING 6 O'CLOCK), WHILE DELIVERING A LEFT OUTWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S JAW. (THIS STRIKE SHOULD DRIVE YOUR OPPONENT'S HEAD BACK AND AWAY FROM YOU AND IN THE PROCESS HYPER-EXTEND HIS RIGHT ARM).
3. CIRCLE YOUR LEFT ARM OVER AND UNDER (COUNTER CLOCKWISE) YOUR OPPONENT'S RIGHT ELBOW, AS YOU PIVOT TO YOUR RIGHT TO 10:30 INTO A MODIFIED HORSE STANCE. WITH THIS ACTION, STRIKE THE BACK OF YOUR OPPONENT'S RIGHT ELBOW WITH THE INNER PORTION OF YOUR LEFT ELBOW (RESEMBLING A LEFT UPPER CUT PUNCH, IT IS USED TO BREAK OR DISLOCATE YOUR OPPONENT'S RIGHT ELBOW). (THIS SHOULD PROP YOUR OPPONENT UP AND BRING HIS BODY AROUND TO 12 O'CLOCK).
4. WHILE APPLYING STEADY PRESSURE ON YOUR OPPONENT'S RIGHT ELBOW, DROP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK INTO A LEFT FORWARD BOW STANCE (FACING 12 O'CLOCK). IMMEDIATELY RELEASE YOUR RIGHT HAND AND, AS YOU DELIVER A RIGHT UPWARD VERTICAL KNEE STRIKE TO YOUR OPPONENT'S CHEST, **SYNCHRONIZE IT "WITH" A RIGHT INWARD OVERHEAD HEEL-PALM STRIKE TO THE BACK OF YOUR OPPONENT'S NECK, THUS CAUSING A SANDWICHING EFFECT.** YOUR LEFT ARM IS STILL CONTROLLING YOUR OPPONENT'S RIGHT ARM IN THE PROCESS. (THIS ACTION SHOULD STAGGER YOUR OPPONENT).
5. FOLLOW THROUGH BY PLANTING YOUR RIGHT FOOT FORWARD TO 11 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, WHILE PUSHING YOUR OPPONENT OFF OF YOUR RIGHT KNEE AND ONTO THE GROUND.
6. RIGHT FRONT CROSSOVER AND COVER OUT TO 6 O'CLOCK.

**10. SCRAPING HOOF (*Rear Full Nelson*)**

1. WHILE STANDING NATURALLY, IN A FULL NELSON, THRUST BOTH OF YOUR FISTS TOWARD THE GROUND (TO HELP FREE YOU FROM YOUR OPPONENT'S GRASP AND TO PIN HIS ARMS TO YOUR BODY). AS YOU STRAIGHTEN YOUR KNEES, BACK AND NECK INTO A FULL UPRIGHT POSITION. (THE INTENT IS TO HAVE YOUR OPPONENT FOCUS HIS ATTENTION ON YOUR ARMS AND THE PRESSURE APPLIED TO YOUR NECK).
2. IMMEDIATELY PIVOT AND HAVE YOUR LEFT KNEE BEND (REVERSE **GRAVITATIONAL MARRIAGE**), AS YOU DELIVER A RIGHT HEEL SCOOP TO YOUR OPPONENT'S LEFT INNER KNEE. THEN, EXECUTE A RIGHT KNIFE-EDGE KICK TO YOUR OPPONENT'S RIGHT KNEE AND FOLLOW THROUGH WITH A RIGHT SIDE SCRAPING STOMP TO HIS RIGHT SHIN AND INSTEP. (THIS SEQUENCE OF ACTION SHOULD **BUCKLE** YOUR OPPONENT'S LEGS AS WELL AS MOVE HIS LEGS OUTWARD).
3. IMMEDIATELY PIVOT AND HAVE YOUR RIGHT KNEE BEND (REVERSE **GRAVITATIONAL MARRIAGE**), AS YOU DELIVER A LEFT HEEL SCOOP KICK TO YOUR OPPONENT'S RIGHT INNER KNEE. THEN, EXECUTE A LEFT KNIFE-EDGE KICK TO YOUR OPPONENT'S LEFT KNEE AND FOLLOW THROUGH WITH A LEFT SIDE SCRAPING STOMP TO HIS LEFT SHIN AND INSTEP. (THIS SEQUENCE OF ACTION SHOULD **BUCKLE** YOUR OPPONENT'S LEGS AS WELL AS MOVE HIS LEGS OUTWARD).
4. STEP WITH YOUR RIGHT FOOT TO 11 O'CLOCK. LEFT FRONT CROSSOVER AND COVER OUT TO 10:30.

**11. DESTRUCTIVE TWINS** (*Front Two-Hand Step-Through Choke - Pulling In*)

1. STANDING NATURALLY, WITH YOUR OPPONENT PULLING YOU TO HIM, STEP FORWARD WITH YOUR RIGHT FOOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY DELIVER A LEFT OVERHEAD PUNCH (PALM DOWN) TO YOUR OPPONENT'S FACE **"WITH"** A RIGHT UPPERCUT PUNCH (PALM UP) TO YOUR OPPONENT'S GROIN OR BLADDER. BOTH PUNCHES FORM THE SHAPE OF A "U" THAT LOOKS AS IF IT IS ON ITS SIDE. (KEEP YOUR BACK ERECT AND HEAD UP).
2. HAVE YOUR RIGHT FOOT SLIDE SLIGHTLY TO YOUR RIGHT TO 1:30 INTO A RIGHT NEUTRAL BOW STANCE. SIMULTANEOUSLY EXECUTE A RIGHT INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S LEFT WRIST AND A LEFT INSIDE DOWNWARD BLOCK (PALM DOWN) TO THE TOP OF HIS RIGHT WRIST, CONVERTING IT INTO A LEFT VERTICAL OUTWARD BLOCK OUTSIDE OF YOUR OPPONENT'S LEFT ARM. (THIS IS SIMPLY A LEFT VERTICAL OUTWARD BLOCK THAT MAKES PROPER USE OF THE **DOUBLE FACTOR** PRINCIPLE AGAINST TWO ARMS. AT THE COMPLETION OF YOUR LEFT VERTICAL OUTWARD BLOCK, YOU SHOULD HAVE DROPPED INTO A RIGHT FORWARD BOW STANCE, RECOCKING YOUR RIGHT CLENCHED FIST AT YOUR RIGHT HIP, (PALM UP). (YOUR OPPONENT'S BODY SHOULD TURN TO HIS RIGHT).
3. IMMEDIATELY THRUST A LEFT HORIZONTAL FOUR-FINGER EYE POKE TO YOUR OPPONENT'S EYES. (YOUR OPPONENT'S HEAD SHOULD SNAP BACK).
4. FOLLOW UP BY PIVOTING IN PLACE TO YOUR LEFT INTO A HORSE STANCE (FACING 10:30), AS YOU DELIVER A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE. SIMULTANEOUSLY HAVE YOUR LEFT HAND GRAB THE UPPER PORTION OF YOUR OPPONENT'S LEFT ARM, SLIDE DOWN TO HIS LEFT WRIST, THEN GRAB AND PULL IT DIAGONALLY DOWN AND PAST YOUR LEFT HIP TO CANCEL BOTH THE **WIDTH** AND **HEIGHT ZONES** OF YOUR OPPONENT.
5. RIGHT FRONT CROSSOVER AND COVER OUT TWICE TO 4:30.

**12. CAPTURING THE STORM** (*Front Right Step-Through Overhead Club Attack*)

1. STANDING NATURALLY, STEP FORWARD WITH YOUR LEFT FOOT TO 11 O'CLOCK INTO A HORSE STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY DELIVER AN "X" BLOCK (RIGHT CROSSED OVER LEFT) THAT WEDGES AGAINST THE RIGHT WRIST OF YOUR OPPONENT'S ATTACKING ARM. AT THIS POINT, YOUR "X" **BLOCK** SHOULD BE ANGLED OVER YOUR RIGHT SHOULDER, ABOVE THE LEVEL OF YOUR HEAD AND TO 1:30, SO THAT YOUR HEAD AND BODY ARE OUTSIDE OF YOUR OPPONENT'S **LINE OF ATTACK**.
2. IMMEDIATELY GRAB YOUR OPPONENT'S RIGHT WRIST WITH BOTH OF YOUR HANDS (WITH YOUR LEFT HAND FACING YOU AND YOUR RIGHT HAND TURNED AWAY FROM YOU).
3. WHILE STILL HOLDING ONTO YOUR OPPONENT'S RIGHT WRIST, **GUIDE** HIS RIGHT ARM DOWN IN A CLOCKWISE MOTION, SO THAT YOUR OPPONENT'S CLUB STRIKES AGAINST HIS RIGHT KNEE. CONTINUE TO CIRCLE YOUR OPPONENT'S RIGHT ARM CLOCKWISE (WHILE STILL HOLDING ONTO HIS RIGHT WRIST), AS YOU STEP TO 10:30 WITH YOUR RIGHT FOOT. THIS MOTION IS DONE WHILE GUIDING YOUR OPPONENT'S RIGHT ARM AND CLUB UP AND OVER YOUR LEFT SHOULDER (ABOVE THE LEVEL OF YOUR HEAD).
4. RETAIN THE GRAB WITH YOUR LEFT HAND, AS YOUR RIGHT HAND GRABS THE FREE END OF YOUR OPPONENT'S CLUB (PALM DOWN AND THUMB TO YOU).
5. IMMEDIATELY CIRCLE YOUR LEFT FOOT COUNTER CLOCKWISE, PLANTING IT TO 10:30 INTO A RIGHT NEUTRAL BOW STANCE (FACING 4:30). ALL OF THIS IS DONE AS YOUR RIGHT HAND FORCES THE CLUB OUT OF YOUR OPPONENT'S GRASP BY **FULCRUMING** THE ACTION AGAINST YOUR OPPONENT'S THUMB. THIS IS ACCOMPLISHED BY TWISTING YOUR END OF THE CLUB (NOW IN YOUR RIGHT HAND AND ABOVE THE END HELD BY YOUR OPPONENT) DOWN AND FORWARD (CLOCKWISE FROM YOUR POINT OF VIEW), USING THE END THAT YOUR OPPONENT IS HOLDING AS A **FULCRUM** AGAINST HIS THUMB. WITHOUT BREAKING THE FLOW OF YOUR ACTION, HAVE YOUR RIGHT ARM LOOP COUNTER CLOCKWISE WITH THE CLUB THAT YOU NOW CONTROL AND STRIKE VERTICALLY TO THE BACK OF YOUR OPPONENT'S RIGHT ELBOW.
6. EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TWICE TO 12 O'CLOCK.

**13. EVADING THE STORM** (*Front Right Step-Through Overhead Club Attack*)

1. WHILE STANDING NATURALLY, HAVE YOUR LEFT FOOT MOVE TO 10 O'CLOCK (TO GAUGE THE DISTANCE NEEDED FOR THE KICK) INTO A RIGHT SIDE CLOSE CAT STANCE, AS YOU EXECUTE A RIGHT EXTENDED OUTWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT ARM. (YOU ARE GETTING OUT OF THE **LINE OF ATTACK** WHILE REDIRECTING THE **PATH** OF YOUR OPPONENT'S CLUB). HAVE YOUR LEFT HAND EXECUTE A **POSITIONAL CHECK** CLOSE TO YOUR LEFT RIB CAGE, AS A FOLLOW UP.
2. IMMEDIATELY GRAB YOUR OPPONENT'S RIGHT WRIST WITH YOUR RIGHT HAND AND DELIVER A RIGHT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. (AS YOUR OPPONENT BENDS FORWARD AT THE WAIST, HIS RIGHT KIDNEY SHOULD JUT FORWARD).
3. DROP INTO A RIGHT FORWARD BOW STANCE TO 1:30, AS YOU DELIVER A LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S RIGHT KIDNEY WHILE HAVING YOUR RIGHT HAND ANCHOR PULL YOUR OPPONENT'S RIGHT ARM DOWN AND PAST YOUR RIGHT HIP. (YOUR OPPONENT'S BODY SHOULD COME FORWARD AND HIS HEAD SHOULD SNAP BACK, AS HIS KNEES BEGIN TO **BUCKLE**).
4. DELIVER A LEFT VERTICAL KNEE KICK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT THIGH AS YOUR LEFT HAND CHECKS THE OPPONENT'S RIGHT ELBOW. (THE FORCE OF YOUR KNEE STRIKE SHOULD **BUCKLE** YOUR OPPONENT'S RIGHT KNEE FURTHER, WITH THE POSSIBILITY OF DRIVING YOUR OPPONENT BACK).
5. PLANT YOUR LEFT FOOT BACK ("JUMP SWITCH") INTO A LEFT CLOSE KNEEL STANCE AS YOU DROP YOUR RIGHT KNEE DOWN ONTO THE INSIDE OF YOUR OPPONENT'S RIGHT THIGH TO CAUSE A "CHARLIE HORSE" AND IMMOBILIZE HIS LEG OR DROP (UTILIZING MARRIAGE OF GRAVITY) INTO A LEFT CLOSE KNEEL THUS BREAKING OPPONENT'S RIGHT KNEE OR ANKLE..
6. RIGHT FRONT CROSSOVER AND COVER OUT TO 9 O'CLOCK.



## WORLDWIDE KENPO KARATE ASSOCIATION

### 14. FALCONS OF FORCE (*Flank Left and Right Shoulder Grab By Two Men*)

1. STANDING NATURALLY AND FLANKED BY TWO MEN GRABBING YOUR SHOULDERS, HAVE YOUR RIGHT FOOT STEP TO 2 O'CLOCK INTO A RIGHT SIDE HORSE STANCE TOWARD OPPONENT # 1 (AT YOUR RIGHT FLANK). AS YOU STEP, **PIN** YOUR OPPONENT'S LEFT HAND TO YOUR SHOULDER USING YOUR LEFT HAND **"WITH"** A RIGHT SIDE OUTWARD HORIZONTAL HANDSWORD STRIKE TO YOUR OPPONENT'S THROAT. (THIS STRIKE SHOULD CAUSE OPPONENT # 1 TO STUMBLE BACK AND TEMPORARILY DELAY HIM).
2. IMMEDIATELY PIVOT INTO A LEFT FORWARD BOW AND DELIVER A TWO FINGER EYE SLICE TO OPPONENT #2 AS YOUR LEFT ELBOW CHECKS OPPONENT #2'S RIGHT HAND. HAVE YOUR RIGHT FOOT STEP TO 11:30 INTO A RIGHT NEUTRAL BOW STANCE (FACING 7:30, YOUR RIGHT FOOT SHOULD BE INLINE WITH THE SECOND OPPONENT'S RIGHT FOOT), AS YOU EXECUT A LEFT SIDE OUTWARD HORIZONTAL HANDSWORD TO THE THROAT (THIS STRIKE SHOULD CAUSE OPPONENT # 2 TO STUMBLE BACK AND TEMPORARILY DELAY HIM).
3. AS OPPONENT # 1 DELIVERS A RIGHT STEP-THROUGH PUNCH TO YOUR HEAD, HAVE YOUR LEFT FOOT STEP-THROUGH REVERSE (COUNTER CLOCKWISE) TO 10:30 INTO A RIGHT NEUTRAL BOW STANCE (FACING 4:30). WHILE PIVOTING, EXECUTE A RIGHT INWARD BLOCK TO THE INSIDE OF YOUR OPPONENT'S RIGHT ARM. YOUR LEFT HAND **POSTIONALLY CHECKS** AT YOUR SOLAR PLEXUS.
4. AFTER GOING INTO A 45 DEGREE CAT STANCE DELIVER A RIGHT FRONT SNAPPING BALL KICK TO THE GROIN OF OPPONENT # 1. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).
5. PLANT YOUR RIGHT FOOT DOWN, **GAUGING THE DISTANCE** BETWEEN BOTH OF YOUR OPPONENT'S. EXECUTE A LEFT REAR TWIST STANCE REVERSE AND DELIVER A RIGHT THRUSTING BACK HEEL KICK TO THE GROIN OF OPPONENT # 2. (THIS KICK SHOULD STUN YOUR OPPONENT AS WELL AS DRIVE HIM AWAY).
6. FROM THE **POINT OF CONTACT** OF YOUR KICK, EXECUTE A RIGHT FRONT CROSSOVER AND STEP-THROUGH REVERSE TO 1:30, CHANGING YOUR **ANGLE OF DEPARTURE** BY SWITCHING INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).
7. SURVEY.
8. WITH OPPONENT # 1 OFF BALANCE, BUT STILL STANDING AND WITHIN RANGE, EXECUTE A RIGHT SPINNING STIFF-LEG SWEEP TO OPPONENT #1'S RIGHT ELBOW OF HIS RIGHT LEG. FINISH YOUR SWEEPING ACTION IN A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).
9. LEFT FRONT CROSSOVER AND COVER OUT TWICE IN THE DIRECTION OF 10:30, REMAINING MID-WAY BETWEEN BOTH OPPONENTS.

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### 15. GRASPING EAGLES (*Front Right Hand Lapel Grab/Rear Right Arm Grab* *By Two Men*)

1. YOU ARE IN A NATURAL POSITION WITH GRABS BEING APPLIED BY BOTH OPPONENTS. EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO THE GROIN “**WITH**” A LEFT INWARD VERTICAL FOREARM STRIKE TO THE OUTSIDE OF THE RIGHT ELBOW OF OPPONENT # 1. WHILE EMPLOYING THESE DUAL STRIKES TO YOUR FRONT OPPONENT, DELIVER A RIGHT BACK UNDERHAND VERTICAL HAMMERFIST STRIKE TO THE GROIN OF OPPONENT # 2. (BOTH OPPONENTS SHOULD BEND FORWARD AT THE WAIST).
2. PLANT FORWARD INTO A RIGHT FORWARD BOW STANCE. AS YOU PLANT, DELIVER A RIGHT VERTICAL THRUSTING HEEL-PALM STRIKE TO OPPONENT # 1'S CHIN. SIMULTANEOUS WITH THIS HEEL-PALM STRIKE, DELIVER A LEFT BACK UNDERHAND VERTICAL HEEL-PALM STRIKE TO OPPONENT # 2'S GROIN OR CHIN.
3. EXECUTE A LEFT FRONT THRUSTING BALL KICK TO OPPONENT # 1'S GROIN. (THIS KICK SHOULD FORCE YOUR OPPONENT TO BEND FORWARD AT THE WAIST, AS WELL AS DRIVE HIM AWAY).
4. PLANT YOUR LEFT FOOT BACK, AS A **GAUGING LEG**, AS YOU DELIVER A RIGHT BACK THRUSTING HEEL KICK TO OPPONENT # 2'S STOMACH. (THIS KICK SHOULD STUN YOUR OPPONENT, AS WELL AS DRIVE HIM AWAY).
5. FROM THE **POINT OF CONTACT** OF YOUR BACK KICK, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TWICE IN THE DIRECTION OF 9 O'CLOCK, REMAINING **MID-WAY** BETWEEN BOTH OPPONENTS.

## SHORT FORM # 3

### CONTAINS:

1. STANCES:
  - A. NEUTRAL BOW
  - B. FORWARD BOW
  - C. TRAINING HORSE
  - D. CLOSE CAT
  - E. REVERSE BOW
  - F. SIDE HORSE
  - G. 90 DEGREE CAT
  - H. MODIFIED HORSE
2. BLOCKS:
  - A. HAMMERING INWARD
  - B. VERTICAL OUTWARD
  - C. RICOCHETING
  - D. INSIDE DOWNWARD (PALM DOWN)
3. STRIKES:
  - A. OUTWARD TWO-FINGER HOOK
  - B. HORIZONTAL FOUR-FINGER POKE
  - C. VERTICAL HEEL-PALM CLAW
  - D. BACK ELBOW
  - E. INWD VERT OVERHEAD ELBOW
  - F. OTWD HORIZONTAL ELBOW
  - G. VERTICAL TWO-FINGER POKE
  - H. INWD HORZ HAMMERFIST
  - I. INWD DNWD DIAG HAMMERFIST
  - J. INWARD HORIZONTAL ELBOW
  - K. VERTICAL HEEL-PALM
  - L. OUTWARD OVERHEAD ELBOW
  - M. OUTWARD HORZ HEEL-PALM
  - N. UPWARD VERTICAL ELBOW
  - O. INWARD INNER-WRIST
  - P. INWD DNWD HORZ FOREARM
  - Q. UNDERHAND HAMMERFIST
  - R. BACK VERT OBSCURE ELBOW
  - S. OTWD DNWD U.H. HEEL-PALM
  - T. INWD DNWD O.H. HEEL-PALM
4. PUNCHES:
  - A. OVERHEAD STRAIGHT
  - B. REVERSE STRAIGHT
  - C. DOUBLE DIAG M. K. F.
  - D. CROSS "X" BACK-KNUCKLE
  - E. UPPERCUT
  - F. HORIZONTAL HALF-FIST
5. FOOT MANEUVERS:
  - A. STEP OUT
  - B. UNPIVOT
  - C. STEP-THROUGH (FWD AND REV)
  - D. REAR REVERSE SWEEP
6. KICKS:
  - A. INSIDE HEEL
  - B. SIDE KNIFE-EDGE
  - C. UPWARD VERTICAL KNEE
  - D. BACK HEEL STOMP
  - E. BACK HEEL
  - F. FRONT BALL
7. SPECIALIZED:
  - A. COUNTER-WRIST GRABS
  - B. OUTWARD HOOKING PARRIES
  - C. SANDWICHING EFFECTS
  - D. CLAW AND SKIN GRABS
  - E. PINCHING

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### TEACHES:

1. SIMULTANEOUS DOUBLE PUNCHES.
2. USE OF VARIOUS PRINCIPLES CONTAINED WITHIN THE INDIVIDUAL TECHNIQUES.
3. USE OF STANCES FOR **TAKEDOWNS** AND **BUCKLES**.
4. FIRST USE OF BREAKING LIMBS.
5. USE OF **BROKEN RHYTHM** AS **TIMING**.
6. USE OF COUNTERING LOCKS:
  - A. HEADLOCK - FLANK
  - B. HAMMERLOCK - REAR
  - C. DOUBLE ARMLOCK - REAR
7. USE OF COUNTERING HUGS/HOLDS:
  - A. ARMS FREE - FRONT
  - B. ARMS FREE - REAR
  - C. FULL NELSON - REAR
8. USE OF COUNTERING GRABS:
  - A. SINGLE WRIST - SIDE
  - B. DOUBLE WRIST - REAR
  - C. LAPEL - FRONT
9. USE OF COUNTERING CHOKES:
  - A. TWO-HANDS - FRONT
  - B. TWO-HANDS - REAR
10. USE OF COUNTERING PUSHES:
  - A. TWO-HANDS - FRONT
11. ATTACKING VARIOUS **HEIGHT ZONES** SIMULTANEOUS WITH DOUBLE STRIKES.
12. USE OF KNEE AND HEEL SCOOP KICKS.
13. USE OF VARIOUS ATTACKS FROM THE **WEB OF KNOWLEDGE**.
14. HOW TO DEFEND ONE'S SELF DURING A MASS ATTACK:
  - A. USING ANGLE CHANGES.
  - B. CONTINUITY OF MOTION OF HANDS AND FEET DURING TRANSITION.
  - C. THE VALUE OF MOVING FROM POINT OF ORIGIN.
15. UTILIZATION OF VARIOUS STANCES DURING TRANSITION.
16. VARIOUS METHODS OF **TRANSITION** WITH THE FEET:

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- A. PIVOTING
- B. COVERING - FORWARD AND REAR FOOT
- C. CAT AROUND
- D. STEPPING-THROUGH - FORWARD AND BACK
- E. SHUFFLING
- F. TWIRLING

- 17. **ANGLE OF DEVIATION** DURING TRANSITION.
- 18. HOW TO DEFEND ONE'S SELF AGAINST ONE (1) OPPONENT AT A TIME DURING A MASS ATTACK.
- 19. **ECONOMY OF MOTION** BY FLOWING FROM ONE ALPHABET OF MOTION TO ANOTHER - SCRIPT MOVEMENT.
- 20. THE USE OF COMPLETED **PATHS OF TRAVEL**.
- 21. THE **ROTATIONAL COCKING** OF YOUR BODY.
- 22. INTONATION OF MOTION.
- 23. THE VALUE OF **SETTLING**.
- 24. THE USEFULNESS OF THE **CUP AND SAUCER**.
- 25. THE VALUE OF **CONTOUR CONFINEMENT**.
- 26. THE CONFLUENCE OF FORCES.
- 27. COMBAT EFFECTIVENESS.
- 28. THE IMPORTANCE OF **PERCEPTUAL SPEED**.
- 29. AN INTRODUCTION TO **GASEOUS MOVEMENTS**.
- 30. THE IMPORTANCE OF **INTUITIVE AWARENESS**.
- 31. VARIOUS **POINTS OF REFERENCE** FOR MULTIPLE ATTACK SITUATIONS.
- 32. AN INTRODUCTION TO **PARAGRAPHS OF MOTION**.

