

# **LEVEL FOUR KENPO**

**WORLDWIDE KENPO KARATE ASSOCIATION**

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### **1. HOOKING WINGS** (*front two-hand low push*)

1. With feet together, drop back with your left foot (to 6 o'clock) into a right neutral bow and execute a double hook (shape of the crane) using both of your hands to the inside of opponent's wrists (your wrists are outside of opponent's wrists) as you draw your right foot back into a right cat stance.
2. Deliver a right front snapping ball kick to opponent's groin.
3. Plant your right foot (to 12 o'clock) simultaneously looping your right hand so that your right hammerfist strikes diagonally to opponent's left jaw hinge. Continue a figure eight pattern and right back knuckle to opponent's right jaw hinge.
4. Follow-up with a right upward elbow strike to opponent's chin as your left hand guards your right ribcage, shuffling forward if necessary.
5. As your right elbow descends, deliver a right downward heel palm and claw to opponent's face starting at the bridge of his nose as your left hand covers low.
6. Right front crossover and cover out to 7 o'clock.

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### **2. DARTING MACE** (*front two-hand wrist grab*)

1. With feet together and opponent's hands grabbing your right wrist, step forward (toward 12 or 1 o'clock depending upon the position of your opponent's feet) and in front of opponent's right leg with your left foot (left neutral bow) as your right hand counter grabs opponent's right wrist and your left forearm is used as a thrusting inward strike before converting to a left vertical punch to opponent's face.
2. Drop your left arm down (while still in place) and horizontally across opponent's arms as you pull your right hand out of your opponent's grasp and immediately strike with your right fist (vertically to opponent's solar plexus while shifting (in place) into a left forward bow.
3. As your left hand delivers an outward chop (palm down) to opponent's throat (while your right hand guards low), simultaneously move your right foot up and alongside of your left foot into a right close cat stance.
4. Without hesitation step through into a right neutral bow between 11 and 12 o'clock with your right foot; stepping inside of and through opponent's right knee in order to buckle as you deliver a right heel of palm thrust to opponent's jaw and guard with your left hand.
5. Right front crossover and cover out to 6 o'clock.

**3. CROSS OF DEATH** (*front two-hand cross choke*)

1. With opponent cross choking you (with his left hand over his right) and you're facing him, pin his hands with your left hand (making sure greater pressure is on his left hand) as you step forward with your right foot to 11 o'clock (into a right neutral bow) buckling your opponent's right knee from the inside. With this step, deliver a right glancing forearm strike against opponent's left elbow to break it. Continue this action and end up with a right vertical punch to opponent's face.
2. Immediately deliver a left uppercut to opponent's stomach as your right arm horizontally checks both arms of opponent. (Drop into a right forward bow in the process.)
3. Follow-up with a left extended outward hooking parry outside of opponent's left elbow followed by a right chopping punch to opponent's left kidney as your left foot shifts to 4 o'clock (still remaining in a right neutral bow).
4. Continue the same motion of your right arm and switch the orbit of your right arm by using a right vertical back knuckle thrust to opponent's right temple.
5. Right front crossover and cover out twice toward 4 o'clock.

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### **4. THE BACK BREAKER** (*flank right punch*)

1. With feet together facing 12 o'clock, step forward and to your right to 2 O'clock with your right foot as you execute a double parry (left inward parry followed by your right outward parry) outside of opponent's right arm.
2. Step to 2 o'clock with your left foot as your right hand grabs your opponent's right shoulder. Pivot clockwise and have your left hand grab back of opponent's left shoulder.
3. Step back to 2 o'clock with your right foot into a left neutral bow as both of your arms pull your opponent's shoulders back, thus disturbing his balance. Without hesitation deliver a right knee kick to opponent's lower spine.
4. Drop your right foot back to 2 o'clock into a left neutral bow and increase your two hand pull and force your opponent onto your left knee, striking his upper spine.
5. Twist opponent's head clockwise breaking opponent's neck with your right hand and chop to opponent's nose with your right hand.
6. While still in place deliver two (right and left) downward back knuckle strikes respectively to left and right collar bones of opponent.
7. Just prior to stepping back with your left foot, execute two heel palm claws -to opponent's face.
8. Slide your left foot back to 2 o'clock (into a left reverse close kneel) as you force your opponent's head to the ground.
9. Pivot (in place) toward 2 o'clock utilizing the momentum in striking opponent's right jaw hinge with your right side of heel or right ankle bone to temple.
10. Follow-up with a right heel stomp to opponent's right collar bone.
11. Right front crossover and cover out twice toward 2 o'clock.

**5. TRIPPING ARROW** (*front bear hug, arms free*)

1. With feet together and opponent applying front bear hug with your arms free, step to your left with your left foot (to 9 o'clock) into a horse; simultaneously hooking your right heel of palm horizontally and in to strike opponent's left jaw hinge. Your left hand is checking and anchoring your opponent's right shoulder or arm by forcing and pulling it down thus nullifying opponent's leverage and ability to deliver a right or left knee kick.
2. Immediately circle your right foot clockwise and back and around of opponent's right leg (to 3 o'clock) and buckle it by planting heavily into a horse stance. Right hand also circles clockwise and cocks at your right shoulder (palm up).
3. Without hesitation, pivot to your left (toward 9 o'clock) into a left forward bow as you thrust your right heel of palm to jaw of opponent, thus tripping him over your right leg, still maintaining left hand grab on opponent's right arm.
4. With opponent on his back and your left hand grab now at opponent's right wrist, have your right foot heel stomp under opponent's chin. If your opponent turns from the momentum and slips out of your grasp, stomp kick to opponent's right kidney or ribs.
5. From stomp kick, release grasp and sweep opponent's right arm with your right foot as you execute a right front crossover and cover out to 5 o'clock.



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### **6. BROKEN GIFT** (*handshake*)

1. With opponent squeezing your hand, step forward with your left foot to 1 o'clock as your left hand grabs your opponent's right wrist (fulcrum) and your left elbow and forearm strikes up and under opponent's right elbow while your right arm pulls down, thus causing an elbow break.
2. Step back with your left foot to 7 o'clock into a right neutral bow as your right hand assists your left hand in grabbing and twisting your opponent's right wrist clockwise and back past your left hip.
3. Retain left grab and deliver a right outward back knuckle strike to opponent's right temple.
4. Slide your left foot counter clockwise to 4 o'clock as you deliver a right inward elbow strike to left jaw of opponent. Depending on the circumstance, a right downward diagonal forearm strike might be more appropriate.
5. Right front crossover and cover out twice toward 4 o'clock.

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### **7. ROTATING DESTRUCTION** (*right front snap kick and left spinning back kick combination*)

1. While in a right neutral bow (with your left hand cocked high near your sternum and your right hand hanging low near your right leg) and as your opponent delivers a right front snap kick, execute a right inside downward block palm down (shuffling back if you have to) and continue to loop the right arm downward and outward into an extended outward block thus forcing your opponent clockwise and over so that his back faces toward you.
2. As opponent does a left spinning back kick (toward 6 o'clock) strike down to opponent's right leg with a right chopping downward diagonal block as your right foot drops back into a left front twist stance.
3. Pivot clockwise and deliver a left roundhouse kick to opponent's head.
4. Plant your left foot (adjusting it accordingly) and deliver a right spinning hooking heel kick to opponent's solar plexus.

Right front crossover and cover out toward 6 o'clock without first planting the right foot.

Return with a right hopping side kick to any available opening (kicking toward 12 o'clock).