**SHORT FORM # 3**

**NAMES OF THE TECHNIQUES**

**SET # 1 DESTRUCTIVE TWINS** (*Front Two-Hand Step-Through Choke - Pulling In*)

**SET # 2 CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

**SET # 3 TWIRLING WINGS** (*Rear Stiff-Arm Hand Grab Or Choke*)

**SET # 4 CIRCLING WING** (*Rear Two-Hand Choke - Arms Bent*)

**SET # 5 CROSSING TALON** (*Front Right Cross Wrist Grab*)

**SET # 6 SCRAPING HOOF** (*Rear Full Nelson*)

**SET # 7 FATAL CROSS** (*Front Low Two-Hand Push*)

**SET # 8 GRIP OF DEATH** (*Right Flank Left Arm Headlock*)

**SET # 9 LOCKED WING** (*Rear Right Arm Hammerlock*)

**SET # 10 CROSSED TWIGS** (*Rear Two-Hand Grab To Wrist*)

**SET # 11 WINGS OF SILK** (*Rear Double Arm Lock*)

**SET # 12 CONQUERING SHIELD** (*Front Left Stiff-Arm Grab To Your Right Lapel*)

**SET # 13 STRIKING SERPENT'S HEAD** (*Front Bear-Hug - Arms Free*)

### SHORT FORM # 3

#### THEME:

TEACHES HOW SIMULTANEOUS FOOTWORK AND HAND COMBINATIONS OFFER THE FIGHTER A TREMENDOUS ADVANTAGE OVER THE ATTACKER. **CIRCULAR MOTION** HELPS THE STUDENT DEVELOP **CONTINUITY**.

NOTE: THIS AND FUTURE FORMS WILL BE DESCRIBED AND REFERRED TO BY TECHNIQUE. IN ADDITION, THE TYPE OF ATTACK FOR EACH TECHNIQUE WILL BE GIVEN.

#### EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP TO A MEDITATING HORSE STANCE. COME UP TO AN ATTENTION STANCE. SIGNIFY. EXECUTE THE COMPLETE SALUTATION.

#### SET 1: DESTRUCTIVE TWINS (*Front Two-Hand Step-Through Choke - Pulling In*)

1. ATTENTION STANCE, FEET TOGETHER (FACING 12 O'CLOCK), STEP FORWARD AND TO YOUR RIGHT WITH YOUR RIGHT FOOT TO 12 O'CLOCK, AS YOU SETTLE INTO A RIGHT NEUTRAL BOW STANCE. DELIVER A LEFT OVERHEAD PUNCH (PALM DOWN) TO YOUR OPPONENT'S FACE **"WITH"** A RIGHT UPPERCUT PUNCH (PALM UP) TO YOUR OPPONENT'S GROIN OR STOMACH. BOTH PUNCHES FORM THE SHAPE OF A "U" THAT LOOKS AS IF IT IS ON ITS SIDE. (KEEP YOUR BACK ERECT AND HEAD UP).
2. HAVE YOUR RIGHT FOOT SLIDE SLIGHTLY TO YOUR RIGHT TO 1 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE. EXECUTE A RIGHT INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S LEFT ARM **"WITH"** A LEFT INSIDE DOWNWARD BLOCK (PALM DOWN) TO THE TOP OF YOUR OPPONENT'S RIGHT ARM AND CONVERT IT INTO A LEFT VERTICAL OUTWARD BLOCK OUTSIDE OF HIS LEFT ARM. (THIS IS SIMPLY A LEFT VERTICAL OUTWARD BLOCK THAT MAKES PROPER USE OF THE **DOUBLE FACTOR** PRINCIPLE AGAINST TWO ARMS). AT THE COMPLETION OF YOUR LEFT VERTICAL OUTWARD BLOCK, YOU SHOULD HAVE DROPPED INTO A RIGHT FORWARD BOW STANCE, RECOCKING YOUR RIGHT CLENCHED FIST TO YOUR RIGHT HIP (PALM UP).
3. IMMEDIATELY THRUST A LEFT HORIZONTAL FOUR-FINGER STRIKE TO YOUR OPPONENT'S EYES AT 10:30.
4. FOLLOW UP BY PIVOTING IN PLACE TO YOUR LEFT AND DROPPING INTO A HORSE STANCE (FACING 10:30), AS YOU DELIVER A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE **"WITH"** YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM, PULLING IT DIAGONALLY DOWN AND PAST YOUR LEFT HIP TO CANCEL BOTH THE **WIDTH** AND **HEIGHT ZONES** OF YOUR OPPONENT. (NOTE: WHEN ACTUALLY DOING THIS FORM, YOUR

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LEFT HAND APPEARS AS THOUGH IT IS SIMPLY RECOCKING ON YOUR LEFT HIP WITH THE FIST CLENCHED, PALM UP).

5. DROP YOUR RIGHT FOOT BACK INTO A RIGHT 45 DEGREE LOW CAT STANCE (FACING 12 O'CLOCK), AS THE FINGERS (**BRACING ANGLE**) OF BOTH HANDS FLICK TO THE EYES, CONTINUING WITH BOTH OF YOUR THUMBS HOOKING TO THE BOTTOM OF THE EYES (LEFT THUMB TO RIGHT EYE AND RIGHT THUMB TO LEFT EYE).

### **SET 2: CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

1. STEP TO YOUR RIGHT TO 3 O'CLOCK WITH YOUR RIGHT FOOT AND DROP INTO A HORSE STANCE (FACING 12 O'CLOCK) "**WITH**" YOUR ARMS MOVING FROM THEIR **POINT OF ORIGIN**, STRIKING DOWN AND AGAINST YOUR OPPONENT'S FOREARMS WITH BOTH OF YOUR ELBOWS (RIGHT ELBOW TO RIGHT FOREARM AND LEFT ELBOW TO LEFT FOREARM).

2. HAVE YOUR LEFT FOOT MEET YOUR RIGHT FOOT (CLOSE CAT STANCE) AS YOUR LEFT AND RIGHT ARMS COCK TO THE RIGHT SIDE OF YOUR WAIST (RIGHT PALM UP AND LEFT PALM FACING YOU).

3. HAVE YOUR LEFT FOOT THEN CAT AROUND AND BEHIND YOUR OPPONENT'S RIGHT LEG TO 7:30 AND INTO A LEFT REVERSE BOW STANCE.

4. PIVOT INTO A LEFT NEUTRAL BOW STANCE TO 7:30, WHILE STRIKING WITH A LEFT OUTWARD HORIZONTAL ELBOW TO YOUR OPPONENT'S FACE.

5. CONTINUE TO PIVOT COUNTER CLOCKWISE INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL HAMMERFIST TO YOUR OPPONENT'S HEART. YOUR LEFT ARM CONTINUES ITS CIRCULAR PATH, PINNING YOUR OPPONENT'S RIGHT ARM TO THE LEFT SIDE OF YOUR BODY (BETWEEN YOUR LEFT ARM AND LEFT HIP).

### **SET 3: TWIRLING WINGS** (*Rear Stiff Two-Hand Grab Or Choke*)

1. HAVE YOUR RIGHT FOOT SLIDE TOWARD 3 O'CLOCK INTO A TRANSITIONAL RIGHT CLOSE CAT STANCE (FACING 9 O'CLOCK), AS YOUR LEFT AND RIGHT ARMS COCK TO THE LEFT SIDE OF YOUR WAIST (LEFT PALM UP AND RIGHT PALM DOWN, FISTS CLENCHED).

2. IMMEDIATELY PIVOT INTO A RIGHT FORWARD BOW STANCE. AS YOU SETTLE INTO YOUR STANCE, DELIVER A RIGHT VERTICAL OUTWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT ARM (PREFERABLY AT THE ELBOW) "**WITH**" A LEFT INWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S RIGHT RIB CAGE.

### **SET 4: CIRCLING WING** (*Rear Two-Hand Choke - Arms Bent*)

1. FROM YOUR RIGHT FORWARD BOW STANCE, HAVE YOUR LEFT FOOT SLIDE FORWARD AND TO YOUR RIGHT ON A 45 DEGREE ANGLE TO 1:30 INTO A LEFT



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NEUTRAL BOW STANCE, AS YOUR RIGHT ARM COCKS HORIZONTALLY ACROSS YOUR WAIST (CLENCHED, PALM DOWN) AND YOUR LEFT CLENCHED FIST COCKS ON YOUR LEFT HIP (PALM UP).

2. PIVOT CLOCKWISE, TURNING TO 7:30, AS YOU CIRCLE YOUR RIGHT ELBOW OVER AND DOWN (RIGHT OUTWARD OVERHEAD VERTICAL ELBOW STRIKE) ONTO THE RIGHT ARM OF YOUR OPPONENT TO HURT AND PIN THAT ARM TO YOUR RIGHT SIDE. COMPLETE THE PIVOT BY PIVOTING INTO A RIGHT FORWARD BOW STANCE (FACING 7:30) WHILE DELIVERING A LEFT FOUR-FINGER THRUST TO YOUR OPPONENT'S EYES AT 7:30.

3. PIVOT IN PLACE INTO A RIGHT NEUTRAL BOW STANCE, AS YOU DELIVER A RIGHT UPWARD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S CHIN. YOUR LEFT HAND SLIDES DOWN YOUR OPPONENT'S RIGHT SHOULDER AND ENDS AS A **PRESSING CHECK** AT HIS RIGHT ELBOW.

4. PIVOT TO YOUR LEFT INTO A RIGHT REVERSE BOW STANCE, AS YOU EXECUTE A RIGHT BACK UNDERHAND VERTICAL HAMMERFIST STRIKE TO YOUR OPPONENT'S GROIN. SIMULTANEOUSLY HAVE YOUR LEFT HAND **CROSS-CHECK** YOUR OPPONENT'S RIGHT ARM AND THEN **SWITCH** TO A HIGH CHECK OVER YOUR RIGHT SHOULDER.

### **SET 5: CROSSING TALON** (*Front Right Cross Wrist Grab*)

1. WITH YOUR OPPONENT'S RIGHT HAND GRABBING YOUR RIGHT WRIST, COUNTER-GRAB HIS RIGHT WRIST, AS YOU PIVOT IN PLACE INTO A HORSE STANCE (FACING 4:30). IN THE PROCESS, JERK YOUR OPPONENT'S RIGHT WRIST TO THE MIDDLE OF YOUR BODY AND WITH YOUR LEFT HAND CLASPED OVER THE TOP OF YOUR OPPONENT'S RIGHT WRIST (WHEN DOING THE FORM, GRAB YOUR OWN RIGHT WRIST), STEP FORWARD AND TO YOUR RIGHT WITH YOUR LEFT FOOT TO 7:30 INTO A LEFT NEUTRAL BOW STANCE. **"WITH"** THIS ACTION, STRIKE TO YOUR OPPONENT'S RIGHT ELBOW WITH A LEFT INWARD VERTICAL FOREARM, WHILE YOUR RIGHT HAND PULLS IN, TO AND PAST YOUR RIGHT HIP.

2. CONTINUE TO PULL YOUR OPPONENT'S ARM TO YOUR RIGHT WHILE USING YOUR LEFT FOREARM TO FORCE YOUR OPPONENT'S HEAD DOWN, WITH THE POSSIBILITY OF YOUR OPPONENT'S HEAD STRIKING YOUR LEFT KNEE.

3. IMMEDIATELY DELIVER A LEFT OUTWARD ELBOW STRIKE (PALM UP OR DOWN DEPENDING ON CIRCUMSTANCE) TO YOUR OPPONENT'S RIGHT JAW HINGE OR TEMPLE.

4. WHILE USING YOUR OPPONENT'S SHOULDER AND BACK AS A **FULCRUM** TO LEVERAGE AND ENHANCE YOUR ACTION, FOLLOW UP WITH A LEFT VERTICAL HEEL-PALM STRIKE AND FIVE-FINGER RIP TO YOUR OPPONENT'S FACE. CIRCLE YOUR LEFT ARM CLOCKWISE AND STRIKE TO THE UPPER SPINE OF YOUR OPPONENT WITH A LEFT INWARD OVERHEAD ELBOW.

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### **SET 6: SCRAPING HOOF** (*Rear Full Nelson*)

1. WHILE IN A FULL NELSON (AND STILL FACING 10:30), THRUST BOTH OF YOUR FISTS TO THE GROUND (TO HELP FREE YOU FROM YOUR OPPONENT'S GRASP AND TO PIN HIS ARMS TO YOUR BODY). SIMULTANEOUS WITH THIS ACTION, CHEAT YOUR LEFT FOOT TO YOUR RIGHT FOOT, AS YOU STRAIGHTEN YOUR KNEES, BACK AND NECK INTO A FULL UPRIGHT POSITION.
2. IMMEDIATELY BEND YOUR LEFT KNEE, AS YOU DELIVER A RIGHT BACK SIDE SCOOPING HEEL KICK TO YOUR OPPONENT'S LEFT INNER KNEE. THEN WITH THE KNIFE-EDGE OF YOUR RIGHT FOOT, KICK TO YOUR OPPONENT'S RIGHT SHIN AND SCRAPE THE SHIN ON THE WAY DOWN TO STOMP ON YOUR OPPONENT'S RIGHT INSTEP WITH THE HEEL OF YOUR RIGHT FOOT.
3. AS YOUR RIGHT FOOT CONCLUDES THE STOMP, REPOSITION YOURSELF INTO A HORSE STANCE (FACING 10:30). BOTH OF YOUR ARMS ARE TO THE FRONT AND EXTENDED DOWN AND AWAY FROM YOUR BODY (FISTS CLENCHED).

### **SET 7: FATAL CROSS** (*Front Low Two-Hand Push*)

1. AS YOUR OPPONENT STEPS FORWARD WITH AN ATTEMPTED TWO-HAND PUSH, STEP FORWARD WITH YOUR RIGHT FOOT INTO A RIGHT NEUTRAL BOW STANCE TO 10:30. DURING THE COURSE OF THIS ACTION, HAVE BOTH OF YOUR HANDS FORM THE SHAPE OF A CRANE AND CONVERT THEM INTO INWARD DOWNWARD HOOKING PARRIES OVER THE TOP AND INSIDE OF YOUR OPPONENT'S ARMS. IMMEDIATELY JERK YOUR OPPONENT TO YOU BY FORCING YOUR ELBOWS BACK AND ALONGSIDE OF YOUR RIB CAGE, THUS FRICTIONALLY PULLING YOUR OPPONENT SLIGHTLY FORWARD IN TERMS OF HIS POINT OF VIEW.
2. IMMEDIATELY REVERSE THE DIRECTION OF YOUR HANDS AND EXECUTE TWO UPPER CUTS (MIDDLE KNUCKLE FIST STRIKES) UNDER YOUR OPPONENT'S FLOATING RIB CAGE (LEFT UPPER CUT TO HIS RIGHT RIB CAGE AND RIGHT UPPER CUT TO HIS LEFT RIB CAGE).
3. RECOIL YOUR HANDS BACK TO YOU. WITHOUT HESITATION, HAVE YOUR RIGHT FIST CROSS OVER YOUR LEFT FIST AND STRIKE TO YOUR OPPONENT'S FACE WITH TWIN OUTWARD UPWARD DIAGONAL SCISSORING BACK-KNUCKLES (RIGHT BACK-KNUCKLE TO THE RIGHT CHEEK BONE AND LEFT BACK-KNUCKLE TO THE LEFT CHEEK BONE).
4. RECOIL YOUR HANDS BACK WITH BOTH OF YOUR ARMS STILL CROSSED, THEN THRUST TWIN VERTICAL TWO-FINGER (**BRACING ANGLE**) EYE POKES, TO YOUR OPPONENT'S EYES (RIGHT POKE/RIGHT EYE AND LEFT POKE/LEFT EYE).

### **SET 8: GRIP OF DEATH** (*Left Flank Right Arm Headlock*)

1. WITH YOUR OPPONENT APPLYING A HEADLOCK FROM YOUR RIGHT SIDE,

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STEP FORWARD AND TO YOUR RIGHT WITH YOUR LEFT FOOT TO 10:30 INTO A LEFT CLOSE KNEEL STANCE, WHILE TURNING YOUR HEAD TO THE RIGHT AND TUCKING YOUR CHIN AGAINST YOUR CHEST. SIMULTANEOUSLY DELIVER A LEFT HAMMERFIST TO YOUR OPPONENT'S GROIN AND A RIGHT HAMMERFIST TO YOUR OPPONENT'S RIGHT KIDNEY.

2. CIRCLE YOUR RIGHT ARM OVER YOUR OPPONENT'S LEFT SHOULDER AND HAVE THE FINGERS OF YOUR RIGHT HAND PRESS UNDER YOUR OPPONENT'S NOSE (OR DEPENDING UPON THE CIRCUMSTANCES, HAVE YOUR RIGHT HAND GRAB YOUR OPPONENT'S HAIR) TO **FULCRUM** YOUR OPPONENT'S HEAD BACK (USING HIS SHOULDER AND THE BACK OF HIS SHOULDER).

3. IMMEDIATELY PIVOT INTO A RIGHT FORWARD BOW STANCE TO 4:30 TO TAKE ADVANTAGE OF **ROTATIONAL FORCE** WHILE THRUSTING A LEFT VERTICAL HEEL-PALM STRIKE TO YOUR OPPONENT'S CHIN **"WITH"** A RIGHT **SLIDING CHECK** DOWN YOUR OPPONENT'S LEFT ARM, ENDING AT THE ELBOW. (MAKE SURE THAT YOUR OPPONENT'S HEAD, IN EITHER OF THE ABOVE CASES, IS ARCHED AND FORCED BACK AND DOWN TO MINIMIZE HIS LEVERAGE).

4. YOUR RIGHT ARM CIRCLES BEHIND YOUR BACK, INDICATING THAT A HAMMERLOCK IS BEING APPLIED IN BACK OF YOU.

### **SET 9: LOCKED WING** (*Rear Right Arm Hammerlock*)

1. WITH YOUR OPPONENT LOCKING YOUR RIGHT ARM, STEP BACK AND TO YOUR RIGHT TO 4:30 WITH YOUR LEFT FOOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 10:30), AS YOUR RIGHT HAND COUNTER-GRABS YOUR OPPONENT'S RIGHT WRIST. (TRY TO PLACE YOUR LEFT LEG INSIDE AND **BUCKLE** YOUR OPPONENT'S RIGHT LEG).

2. CONTINUING THE FLOW OF YOUR INITIAL MOVE, PIVOT YOUR ENTIRE BODY COUNTER CLOCKWISE INTO A LEFT NEUTRAL BOW STANCE (FACING 4:30) WHILE DELIVERING A LEFT OUTWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S JAW.

3. CIRCLE YOUR LEFT ARM OVER AND UNDER YOUR OPPONENT'S RIGHT ELBOW, AS YOU PIVOT TO YOUR RIGHT TO 10:30 INTO A RIGHT FORWARD BOW STANCE. (THIS ACTION LOOKS AS THOUGH YOU ARE EXECUTING AN UPPERCUT PUNCH, BUT IS FOR THE PURPOSE OF BREAKING YOUR OPPONENT'S RIGHT ELBOW).

4. WHILE STILL APPLYING PRESSURE ON YOUR OPPONENT'S RIGHT ELBOW, DROP BACK WITH YOUR RIGHT FOOT TO 4:30 AND INTO A LEFT FORWARD BOW STANCE. IMMEDIATELY RELEASE YOUR RIGHT HAND, AS YOU DELIVER A RIGHT VERTICAL KNEE STRIKE TO YOUR OPPONENT'S CHEST **"WITH"** A RIGHT INWARD VERTICAL OVERHEAD HEEL-PALM STRIKE TO THE BACK OF YOUR OPPONENT'S NECK THUS CAUSING A **SHEARING EFFECT**.

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5. FOLLOW THROUGH BY PLANTING FORWARD WITH YOUR RIGHT FOOT TO 10:30 INTO A RIGHT NEUTRAL BOW STANCE WHILE PUSHING YOUR OPPONENT OFF OF YOUR KNEE. YOUR ARMS THEN THRUST TO THE REAR (INDICATING A REAR TWO-HAND GRAB TO BOTH OF YOUR WRISTS).