7. Right front crossover and cover out twice toward 6 o'clock.

**8. COURTING THE TIGER** (*left and right arm grab by two men*)

1. With feet together and opponents executing grabs on both of your arms, step back and to your left to 8 o'clock with your right foot (right rear twist stance) in the hope of trying to stomp foot of left opponent as your right hand grabs your opponent's right arm (opponent to your right) and pulls him toward you, simultaneously push the opponent who is to your left away from you with your left arm (anchoring your left elbow down and into left opponent's right ribs).
2. Deliver a right side kick toward 3 o'clock to outside of the left knee of opponent to your right.
3. Immediately plant your right foot in front and to the left of your left foot (right front twist stance) and have your left knee strike up and back of right knee of left *opponent*. (This is done to lift his right leg off of the ground and place all of opponent's weight onto his left leg.)
4. While your left leg is still in the air, kick left inner knee of opponent to your left with your left footsword (knife-edge of the foot).
5. Plant your left foot back toward 3 o'clock into a left rear twist stance as you execute a right back knuckle strike to head or any opening on opponent to your right whether he be standing, kneeling, or otherwise.
6. Without hesitation deliver a chicken kick (double kick with left foot then right foot) to opponent on your left (left foot kicking to opponent's ribs and right foot to opponent's face or solar plexus).
7. From right kicking position plant your right foot toward 9 o'clock into a right neutral bow as you strike to left opponent's temple or face with an upward right stiff arm lifting back knuckle strike.
8. Immediately deliver a right snapping stiff-leg kick to underneath of opponent's jaw who is to your right.
9. Right front crossover and cover out twice, remaining equal distance from both opponents as you cover out toward 6 o'clock.

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### **9. THE RAM AND THE EAGLE** (*front right punch and left rear collar grab by Two men*)

1. With feet together and rear opponent applying a collar grab with his left hand (from the rear at 6 o'clock) and the opponent in front throwing a straight right punch from 12 o'clock, step back with your right foot (into a left neutral bow) to inside of rear opponent's left knee (to buckle) and deliver a right reverse raking knuckle strike to bridge of nose of rear opponent.

Simultaneously deliver a left inward block to outside of right punch of front opponent.

2. Have your right foot step through to 11 o'clock into a right inverted neutral bow with your head facing 12 o'clock (this is just a transitory stance) as you deliver a right knuckle rake to bridge of nose of front opponent (as you continue to guard with your left hand).

3. Immediately pivot counter clockwise (while in place into a left neutral bow facing 6 o'clock) and deliver a left horizontal hammerfist strike to left ribcage of front opponent as your right hand continues from the rake and guards to the left of your face (bracing angle) followed by having your left hand loop over and down (left outward hook) across opponent's right forearm to also act as a check.

4. Follow-up with a right front snap kick to stomach of opponent who was originally behind you (kicking toward 5 o'clock).

5. Plant your right foot forward into a right neutral bow and proceed (on original rear opponent) with the five swords technique sequence.

6. Pivot in place into a left front rotating twist stance facing 12 o'clock (a slight shift places you in a left front rotating twist stance) and deliver a right roundhouse kick to (original) front opponent.

7. Right foot plants back(toward 6 o'clock) with left chicken back kick to (original) rear opponent.

8. Left front crossover and cover out twice, positioning yourself so that you end up midway between opponents (covering out toward 3 o'clock).

**10. ENTWINED LANCE** (*front right knife thrust*)

1. While in a left neutral bow and as opponent thrusts his knife, shift your left foot slightly to 3 o'clock and pivot (in place) into a left front twist stance as your left hand hooks inside of opponent's left wrist and hooks out (palm is up as if begging for money).
2. Immediately step forward to 11 o'clock with your right foot (into a side horse) buckling as well as checking to inside of opponent's right knee. Simultaneously deliver a right torquing handsword strike (fingers are horizontal and fingertips are pointed toward 9 o'clock) to opponent's throat.
3. Have your right foot sweep opponent's right foot toward 6 o'clock as your right hand slides down opponent's arm (checking opponent's arm down to his right-wrist). Simultaneously have your left hand go over your own right arm as you deliver a left horizontal two-finger poke to opponent's eye (either one). At the time of contact with your left finger poke you should be in a right one legged stance in preparation for a kick.
4. From your one legged stance, deliver a right knife-edge kick to inside of opponent's left knee.
5. As you plant your right foot forward (into a right neutral bow) switch your left finger poke to a left hand grab to opponent's right wrist (sliding and checking your opponent's right arm on the way back). Simultaneously execute a horizontal right back knuckle strike to opponent's right ribcage.
6. From your right back knuckle strike deliver a right upward (flapping the elbow up) elbow strike under chin of opponent (while still in a right neutral bow).
7. Immediately step back with your right foot (into a left neutral bow). While moving back execute a right back knuckle strike to your opponent's right temple, (have your right back knuckle travel diagonally from left to right, over, and down from 10 o'clock to 4 o'clock) followed by a left raking knuckle strike (traveling in the same path as your right back knuckle) across opponent's head and face.
8. Left front crossover and cover out twice