### **SET 10: CROSSED TWIGS** (*Rear Two-Hand Grab To Wrists*)

1. FROM A RIGHT NEUTRAL BOW STANCE AND WITH YOUR OPPONENT GRABBING YOUR WRISTS FROM THE REAR, COUNTER GRAB BOTH OF YOUR OPPONENT'S WRISTS (RIGHT TO RIGHT AND LEFT TO LEFT), AS YOU STEP TO 10:30 WITH YOUR LEFT FOOT INTO A LEFT FORWARD STANCE. THIS SHOULD HELP DISTURB YOUR OPPONENT'S **BALANCE**, ESPECIALLY IF YOU PULL FORWARD AND DOWN WITH YOUR LEFT ARM.
2. PIVOT CLOCKWISE (FACING 4:30), WHILE STILL MAINTAINING THE WRIST GRABS, AS YOU CROSS YOUR OPPONENT'S ARMS (RIGHT ARM OVER LEFT ARM). IN THE PROCESS, HAVE YOUR RIGHT ELBOW STRIKE DIAGONALLY AND OUTWARD TO YOUR OPPONENT'S RIGHT JAW HINGE. CONTINUE THE FLOW OF YOUR RIGHT ARM SO AS TO PULL YOUR OPPONENT'S RIGHT ARM DOWN. HAVE YOUR LEFT HAND, WHICH IS GRABBING YOUR OPPONENT'S LEFT WRIST, PULL DOWN AND BELOW THE LEVEL OF YOUR BUTTOCKS.
3. RELEASE YOUR RIGHT GRASP AND LOOP YOUR RIGHT ARM COUNTER CLOCKWISE, AS IT NOW BECOMES A RIGHT INWARD OVERHEAD ELBOW STRIKE DOWN TO THE UPPER SPINE OF YOUR OPPONENT.
4. RELEASE YOUR LEFT GRASP. NOW, WITH BOTH YOUR RIGHT AND LEFT HANDS FREE, EXECUTE TWIN DOWNWARD VERTICAL HEEL-PALM STRIKES TO YOUR OPPONENT'S KIDNEYS (LEFT HAND TO THE RIGHT KIDNEY AND A RIGHT HAND TO THE LEFT KIDNEY).
5. AS YOU GRAB AND PINCH (SQUEEZE) YOUR OPPONENT'S KIDNEYS, DELIVER A LEFT UPWARD VERTICAL KNEE KICK TO YOUR OPPONENT'S RIGHT RIB CAGE.
6. REPLANT YOUR LEFT FOOT TO 10:30 INTO A HORSE STANCE (FACING 1:30). BOTH OF YOUR FISTS ARE ON YOUR HIPS (CLENCHED AND PALM UP).

### **SET 11: WINGS OF SILK** (*Rear Double Arm Lock*)

1. WHILE FACING 1:30 AND WITH YOUR ARMS LOCKED FROM THE REAR, STOMP ONTO YOUR OPPONENT'S LEFT INSTEP WITH YOUR LEFT FOOT (TO 10:30) "**WITH**" YOUR LEFT HAND PINCHING THE NERVES LOCATED ON THE CREST OF YOUR OPPONENT'S LEFT HIP.
2. AS YOUR RIGHT ARM STARTS TO SLIP OUT OF YOUR OPPONENT'S RIGHT ARM, EXECUTE A RIGHT BACK OBSCURE ELBOW STRIKE UNDER YOUR OPPONENT'S CHIN "**WITH**" A RIGHT BACK VERTICAL HEEL SCOOP KICK TO

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YOUR OPPONENT'S GROIN.

3. TURN AND STEP COUNTER CLOCKWISE WITH YOUR RIGHT FOOT TO 10:30 (WITH A SHORT RIGHT STEP) AS YOUR RIGHT ARM SLIPS COMPLETELY OUT OF YOUR OPPONENT'S ARM, PINCHING AND PINNING YOUR OPPONENT'S LEFT ARM WITH YOUR LEFT HAND AND ARM, AS YOU BEGIN TO **TWIRL** OUT.

4. COMPLETE THE TWIRL (360 DEGREE TURN) BY CIRCLING YOUR LEFT FOOT COUNTER CLOCKWISE AGAIN TO 10:30, ENDING UP IN A HORSE STANCE (FACING THE SAME DIRECTION AS YOUR OPPONENT TO 1:30). SIMULTANEOUSLY HAVE YOUR RIGHT ARM DELIVER AN UPPERCUT FOREARM STRIKE TO BREAK YOUR OPPONENT'S LEFT ELBOW JOINT. YOUR LEFT HAND IS STILL PINNING YOUR OPPONENT'S LEFT ARM (IN THE FORM, IT IS AT YOUR LEFT HIP, FIST CLENCHED AND PALM FACING FORWARD).

### **SET 12: CONQUERING SHIELD** (*Front Left Stiff-Arm Grab To Your Right Lapel*)

1. WHILE STILL IN A HORSE STANCE (FACING 1:30), YOUR LEFT HAND IS PINNING YOUR OPPONENT'S LEFT HAND TO YOUR RIGHT LAPEL, AS YOU STRIKE "**WITH**" A RIGHT INWARD VERTICAL FOREARM AGAINST YOUR OPPONENT'S LEFT ELBOW TO BREAK IT. "**WITH**" THE ABOVE TWO ACTIONS, EXECUTE A RIGHT FRONT THRUSTING BALL KICK TO THE INNER KNEE CAP OF YOUR OPPONENT'S RIGHT LEG (AT 1:30).

2. AS YOU PROCEED TO PLANT YOUR RIGHT FOOT FORWARD (TO 1:30) INTO A RIGHT NEUTRAL BOW STANCE, HAVE YOUR RIGHT ARM GLANCE UP AND THEN STRIKE DOWN WITH A RIGHT DOWNWARD VERTICAL ELBOW TO THE TOP OF YOUR OPPONENT'S LEFT FOREARM. THIS DOWNWARD STRIKE IS TIMED AT THE EXACT MOMENT YOUR RIGHT FOOT PLANTS TO THE GROUND. THIS ACTION WILL FORCE YOUR OPPONENT'S HEAD DOWN, AS YOU MAINTAIN A LEFT **PINNING CHECK** ON HIS LEFT HAND.

3. WITH YOUR FEET FIRMLY PLANTED, DELIVER A RIGHT UPWARD ELBOW STRIKE UNDER YOUR OPPONENT'S CHIN, AS YOUR LEFT HAND **POSTIONALLY CHECKS** UNDER YOUR RIGHT ARMPIT.

4. FOLLOW UP WITH A RIGHT DOWNWARD VERTICAL HEEL-PALM CLAW TO THE BRIDGE OF THE NOSE AND EYES OF YOUR OPPONENT.

### **SET 13: STRIKING SERPENT'S HEAD** (*Front Bear-Hug - Arms Free*)

1. DROP BACK WITH YOUR RIGHT FOOT TO 7:30 INTO A LEFT NEUTRAL BOW STANCE (FACING 1:30). SIMULTANEOUSLY HOOK YOUR LEFT HAND AROUND AND IN BACK OF YOUR OPPONENT'S HEAD SO THAT YOUR LEFT INNER KNUCKLE STRIKES TO YOUR OPPONENT'S LEFT TEMPLE OR MASTOID WHILE YOUR RIGHT HAND SIMULTANEOUSLY COCKS INTO A HALF-FIST AT CHEST LEVEL (PALM UP AND RESTING (PINNING) ABOVE YOUR OPPONENT'S ARMS).

2. CONTINUE THE ACTION BY HAVING YOUR LEFT HAND GRAB (ABOVE THE FOREHEAD) AND PULL YOUR OPPONENT'S HAIR BACK. PIVOT INTO A LEFT

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FORWARD BOW STANCE (TO 1:30) **“WITH”** A RIGHT SNAPPING HALF-FIST (PALM DOWN) TO YOUR OPPONENT’S THROAT (TO 1:30). IMMEDIATELY RETURN TO YOUR LEFT NEUTRAL BOW STANCE AFTER YOUR HALF-FIST STRIKE, WITH YOUR RIGHT HAND RECOCKING BACK TO CHEST LEVEL (PALM UP).

**CLOSING:** SLIDE YOUR RIGHT FOOT UP AND IN-LINE WITH YOUR LEFT FOOT INTO A MEDITATING HORSE STANCE (FACING 12 O’CLOCK). COME TO AN ATTENTION STANCE. EXECUTE THE FULL SALUTATION. BOW.

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## LONG FORM # 3

CONTAINS: THE RIGHT AND LEFT SIDES OF:

**SET # 1: DESTRUCTIVE TWINS** (*Front Two-Hand Choke - Pulling In*)

**SET # 2: DESTRUCTIVE TWINS** (*Front Two-Hand Choke - Pulling In*)

**SET # 3: CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

**SET # 4: DOMINATING CIRCLES** (*Front Left Hand Grab To Left Shoulder*)

**SET # 5: CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

**SET # 6: DOMINATING CIRCLES** (*Front Right Hand Grab To Right Shoulder*)

**SET # 7: BROKEN LEAVES** (*Rear Bear-Hug - Arms Free And A Front “Attempted”*)

**SET # 8: PARTING WINGS** (*Front Two-Hand Push*)

**SET # 9: PARTING WINGS** (*Front Two-Hand Push*)

**SET # 10: GLANCING SPEAR** (*Front Direct Right Grab To Left Wrist*)

**SET # 11: GLANCING SPEAR** (*Front Direct Left Grab To Right Wrist*)

**SET # 12: PINNING WING** (*Left Grab To Right Shoulder From The Right Flank*)

**SET # 13: PINNING WING** (*Right Grab To Left Shoulder From The Left Flank*)

**SET # 14: CONTROLLED WING** (*Right Flank - Left Grab To Right Shoulder*)

**SET # 15: CONTROLLED WING** (*Left Flank - Right Grab To Left Shoulder*)

**SET # 16: PINNING WING** (*Flank Shoulder Grabs From Both Sides*)

**SET # 17: CONTROLLED WING** (*Flank Shoulder Grabs From Both Sides*)

**SET # 18: CROSSING TALON** (*Front Left Cross Wrist Grab To Left Wrist*)

**SET # 19: CROSSING TALON** (*Front Right Cross Wrist Grab To Right Wrist*)

**SET # 20: THRUSTING WEDGE** (*Front Two-Hand Push*)

**SET # 21: THRUSTING WEDGE** (*Front Two-Hand Push*)

**SET # 22: BLINDING SACRIFICE** (*Front Two-Hand Push Or Grab*)

**SET # 23: BLINDING SACRIFICE** (*Front Two-Hand Push Or Grab*)

**SET # 24: WINGS OF SILK** (*Rear Two-Arm Lock*)

**SET # 25: WINGS OF SILK** (*Rear Two-Arm Lock*)

**SET # 26: SCRAPING HOOF** (*Rear Full Nelson*)

**SET # 27: REPEATED DEVASTATION** (*Rear Full Nelson*)

**SET # 28: DESPERATE FALCONS** (*Front Two-Hand Wrist Grab*)

**SET # 29: DESPERATE FALCONS** (*Front Two-Hand Wrist Grab*)

**CLOSING:** SLIDE YOUR LEFT FOOT UP TO AND IN LINE WITH YOUR RIGHT FOOT INTO A MEDITATING HORSE STANCE (FACING 12 O’CLOCK). COME TO ATTENTION. EXECUTE THE FULL KENPO SALUTATION.

## WORLDWIDE KENPO KARATE ASSOCIATION

### TEACHES:

1. HOW TO USE A HORSE STANCE AS A TRANSITIONAL **POINT OF REFERENCE** WHEN MOVING FROM ONE SIDE OF A TECHNIQUE TO ANOTHER.
2. VARIOUS ATTACKS FROM THE WEB OF KNOWLEDGE:
  - A. GRABS:     SINGLE WRIST   - FRONT  
                  DOUBLE WRIST - FRONT  
                  OFF SHOULDER - FRONT  
                  ONE SHOULDER - SIDE  
                  TWO SHOULDERS - SIDES
  - B. PUSHES:   TWO-HAND       - FRONT
  - C. HUGS:       ARMS FREE       - REAR
  - D. HOLDS:     FULL NELSON -       REAR
  - E. LOCKS:     DOUBLE ARMLOCK - REAR
  - F. CHOKES:    TWO-HAND       - FRONT
3. VARIOUS PRINCIPLES CONTAINED WITHIN THE INDIVIDUAL TECHNIQUES.
4. THE ABILITY TO PERFORM WITH EQUAL AGILITY ON EITHER SIDE OF THE BODY.
5. THE USE OF AN **“IDEAL”** POSITIONING OF THE BODY AS A **POINT OF REFERENCE** WHICH WILL ENABLE YOU TO MOVE RAPIDLY, EASILY AND WITHOUT HESITATION.
6. THE BENEFITS OF THE USE OF **BODY FUSION**.
7. THE NEED FOR INSTANTANEOUS ACTION OR REACTION THAT IGNITES AND BURSTS FROM INSIDE OUT WITHOUT REPETITIVE SUCCESSION.
8. THE IMPORTANCE OF **HARNESSING THE FORCE**.
9. THE EMPLOYMENT OF **INTERCEPTING FORCES** DURING YOUR DEFENSIVE OR OFFENSIVE ACTION.
10. THE ABILITY TO OBSERVE AND EVALUATE ALL SURROUNDINGS WITHOUT CONCENTRATING ON ANY ONE SPECIFIC AREA.
11. VIEWING YOUR PARTICULAR PREDICAMENT BY TAKING FLEETING GLANCES.
12. THE USE OF SYMMETRICAL MOVEMENTS TO DEVELOP NATURALLY FLOWING CORRESPONDING ANGLES IN YOUR BASICS AND **SEQUENTIAL MOVEMENTS**. THIS WILL ULTIMATELY LEAD TO BETTER BALANCE IN YOUR **TRANSITIONAL MOVES**.
13. THE CORRECT MANNER AND VALUE OF TWIRLING.
14. THE REPETITIVE EMPHASIS ON **BODY ALIGNMENT** TO INSURE THE PRECISE ADJUSTMENT OF YOUR TORSO AND LIMBS SO THAT THEY ARE



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ARRANGED IN DIRECT LINE WITH EACH OTHER FOR THE PURPOSE OF UTILIZING TOTAL **BODY MASS**.

15. STRESSES THE IMPORTANCE OF ARTICULATION OF MOTION.

16. THE PROPER USE OF **COUNTER ROTATION**, WHEN **REVERSING THE ACTION** AND **PATH** OF YOUR **TORQUE** OR **TWIRLING** IN THE OPPOSITE DIRECTION FROM A PREVIOUS TWIRLING MOVE.

17. HOW TO USE **GRAFTED TECHNIQUES**.

18. HOW TO DEFEND AGAINST SIMULTANEOUS FLANK ATTACKS BY TWO MEN.

### LONG FORM # 3

#### THEME:

TEACHES THE STUDENT HOW MOST OF THE TECHNIQUES ARE DESIGNED AGAINST GRABS, CHOKES AND HOLDS. IT ALSO EXPANDS UPON THE SIMULTANEOUS FOOT AND HAND TECHNIQUES FROM SHORT FORM # 3.

#### EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP INTO A MEDITATING HORSE STANCE. COME UP TO AN ATTENTION STANCE. EXECUTE THE COMPLETE KENPO SALUTATION.

#### SET # 1: DESTRUCTIVE TWINS (*Front Two-Hand Step-Through Choke - Pulling In*)

1. STANDING NATURALLY, WITH YOUR OPPONENT PULLING YOU TOWARD HIM, STEP FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). DELIVER A FRONT LEFT OVERHEAD PUNCH (PALM DOWN) TO YOUR OPPONENT'S FACE **"WITH"** A FRONT RIGHT REVERSE PUNCH (PALM UP) TO YOUR OPPONENT'S STOMACH. BOTH PUNCHES FORM THE SHAPE OF AN "U" THAT LOOKS AS IF IT'S ON ITS SIDE. (KEEP YOUR BACK AND HEAD UP).

2. HAVE YOUR RIGHT FOOT SLIDE ON LINE AND SLIGHTLY TO YOUR RIGHT TO 1:30 INTO A WIDER RIGHT NEUTRAL BOW STANCE. EXECUTE A FRONT RIGHT INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENTS LEFT ARM **"WITH"** A FRONT LEFT INWARD DOWNWARD BLOCK (PALM DOWN) WHICH CONVERTS INTO A FRONT LEFT OUTWARD VERTICAL BLOCK OUTSIDE OF YOUR OPPONENT'S LEFT ARM (USING THE **DOUBLE FACTOR** CONCEPT). AT THE COMPLETION OF YOUR FRONT LEFT VERTICAL OUTWARD BLOCK, DROP INTO A RIGHT FORWARD BOW STANCE, WHILE RECOCKING YOUR RIGHT CLENCHED FIST BACK TO YOUR RIGHT HIP (PALM UP).

3. IMMEDIATELY THRUST A FRONT LEFT OUTWARD HORIZONTAL FOUR-FINGER STRIKE TO YOUR OPPONENT'S EYES TO 11 O'CLOCK. (YOUR OPPONENT'S HEAD SHOULD SNAP BACK).

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4. FOLLOW UP BY PIVOTING IN PLACE TO YOUR RIGHT AND DROPPING INTO A TRAINING HORSE STANCE FACING 11 O'CLOCK, AS YOU DELIVER A FRONT RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE.
5. HAVE YOUR RIGHT HAND BEGIN TO OPEN, AS IT TURNS CLOCKWISE IN PLACE AND FULLY OPENS (PALM UP). FLIP IT (COUNTER CLOCKWISE) OVER TO BREAK YOUR OPPONENT'S LEFT HAND GRAB TO YOUR RIGHT WRIST. STRIKE AND FORCE YOUR OPPONENT'S LEFT HAND DOWN WITH A FRONT RIGHT DOWNWARD HEEL-PALM GRAB WHILE YOU CONTINUE THE ACTION DOWN TO YOUR RIGHT HIP (PALM DOWN). EXECUTE A FRONT RIGHT STRAIGHT THRUST PUNCH TO THE LEFT RIB CAGE OF YOUR OPPONENT. (THIS PUNCH STEMS FROM THE RIGHT HIP AND DOES NOT ROTATE. THE FISTS REMAINS PALM DOWN THROUGHOUT THE ACTION).
6. FROM THE RIGHT PUNCH TO YOUR OPPONENT'S LEFT RIBS, HAVE YOUR RIGHT FIST ROLL DOWN, IN AND TOWARD YOUR OWN SOLAR PLEXUS (PALM FACING YOU). CONTINUE THE ACTION SO THAT IT LOOPS INTO A FRONT RIGHT OUTWARD DOWNWARD DIAGONAL HANGING BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S LEFT FOREARM OR BICEP.
7. SLIDE YOUR RIGHT FOOT BACK AND ON LINE WITH YOUR LEFT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK). BOTH FISTS ARE CLENCHED ON YOUR HIPS (PALM UP).

### **SET # 2: DESTRUCTIVE TWINS** (*Front Two-Hand Choke - Pulling In*)

1. STEP FORWARD (CATTING-THROUGH) WITH YOUR LEFT FOOT INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). DELIVER A FRONT RIGHT OVERHEAD PUNCH (PALM DOWN) TO YOUR OPPONENT'S FACE "WITH" A FRONT LEFT REVERSE PUNCH (PALM UP) TO YOUR OPPONENT'S STOMACH. BOTH PUNCHES FORM THE SHAPE OF AN "U" THAT LOOKS AS IF IT'S ON ITS SIDE. (KEEP YOUR BACK ERECT AND HEAD UP).
2. HAVE YOUR LEFT FOOT SLIDE SLIGHTLY TO YOUR LEFT TO 10:30 INTO A WIDER LEFT NEUTRAL BOW STANCE. EXECUTE A FRONT LEFT INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT ARM AND A FRONT RIGHT INWARD DOWNWARD BLOCK (PALM DOWN) TO THE TOP OF HIS LEFT ARM AND CONVERT IT INTO A FRONT RIGHT VERTICAL OUTWARD BLOCK OUTSIDE OF YOUR OPPONENT'S RIGHT ARM (USING THE **DOUBLE FACTOR CONCEPT**). AT THE COMPLETION OF YOUR FRONT RIGHT OUTWARD VERTICAL BLOCK, YOU SHOULD HAVE DROPPED INTO A LEFT FORWARD BOW STANCE, WHILE RECOCKING YOUR LEFT CLENCHED FIST BACK TO YOUR LEFT HIP (PALM UP).
3. IMMEDIATELY THRUST A FRONT RIGHT OUTWARD HORIZONTAL FOUR-FINGER STRIKE TO YOUR OPPONENT'S EYES. (YOUR OPPONENT'S HEAD SHOULD SNAP BACK).
4. FOLLOW UP BY PIVOTING IN PLACE TO YOUR LEFT AND DROPPING INTO A

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TRAINING HORSE STANCE (FACING 1:30) AS YOU DELIVER A FRONT LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S RIGHT RIB CAGE.

5. FROM YOUR PUNCH, HAVE YOUR LEFT HAND BEGIN TO OPEN AS IT TURNS COUNTER CLOCKWISE IN PLACE AND FULLY OPENS (PALM UP). FLIP IT (CLOCKWISE) OVER TO BREAK YOUR OPPONENT'S NOW RIGHT HAND GRAB TO YOUR LEFT WRIST. STRIKE AND FORCE YOUR OPPONENT'S RIGHT HAND DOWN WITH A FRONT LEFT DOWNWARD HEEL-PALM GRAB WHILE YOU CONTINUE THE ACTION DOWN TO YOUR LEFT HIP (PALM DOWN). EXECUTE A FRONT LEFT STRAIGHT THRUST PUNCH UP TO THE RIGHT RIB CAGE OF YOUR OPPONENT. (THIS PUNCH STEMS FROM THE LEFT HIP AND DOES NOT ROTATE. THE FIST REMAINS PALM DOWN THROUGHOUT THE ACTION).

6. FROM THE LEFT PUNCH TO YOUR OPPONENT'S RIGHT RIBS, HAVE YOUR LEFT FOREARM AND FIST ROLL DOWN, IN AND TOWARD YOUR OWN SOLAR PLEXUS (PALM FACING YOU). CONTINUE THE FLOW OF ACTION SO THAT IT LOOPS INTO A FRONT LEFT OUTWARD DOWNWARD DIAGONAL HANGING BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S RIGHT FOREARM OR BICEP.

7. SLIDE YOUR LEFT FOOT BACK AND ON LINE WITH YOUR RIGHT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK). BOTH FISTS ARE CLENCHED ON YOUR HIPS (PALM UP).

### **SET # 3: CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

1. BOTH HANDS FLICK TO THE EYES, CONTINUING WITH BOTH OF YOUR THUMBS HOOKING TO THE BOTTOM OF THE EYES (LEFT THUMB TO RIGHT EYE AND RIGHT THUMB TO LEFT EYE). STEP (CHEAT) YOUR RIGHT FOOT TO 3 O'CLOCK INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY, STRIKE WITH BOTH OF YOUR BACK DOWNWARD VERTICAL ELBOWS AGAINST YOUR OPPONENT'S FOREARMS. (THE INTENT HERE IS TO CAUSE PAIN TO YOUR OPPONENT'S ARMS AND HOPEFULLY, TO LOOSEN HIS GRIP).

2. HAVE YOUR LEFT FOOT MEET YOUR RIGHT FOOT (SIDE CLOSE CAT STANCE), AS YOUR LEFT AND RIGHT ARMS COCK TO THE RIGHT SIDE OF YOUR WAIST (RIGHT PALM UP AND LEFT PALM VERTICALLY FACING YOUR RIGHT RIB CAGE, BOTH HANDS CLENCHED).

3. HAVE YOUR LEFT FOOT "CAT" AROUND (CLOCKWISE) AND BEHIND YOUR OPPONENT'S RIGHT LEG TO 7:30 INTO A LEFT REVERSE BOW STANCE.

4. PIVOT INTO A LEFT NEUTRAL BOW STANCE TO 7:30 WHILE STRIKING "WITH" A BACK LEFT OUTWARD HORIZONTAL ELBOW UNDER YOUR OPPONENT'S CHIN.

5. CONTINUE TO PIVOT COUNTER CLOCKWISE INTO A LEFT FORWARD BOW STANCE (FACING 7:30) "WITH" A BACK RIGHT INWARD DOWNWARD

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DIAGONAL HAMMERFIST INTO YOUR OPPONENT'S HEART. YOUR LEFT ARM CONTINUES THROUGH YOUR OPPONENT'S HEAD TO PIN HIS RIGHT ARM TO YOUR RIGHT SIDE (BETWEEN YOUR LEFT ARM AND YOUR LEFT HIP), KNOCKING YOUR OPPONENT TO THE GROUND.

6. PIVOT IN PLACE CLOCKWISE BACK INTO A TRAINING HORSE STANCE (FACING 10:30) AND PLACE BOTH OF YOUR CLENCHED FISTS ON THEIR RESPECTIVE HIPS (PALM UP).

### **SET # 4: DOMINATING CIRCLES** (*Front Left Hand Grab To Left Shoulder*)

1. HAVE YOUR LEFT FOOT COMMENCE TO CIRCLE COUNTER CLOCKWISE AND LOOP UP IN THE AIR TO 12 O'CLOCK SO THAT IT TRAVELS AROUND AND IN BACK OF YOUR OPPONENT'S LEFT LEG TO PLANT AND STOMP YOUR LEFT FOOT TO 9 O'CLOCK INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK). MAKE SURE THAT YOUR LEFT LEG BUCKLES YOUR OPPONENT'S LEFT LEG DURING THE PLANT. WHILE PLANTING YOUR LEFT FOOT, EXECUTE A SIDE LEFT OUTWARD VERTICAL OVERHEAD ELBOW STRIKE TO YOUR OPPONENT'S LEFT FOREARM. YOUR RIGHT HAND (OPEN AND PALM UP) COCKS AT YOUR RIGHT HIP.

2. PIVOT IN PLACE TO 3 O'CLOCK INTO A RIGHT FORWARD BOW STANCE WHILE STRIKING WITH A SIDE LEFT VERTICAL THRUSTING HEEL-PALM TO YOUR OPPONENT'S CHIN AT 3 O'CLOCK "WITH" A FRONT RIGHT INWARD HORIZONTAL HEEL-PALM STRIKE TO YOUR OPPONENT'S LEFT KIDNEY.

3. PIVOT BACK TO A HORSE STANCE (FACING 12:00) WITH YOUR FISTS ON YOUR HIPS AND CHEAT YOUR RIGHT FOOT IN LINE WITH YOUR LEFT AS YOU EXECUTE TWO PUNCHES STRAIGHT DOWN, THEN TWO UPPERCUTS. BOTH HANDS FLICK TO THE EYES, CONTINUING WITH BOTH OF YOUR THUMBS HOOKING TO THE BOTTOM OF THE EYES (LEFT THUMB TO RIGHT EYE AND RIGHT THUMB TO LEFT EYE).

### **SET # 5: CRASHING WINGS** (*Rear Bear-Hug - Arms Free*)

1. STEP (CHEAT) WITH YOUR LEFT FOOT TO 9 O'CLOCK (6 INCHES) INTO A TRAINING HORSE STANCE, (FACING 12 O'CLOCK). SIMULTANEOUSLY, STRIKE WITH BOTH OF YOUR BACK DOWNWARD VERTICAL ELBOWS AGAINST YOUR OPPONENT'S FOREARMS. (THE INTENT HERE IS TO CAUSE PAIN TO YOUR OPPONENT'S ARMS AND TO LOOSEN HIS GRIP).

2. HAVE YOUR RIGHT FOOT MEET YOUR LEFT FOOT (SIDE CLOSE CAT STANCE), AS YOUR RIGHT AND LEFT ARMS COCK TO THE LEFT SIDE OF YOUR WAIST (LEFT PALM UP AND RIGHT PALM VERTICALLY FACING YOUR LEFT RIB CAGE, BOTH FISTS CLENCHED).

3. HAVE YOUR RIGHT FOOT "CAT" AROUND (COUNTER CLOCKWISE) AND BEHIND YOUR OPPONENT'S LEFT LEG TO 4:30 AND INTO A RIGHT REVERSE BOW STANCE.

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4. PIVOT INTO A RIGHT NEUTRAL BOW STANCE TO 4:30 WHILE STRIKING **“WITH”** A BACK RIGHT OUTWARD HORIZONTAL ELBOW UNDER YOUR OPPONENT’S CHIN.
5. CONTINUE TO PIVOT CLOCKWISE INTO A RIGHT FORWARD BOW STANCE (FACING 4:30), **“WITH”** A BACK LEFT INWARD DOWNWARD DIAGONAL HAMMERFIST INTO YOUR OPPONENT’S HEART. YOUR RIGHT ARM CONTINUES THROUGH YOUR OPPONENT’S HEAD TO PIN HIS LEFT ARM TO YOUR LEFT SIDE (BETWEEN YOUR RIGHT ARM AND YOUR RIGHT HIP), KNOCKING YOUR OPPONENT TO THE GROUND.
6. PIVOT IN PLACE, COUNTER CLOCKWISE, BACK INTO A TRAINING HORSE STANCE (FACING 1:30) AND PLACE BOTH OF YOUR CLENCHED FISTS ON THEIR RESPECTIVE HIPS (PALM UP).

### **SET # 6: DOMINATING CIRCLES** (*Front Right Hand Grab To Right Shoulder*)

1. HAVE YOUR RIGHT FOOT COMMENCE TO CIRCLE CLOCKWISE AND LOOP UP IN THE AIR TO 12 O’CLOCK SO THAT IT TRAVELS AROUND AND IN BACK OF YOUR OPPONENT’S RIGHT LEG, TO PLANT AND STOMP YOUR RIGHT FOOT TO 3 O’CLOCK INTO A TRAINING HORSE STANCE (FACING 12 O’CLOCK). MAKE SURE YOUR RIGHT LEG **BUCKLES** YOUR OPPONENT’S RIGHT LEG DURING THE PLANT. WHILE PLANTING YOUR RIGHT FOOT, EXECUTE A SIDE RIGHT OUTWARD VERTICAL OVERHEAD ELBOW STRIKE TO YOUR OPPONENT’S RIGHT FOREARM. YOUR LEFT HAND (OPEN AND PALM UP) COCKS AT YOUR LEFT HIP.
2. PIVOT IN PLACE TO 9 O’CLOCK INTO A LEFT FORWARD BOW STANCE WHILE STRIKING WITH A SIDE RIGHT VERTICAL THRUSTING HEEL-PALM TO YOUR OPPONENT’S CHIN AT 9 O’CLOCK **“WITH”** A FRONT LEFT INWARD HORIZONTAL HEEL-PALM STRIKE TO YOUR OPPONENT’S RIGHT KIDNEY.
3. PIVOT CLOCKWISE, AS YOUR RIGHT FOOT SLIDES BACK AND ON LINE WITH YOUR LEFT FOOT TO FORM A TRAINING HORSE STANCE (FACING 12 O’CLOCK), WHILE BOTH OF YOUR HANDS RECOCK TO THEIR RESPECTIVE HIPS (FISTS CLENCHED AND PALMS UP).

### **SET # 7: BROKEN LEAVES** (*Rear Bear-Hug - Arms Free And A Front “Attempted”*)

1. EXECUTE FRONT TWIN DOWNWARD THRUST PUNCHES (PALMS DOWN) TO **PIN** YOUR REAR OPPONENT’S ARMS TO YOUR BODY.
2. IMMEDIATELY ROLL YOUR HANDS UP AND IN TOWARD YOUR SOLAR PLEXUS (PALMS FACING YOU), AS YOU CONTINUE THE FLOW OF ACTION AND THRUST FRONT TWIN OUTWARD VERTICAL ROLLING BACK-KNUCKLE STRIKES TO YOUR OPPONENT’S NOSE TO 12 O’CLOCK.
3. AS YOUR FISTS SNAP BACK, HAVE YOUR RIGHT HAND CROSS OVER YOUR LEFT HAND AT CHEST LEVEL (PALMS OPEN), DROPPING YOUR HANDS (STILL CROSSED) DOWN TO THE LEVEL OF YOUR WAIST AND PROCEED TO PEEL YOUR OPPONENT’S HANDS OFF OF YOUR WAIST. WHEN APPLYING THE FINGER BREAK, (YOUR OPEN

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FINGERS POINTED TO THE GROUND), EXECUTE A **WIPE-OFF ACTION** (HORIZONTAL WITH YOUR WAISTLINE) AND ENDING UP RECOCKED BACK TO YOUR RESPECTIVE HIPS (PALMS FACING FORWARD AND INVERTED WITH FINGERS POINTING DOWN).

### **SET # 8: PARTING WINGS** (*Front Two-Hand Push*)

1. SLIDE YOUR RIGHT FOOT TO YOUR LEFT TO 9 O'CLOCK INTO A MODIFIED ATTENTION STANCE (WHILE MAINTAINING THE SAME HEIGHT), AS YOU COCK BOTH OF YOUR OPEN (RIDGED) HANDSWORDS TO THE CENTER OF YOUR STERNUM (YOUR RIGHT HAND OVER YOUR LEFT HAND, **OPEN HANDED TRIANGLE**). DROP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE FRONT TWIN EXTENDED OUTWARD DIAGONAL HANDSWORD STRIKES TO THE INSIDE OF YOUR OPPONENT'S WRISTS (STAYING WITHIN YOUR **OUTER RIM**). MAKE SURE THAT BOTH OF YOUR HANDS ARE PARALLEL (ON LINE) IN TERMS OF **HEIGHT** AND **DEPTH**. (THIS WILL EXPOSE THE FULL **WIDTH** OF YOUR OPPONENT).
2. WITH YOUR OPPONENT STILL MOVING TOWARD YOU, IMMEDIATELY PIVOT INTO A LEFT FORWARD BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A RIGHT THRUSTING INWARD HORIZONTAL HANDSWORD (PALM UP) TO YOUR OPPONENT'S LEFT LOWER RIB CAGE. DURING THIS ACTION, YOUR LEFT HANDSWORD BECOMES A **COCKING CHECK** AT YOUR RIGHT EAR (PALM IN). (YOUR OPPONENT WILL BEND FORWARD AT THE WAIST).
3. PIVOT INTO A LEFT NEUTRAL BOW STANCE WHILE STRIKING WITH A FRONT LEFT OUTWARD HORIZONTAL HANDSWORD TO YOUR OPPONENT'S THROAT, AS YOUR RIGHT CLENCHED FIST COCKS TO YOUR RIGHT HIP (PALM UP). (YOUR OPPONENT'S HEAD WILL BE DRIVEN BACK AND HIS STOMACH WILL SHOOT FORWARD).
4. PIVOT INTO A LEFT FORWARD BOW STANCE WHILE PIN-POINTING A FRONT RIGHT THRUSTED VERTICAL MIDDLE KNUCKLE FIST PUNCH INTO YOUR OPPONENT'S SOLAR PLEXUS. DURING THIS ACTION, YOUR LEFT HAND ACTS AS A **SLIDING GRAVITATIONAL CHECK** DOWN YOUR OPPONENT'S TORSO, FINALLY BECOMING A **GUIDE** FOR YOUR RIGHT PUNCH IN **TRACKING** TO YOUR TARGET. (YOUR OPPONENT WILL BEND FORWARD AT THE WAIST).

### **SET # 9: PARTING WINGS** (*Front Two-Hand Push*)

1. SLIDE YOUR RIGHT FOOT UP AND ALONGSIDE YOUR LEFT FOOT INTO A MODIFIED ATTENTION STANCE (WHILE MAINTAINING THE SAME HEIGHT). COCK BOTH OF YOUR OPEN (RIDGED) HANDSWORDS TO THE CENTER OF YOUR STERNUM (YOUR LEFT HAND OVER YOUR RIGHT HAND). DROP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE FRONT TWIN EXTENDED OUTWARD DIAGONAL HANDSWORDS TO THE INSIDE OF YOUR OPPONENT'S WRISTS (STAYING WITHIN YOUR **OUTER RIM**). MAKE SURE THAT BOTH OF YOUR HANDS ARE PARALLEL (ON LINE) IN TERMS OF **HEIGHT** AND **DEPTH**. (THIS WILL EXPOSE THE FULL

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**WIDTH OF YOUR OPPONENT).**

2. WITH YOUR OPPONENT STILL MOVING TOWARD YOU, IMMEDIATELY PIVOT INTO A RIGHT FORWARD BOW STANCE (FACING 12 O'CLOCK) AS YOU EXECUTE A FRONT LEFT THRUSTING INWARD HORIZONTAL HANDSWORD (PALM UP) TO YOUR OPPONENT'S RIGHT LOWER RIB CAGE. DURING THIS ACTION, YOUR RIGHT HANDSWORD BECOMES A **COCKING CHECK** AT YOUR LEFT EAR (PALM IN). (YOUR OPPONENT WILL BEND FORWARD AT THE WAIST).

3. PIVOT INTO A RIGHT NEUTRAL BOW STANCE WHILE STRIKING WITH A FRONT RIGHT OUTWARD HORIZONTAL HANDSWORD TO YOUR OPPONENT'S THROAT, AS YOUR LEFT CLENCHED FIST COCKS TO YOUR LEFT HIP (PALM UP). (YOUR OPPONENT'S HEAD WILL BE DRIVEN BACK AND HIS STOMACH WILL SHOOT FORWARD).

4. PIVOT INTO A RIGHT FORWARD BOW STANCE WHILE PIN-POINTING A FRONT LEFT THRUSTED VERTICAL MIDDLE KNUCKLE FIST PUNCH INTO YOUR OPPONENT'S SOLAR PLEXUS. DURING THIS ACTION, YOUR RIGHT HAND ACTS AS A **SLIDING GRAVITATIONAL CHECK** DOWN YOUR OPPONENT'S TORSO, FINALLY BECOMING A **GUIDE** FOR YOUR LEFT PUNCH IN **TRACKING** TO YOUR TARGET. (YOUR OPPONENT WILL BEND FORWARD AT THE WAIST).

### **SET # 10: GLANCING SPEAR** (*Front Direct Right Grab To Left Wrist*)

1. YOUR RIGHT HAND SLIDES UP AND UNDERNEATH YOUR EXTENDED LEFT ARM, AS YOU **COUNTER GRAB** YOUR OPPONENT'S RIGHT WRIST. CONTINUE THE FLOW OF ACTION AND STEP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK, PIVOTING INTO A LEFT REVERSE BOW STANCE (FACING 12 O'CLOCK), AS YOU SIMULTANEOUSLY PULL YOUR OPPONENT TOWARD AND THEN UP AND PAST YOUR LEFT HIP.

2. WITH YOUR RIGHT HAND STILL GRABBING YOUR OPPONENT'S RIGHT WRIST, PIVOT IN PLACE INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) **"WITH"** A FRONT LEFT OUTWARD HORIZONTAL ELBOW STRIKE UNDER YOUR OPPONENT'S RIGHT RIB CAGE TO 12 O'CLOCK.

3. HAVE YOUR LEFT ELBOW ANCHOR VERTICALLY DOWN (SHAPE OF A CRANE) WHILE STILL HAVING YOUR LEFT PALM REMAIN ON TOP OF YOUR OPPONENT'S FOREARM, CREATING A CHECKING ACTION.

4. PIVOT INTO A LEFT FORWARD BOW STANCE TO 12 O'CLOCK, AS YOU EXECUTE A FRONT RIGHT DOWNWARD GLANCING HEEL-PALM STRIKE (GLANCING OFF THE BACK OF YOUR LEFT WRIST), WHICH THEN CONVERTS INTO A FRONT RIGHT OUTWARD HORIZONTAL FOUR-FINGER THRUST INTO YOUR OPPONENT'S EYES TO 12 O'CLOCK. AS THIS OCCURS, PLACE YOUR LEFT FOREARM INTO A HORIZONTAL **POSITIONAL CHECK** NEAR YOUR RIGHT RIB CAGE.

### **SET # 11: GLANCING SPEAR** (*Front Direct Left Grab To Right Wrist*)

## WORLDWIDE KENPO KARATE ASSOCIATION

1. YOUR LEFT HAND SLIDES UP AND UNDERNEATH YOUR EXTENDED RIGHT ARM, AS YOU **COUNTER GRAB** YOUR OPPONENT'S LEFT WRIST. CONTINUE THE FLOW OF ACTION AND STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK, PIVOTING INTO A RIGHT REVERSE BOW STANCE (FACING 12 O'CLOCK), AS YOU SIMULTANEOUSLY PULL YOUR OPPONENT TOWARD AND THEN UP PAST YOUR RIGHT HIP.
2. WITH YOUR LEFT HAND STILL GRABBING YOUR OPPONENT'S LEFT WRIST, PIVOT IN PLACE INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) **"WITH"** A FRONT RIGHT OUTWARD HORIZONTAL ELBOW STRIKE UNDER YOUR OPPONENT'S LEFT RIB CAGE TO 12 O'CLOCK.
3. HAVE YOUR RIGHT ELBOW ANCHOR VERTICALLY DOWN (SHAPE OF A CRANE) WHILE STILL HAVING YOUR RIGHT PALM REMAIN ON TOP OF YOUR OPPONENT'S FOREARM, THUS CREATING A CHECKING ACTION.
4. PIVOT INTO A FRONT RIGHT FORWARD BOW STANCE TO 12 O'CLOCK AS YOU EXECUTE A LEFT DOWNWARD GLANCING HEEL-PALM STRIKE (GLANCING OFF THE BACK OF YOUR RIGHT WRIST) WHICH THEN CONVERTS INTO AN FRONT LEFT OUTWARD HORIZONTAL FOUR-FINGER THRUST INTO YOUR OPPONENT'S EYES TO 12 O'CLOCK. AS THIS OCCURS, PLACE YOUR RIGHT FOREARM INTO A HORIZONTAL **POSITIONAL CHECK** NEAR YOUR LEFT RIB CAGE.
5. MOVE YOUR RIGHT FOOT BACK AND IN LINE WITH YOUR LEFT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH OF YOUR CLENCHED FISTS (PALMS UP) ON THEIR RESPECTIVE HIPS.

### **SET# 12: PINNING WING** (*Left Grab To Right Shoulder From The Right Flank*)

1. FROM YOUR TRAINING HORSE STANCE (FACING 12 O'CLOCK), EXECUTE A SIDE RIGHT INWARD DOWNWARD OVERHEAD ELBOW STRIKE TO 3 O'CLOCK, ONTO THE TOP OF YOUR OPPONENT'S LEFT FOREARM, AS YOU FOLLOW THROUGH AND CLEAR THAT ARM IN THE PROCESS.
2. IMMEDIATELY SNAP A SIDE RIGHT OUTWARD UPWARD VERTICAL BACK-KNUCKLE STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S FACE TO 3 O'CLOCK.

### **SET # 13: PINNING WING** (*Right Grab To Left Shoulder From The Left Flank*)

1. FROM YOUR TRAINING HORSE STANCE (FACING 12 O'CLOCK), EXECUTE A SIDE LEFT INWARD DOWNWARD OVERHEAD ELBOW STRIKE TO 9 O'CLOCK, ONTO THE TOP OF YOUR OPPONENT'S RIGHT FOREARM, AS YOU FOLLOW THROUGH AND CLEAR THAT ARM IN THE PROCESS.
2. IMMEDIATELY SNAP A SIDE LEFT OUTWARD UPWARD VERTICAL BACK-KNUCKLE STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S FACE TO 9 O'CLOCK.

### **SET # 14: CONTROLLED WING** (*Right Flank - Left Grab To Right Shoulder*)



## WORLDWIDE KENPO KARATE ASSOCIATION

1. FROM THE SAME TRAINING HORSE STANCE (FACING 12 O'CLOCK), EXECUTE A BACK RIGHT OUTWARD HORIZONTAL HEEL-PALM CLAW TO THE FACE OF YOUR OPPONENT TO 3 O'CLOCK.
2. CONTINUE TO CIRCLE YOUR RIGHT ARM CLOCKWISE, BACK, OVER AND THEN UNDER YOUR OPPONENT'S RIGHT ARM TO 6 O'CLOCK, AS IT CONVERTS INTO A FRONT RIGHT UPPERCUT FOREARM PUNCH WHEREBY THE FORCE OF YOUR ACTION CAUSES YOUR RIGHT FOREARM TO STRIKE AND BREAK YOUR OPPONENT'S LEFT ELBOW TO 12 O'CLOCK.
3. IMMEDIATELY SNAP A BACK RIGHT OUTWARD DIAGONAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S LEFT RIB CAGE TO 3 O'CLOCK.

### **SET # 15: CONTROLLED WING** (*Left Flank - Right Grab To Left Shoulder*)

1. FROM THE SAME TRAINING HORSE STANCE (FACING 12 O'CLOCK), EXECUTE A BACK LEFT OUTWARD HORIZONTAL HEEL-PALM CLAW TO THE FACE OF YOUR OPPONENT TO 9 O'CLOCK.
2. CONTINUE TO CIRCLE YOUR LEFT ARM COUNTER CLOCKWISE, BACK, OVER AND THEN UNDER YOUR OPPONENT'S LEFT ARM TO 6 O'CLOCK, AS IT CONVERTS INTO A FRONT LEFT UPPERCUT FOREARM PUNCH WHEREBY THE FORCE OF YOUR ACTION CAUSES YOUR LEFT FOREARM TO STRIKE AND BREAK YOUR OPPONENT'S RIGHT ELBOW TO 12 O'CLOCK.
3. IMMEDIATELY SNAP A BACK LEFT OUTWARD DOWNWARD DIAGONAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S RIGHT RIB CAGE TO 9 O'CLOCK.