**11. RAINING LANCE** (*front overhead knife attack*)

1. While in a left neutral bow or standing naturally have your left foot move forward and to your left (between ten and eleven o'clock) you're still in a left neutral bow as your left hand (while open) inward parries outside of opponent's wrist (the hand with the knife).
2. While the overhead attack is still in motion, pivot to your right into a horse as your right hand assists your left in following the force of your opponent's knife hand. While still following the knife hand and without losing momentum, pivot to your left (into a left neutral bow) and jam the knife into your opponent's right thigh.
3. Release your right hand check and deliver a right inward horizontal elbow strike to opponent's forehead while shuffling forward (push drag).
4. With your left hand still pressing the knife against the thigh, have your left outward reverse tiger's mouth (palm up) choke your opponent at his adam's apple as your right hand switches places (palm down) to continue pressing the knife against your opponent's right thigh.
5. Immediately switch both of your hands so that your left forearm now presses your opponent's right arm as the hand of the same left arm grabs and squeezes your opponent's testicles. Simultaneously have your right hand (circle counter clockwise - palm down) hook and pinch opponent's eyes (crab hand pinch).
6. Step to 10 o'clock with your left foot as your right hand hooks inside of your left arm and down to check opponent's right arm as your left hand slides up your opponent's body (after releasing opponent's testicles) striking to opponent's throat with your left reverse tiger's mouth strike.
7. Immediately switch your left tiger's mouth strike to a left hooking (shape of the crane) wrist as your right foot steps through to 11 o'clock dropping into a right kneel thus forcing your opponent over your right leg to cause a back break.

Almost simultaneous with the above move circle your right arm in a counter clockwise manner and deliver a right downward diagonal hammerfist across opponent's heart. (Knife should be released at this point.)

Deliver a left thrusting heel palm to opponent's jaw (fingers pointed up) striking and forcing opponent off of your right knee. (Right hand checking opponent's right shoulder.)

10. Right front crossover and cover out twice toward 6 o'clock.

**12. GLANCING LANCE** (*front knife thrust, with your arms down*)

1. With feet together and arms hanging naturally to your side, step back to 7 o'clock with your right foot into a left neutral bow as your right hand does an extended outward chop outside of opponent's right wrist. Simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While in a left neutral bow stance, your right foot should now be positioned to kick.

Deliver a right front snap kick to opponent's groin toward 2 o'clock.

3. While planting your right foot forward to 1 o'clock (have your right leg buckle and check opponent's right leg) execute a right two-finger inward hook to opponent's eyes.

4. Immediately hop onto your left foot to 10 o'clock into a right one legged stance as your right hand circles counter clockwise, hooks and, parries in an overhead fashion to again strike outside of opponent's right wrist. just as you did earlier, simultaneously have the heel of your left palm strike in and against the outside of opponent's left elbow. While now in a right one legged stance, your right foot should be cocked to your left knee in preparation for a kick toward 2 o'clock.

5. Deliver a right knife-edge kick to outside portion of opponent's right knee to cause opponent's right leg to buckle in toward himself.

6. Plant your right foot in back of opponent's right leg as you check his right arm with your left hand and again execute a right inward heel palm claw to opponent's eyes.

7. Have your right hand continue circling counter clockwise and execute a right downward outward elbow strike to opponent's right kidney.

Before the elbow strikes, have your left hand circle clockwise and strike with a left inward hooking middle knuckle fist to opponent's right mastoid, making contact a fraction of a second after the elbow makes contact.