### **SET # 16: PINNING WING** (*Flank Shoulder Grabs From Both Sides*)

1. WHILE STILL IN THE TRAINING HORSE STANCE (FACING 12 O'CLOCK), SIMULTANEOUSLY EXECUTE SIDE TWIN (RIGHT AND LEFT) INWARD DOWNWARD OVERHEAD ELBOW STRIKES YOUR OPPONENT'S FOREARMS (3 AND 9 O'CLOCK), CLEARING THE ARMS.
2. IMMEDIATELY SNAP SIDE TWIN OUTWARD UPWARD VERTICAL BACK-KNUCKLE STRIKES TO THE SIDE OF THEIR FACES (LEFT HAND TO 9 O'CLOCK "WITH" THE RIGHT HAND TO 3 O'CLOCK).

### **SET 17: CONTROLLED WING** (*Flank Shoulder Grabs From Both Sides*)

1. WHILE STILL IN THE TRAINING HORSE STANCE (FACING 12 O'CLOCK), SIMULTANEOUSLY EXECUTE SIDE TWIN (RIGHT AND LEFT) OUTWARD HORIZONTAL HEEL-PALM CLAWS TO THE FACE OF EACH OPPONENT (3 AND 9 O'CLOCK).
2. CONTINUE TO CIRCLE YOUR ARMS BACK, OVER AND UNDER BOTH OF YOUR OPPONENT'S ARMS TO 6 O'CLOCK, AS YOU CONVERT BOTH YOUR ARMS INTO FRONT TWIN UPPERCUT FOREARM PUNCHES TO 12 O'CLOCK. THE FORCE OF BOTH PUNCHES SHOULD BREAK THE LEFT AND RIGHT ELBOWS OF YOUR

## WORLDWIDE KENPO KARATE ASSOCIATION

FLANKING OPPONENTS.

3. IMMEDIATELY SNAP BACK TWIN OUTWARD DOWNWARD DIAGONAL BACK-KNUCKLE STRIKES TO THE RIB CAGE OF EACH OPPONENT (YOUR LEFT HAND TO 7 O'CLOCK AND YOUR RIGHT HAND TO 5 O'CLOCK).

### **SET # 18: CROSSING TALON** (*Front Left Cross Wrist Grab To Left Wrist*)

1. WITH YOUR OPPONENT'S LEFT HAND GRABBING YOUR LEFT EXTENDED WRIST, **COUNTER GRAB** HIS LEFT WRIST, AS YOUR RIGHT FOOT STEPS FORWARD TO 11 O'CLOCK AND IN FRONT OF YOUR OPPONENT'S LEFT LEG, INTO A SIDE TRAINING HORSE STANCE (FACING 9 O'CLOCK). STRIKE YOUR OPPONENT'S LEFT ELBOW WITH A FRONT RIGHT INWARD DOWNWARD HORIZONTAL FOREARM, WHILE YOUR LEFT HAND PULLS IN, TOWARD AND PAST YOUR LEFT HIP. IN THE FORM, YOUR LEFT HAND FINISHES AT YOUR LEFT HIP (PALM UP AND CLENCHED). (THIS ACTION IS TO SPRAIN OR BREAK YOUR OPPONENT'S LEFT ELBOW AND FORCES HIM TO BEND OVER, WHICH CHECKS HIS **HEIGHT ZONES**).

2. CONTINUE TO PULL YOUR OPPONENT'S ARM TO YOUR LEFT WHILE USING YOUR RIGHT FOREARM TO FORCE YOUR OPPONENT'S HEAD DOWN, WITH THE POSSIBILITY OF YOUR OPPONENT'S HEAD STRIKING YOUR RIGHT KNEE.

3. IMMEDIATELY DELIVER A SIDE RIGHT OUTWARD HORIZONTAL ELBOW STRIKE (PALM UP) TO YOUR OPPONENT'S LEFT JAW HINGE OR TEMPLE.

4. WHILE USING YOUR OPPONENT'S SHOULDER AND BACK AS A **FULCRUM** TO LEVERAGE AND ENHANCE YOUR ACTION, FOLLOW UP WITH A SIDE RIGHT OUTWARD DOWNWARD VERTICAL UNDERHAND HEEL-PALM STRIKE AND FIVE-FINGER RIP TO YOUR OPPONENT'S FACE. CIRCLE YOUR RIGHT ARM CLOCKWISE AND STRIKE DOWN ONTO THE UPPER SPINE OF YOUR OPPONENT WITH A FRONT RIGHT OUTWARD DOWNWARD OVERHEAD VERTICAL ELBOW. (THIS SHOULD CAUSE YOUR OPPONENT'S BODY TO SAG TOWARD THE GROUND).

5. HAVE YOUR RIGHT FOOT SLIDE BACK AND ON LINE TO FORM A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH OF YOUR CLENCHED FISTS ON YOUR HIPS (PALM UP).

### **SET # 19: CROSSING TALON** (**FRONT RIGHT CROSS WRIST GRAB TO RIGHT WRIST**)

1. WITH YOUR OPPONENT'S RIGHT HAND GRABBING YOUR RIGHT EXTENDED WRIST, COUNTER GRAB HIS RIGHT WRIST, AS YOUR LEFT FOOT STEPS

## WORLDWIDE KENPO KARATE ASSOCIATION

FORWARD TO 1 O'CLOCK AND IN FRONT OF YOUR OPPONENT'S RIGHT LEG, INTO A SIDE TRAINING HORSE STANCE (FACING 3 O'CLOCK). STRIKE YOUR OPPONENT'S RIGHT ELBOW WITH A FRONT LEFT INWARD DOWNWARD

HORIZONTAL FOREARM, WHILE YOUR RIGHT HAND PULLS IN, TOWARD AND PAST YOUR RIGHT HIP. IN THE FORM, YOUR RIGHT HAND FINISHES AT YOUR RIGHT HIP (PALM UP AND CLENCHED). (THIS ACTION IS TO SPRAIN OR BREAK YOUR OPPONENT'S RIGHT ELBOW AND FORCE HIM TO BEND OVER, WHICH AUTOMATICALLY CHECKS HIS HEIGHT ZONES).

2. CONTINUE TO PULL YOUR OPPONENT'S ARM TO YOUR RIGHT WHILE USING YOUR LEFT FOREARM TO FORCE YOUR OPPONENT'S HEAD DOWN WITH THE POSSIBILITY OF YOUR OPPONENT'S HEAD STRIKING YOUR LEFT KNEE.

3. IMMEDIATELY DELIVER A SIDE LEFT OUTWARD HORIZONTAL ELBOW STRIKE (PALM UP) TO YOUR OPPONENT'S RIGHT JAW HINGE OR TEMPLE.

4. WHILE USING YOUR OPPONENT'S SHOULDER AND BACK AS A FULCRUM TO LEVERAGE AND ENHANCE YOUR ACTION, FOLLOW UP WITH A SIDE LEFT OUTWARD DOWNWARD VERTICAL UNDERHAND HEEL-PALM STRIKE AND FIVE-FINGER RIP TO YOUR OPPONENT'S FACE. CIRCLE YOUR LEFT ARM COUNTER CLOCKWISE AND STRIKE DOWN ONTO THE UPPER SPINE OF YOUR OPPONENT WITH A FRONT LEFT OUTWARD DOWNWARD OVERHEAD VERTICAL ELBOW. (THIS ACTION SHOULD CAUSE YOUR OPPONENT'S BODY TO SAG TOWARD THE GROUND).

5. HAVE YOUR LEFT FOOT SLIDE ON LINE TO FORM A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH OF YOUR CLENCHED FISTS ON YOUR HIPS (PALM UP).

### **SET # 20: THRUSTING WEDGE (FRONT TWO-HAND PUSH)**

1. HAVE YOUR BODY TURN COUNTER CLOCKWISE, AS YOU HAVE YOUR RIGHT FOOT STEP-THROUGH AND BACK (ON A 45 DEGREE ANGLE) TO 7:30 INTO A RIGHT FORWARD BOW STANCE IN BETWEEN YOUR OPPONENT'S LEGS. WHILE USING YOUR FOREARMS AS AN **"OPEN END TRIANGLE"** TO THE INSIDE OF YOUR OPPONENT'S FOREARMS. CONTINUE WITH THE FLOW OF YOUR ACTION, TO CONVERT THE MOVEMENT OF YOUR ARMS INTO FRONT TWIN EXTENDED OUTWARD UPWARD (ROLLING) CLAWS (BLURING YOUR OPPONENT'S VISION).

2. PIVOT IN PLACE INTO A RIGHT SIDE HORSE STANCE, AS YOU GRAB WITH YOUR LEFT HAND ONTO YOUR OPPONENT'S RIGHT FOREARM/WRIST AND PULLS HIM TO YOU **"WITH"** A FRONT RIGHT UPWARD VERTICAL ELBOW STRIKE UP AND UNDER YOUR OPPONENT'S CHIN. (RAISE YOUR ELBOW ABOVE YOUR OPPONENT'S HEAD).

3. CONTINUE TO FOLLOW UP WITH A FRONT RIGHT DOWNWARD VERTICAL ELBOW SMASH TO YOUR OPPONENT'S FACE AND STERNUM WITH A FRONT

## WORLDWIDE KENPO KARATE ASSOCIATION

RIGHT DOWNWARD VERTICAL HEEL-PALM CLAW TO THE BRIDGE OF YOUR OPPONENT'S NOSE AND CLAW TO HIS EYES.

4. TURN YOUR BODY CLOCKWISE, AS YOU HAVE YOUR RIGHT FOOT SLIDE BACK INTO LINE WITH YOUR LEFT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH YOUR FISTS ON YOUR HIPS (FIST CLENCHED AND PALM UP).

### **SET # 21: THRUSTING WEDGE** (*Front Two-Hand Push*)

1. HAVE YOUR BODY TURN CLOCKWISE, AS YOU HAVE YOUR LEFT FOOT STEP-THROUGH AND BACK (ON A 45 DEGREE ANGLE) TO 4:30 INTO A LEFT FORWARD BOW STANCE IN BETWEEN YOUR OPPONENT'S LEGS. WHILE USING YOUR FOREARM AS AN **"OPEN ENDED TRIANGLE"** TO THE INSIDE OF YOUR OPPONENT'S FOREARMS. CONTINUE WITH THE FLOW OF YOUR ACTION, TO CONVERT THE MOVEMENT OF YOUR ARMS INTO FRONT TWIN EXTENDED OUTWARD UPWARD (ROLLING) CLAWS (BLURING YOUR OPPONENT'S VISION).

2. PIVOT IN PLACE INTO A LEFT SIDE HORSE STANCE, AS YOU GRAB WITH YOUR RIGHT HAND ONTO YOUR OPPONENT'S LEFT FOREARM/WRIST AND PULL HIM TO YOU **"WITH"** A FRONT LEFT UPWARD VERTICAL ELBOW STRIKE UP AND UNDER YOUR OPPONENT'S CHIN. (RAISE YOUR ELBOW ABOVE YOUR OPPONENT'S HEAD).

3. CONTINUE TO FOLLOW UP WITH A FRONT LEFT DOWNWARD VERTICAL ELBOW SMASH TO YOUR OPPONENT'S FACE AND STERNUM WITH A FRONT LEFT DOWNWARD VERTICAL HEEL-PALM CLAW TO THE BRIDGE OF YOUR OPPONENT'S NOSE AND CLAW TO HIS EYES.

4. TURN YOUR BODY BACK COUNTER CLOCKWISE, AS YOU HAVE YOUR LEFT FOOT SLIDE BACK IN LINE WITH YOUR RIGHT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH YOUR FISTS ON YOUR HIPS (FISTS CLENCHED AND PALM UP).

### **SET # 22: BLINDING SACRIFICE** (*Front Two-Hand Choke Or Grab*)

1. STEP FORWARD TO 10:30 INTO A RIGHT FORWARD BOW STANCE, USING YOUR FOREARMS AS WEDGES INSIDE OF YOUR OPPONENT'S ARMS WHILE CONVERTING YOUR ARMS INTO FRONT TWIN OUTWARD HORIZONTAL FOUR-FINGER THRUSTS TO HIS EYES. WITHOUT LOSS OF MOTION, STRIKE TO YOUR OPPONENT'S FOREARMS, FORCING THEM OUT AND DOWN.

2. CONTINUE CIRCLING OVERHEAD, BACK AND DOWNWARD AND SWITCH ORBITS TO DELIVER TWIN INWARD DOWNWARD UNDERHAND CLAW STRIKES TO YOUR OPPONENT'S GROIN LEVEL TO 12 O'CLOCK.

3. MAINTAINING THE FLOW AND HAVE BOTH OF YOUR HANDS CIRCLE HORIZONTALLY AROUND AND IN BACK OF YOUR OPPONENT. EXECUTE A PUSH-

## WORLDWIDE KENPO KARATE ASSOCIATION

DRAG REVERSE **“WITH”** FRONT TWIN INWARD INVERTED HOOKING BACK-KNUCKLE RAKES THROUGH BOTH OF YOUR OPPONENT’S KIDNEYS. AS BOTH FISTS TRAVEL HORIZONTALLY AND REORBIT BACK AND TO YOUR CHEST, WHILE FORMING A RIGHT 45 DEGREE CAT STANCE DURING THE **TRANSITION**. CONCLUDE BOTH OF YOUR HAND MOVES BY CONVERTING THEM INTO FRONT TWIN OUTWARD VERTICAL BLOCKS TO CONTINUE CHECKING YOUR OPPONENT’S ARMS.

4. IMMEDIATELY STEP BACK TO 10:30 INTO A RIGHT FORWARD BOW STANCE, AS YOU THRUST FRONT TWIN OUTWARD HORIZONTAL (**BRACING ANGLE**) FINGER THUMB SCOOP STRIKES TO YOUR OPPONENT’S EYES.

5. FROM THE EYES, HAVE BOTH OF YOUR HANDS SLAP DOWN (**GRAVITATIONAL CHECKS**) ONTO YOUR OPPONENT’S SHOULDERS AND TRAVEL DOWN THE ARMS OF YOUR OPPONENT (ANCHORING YOUR ELBOWS DURING THE **SLIDING CHECK**). CONTINUE THE FLOW OF THIS MOTION, BY CATCHING AND GRABBING HIS ARMS TO PULL HIM DOWN (FRICTIONAL PULL).

6. WITHOUT LOSS OF MOTION, RECIRCLE YOUR ARMS (YOUR RIGHT HAND COUNTER CLOCKWISE AND LEFT HAND CLOCKWISE) SO THAT YOU STRIKE WITH FRONT TWIN INWARD INVERTED VERTICAL BACK-KNUCKLES STRIKES TO THE TEMPLES OR MASTOIDS (YOUR RIGHT HAND TO YOUR OPPONENT’S LEFT TEMPLE AND YOUR LEFT HAND TO YOUR OPPONENT’S RIGHT TEMPLE).

7. **ANCHOR** BOTH OF YOUR ELBOWS AND SIMULTANEOUSLY EXECUTE FRONT TWIN INWARD VERTICAL ELBOW STRIKES TO THE JAW HINGES OF YOUR OPPONENT’S JAWS (YOUR RIGHT ELBOW TO THE LEFT SIDE OF HIS JAW AND YOUR LEFT ELBOW TO THE RIGHT SIDE OF HIS JAW).

8. GRAB THE BACK OF YOUR OPPONENT’S HEAD WITH FRONT TWIN INWARD VERTICAL SHAPES OF A CRANE AND PULL HIS HEAD DOWN ONTO A RIGHT UPWARD VERTICAL KNEE SMASH TO HIS FACE.

9. EXECUTE A SIDE RIGHT DOWNWARD VERTICAL KNIFE-EDGE STOMP KICK TO YOUR OPPONENT’S RIGHT INSTEP, AS YOU PUSH YOUR OPPONENT OFF TO YOUR RIGHT.

10. YOUR RIGHT FOOT SLIDES BACK ON LINE INTO A TRAINING HORSE STANCE (FACING 12 O’CLOCK), WITH BOTH OF YOUR FISTS ON YOUR HIP (CLENCHED AND PALM UP).

### **SET # 23: BLINDING SACRIFICE** (*Front Two-Hand Push Or Grab*)

1. STEP FORWARD TO 1:30 INTO A LEFT FORWARD BOW STANCE USING YOUR FOREARMS AS WEDGES INSIDE OF YOUR OPPONENT’S ARMS WHILE CONVERTING YOUR ARMS INTO FRONT TWIN OUTWARD HORIZONTAL FOUR-FINGER THRUSTS TO HIS EYES. WITHOUT LOSS OF MOTION, STRIKE TO YOUR OPPONENT’S FOREARMS, FORCING THEM OUT AND DOWN.

## WORLDWIDE KENPO KARATE ASSOCIATION

2. CONTINUE TO CIRCLE OVERHEAD, BACK AND DOWNWARD AND SWITCH ORBITS TO DELIVER FRONT TWIN INWARD DOWNWARD UNDERHAND CLAW STRIKES TO YOUR OPPONENT'S GROIN LEVEL TO 12 O'CLOCK.
3. QUICKLY HAVE BOTH OF YOUR HANDS CIRCLE HORIZONTALLY AROUND AND IN BACK OF YOUR OPPONENT. EXECUTE A PUSH-DRAW REVERSE **"WITH"** FRONT TWIN INWARD INVERTED HOOKING BACK-KNUCKLE RAKES THROUGH BOTH OF YOUR OPPONENT'S KIDNEYS. BOTH FISTS TRAVEL HORIZONTALLY AND REORBIT BACK AND TO YOUR CHEST, WHILE FORMING A LEFT 45 DEGREE CAT STANCE DURING THE **TRANSITION**. CONCLUDE BOTH OF YOUR HAND MOVES BY CONVERTING THEM INTO FRONT TWIN OUTWARD VERTICAL BLOCKS TO CONTINUE CHECKING YOUR OPPONENT'S ARMS.
4. IMMEDIATELY STEP BACK TO 1:30 INTO A LEFT FORWARD BOW STANCE, AS YOU THRUST FRONT TWIN OUTWARD HORIZONTAL (**BRACING ANGLE**) FINGER-THUMB SCOOP STRIKES TO YOUR OPPONENT'S EYES.
5. FROM THE EYES, HAVE BOTH OF YOUR HANDS SLAP DOWN (**FRICTIONAL CHECKS**) ONTO YOUR OPPONENT'S SHOULDERS AND TRAVEL DOWN THE ARMS OF YOUR OPPONENT (ANCHORING YOUR ELBOWS DURING THE **SLIDING CHECK**). CONTINUE THE FLOW OF THIS MOTION, BY CATCHING AND GRABBING HIS ARMS TO PULL HIM DOWN (FRICTIONAL PULL).
6. WITHOUT LOSS OF MOTION, RECIRCLE YOUR ARMS (YOUR LEFT HAND CLOCKWISE AND YOUR RIGHT HAND COUNTER CLOCKWISE), SO THAT YOU STRIKE WITH FRONT TWIN INWARD INVERTED VERTICAL BACK-KNUCKLES TO THE TEMPLES OR MASTOIDS (YOUR RIGHT HAND TO YOUR OPPONENT'S LEFT TEMPLE AND YOUR LEFT HAND TO YOUR OPPONENT'S RIGHT TEMPLE).
7. **ANCHOR** BOTH OF YOUR ELBOWS AND SIMULTANEOUSLY EXECUTE FRONT TWIN INWARD VERTICAL ELBOW STRIKES TO THE JAW HINGES OF YOUR OPPONENTS (YOUR LEFT ELBOW TO THE RIGHT SIDE OF HIS JAW AND YOUR RIGHT ELBOW TO THE LEFT SIDE OF HIS JAW).
8. GRAB THE BACK OF YOUR OPPONENT'S HEAD WITH FRONT TWIN INWARD VERTICAL SHAPES OF A CRANE AND PULL HIS HEAD DOWN ONTO YOUR LEFT UPWARD VERTICAL KNEE SMASH TO HIS FACE.
9. EXECUTE A SIDE LEFT DOWNWARD VERTICAL KNIFE-EDGE STOMP KICK TO YOUR OPPONENT'S LEFT INSTEP, AS YOU PUSH YOUR OPPONENT OFF TO YOUR LEFT.
10. YOUR LEFT FOOT SLIDES BACK ON LINE INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH BOTH FISTS ON YOUR HIPS (CLENCHED AND PALM UP).

### **SET # 24: WINGS OF SILK** (*Rear Two-Arm Lock*)

1. WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK), WITH YOUR ARMS LOCKED FROM THE REAR, (STOMP) HOP WITH YOUR LEFT FOOT

## WORLDWIDE KENPO KARATE ASSOCIATION

ONTO YOUR OPPONENT'S LEFT INSTEP TO 9 O'CLOCK. SIMULTANEOUSLY HAVE YOUR LEFT HAND **"CRAB PINCH"** THE NERVES LOCATED ON THE CREST OF YOUR OPPONENT'S LEFT HIP.

2. AS YOUR RIGHT ARM STARTS TO SLIP OUT OF YOUR OPPONENT'S RIGHT ARM, EXECUTE A BACK RIGHT VERTICAL OBSCURE ELBOW STRIKE TO THE UNDERSIDE OF YOUR OPPONENT'S CHIN **"WITH"** A RIGHT BACK VERTICAL HEEL SCOOP KICK UNDER YOUR OPPONENT'S GROIN.

3. TURN AND STEP COUNTER CLOCKWISE WITH YOUR RIGHT FOOT TO 9 O'CLOCK, WITH A SHORT RIGHT STEP, AS YOUR RIGHT ARM (BACK VERTICAL OBSCURE ELBOW) SLIPS COMPLETELY OUT OF YOUR OPPONENT'S RIGHT ARM. PIN YOUR OPPONENT'S LEFT ARM WITH YOUR LEFT HAND AT YOUR WAIST LEVEL AS YOU BEGIN TO TWIRL OUT.

4. COMPLETE THE TWIRL (360 DEGREE TURN) BY CIRCLING YOUR LEFT FOOT COUNTER CLOCKWISE TO 9 O'CLOCK AND ENDING UP IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK), IN THE SAME DIRECTION AS YOUR OPPONENT. SIMULTANEOUSLY HAVE YOUR RIGHT ARM DELIVER (WITH YOUR LEFT HAND STILL HOLDING ONTO YOUR OPPONENT'S LEFT ARM) A FRONT RIGHT UPPERCUT FOREARM STRIKE TO BREAK YOUR OPPONENT'S LEFT ELBOW JOINT. YOUR LEFT FIST IS NOW ON YOUR LEFT HIP (CLENCHED AND PALM UP).

5. EXECUTE A BACK TWIRL (360 DEGREE TURN), STARTING WITH YOUR LEFT FOOT MOVING CLOCKWISE TO 3 O'CLOCK, SO THAT YOU CONCLUDE THE TWIRL IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK) WITH YOUR CLENCHED FISTS (PALM UP) ON YOUR HIP.

### **SET # 25: WINGS OF SILK** (*Rear Two-Arm Lock*)

1. WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK) WITH YOUR ARMS LOCKED FROM THE REAR, (STOMP) HOP WITH YOUR RIGHT FOOT ON TO YOUR OPPONENT'S RIGHT INSTEP TO 3 O'CLOCK. SIMULTANEOUSLY HAVE YOUR RIGHT HAND **"CRAB PINCH"** THE NERVES LOCATED ON THE CREST OF YOUR OPPONENT'S RIGHT HIP.

2. AS YOUR LEFT ARM STARTS TO SLIP OUT OF YOUR OPPONENT'S LEFT ARM, EXECUTE A BACK LEFT VERTICAL OBSCURE ELBOW STRIKE TO THE UNDERSIDE OF YOUR OPPONENT'S CHIN **"WITH"** A BACK LEFT VERTICAL HEEL SCOOP KICK UNDER YOUR OPPONENT'S GROIN.

3. TURN AND STEP CLOCKWISE WITH YOUR LEFT FOOT TO 3 O'CLOCK WITH A SHORT LEFT STEP, AS YOUR LEFT ARM (BACK VERTICAL OBSCURE ELBOW) SLIPS COMPLETELY OUT OF YOUR OPPONENT'S LEFT ARM. PIN YOUR OPPONENT'S RIGHT ARM WITH YOUR RIGHT HAND AT YOUR WAIST LEVEL AS YOU BEGIN TO TWIRL OUT.

4. COMPLETE THE FRONT TWIRL (360 DEGREE TURN) BY CIRCLING YOUR RIGHT FOOT CLOCKWISE TO 3 O'CLOCK AND ENDING UP IN A TRAINING HORSE STANCE

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(FACING 12 O'CLOCK), IN THE SAME DIRECTION AS YOUR OPPONENT. SIMULTANEOUSLY HAVE YOUR LEFT ARM DELIVER (WITH YOUR RIGHT HAND STILL HOLDING ONTO YOUR OPPONENT'S RIGHT ARM) A FRONT LEFT UPPER CUT FOREARM STRIKE TO BREAK YOUR OPPONENT'S RIGHT ELBOW JOINT. YOUR RIGHT FIST IS NOW ON YOUR RIGHT HIP (CLENCHED AND PALM UP).

5. EXECUTE ANOTHER BACK TWIRL (360 DEGREE TURN), STARTING WITH YOUR RIGHT FOOT MOVING COUNTER CLOCKWISE TO 9 O'CLOCK SO THAT YOU CONCLUDE THE TWIRL IN A HORSE STANCE (FACING 12 O'CLOCK) WITH YOUR CLENCHED FISTS (PALM UP) ON YOUR HIPS.

### **SET # 26: SCRAPING HOOF (*Rear Full Nelson*)**

1. WHILE IN A FULL NELSON, THRUST FORWARD BOTH OF YOUR FISTS TO THE GROUND (TO HELP LOOSEN YOUR OPPONENT'S GRASP AND PIN HIS ARMS TO YOUR BODY). CHEAT YOUR LEFT FOOT (6 INCHES) TO YOUR RIGHT FOOT, AS YOU STRAIGHTEN YOUR KNEES, BACK AND NECK INTO A FULL UPRIGHT POSITION. (THE INTENT IS TO HAVE YOUR OPPONENT FOCUS HIS ATTENTION ON YOUR ARMS AND RELEASE THE PRESSURE TO YOUR NECK).

2. IMMEDIATELY BEND YOUR LEFT KNEE (**REVERSE GRAVITATIONAL MARRIAGE**), AS YOU DELIVER A BACK RIGHT SIDE SCOOPING HEEL KICK TO YOUR OPPONENT'S LEFT INNER KNEE. IMMEDIATELY KNIFE-EDGE WITH YOUR RIGHT FOOT, TO KICK YOUR OPPONENT'S RIGHT SHIN AND STOMP HIS RIGHT INSTEP WITH THE HEEL OF YOUR RIGHT FOOT. (THIS SHOULD ALSO **BUCKLE** YOUR OPPONENT'S LEG AS WELL AS MOVE THE LEG FORWARD).

3. IMMEDIATELY BEND YOUR RIGHT KNEE (**REVERSE GRAVITATIONAL MARRIAGE**), AS YOU DELIVER A BACK LEFT SIDE SCOOPING HEEL KICK TO YOUR OPPONENT'S RIGHT INNER KNEE. IMMEDIATELY KNIFE-EDGE WITH YOUR LEFT FOOT, TO KICK YOUR OPPONENT'S LEFT SHIN AND STOMP HIS LEFT INSTEP WITH THE HEEL OF YOUR LEFT FOOT. (THIS SHOULD ALSO **BUCKLE** YOUR OPPONENT'S LEG AS WELL AS MOVE THE LEG FORWARD).

### **SET # 27: REPEATED DEVASTATION (*Rear Full Nelson*)**

1. HAVE YOUR LEFT FOOT STEP FORWARD TO 12 O'CLOCK AND PIVOT CLOCKWISE TO 6 O'CLOCK INTO A RIGHT FORWARD BOW STANCE. EXECUTE A BACK RIGHT OUTWARD HORIZONTAL ELBOW STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S JAW "**WITH**" YOUR LEFT FIST THRUSTING DOWN TOWARD YOUR LEFT FOOT, PINNING YOUR OPPONENT'S LEFT ARM AND PULLING HIM INTO YOUR ELBOW.

2. HAVE YOUR LEFT FOOT STEP BACK ON LINE WITH YOUR RIGHT FOOT, AS YOU **SWITCH** TO YOUR 12 O'CLOCK. PIVOT COUNTER CLOCKWISE AND STEP OUT WITH YOUR RIGHT FOOT INTO A LEFT FORWARD BOW STANCE FACING 6 O'CLOCK, AS YOU EXECUTE A BACK LEFT OUTWARD HORIZONTAL ELBOW STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S JAW "**WITH**" YOUR RIGHT FIST THRUSTING DOWN TOWARD YOUR RIGHT FOOT, PINNING YOUR



## WORLDWIDE KENPO KARATE ASSOCIATION

OPPONENT'S RIGHT ARM AND PULLING HIM INTO YOUR ELBOW.

3. SLIDE YOUR RIGHT FOOT BACK AND ON LINE INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK) WITH BOTH OF YOUR ARMS EXTENDED DOWN IN FRONT OF YOUR BODY. (THIS IS TO INDICATE A FRONT TWO-HAND WRIST GRAB TO BOTH WRISTS).

### **SET # 28: DESPERATE FALCONS** (*Front Two-Hand Wrist Grab*)

1. STEP FORWARD TO 12 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE, AS YOUR LEFT FOREARM AND FIST ROLLS IN AND DOWN TOWARD YOUR LEFT HIP "WITH" YOUR RIGHT HAND MOVING TOWARD YOUR LEFT WRIST. HAVE IT CIRCLE CLOCKWISE AND UNDER YOUR LEFT ARM AND THEN OVER THAT OF YOUR OPPONENT'S RIGHT WRIST. CONTINUE THE CLOCKWISE CIRCLE AND JERK BOTH YOUR OPPONENT'S ARMS DIAGONALLY DOWN AND PAST YOUR RIGHT HIP TO FREE THEM FROM THE GRASP OF YOUR OPPONENT.

2. PIVOT IN PLACE INTO A LEFT FORWARD BOW STANCE TO 12 O'CLOCK, AS YOU FOLLOW UP WITH A FRONT LEFT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S FACE "WITH" A FRONT RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S RIGHT RIB CAGE OR SOLAR PLEXUS. (YOUR OPPONENT'S RIGHT ARM IS WEDGED IN AN OPEN-END TRIANGLE BETWEEN YOUR LEFT ARM AND YOUR RIGHT ARM).

3. SNAP BOTH OF YOUR STRIKES BACK TO THE RIGHT SIDE OF YOUR BODY AND PIVOT BACK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK).

### **SET # 29: DESPERATE FALCONS** (*Front Two-Hand Wrist Grab*)

1. STEP FORWARD TO 12 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, AS YOUR RIGHT FOREARM AND FIST ROLLS IN AND DOWN TOWARD YOUR RIGHT HIP "WITH" YOUR LEFT HAND MOVING TOWARD YOUR RIGHT WRIST. HAVE IT CIRCLE COUNTER CLOCKWISE AND UNDER YOUR RIGHT ARM AND THEN OVER THAT OF YOUR OPPONENT'S LEFT WRIST. CONTINUE THE COUNTER CLOCKWISE CIRCLE AND JERK BOTH YOUR OPPONENT'S ARMS DIAGONALLY DOWN AND PAST YOUR LEFT HIP TO FREE YOU FROM THE GRASP OF YOUR OPPONENTS.

2. PIVOT IN PLACE INTO A RIGHT FORWARD BOW STANCE TO 12 O'CLOCK, AS YOU FOLLOW UP WITH A FRONT RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S FACE "WITH" A FRONT LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE OR SOLAR PLEXUS. (YOUR OPPONENT'S LEFT ARM IS WEDGED IN AN **OPEN-END TRIANGLE** BETWEEN YOUR RIGHT ARM AND YOUR LEFT ARM).

3. SNAP BOTH OF YOUR STRIKES BACK TO THE LEFT SIDE OF YOUR BODY AND PIVOT BACK INTO A RIGHT NEUTRAL BOW STANCE (FACING

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12 O'CLOCK).

**CLOSING:** SLIDE YOUR LEFT FOOT UP TO AND ON LINE WITH YOUR RIGHT FOOT INTO A MEDITATING HORSE STANCE (FACING 12 O'CLOCK). COME TO ATTENTION. EXECUTE THE FULL KENPO SALUTATION. BOW.

# WORLDWIDE KENPO KARATE ASSOCIATION

## FREESTYLE TECHNIQUES

### EXPLANATION:

- B** - THE BASE STANCE (LEFT TO LEFT NEUTRAL BOWS).
- 5** - A RIGHT STEP-THROUGH (FORWARD) FOOT MANEUVER.
- a** - A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE
- tsK** - A RIGHT THRUSTING SWEEP KICK TO YOUR OPPONENT'S LEFT CALF OR LEFT OUTWARD OF KNEE.
- P** - A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S STERNUM.
- bk** - A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S HEAD.
- hK** - A RIGHT BACK HEEL KICK OR HORIZONTAL HEEL KICK TO YOUR OPPONENT'S LEFT RIB CAGE.
- rK** - A LEFT INWARD HORIZONTAL OR UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN AREA.
- b** - A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE.

NOTE: YOUR FORWARD LEG CHECKS YOUR OPPONENT'S FORWARD LEG.  
THIS MANEUVER CREATES AN **ANGLE OF DISTURBANCE** AND AN **ANGLE OF CANCELLATION**.

**rK tsK B5a** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT'S LEFT KNEE. REPLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (BUCKLING) WHILE EXECUTING A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.

**rK tsK B5a P** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF HIS LEFT KNEE. REPLANT YOUR RIGHT FOOT FORWARD, AS YOU UNPIVOT INTO A RIGHT NEUTRAL BOW STANCE, TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (**BUCKLING**) WHILE EXECUTING A RIGHT VERTICAL PUNCH TO YOUR OPPONENT'S FACE **"WITH"** A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM.

**rK tsK B5a P bk** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF HIS LEFT KNEE. REPLANT YOUR RIGHT FOOT

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FORWARD INTO A RIGHT NEUTRAL BOW STANCE TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (**BUCKLING**) "WITH" A RIGHT VERTICAL PUNCH TO YOUR OPPONENT'S FACE WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. IMMEDIATELY DELIVER A LEFT VERTICAL PUNCH TO YOUR OPPONENT'S STERNUM WHILE EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. WITHOUT HESITATING, DELIVER A RIGHT OUTWARD HORIZONTAL BACK KNUCKLE STRIKE TO YOUR OPPONENT'S FACE "WITH" A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM.

**rK tsK B5a P hK** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF HIS LEFT KNEE. REPLANT YOUR RIGHT FOOT FORWARD, AS YOU UNPIVOT INTO A RIGHT NEUTRAL BOW STANCE TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (**BUCKLING**) WHILE EXECUTING A RIGHT VERTICAL PUNCH TO YOUR OPPONENT'S FACE "WITH" A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. IMMEDIATELY DELIVER A LEFT VERTICAL PUNCH TO YOUR OPPONENT'S STERNUM WHILE EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. NOW DELIVER A RIGHT BACK HEEL HOOK OR BACK HEEL KICK TO YOUR OPPONENT'S BODY. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 7:30.

**rK tsK B5a P bk hK** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF HIS LEFT KNEE. REPLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (**BUCKLING**) WHILE EXECUTING A RIGHT VERTICAL PUNCH TO YOUR OPPONENT'S FACE "WITH" A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. WITHOUT HESITATING, DELIVER A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO HIS FACE "WITH" A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. NOW DELIVER A RIGHT BACK HEEL HOOK OR BACK HEEL KICK TO HIS BODY. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 7:30.

**rK tsK B5a P hK bk** - INDICATES YOUR LEFT HAND GRABBING YOUR OPPONENT'S LEFT ARM WHILE YOU DELIVER A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT'S LEFT KNEE. REPLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE TO 12 O'CLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (**BUCKLING**) WHILE EXECUTING A RIGHT VERTICAL PUNCH TO YOUR OPPONENT'S FACE

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**“WITH”** A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT’S LEFT ARM. NOW DELIVER A RIGHT BACK HOOKING HEEL KICK TO HIS BODY. WITHOUT HESITATING, DELIVER A RIGHT OUTWARD HORIZONTAL BACK KNUCKLE STRIKE TO HIS FACE. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 7:30.

**rK tsK 6 bk -- (rK)** -- INDICATES A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN. **(tsK)** -- FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT’S LEFT KNEE. **(6)** -- PLANT FORWARD WITH YOUR RIGHT FOOT (RIGHT NEUTRAL BOW STANCE), AS YOU EXECUTE A LEFT REAR TWIST STANCE FORWARD. (THE INTENTION HERE IS TO BUMP YOUR OPPONENT’S LEFT SHOULDER WITH YOUR RIGHT SHOULDER). **(bk)** -- WITHOUT HESITATION, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT’S LEFT ARM.

**rK tsK 6 hK -- (rK)** -- INDICATES A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN. **(tsK)** -- FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT’S LEFT KNEE. **(6)** -- PLANT FORWARD WITH YOUR RIGHT FOOT (RIGHT NEUTRAL BOW STANCE), AS YOU EXECUTE A LEFT REAR TWIST STANCE FORWARD. (THE INTENTION HERE IS TO BUMP YOUR OPPONENT’S LEFT SHOULDER WITH YOUR RIGHT SHOULDER). **(hK)** -- IMMEDIATELY DELIVER A RIGHT BACK HEEL SCOOP KICK TO YOUR OPPONENT’S GROIN OR IN THE EVENT THAT HE BACKS UP FOLLOW UP WITH A BACK HEEL KICK TO HIS LEFT RIB CAGE OR LEFT KNEE. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 4 O’CLOCK.

**rK tsK 6 bk hK -- (rK)** -- INDICATES A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN. **(tsK)** -- FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT’S LEFT KNEE. **(6)** -- PLANT FORWARD WITH YOUR RIGHT FOOT (RIGHT NEUTRAL BOW STANCE), AS YOU EXECUTE A LEFT REAR TWIST STANCE FORWARD. (THE INTENTION HERE IS TO BUMP YOUR OPPONENT’S LEFT SHOULDER WITH YOUR RIGHT SHOULDER). **(bk)** -- WITHOUT HESITATION, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT’S LEFT ARM. **(hK)** -- IMMEDIATELY DELIVER A RIGHT BACK HEEL SCOOP KICK TO YOUR OPPONENT’S GROIN OR IN THE EVENT THAT HE BACKS UP, FOLLOW UP WITH A BACK HEEL KICK TO HIS LEFT RIB CAGE OR LEFT KNEE. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 4 O’CLOCK.

**rK tsK 6 hK bk -- (rK)** -- INDICATES A LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN. **(tsK)** -- FOLLOW UP WITH A RIGHT THRUSTING SWEEP KICK TO THE OUTSIDE OF YOUR OPPONENT’S LEFT

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KNEE. (6) -- PLANT FORWARD WITH YOUR RIGHT FOOT (RIGHT NEUTRAL BOW STANCE) AS YOU EXECUTE A LEFT REAR CROSSOVER. (THE INTENTION HERE IS TO BUMP YOUR OPPONENT'S LEFT SHOULDER WITH YOUR RIGHT SHOULDER). (**hK**) -- IMMEDIATELY DELIVER A RIGHT BACK HEEL SCOOP KICK TO YOUR OPPONENT'S GROIN OR IN THE EVENT THAT HE BACKS UP FOLLOW UP WITH A BACK HEEL KICK TO HIS LEFT RIB CAGE OR LEFT KNEE. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 4 O'CLOCK. (**bk**) -- WITHOUT HESITATION, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM.

### EXPLANATION:

**B** - REPRESENTS THE BASE MOVE OF COMMENCING FROM A "RIGHT TO LEFT" FIGHTING POSITION.

### RL - RIGHT TO LEFT:

YOUR RIGHT (FORWARD) LEG IS FACING YOUR OPPONENT'S LEFT (FORWARD) LEG. THE FIRST LETTER (**IN THIS CASE R**) ALWAYS REFERS TO YOUR LEAD LEG (LEG THAT IS FORWARD). THE SECOND LETTER (**IN THIS CASE L**) REFERS TO YOUR OPPONENT'S LEAD LEG.

IN ALL CASES, AN **ANGLE OF DISTURBANCE** AND AN **ANGLE OF CANCELLATION** ARE COMPLETED BY HAVING YOUR FORWARD LEAD LEG **CHECK** YOUR OPPONENT'S FORWARD LEG.

THE LETTERS REPRESENT VARIOUS METHODS OF EXECUTING STRIKES AND ARE AS FOLLOWS:

**a** - A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.

**P** - A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.

**H** - A LEFT UPWARD DIAGONAL HEEL-PALM TO YOUR OPPONENT'S CHIN.

**dK**- A LEFT DRAG AND RIGHT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN.

**rK** - A LEFT ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

**B1a P dK**: INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE BASE MOVE, WHILE TURNING YOUR UPPER BODY COUNTER CLOCKWISE. (BE SURE NOT TO ROTATE PAST A **POINT OF CANCELLATION** THUS NULLIFYING YOUR OWN EFFECTIVENESS). FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT DRAG, RIGHT FRONT SNAPPING BALL KICK TO HIS GROIN.

**B2a P dK**: INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE BASE

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MOVE, WHILE SIMULTANEOUSLY PUSH-DRAGGING FORWARD. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE SIMULTANEOUSLY EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT DRAG, RIGHT FRONT SNAPPING BALL KICK TO HIS GROIN.

**B3a P dK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE SIMULTANEOUSLY EXECUTING A LEFT FRONT CROSSOVER. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE SIMULTANEOUSLY EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. IN CASE YOUR OPPONENT BACKS UP ONLY A LITTLE AND THE **SHUFFLE** (DRAG) IS INCORPORATED INTO THE CROSSOVER, THREAD A RIGHT FRONT SNAPPING BALL KICK TO HIS GROIN.

**B4a P dK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE SIMULTANEOUSLY EXECUTING A LEFT FRONT TWIST STANCE FORWARD. STEP OUT WITH YOUR RIGHT FOOT, AS YOU FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE SIMULTANEOUSLY EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT DRAG, RIGHT FRONT SNAPPING BALL KICK TO HIS GROIN.

**B1a P H rK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE TURNING YOUR UPPER BODY COUNTER CLOCKWISE. (BE SURE NOT TO ROTATE PAST A **POINT OF CANCELLATION** THUS NULLIFYING YOUR OWN EFFECTIVENESS). FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. YOUR OPPONENT IS STILL WITHIN HAND RANGE, SO EXECUTE A RIGHT UPWARD DIAGONAL HORIZONTAL HEEL-PALM **JAB** TO YOUR OPPONENT'S CHIN. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT STEP-THROUGH ROUNDHOUSE KICK TO HIS GROIN.

**B2a P H rK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE SIMULTANEOUSLY PUSH-DRAGGING FORWARD. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE SIMULTANEOUSLY EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. EXECUTE A RIGHT UPWARD DIAGONAL HORIZONTAL HEEL-PALM **JAB** TO YOUR OPPONENT'S CHIN. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT STEP-THROUGH ROUNDHOUSE KICK TO HIS GROIN.

**B3a P H rK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE SIMULTANEOUSLY EXECUTING A LEFT FRONT CROSSOVER. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND

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ONTO YOUR OPPONENT'S LEFT ARM. EXECUTE A RIGHT UPWARD DIAGONAL HORIZONTAL HEEL-PALM **JAB** TO YOUR OPPONENT'S CHIN. AS YOUR OPPONENT BACKS UP, EXECUTE A LEFT STEP-THROUGH ROUNDHOUSE KICK TO HIS GROIN.

**B4a P H rK:** INDICATES THE EXECUTION OF THE FIRST VARIATION OF THE **BASE MOVE**, WHILE SIMULTANEOUSLY EXECUTING A LEFT FRONT TWIST FORWARD. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE, WHILE EXECUTING A RIGHT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. YOUR OPPONENT BEGINS TO MOVE OUT OF RANGE, SO STEP OUT WITH YOUR RIGHT FOOT INTO A RIGHT NEUTRAL BOW STANCE, AS YOU EXECUTE A RIGHT HEEL-PALM JAB TO YOUR OPPONENT'S CHIN. SIMULTANEOUSLY EXECUTE A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S LEFT ARM. AS YOUR OPPONENT BACKS UP, PIVOT INTO A RIGHT FRONT ROTATING TWIST STANCE AND DELIVER A LEFT STEP-THROUGH ROUNDHOUSE KICK TO HIS GROIN.



# WORLDWIDE KENPO KARATE ASSOCIATION

## STAFF SET

### THEME:

### EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP INTO A MEDITATING HORSE STANCE. COME TO ATTENTION. EXECUTE THE FLOOR SALUTATION (PICKING UP THE STAFF OFF THE FLOOR DURING THE SALUTE).

YOUR STAFF SHOULD BE LAYING ON THE GROUND (CENTERED ABOUT TWO FEET IN FRONT OF YOU) WITH THE RIGHT END (RED) POINTING TO 3 O'CLOCK AND WITH THE LEFT END (BLUE) POINTING TO 9 O'CLOCK. (1) EXECUTE A RIGHT FRONT ROTATING TWIST STANCE TO COME UP JUST SHORT OF THE CENTER OF THE STAFF. (2) HAVE YOUR LEFT FOOT STEP OVER THE STAFF INTO A LEFT 45 DEGREE CAT STANCE. (3) QUICKLY SLIDE YOUR LEFT FOOT BACK TO 6 O'CLOCK, DRAGGING IT ON TOP OF THE STAFF, WHILE ROLLING THE STAFF TO YOUR RIGHT FOOT AS IT ROLLS UP ON TOP OF YOUR RIGHT INSTEP. BE SURE YOUR LEFT FOOT STEPS TO THE REAR TO 6 O'CLOCK, AS YOU SCOOP YOUR RIGHT FOOT UP TO BOOST THE STAFF UP TO YOUR CHEST LEVEL. SIMULTANEOUSLY GRAB THE STAFF WITH BOTH HANDS (PALMS DOWN), BEING SURE BOTH YOUR HANDS ARE 30 INCHES APART AT THE CENTER OF THE STAFF. THIS IS **SYNCHRONIZED** WITH BOTH OF YOUR FEET CONCLUDING IN A MODIFIED ATTENTION STANCE. (IT IS IMPORTANT THAT YOU KEEP THE STAFF PARALLEL TO THE GROUND).

### SET 1:

A. WITH YOUR FEET TOGETHER (MODIFIED ATTENTION STANCE), EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO 12 O'CLOCK. THIS MOTION SHOULD ROTATE THE RED END OF THE STAFF COUNTER CLOCKWISE INTO A VERTICAL **PATH**. THE RED END FINISHES STRAIGHT UP AND THE BLUE END FINISHES STRAIGHT DOWN, VERTICALLY, WITH THE STAFF TO THE LEFT SIDE OF YOUR LEG AND BODY.

### SET 2:

A. EXECUTE A LEFT INWARD HORIZONTAL ELBOW STRIKE TO 12 O'CLOCK. THIS MOTION SHOULD ROTATE THE BLUE END OF THE STAFF CLOCKWISE INTO A VERTICAL **PATH**. THE BLUE END FINISHES STRAIGHT UP AND RED END FINISHES STRAIGHT DOWN, VERTICALLY, WITH THE STAFF TO THE RIGHT SIDE OF YOUR LEG AND BODY.

### SET 3:

A. HAVE YOUR RIGHT FOOT SLIDE BACK TO 6 O'CLOCK INTO A LEFT FORWARD BOW STANCE (FACING 12 O'CLOCK), AS YOU CIRCLE THE RED END OF THE STAFF COUNTER CLOCKWISE IN A VERTICAL PATH 270

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DEGREES FROM 6 O'CLOCK TO 12 O'CLOCK, VERTICALLY, ON THE RIGHT SIDE OF YOUR BODY. THE STAFF FINISHES PARALLEL TO THE GROUND WITH THE RED END POINTING TO 12 O'CLOCK AND THE BLUE END POINTING TO 6 O'CLOCK. YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP), UNDERNEATH YOUR RIGHT ARMPIT.

**B. REVERSE THE MOTION** OF YOUR STAFF, ROTATING IT 360 DEGREES, FINISHING WITH THE STAFF PARALLEL TO THE GROUND AND STILL ON THE RIGHT SIDE OF YOUR BODY. THE RED END IS POINTING TO 12 O'CLOCK AND THE BLUE END IS POINTING TO 6 O'CLOCK. YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP) AND YOUR LEFT HAND IS ABOVE THE STAFF (PALM DOWN), ON YOUR RIGHT COLLARBONE.

### SET 4:

**A. ORBIT THE STAFF** DIAGONALLY ACROSS THE FRONT OF YOUR BODY FROM 10:30 TO 4:30. **SWITCH** (YOUR RIGHT LEG TO THE FRONT AND YOUR LEFT FRONT LEG TO THE REAR) INTO A RIGHT FORWARD BOW STANCE (FACING 12 O'CLOCK). DURING THE **SWITCH** (AS YOUR RIGHT FOOT COMES TO YOUR LEFT FOOT), CIRCLE THE BLUE END COUNTER CLOCKWISE TO 10:30. IN THE SAME FLOWING MOTION, CIRCLE THE RED END 360 DEGREES TO 10:30. AT THIS MOMENT, YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP). THE RED END OF THE STAFF IS POINTING TO 10:30 AND THE BLUE END OF THE STAFF IS POINTING TO 4:30. THE STAFF IS ACROSS YOUR BODY AND PARALLEL TO THE GROUND. AS YOU ARE COMPLETING THE **SWITCH**, CHANGE THE ORBIT OF YOUR STAFF TO CIRCLE VERTICALLY FROM 6 O'CLOCK TO 12 O'CLOCK ON THE LEFT SIDE OF YOUR BODY (ALONG THE SIDE OF YOUR LEFT ANKLE). THE RED END CIRCLES CLOCKWISE AND VERTICALLY TO 12 O'CLOCK. THE BLUE END CIRCLES CLOCKWISE 360 DEGREES TO 12 O'CLOCK AND CONCLUDES WITH YOUR LEFT FOOT PLANTING BACK TO 6 O'CLOCK (INTO A RIGHT FORWARD BOW STANCE). THE BLUE END IS POINTING TO 12 O'CLOCK WITH YOUR LEFT HAND ABOVE THE STAFF (PALM DOWN). THE RED END IS POINTING TO 6 O'CLOCK WITH YOUR RIGHT HAND BELOW THE STAFF (PALM UP), UNDERNEATH YOUR LEFT ARMPIT, FINISHING PARALLEL TO THE GROUND.

**B. REVERSE THE MOTION** OF YOUR STAFF, ROTATING IT 360 DEGREES, FINISHING WITH THE STAFF PARALLEL TO THE GROUND AND STILL ON THE LEFT SIDE OF YOUR BODY. THE BLUE END IS POINTING TO 12 O'CLOCK AND THE RED END IS POINTING TO 6 O'CLOCK. YOUR LEFT HAND IS BELOW THE STAFF (PALM UP) AND YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) ON YOUR LEFT COLLARBONE.

### SET 5:

**A. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT**

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TWIST STANCE REVERSE IN THE DIRECTION OF 7:30. DURING THE COVER STEP, CIRCLE THE RED END CLOCKWISE TO 1:30. IN THE SAME FLOWING MOTION, CIRCLE THE BLUE END 360 DEGREES TO 1:30, WITH THE RED END OF THE STAFF POINTING TO 7:30. AT THIS MOMENT, YOUR LEFT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP). THE STAFF IS DIAGONAL ACROSS YOUR BODY AND PARALLEL TO THE GROUND. WITHOUT BREAKING THE FLOW OF YOUR MOTION, HAVE THE RED END (IN YOUR RIGHT HAND) CIRCLE IN A HORIZONTAL PATH TO 3 O'CLOCK AND CIRCLE IT COUNTER CLOCKWISE ABOVE YOUR HEAD 360 DEGREES, IN AS CLOSE TO A HORIZONTAL **PATH** AS POSSIBLE. THE STAFF SHOULD FINISH PARALLEL TO THE GROUND, ON THE RIGHT SIDE OF YOUR BODY, UNDERNEATH YOUR RIGHT ARMPIT. THE RED END IS POINTING TO 12 O'CLOCK AND THE BLUE END IS POINTING TO 6 O'CLOCK. YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP).

B. FROM YOUR RIGHT FRONT TWIST STANCE REVERSE, CIRCLE THE RED END OF YOUR STAFF COUNTER CLOCKWISE, IN A NEAR HORIZONTAL **PATH** ABOVE YOUR HEAD. AT THE MOMENT THE RED END IS POINTING TO 6 O'CLOCK, SPIN OUT OF YOUR TWIST STANCE AND **ADJUST** YOUR RIGHT FOOT TO FORM A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). AS YOU SPIN OUT, CONTINUE THE COUNTER CLOCKWISE CIRCLE OF THE STAFF SO THAT IT COMPLETES A (540 DEGREE) 1 1/2 CIRCLE ROTATION. THE STAFF WILL FINISH ON THE LEFT SIDE OF YOUR BODY, UNDERNEATH YOUR LEFT ARMPIT AND PARALLEL TO THE GROUND. THE BLUE END IS POINTING TO 12 O'CLOCK, WITH YOUR LEFT HAND ABOVE THE STAFF (PALM DOWN). THE RED END IS POINTING TO 6 O'CLOCK, WITH YOUR RIGHT HAND BELOW THE STAFF (PALM UP).

### SET 6:

A. FROM YOUR LEFT NEUTRAL BOW STANCE, ORBIT THE STAFF DIAGONALLY ACROSS YOUR BODY FROM 4:30 TO 10:30. HAVE THE BLUE END CIRCLE COUNTER CLOCKWISE TO 4:30, CONTINUING ITS VERTICAL **PATH** TO 10:30 TO COMPLETE A (540 DEGREE) 1 1/2 CIRCLE ROTATION. AT THIS MOMENT, THE STAFF IS ACROSS YOUR BODY AND PARALLEL TO THE GROUND. THE RED END IS POINTING TO 10:30, WITH YOUR RIGHT HAND ABOVE THE STAFF (PALM DOWN). THE BLUE END IS POINTING TO 4:30, WITH YOUR LEFT HAND BELOW THE STAFF (PALM UP).

B. EXECUTE A LEFT FRONT TWIST STANCE REVERSE IN THE DIRECTION OF 4:30. DURING THE COVER STEP, CIRCLE THE BLUE END (540 DEGREES) IN A 1 1/2 CIRCLE ROTATION TO 12 O'CLOCK. AT THIS MOMENT, YOUR LEFT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP). THE BLUE END OF THE STAFF IS POINTING TO 12 O'CLOCK AND THE RED END OF THE STAFF IS POINTING TO 6 O'CLOCK. THE STAFF IS ON THE LEFT SIDE OF YOUR BODY AND PARALLEL

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TO THE GROUND.

C. FROM YOUR RIGHT FRONT TWIST STANCE REVERSE, CIRCLE YOUR STAFF, HAVING THE BLUE END CIRCLE CLOCKWISE, IN A NEAR HORIZONTAL **PATH** ABOVE YOUR HEAD. AT THIS MOMENT, THE BLUE END IS POINTING TO 6 O'CLOCK, **SPIN** OUT OF YOUR TWIST STANCE AND **ADJUST** YOUR LEFT FOOT TO FORM A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). AS YOU **SPIN** OUT, CONTINUE THE CLOCKWISE CIRCLE OF YOUR STAFF SO THAT IT COMPLETES A (540 DEGREE) 1 1/2 CIRCLE ROTATION. THE STAFF IS ON THE RIGHT SIDE OF YOUR BODY, UNDERNEATH YOUR RIGHT ARMPIT AND PARALLEL TO THE GROUND. THE RED END IS POINTING TO 12 O'CLOCK, WITH YOUR RIGHT HAND ABOVE THE STAFF (PALM DOWN). THE BLUE END IS POINTING TO 6 O'CLOCK, WITH YOUR LEFT HAND BELOW THE STAFF (PALM UP).

### SET 7:

A. ORBIT THE STAFF DIAGONALLY ACROSS YOUR BODY FROM 7:30 TO 1:30. **SWITCH** (LEFT REAR LEG TO THE FRONT AND RIGHT FRONT LEG TO THE REAR) INTO A LEFT REVERSE BOW STANCE (FACING 12 O'CLOCK). DURING THE **SWITCH**, CIRCLE THE RED END CLOCKWISE TO 1:30. AT THIS MOMENT, YOUR LEFT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP). THE BLUE END OF THE STAFF IS POINTING TO 7:30. THE STAFF IS ACROSS YOUR BODY AND PARALLEL TO THE GROUND. AS YOU ARE COMPLETING THE **SWITCH**, CHANGE THE ORBIT OF YOUR STAFF SO THAT THE BLUE END CIRCLES VERTICALLY FROM 4:30 TO 10:30. AS YOU SETTLE INTO YOUR LEFT REVERSE BOW STANCE, POSITION YOUR STAFF ABOVE YOUR HEAD SO THAT THE BLUE END POINTS DIAGONALLY DOWN TO 10:30. THE RED END POINTS DIAGONALLY UP TO 4:30. YOUR RIGHT HAND IS HOLDING THE RED END (PALM AWAY). YOUR LEFT HAND IS HOLDING THE BLUE END (PALM AWAY) DIAGONALLY DOWN TO 10:30.

### SET 8:

A. PIVOT IN PLACE INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). AS YOU **PIVOT**, HAVE YOUR RIGHT HAND TWIRL YOUR STAFF THREE TIMES COUNTER CLOCKWISE IN A HORIZONTAL PATH ABOVE YOUR HEAD. DURING THIS ACTION, HAVE YOUR LEFT HAND **POSTIONALLY CHECK** AT YOUR SOLAR PLEXUS.

B. CONTINUE TO TWIRL THE STAFF A FOURTH TIME SO THAT IT ORBITS IN A HORIZONTAL **PATH** AT WAIST LEVEL. COMPLETE THIS TWIRL BY SPINNING YOUR BODY COUNTER CLOCKWISE (360 DEGREES), UTILIZING YOUR LEFT FOOT AS AN **AXIS**. CONCLUDE THIS SPIN OF YOUR BODY AND **TWIRL** OF THE STAFF IN A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOUR LEFT HAND CATCHES THE CENTER OF THE STAFF (THUMB UP AND PALM OUT), AS YOU POINT THE BLUE END TO 12 O'CLOCK.

### SET 9:

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A. ORBIT THE STAFF DIAGONALLY ACROSS YOUR BODY FROM 4:30 TO 10:30. **SWITCH** (RIGHT REAR LEG TO THE FRONT AND LEFT FRONT LEG TO THE REAR) INTO A RIGHT REVERSE BOW STANCE (FACING 12 O'CLOCK). DURING THE **SWITCH**, CIRCLE THE RED END COUNTER CLOCKWISE (180 DEGREES) TO 10:30. AT THIS MOMENT, YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP). THE RED END OF THE STAFF IS POINTING TO 10:30 AND THE BLUE END OF THE STAFF IS POINTING TO 4:30. THE STAFF IS ACROSS YOUR BODY AND PARALLEL TO THE GROUND. AS YOU ARE COMPLETING THE **SWITCH**, CHANGE THE ORBIT OF YOUR STAFF SO THAT THE RED END CIRCLES VERTICALLY FROM 7:30 TO 1:30. AS YOU SETTLE INTO YOUR RIGHT REVERSE BOW STANCE, POSITION YOUR STAFF ABOVE YOUR HEAD SO THAT THE RED END POINTS DIAGONALLY DOWN TO 1:30. THE BLUE END POINTS DIAGONALLY UP TO 7:30. YOUR LEFT HAND IS HOLDING THE BLUE END (PALM AWAY). YOUR RIGHT HAND IS HOLDING THE RED END (PALM AWAY) DIAGONALLY DOWN TO 1:30.

### SET 10:

A. **PIVOT** IN PLACE INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). AS YOU **PIVOT**, HAVE YOUR LEFT HAND **TWIRL** YOUR STAFF THREE TIMES CLOCKWISE IN A HORIZONTAL **PATH** ABOVE YOUR HEAD. DURING THIS ACTION, HAVE YOUR RIGHT HAND **POSTIONALLY CHECK** AT YOUR SOLAR PLEXUS.

B. CONTINUE TO **TWIRL** THE STAFF A FOURTH TIME SO THAT IT ORBITS IN A HORIZONTAL **PATH** AT WAIST LEVEL. COMPLETE THIS **TWIRL** BY SPINNING YOUR BODY CLOCKWISE (360 DEGREES), UTILIZING YOUR RIGHT FOOT AS AN **AXIS**. CONCLUDE THIS SPIN OF YOUR BODY AND **TWIRL** OF THE STAFF IN A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOUR RIGHT HAND CATCHES THE CENTER OF THE STAFF (THUMB UP AND PALM OUT) AND POINTS THE RED END TO 12 O'CLOCK.

### SET 11:

A. **SWITCH** THE GRIP OF YOUR RIGHT HAND SO THAT YOUR PALM IS NOW FACING DOWN. ORBIT THE STAFF DIAGONALLY ACROSS YOUR BODY FROM 7:30 TO 1:30. EXECUTE A LEFT FRONT TWIST STANCE FORWARD TO 12 O'CLOCK, AS YOU BEGIN TO CIRCLE THE BLUE END CLOCKWISE 180 DEGREES TO 1:30. AT THIS MOMENT, YOUR LEFT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP). THE BLUE END OF THE STAFF IS POINTING TO 1:30 AND THE RED END OF THE STAFF IS POINTING TO 7:30. THE STAFF IS DIAGONAL ACROSS YOUR BODY AND PARALLEL TO THE GROUND, AS YOU CHANGE THE ORBIT OF YOUR STAFF SO THAT THE BLUE END CIRCLES VERTICALLY FROM 4:30 TO 10:30. AS YOU SETTLE INTO YOUR LEFT FRONT TWIST STANCE, PLANT THE BLUE END OF YOUR STAFF ON THE GROUND

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DIRECTLY IN FRONT OF YOU. THE STAFF IS VERTICALLY STRAIGHT UP AND DOWN WITH THE RED END OF YOUR STAFF UP. BOTH HANDS ARE GRIPPING THE STAFF (PALMS FACING OUT TO 12 O'CLOCK).

B. EXECUTE A RIGHT THRUSTING KNIFE-EDGE KICK AT RIB CAGE LEVEL TO 12 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU SIMULTANEOUSLY HAVE THE RED END OF THE STAFF STRIKE WITH A DOWNWARD VERTICAL ACTION, FINISHING PARALLEL TO THE GROUND, WITH THE STAFF ON THE RIGHT SIDE OF YOUR BODY. THE RED END OF THE STAFF IS POINTING TO 12 O'CLOCK (RIGHT HAND, PALM AWAY) AND THE BLUE END OF THE STAFF IS POINTING TO 6 O'CLOCK (LEFT HAND, PALM UP).

C. **PIVOT** INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU CIRCLE THE BLUE END OF THE STAFF COUNTER CLOCKWISE IN A VERTICAL PATH (180 DEGREES) FROM 6 O'CLOCK TO 12 O'CLOCK, ON THE RIGHT SIDE OF YOUR BODY. THE STAFF FINISHES PARALLEL TO THE GROUND WITH THE BLUE END POINTING TO 12 O'CLOCK AND THE RED END POINTING TO 6 O'CLOCK, WHILE RAISING THE STAFF ABOVE AND BEHIND YOUR HEAD COMING TO REST ON TOP OF YOUR SHOULDERS. YOUR LEFT HAND IS ABOVE THE STAFF (PALM AWAY) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP).

D. EXECUTE A LEFT REAR TWIST STANCE REVERSE, AS YOU HAVE YOUR LEFT HAND THRUST THE RED END OF THE STAFF TO 12 O'CLOCK, **THREADING** THE STAFF THROUGH YOUR RIGHT HAND LIKE A CUE STICK. AFTER MAKING CONTACT WITH THE RED END, **RECOIL** YOUR LEFT HAND AND STAFF BACK TO THEIR **POINT OF ORIGIN**.

### SET 12:

A. RAISE THE STAFF HORIZONTALLY OVER AND IN FRONT OF YOUR HEAD, AS YOU TURN YOUR HEAD TO THE LEFT. YOU SHOULD NOW BE IN A RIGHT FRONT TWIST STANCE FORWARD (FACING 6 O'CLOCK). LOWER THE BLUE END OF THE STAFF DIPPING IT FROM 7:30 TO 1:30, AS IT TRAVELS TO THE LEFT SIDE OF YOUR BODY. AT THIS MOMENT, THE BLUE END OF THE STAFF IS POINTING TO 1:30 AND THE RED END OF THE STAFF IS POINTING UP TO 7:30 (RIGHT HAND, PALM DOWN). WITH THE SAME FLOWING MOTION, HAVE THE RED END CIRCLE CLOCKWISE AND PLANT IT ON THE GROUND DIRECTLY IN FRONT OF YOU. THE STAFF IS VERTICALLY STRAIGHT UP AND DOWN WITH THE BLUE END OF YOUR STAFF UP. BOTH HANDS ARE GRIPPING THE STAFF (PALMS FACING OUT AND TO 6 O'CLOCK).

B. EXECUTE A LEFT THRUSTING KNIFE-EDGE KICK AT RIB CAGE LEVEL TO 6 O'CLOCK.

C. PLANT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK). SIMULTANEOUSLY, HAVE THE BLUE END OF THE STAFF

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STRIKE DOWN FINISHING PARALLEL TO THE GROUND, WITH THE STAFF ON THE RIGHT SIDE OF YOUR BODY. THE BLUE END OF THE STAFF IS POINTING TO 6 O'CLOCK (LEFT HAND, PALM DOWN) AND THE RED END OF THE STAFF IS POINTING TO 12 O'CLOCK (RIGHT HAND, PALM UP).

D. **PIVOT** INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), AS YOU CIRCLE THE RED END OF THE STAFF COUNTER CLOCKWISE IN A VERTICAL **PATH** (180 DEGREES) FROM 12 O'CLOCK TO 6 O'CLOCK, ON THE RIGHT SIDE OF YOUR BODY. THE STAFF FINISHES PARALLEL TO THE GROUND, WITH THE RED END POINTING TO 6 O'CLOCK AND THE BLUE END POINTING TO 12 O'CLOCK, WHILE RAISING THE STAFF ABOVE AND BEHIND YOUR HEAD COMING TO REST ON TOP OF YOUR SHOULDERS. YOUR RIGHT HAND IS ABOVE THE STAFF (PALM AWAY) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP).

E. EXECUTE A RIGHT REAR TWIST STANCE REVERSE, AS YOU HAVE YOUR RIGHT HAND THRUST THE BLUE END OF THE STAFF TO 6 O'CLOCK, **THREADING** THE STAFF THROUGH YOUR LEFT HAND LIKE A CUE STICK. AFTER MAKING CONTACT WITH THE BLUE END, **RECOIL** YOUR RIGHT HAND AND STAFF BACK TO THEIR **POINT OF ORIGIN**.

### SET 13:

A. **UNPIVOT** IN PLACE INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU RAISE THE STAFF HORIZONTALLY ABOVE AND IN FRONT OF YOUR HEAD. IMMEDIATELY THRUST THE STAFF DOWN IN FRONT OF YOUR BODY, FINISHING AT GROIN LEVEL. THE STAFF SHOULD BE PARALLEL TO THE GROUND WITH THE RED END POINTING TO 3 O'CLOCK AND THE BLUE END POINTING TO 9 O'CLOCK. BOTH HANDS SHOULD BE GRIPPING THE STAFF AT HIP **WIDTH** (PALMS DOWN).

B. HAVE YOUR RIGHT FOOT STEP TO 10:30 INTO A **TRANSITORY** LEFT REVERSE BOW STANCE (WITH YOUR HEAD FACING 6 O'CLOCK). AS YOU **PIVOT** INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), CIRCLE THE BLUE END OF THE STAFF COUNTER CLOCKWISE IN A VERTICAL **PATH** FROM 10:30 TO 4:30. **PIVOT** INTO A LEFT FORWARD BOW STANCE (FACING 6 O'CLOCK), AS YOU CIRCLE THE RED END OF THE STAFF COUNTER CLOCKWISE 180 DEGREES IN THE SAME VERTICAL **PATH**. AT THIS MOMENT, THE STAFF IS PARALLEL TO THE GROUND AND ACROSS YOUR BODY. THE RED END OF THE STAFF IS POINTING TO 4:30 (RIGHT HAND, PALM DOWN). THE BLUE END OF THE STAFF IS POINTING TO 10:30 (LEFT HAND, PALM UP).

C. **SWITCH** (RIGHT FOOT TO THE FRONT AND LEFT FOOT TO THE REAR). DURING THE **SWITCH**, CIRCLE THE BLUE END OF THE STAFF CLOCKWISE (180 DEGREES) IN A VERTICAL **PATH** TO 7:30. AT THIS MOMENT, THE STAFF IS PARALLEL TO THE GROUND AND ACROSS YOUR BODY. THE BLUE END OF THE STAFF IS POINTING TO 7:30 WITH YOUR LEFT HAND ABOVE THE

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STAFF (PALM DOWN). THE RED END OF THE STAFF IS POINTING TO 1:30 WITH YOUR RIGHT HAND BELOW THE STAFF (PALM UP). IN THE SAME FLOWING MOTION, CIRCLE THE BLUE END COUNTER CLOCKWISE, ABOVE AND IN FRONT OF YOUR HEAD, UNTIL THE STAFF IS PARALLEL TO THE GROUND. COMPLETE THE **SWITCH** INTO A RIGHT NEUTRAL BOW STANCE (FACING 6 O'CLOCK). AS YOU SETTLE, THRUST THE STAFF DOWN IN FRONT OF YOUR BODY, FINISHING AT GROIN LEVEL. THE STAFF SHOULD STILL BE PARALLEL TO THE GROUND, WITH THE RED END POINTING TO 9 O'CLOCK AND THE BLUE END POINTING TO 3 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

### SET 14:

A. HAVE YOUR LEFT FOOT STEP TO 7:30 INTO A **TRANSITORY** RIGHT REVERSE BOW STANCE, WHILE FACING 12 O'CLOCK. AS YOU **PIVOT** INTO A RIGHT FORWARD BOW STANCE (FACING 12 O'CLOCK), CIRCLE THE RED END OF THE STAFF CLOCKWISE IN A VERTICAL PATH FROM 7:30 TO 1:30, AS YOU CIRCLE THE BLUE END OF THE STAFF CLOCKWISE (180 DEGREES) IN THE SAME VERTICAL PATH. AT THIS MOMENT, THE STAFF IS PARALLEL TO THE GROUND AND ON THE RIGHT SIDE OF YOUR BODY. THE BLUE END OF THE STAFF IS POINTING TO 12 O'CLOCK WITH YOUR LEFT HAND PALM DOWN. THE RED END OF THE STAFF IS POINTING TO 6 O'CLOCK WITH YOUR RIGHT HAND PALM UP.

### SET 15:

A. FROM YOUR RIGHT FORWARD BOW STANCE, **TWIRL** YOUR ENTIRE BODY AND STAFF COUNTER CLOCKWISE (360 DEGREES), FINISHING IN A RIGHT SIDE HORSE STANCE (FACING 12 O'CLOCK). THE STAFF IS THRUST PARALLEL TO THE GROUND AT GROIN LEVEL. THE RED END OF THE STAFF IS POINTING TO 12 O'CLOCK (RIGHT HAND, PALM DOWN). THE BLUE END OF THE STAFF IS POINTING TO 6 O'CLOCK (LEFT HAND, PALM DOWN). FROM YOUR RIGHT SIDE HORSE STANCE, **TWIRL** YOUR ENTIRE BODY AND STAFF COUNTER CLOCKWISE 360 DEGREES, FINISHING IN A RIGHT SIDE HORSE STANCE (FACING 12 O'CLOCK). THE STAFF IS THRUST PARALLEL TO THE GROUND AT GROIN LEVEL. THE RED END OF THE STAFF IS POINTING TO 12 O'CLOCK (RIGHT HAND, PALM DOWN). THE BLUE END OF THE STAFF IS POINTING TO 6 O'CLOCK (LEFT HAND, PALM DOWN).

B. **PIVOT** INTO A RIGHT FORWARD BOW STANCE (FACING 12 O'CLOCK). AS YOU **PIVOT**, THRUST THE RED END OF THE STAFF FORWARD AT YOUR OPPONENT'S CHIN LEVEL. AT THIS MOMENT, THE STAFF SHOULD BE ON THE LEFT SIDE OF YOUR BODY. THE RED END OF THE STAFF IS POINTING UPWARD DIAGONALLY TO 12 O'CLOCK (RIGHT HAND, PALM DOWN). THE BLUE END OF THE STAFF IS POINTING DOWNWARD DIAGONALLY TO 6 O'CLOCK (LEFT HAND, PALM UP).

### SET 16:



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(A) FROM YOUR RIGHT FORWARD BOW STANCE, **TWIRL** YOUR ENTIRE BODY AND STAFF CLOCKWISE (360 DEGREES), FINISHING IN A LEFT SIDE HORSE STANCE (FACING 6 O'CLOCK). THE STAFF IS THRUST PARALLEL TO THE GROUND AT GROIN LEVEL. THE **RED** END OF THE STAFF IS POINTING TO 12 O'CLOCK WITH YOUR RIGHT HAND PALM DOWN. THE **BLUE** END OF THE STAFF IS POINTING TO 6 O'CLOCK WITH YOUR LEFT HAND PALM DOWN.

(B) FROM YOUR LEFT SIDE HORSE STANCE ONCE AGAIN **TWIRL** YOUR ENTIRE BODY AND STAFF CLOCKWISE (360 DEGREES), FINISHING IN A LEFT SIDE HORSE STANCE (FACING 6 O'CLOCK). THE STAFF IS PARALLEL TO THE GROUND AT GROIN LEVEL. THE **RED** END OF THE STAFF IS POINTING TO 12 O'CLOCK WITH YOUR RIGHT HAND, PALM DOWN. THE **BLUE** END OF THE STAFF IS POINTING TO 6 O'CLOCK WITH YOUR LEFT HAND, PALM DOWN.

(C) **PIVOT** INTO A LEFT FORWARD BOW STANCE (FACING 6 O'CLOCK). AS YOU **PIVOT**, THRUST THE **BLUE** END OF THE STAFF FORWARD AT YOUR OPPONENT'S CHIN LEVEL. AT THIS MOMENT, THE STAFF SHOULD BE ON THE RIGHT SIDE OF YOUR BODY. THE **BLUE** END OF THE STAFF IS POINTING UPWARD DIAGONAL TO 6 O'CLOCK WITH YOUR LEFT HAND PALM DOWN. THE **RED** END OF THE STAFF IS POINTING DOWNWARD DIAGONAL TO 12 O'CLOCK WITH YOUR RIGHT HAND PALM UP.

### SET 17:

(A) EXECUTE A RIGHT FRONT THRUSTING BALL KICK IN THE DIRECTION OF 6 O'CLOCK AT GROIN LEVEL. DURING THE KICK, HAVE YOUR HANDS VIGOROUSLY PULL THE STAFF BACK IN DIRECT OPPOSITION TO YOUR KICK.

(B) AS YOU PLANT YOUR RIGHT FOOT BACK TO 12 O'CLOCK INTO A LEFT FORWARD BOW (FACING 6 O'CLOCK), HAVE THE **RED** END OF THE STAFF CIRCLE (180 DEGREES) COUNTER CLOCKWISE IN A VERTICAL **PATH** TO 6 O'CLOCK. THE STAFF SHOULD FINISH ON THE RIGHT SIDE OF YOUR BODY AND PARALLEL TO THE GROUND. THE **RED** END IS POINTING TO 6 O'CLOCK AND THE **BLUE** END POINTING TO 12 O'CLOCK. YOUR RIGHT HAND IS ABOVE THE STAFF (PALM DOWN) AND YOUR LEFT HAND IS BELOW THE STAFF (PALM UP).

(C) **PIVOT** INTO A LEFT SIDE HORSE, AS YOU **REVERSE THE MOTION** OF THE STAFF (180 DEGREES). THE STAFF WILL BE PARALLEL TO THE GROUND AT WAIST LEVEL IN FRONT OF YOU, AS YOU (FACE 3 O'CLOCK). THE **RED** END OF THE STAFF IS POINTING TO 12 O'CLOCK WITH THE RIGHT HAND, PALM DOWN. THE **BLUE** END OF THE STAFF IS POINTING TO 6 O'CLOCK WITH THE LEFT HAND ALSO, PALM DOWN.

### SET 18:

(A) EXECUTE A LEFT FRONT THRUSTING BALL KICK IN THE DIRECTION OF 12 O'CLOCK AT GROIN LEVEL. DURING THE KICK, HAVE YOUR HANDS VIGOROUSLY PULL THE STAFF BACK IN DIRECT OPPOSITION TO YOUR KICK.

(B) AS YOU PLANT YOUR LEFT FOOT BACK TO 6 O'CLOCK INTO A RIGHT FORWARD

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BOW STANCE (FACING 12 O'CLOCK), HAVE THE **BLUE** END OF THE STAFF CIRCLE (180 DEGREES) CLOCKWISE IN A VERTICAL **PATH** TO 12 O'CLOCK. THE STAFF SHOULD FINISH ON THE LEFT SIDE OF YOUR BODY AND PARALLEL TO THE GROUND. THE **BLUE** END IS POINTING TO 12 O'CLOCK AND THE **RED** END POINTING TO 6 O'CLOCK. YOUR LEFT HAND IS ABOVE THE STAFF, (PALM DOWN) AND YOUR RIGHT HAND IS BELOW THE STAFF (PALM UP).

(C) **PIVOT** INTO A RIGHT SIDE HORSE, AS YOU **REVERSE THE MOTION** OF THE STAFF (180 DEGREES). THE STAFF WILL BE PARALLEL TO THE GROUND AND AT WAIST LEVEL IN FRONT OF YOU (FACE 3 O'CLOCK). THE **RED** END OF THE STAFF IS POINTING TO 12 O'CLOCK WITH THE RIGHT HAND (PALM DOWN). THE **BLUE** END OF THE STAFF IS POINTING TO 6 O'CLOCK WITH THE LEFT HAND ALSO (PALM DOWN).

### SET 19:

(A) HAVE YOUR LEFT FOOT STEP FORWARD TO 9 O'CLOCK ON A LINE WITH YOUR RIGHT FOOT INTO A TRAINING HORSE STANCE, (FACING 12 O'CLOCK). AS YOU STEP FORWARD, HAVE THE **BLUE** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **BLUE** END POINTING DIAGONALLY DOWN TO 9 O'CLOCK AND THE **RED** END IS POINTING DIAGONALLY UP TO 3 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

(B) FROM YOUR HORSE STANCE HAVE THE **RED** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **BLUE** END POINTING DIAGONALLY UP TO 9 O'CLOCK AND THE **RED** END IS POINTING DIAGONALLY DOWN TO 3 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

(C) FROM YOUR TRAINING HORSE STANCE HAVE THE **BLUE** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **BLUE** END POINTING DIAGONALLY DOWN TO 9 O'CLOCK AND THE **RED** END IS POINTING DIAGONALLY UP TO 3 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

(D) HAVE YOU YOUR RIGHT FOOT STEP BACK TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK). AS YOU STEP BACK AND WITHOUT LOSS OF MOTION OF THE PREVIOUS MOVE HAVE THE **BLUE** END OF THE STAFF OF CIRCLE-CLOCKWISE TO 1:30. THE **BLUE** END WILL TRAVEL (135 DEGREES) IN A CLOCKWISE VERTICAL **PATH** WITH THE STAFF FINISHING DIAGONALLY ACROSS THE RIGHT SIDE OF YOUR BODY WITH YOUR ARMS EXTENDED. THE **BLUE** END OF THE STAFF WILL BE POINTING UP TO 10:30 AND THE **RED** END OF THE STAFF WILL BE POINTING DOWN TO 4:30. BOTH HANDS WILL BE CLENCHING THE STAFF WITH (PALMS AWAY).

### SET 20:

(A) HAVE YOUR RIGHT FOOT STEP FORWARD TO 3 O'CLOCK ON A LINE WITH YOUR LEFT FOOT INTO A TRAINING HORSE STANCE, (FACING 12 O'CLOCK). AS YOU STEP FORWARD, HAVE THE **RED** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU

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ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **RED** END POINTING DIAGONALLY DOWN TO 3 O'CLOCK AND THE **BLUE** END IS POINTING DIAGONALLY UP TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

(B) FROM YOUR TRAINING HORSE STANCE HAVE THE **BLUE** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **BLUE** END POINTING DIAGONALLY DOWN TO 9 O'CLOCK AND THE **RED** END IS POINTING DIAGONALLY UP TO 3 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF, (PALMS DOWN).

(C) FROM YOUR TRAINING HORSE STANCE HAVE THE **RED** END OF THE STAFF CIRCLE TO 12 O'CLOCK, AS IF YOU ARE SWEEPING THE BACK OF SOMEONE'S LEG. THE STAFF IS IN FRONT OF YOU WITH THE **RED** END POINTING DIAGONALLY DOWN TO 3 O'CLOCK AND THE **BLUE** END IS POINTING DIAGONALLY UP TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF, (PALMS DOWN).

(D) HAVE YOUR LEFT FOOT STEP BACK TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK). AS YOU STEP BACK AND WITHOUT LOSS OF MOTION OF THE PREVIOUS MOVE HAVE THE **RED** END OF THE STAFF CIRCLE COUNTER CLOCKWISE TO 10:30. THE **RED** END WILL TRAVEL (135 DEGREES) IN A COUNTER CLOCKWISE VERTICAL **PATH** WITH THE STAFF FINISHING DIAGONALLY ACROSS THE LEFT SIDE OF YOUR BODY WITH YOUR ARMS EXTENDED. THE **RED** END OF THE STAFF WILL BE POINTING UP TO 1:30 AND THE **BLUE** END OF THE STAFF WILL BE POINTING DOWN TO 7:30. BOTH HANDS WILL BE CLENCHING THE STAFF WITH (PALMS AWAY FROM YOU).

### SET 21:

(A) HAVE YOUR LEFT FOOT STEP FORWARD INTO A TRAINING HORSE STANCE, (FACING 12 O'CLOCK). AS YOU POSITION YOUR STAFF SO THAT IT IS IN FRONT OF YOU, AT GROIN LEVEL AND PARALLEL TO THE GROUND WITH THE **RED** END POINTING TO 3 O'CLOCK AND THE **BLUE** END POINTING TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

(B) **PIVOT** INTO A RIGHT FORWARD BOW STANCE (FACING 3 O'CLOCK). AS YOU **PIVOT**, CIRCLE THE **RED** END OF THE STAFF CLOCKWISE DOWN PAST YOUR RIGHT HIP.

(C) CONTINUE ORBITING YOUR STAFF WITH A **FIGURE EIGHT PATTERN**, WHILE (FACING 3 O'CLOCK). DURING THE SECOND HALF OF THE PATTERN EXECUTE A ONE-LEG IN PLACE LEAP (RIGHT FOOT IS AIRBORNE FIRST), LANDING IN A RIGHT NEUTRAL BOW STANCE. FINISH THE PATTERN WITH THE STAFF ON THE RIGHT SIDE OF YOUR BODY AND PARALLEL TO THE GROUND. AT THIS POINT THE **BLUE** END OF THE STAFF IS POINTING TO 3 O'CLOCK WITH THE (PALM DOWN) AND THE **RED** END OF THE STAFF IS POINTING TO 9 O'CLOCK WITH THE (PALM UP).

(D) CIRCLE THE **RED** END OF THE STAFF COUNTER CLOCKWISE (135 DEGREES) TO 1:30. PIVOT BACK INTO YOUR HORSE STANCE, (FACING 12 O'CLOCK). AS YOU **PIVOT**,

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CONTINUE THE FLOW OF THE STAFF, BUT CHANGE ITS ORBIT. NOW CIRCLE THE **RED** END OF THE STAFF CLOCKWISE (360 DEGREES) IN A VERTICAL **PATH** IN FRONT OF YOUR BODY FROM 9 O'CLOCK TO 3 O'CLOCK. THE STAFF SHOULD FINISH IN FRONT OF YOUR BODY AND PARALLEL TO THE GROUND AT WAIST LEVEL. THE **RED** END IS POINTING TO 3 O'CLOCK AND THE **BLUE** END IS POINTING TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF WITH THE (PALMS DOWN).

### SET 22:

(A) PIVOT INTO A LEFT FORWARD BOW STANCE, (FACING 9 O'CLOCK). AS YOU **PIVOT**, CIRCLE THE **BLUE** END OF THE STAFF CLOCKWISE DOWN PAST YOUR LEFT HIP.

(B) CONTINUE ORBITING YOUR STAFF WITH A **FIGURE EIGHT PATTERN**, WHILE (FACING 9 O'CLOCK). DURING THE SECOND HALF OF THE PATTERN EXECUTE A ONE-LEG IN PLACE LEAP (LEFT FOOT IS AIRBORNE FIRST), LANDING IN A LEFT NEUTRAL BOW STANCE. FINISH THE PATTERN WITH THE STAFF ON THE LEFT SIDE OF YOUR BODY AND PARALLEL TO THE GROUND. AT THIS POINT THE **RED** END OF THE STAFF IS POINTING TO 9 O'CLOCK WITH THE (PALM DOWN) AND THE **BLUE** END OF THE STAFF IS POINTING TO 3 O'CLOCK WITH THE (PALM UP).

(C) CIRCLE THE **BLUE** END OF THE STAFF CLOCKWISE (135 DEGREES) TO 10:30. **PIVOT** BACK INTO YOUR HORSE STANCE, (FACING 12 O'CLOCK). AS YOU **PIVOT**, CONTINUE THE FLOW OF THE STAFF, BUT CHANGE ITS ORBIT. NOW CIRCLE THE **BLUE** END OF THE STAFF COUNTER-CLOCKWISE (360 DEGREES) IN A VERTICAL **PATH** IN FRONT OF YOUR BODY FROM 3 O'CLOCK AT 9 O'CLOCK. THE STAFF SHOULD FINISH IN FRONT OF YOUR BODY AND PARALLEL TO THE GROUND AT WAIST LEVEL. THE **RED** END IS POINTING TO 3 O'CLOCK AND THE **BLUE** END IS POINTING TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF (PALMS DOWN).

### SET 23:

(A) HAVE YOUR LEFT FOOT DRAG TO YOUR RIGHT FOOT. AS YOU DRAG YOUR LEFT FOOT TO YOUR RIGHT FOOT, EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE. THIS MOTION SHOULD ROTATE THE **RED** END OF THE STAFF COUNTER CLOCKWISE IN A VERTICAL **PATH**. THE **RED** END FINISHES STRAIGHT UP AND THE **BLUE** END FINISHES STRAIGHT DOWN, WITH THE STAFF TO THE LEFT SIDE OF YOUR BODY.

### SET 24:

(A) WITH YOUR FEET TOGETHER, EXECUTE A LEFT INWARD HORIZONTAL ELBOW STRIKE. THIS MOTION SHOULD ROTATE THE **BLUE** END OF THE STAFF CLOCKWISE IN A VERTICAL **PATH**. THE **BLUE** END FINISHES STRAIGHT UP AND THE **RED** END FINISHES STRAIGHT DOWN, WITH THE STAFF TO THE RIGHT SIDE OF YOUR BODY.

### SET 25:

(A) ROTATE THE **RED** END OF THE STAFF (90 DEGREES) CLOCKWISE AS YOU NOW

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THRUST THE STAFF STRAIGHT UP ABOVE YOUR HEAD AND IN FRONT OF YOUR BODY. THE STAFF IS PARALLEL TO THE GROUND WITH THE **RED** END OF POINT TO 3 O'CLOCK AND THE **BLUE** END POINTING TO 9 O'CLOCK. BOTH HANDS ARE GRIPPING THE STAFF WITH THE PALMS DOWN.

### CLOSING:

**EXECUTE THE SALUTE:** THIS IS ACCOMPLISHED BY FIRST FLIPPING THE STAFF UPON THE BACK OF YOUR HANDS. THEN CATCHING IT AND CRADLING IT IN YOUR ARMS AT THE ELBOW JOINTS, AS YOUR RIGHT CLENCHED FIST JOINS YOUR LEFT OPEN HAND TO THE FRONT OF YOUR BODY. NOW EXECUTE THE FIRST AND SECOND STEPS OF THE SALUTE WITH THE STAFF RESTING IN THE CRADLE OF YOUR ARMS. AS YOU EXECUTE THE THIRD AND FOURTH STEPS OF THE SALUTE DROP THE STAFF AND CATCH IT AGAIN WITH BOTH HANDS GRIPPING THE STAFF PALMS DOWN. THE STAFF WILL BE PARALLEL TO THE GROUND AT CHEST LEVEL IN FRONT OF YOUR BODY. THE **RED** END OF THE STAFF WILL BE POINTING TO 3 O'CLOCK AND THE **BLUE** END OF THE STAFF WILL BE POINTING TO 9 O'CLOCK. FINALLY DROP THE STAFF TO THE GROUND IN FRONT OF YOU. ONCE AGAIN THE **RED** END OF THE STAFF WILL BE POINTING TO 3 O'CLOCK AND THE **BLUE** END OF THE STAFF WILL BE POINTING TO 9 O'CLOCK.

DROP TO A MEDITATING HORSE. COME TO ATTENTION STANCE. BOW.

## PRINCIPLES OF MOTION

**Complementing the Angle** - A strike or block that follows a path or angle that parallels an attacking weapon, a defensive posture, the contour of your or your opponent's body, or a given line. Taking advantage of these angular opportunities helps to produce greater accuracy and damage, and thus maximizes results.

**Double Factor** - It entails utilizing dual movements to defend yourself. These moves can incorporate blocks, parries, and checks. It also refers to sophisticated moves which are dually defensive and offensive. Reverse motion is an integral part of this concept.

**Guide(ing)** - Anything that points in the right direction. The contour of the body is used to guide your natural weapon(s) to its target.

**Hyper-Extend** - To extend beyond the normal conditions.

**Mid-way** - It is that location or refuge point that places you equal distances from two assailants previously encountered.

**Neutral Zones** - These areas are literally zones where one can find momentary sanctuary. These zones can be found in the corners of a square that engulfs a circle.

**Object Obscurity** - The use of the body limbs to hide the action of another. The last minute replacement of weapons makes the second action obscure.

**Residual Torque** - Multiple benefits derived from a single torquing action.

**Rounding the Corner** - The importance of continuing a move, so that a person does not have to stop one action in order to start another. A method to conserve time and aid in establishing economy of motion.

**Survey** - To observe, to have an overview of an attack before making a retaliatory commitment.

**Transition** - The stage between moves; moves within moves.