Have your right elbow continue the counter clockwise circle and execute a right inward horizontal elbow smash to opponent's right ribs or head, depending upon what is open. Left hand is guarding under the right and checking in the process.

9. Front crossover and cover-out towards 7 o'clock.

**13. TWISTED ROD** (*right front pistol*)

1. Standing naturally with hands down, step slightly forward with your left foot, as your right hand executes an outward parry to the barrel of the gun and your left hand grabs his right hand.
2. Step forward and outside of his right leg with your right, (to 11 o'clock) as your right forearm pins against the back of his right hand to force it back.
3. Pivot in place counter clockwise into a left forward bow stance facing 6 o'clock, as your left hand and right forearm twist the opponent's right wrist and arm counter clockwise to break it as your right horizontal elbow strikes face. Your opponent is then thrown over your right leg to land on his back (with his head toward 4:30 and his feet toward 10:30).
4. Immediately execute a right shoveling kick (first the ball of your foot then the heel in the same motion) to his right rib-cage following through and then up.
5. Come down with a right point of heel stomp to the head of the humerus at the left shoulder. From heel, convert to right roundhouse kick to the inside of opponent's left arm. (at elbow)
6. Drop down with your right knee to his throat as you execute a right two-finger poke (spit tongue of the snake) to his eyes (your left hand is still holding onto his right gun and hand, and you are facing 2:30).
7. Now take the gun with your right hand and strike down and back (toward your right leg) through his right side of jaw with the butt of the gun, then strike again forward and through his face with the butt of the gun, following through to hit and hurt his right arm.
8. Stand up and execute a right knife-edge kick to his right elbow stepping through to 4 o'clock and as you right front crossover to 3 o'clock take the gun by the barrel with your left hand and switch it to your right hand (in the proper manner) so that as you step out right to 3 o'clock you are aiming the gun at the opponent with the left hand below in a checking position, (taking care so as not to have your hand go in front of the barrel).



**14. CAPTURING THE ROD** (*right front pistol against your chest*)

1. Standing naturally with hands down step forward right to 12 o'clock to a right neutral bow stance, as you execute a left outward parry close to your body to catch and deflect the barrel of the pistol, (be sure that you body pivot counter clockwise to face square to 9 o'clock) as your right simultaneously reaches over (and palm down) to grab the pistol at the chamber or the hammer.
2. Now that your right hand has control of the gun, execute a left two-finger poke to his eyes, immediately snap the poke back so that the left hand is down under the gun.
3. Now use your left hand to assist your right and as you step back to 6 o'clock with your right leg to a left neutral bow stance, twist his wrist and the gun clockwise and back so that the barrel points toward him.
4. Now simultaneously as you switch your left neutral bow stance , yank the gun from his grip with your right hand so that the trigger finger of his right hand is forced back and broken in the process and as you pull the gun back past your right hip simultaneously execute a right front snap ball kick to the solar plexus of your opponent. As you plant down from the kick (forward and toward 12 o'clock) come up with the butt of the gun in an arc diagonally upward and to the right to strike the jaw of the opponent. (Your left hand is checking at this point to his right arm)
5. Now execute a downward diagonal inward strike to his left cheek bone, followed by a right looping outward and downward strike to the other side of his head to his jaw and follow through and down with the gun sort of back toward your right hip, (all this is like a figure '8' pattern) as you advance to a left rear twist.
6. Now as you execute a left front crossover grab the barrel of the gun with your left hand, and switch your right hand so that you have the proper pistol grip. And as you execute a right reverse step through, drop your left hand down below the gun into a guard position. (do not let your left hand exceed the end of the barrel).
7. Execute a left step-out and front crossover and cover-out to 6 o'clock.

**15. BROKEN ROD** (*rear right hand pistol*)

Standing naturally with opponent pressing gun in your back, pivot clockwise in place, (using the heel of your right foot and the ball of your left foot) facing toward 5 o'clock, into a right front rotating twist stance, as you simultaneously execute a right outward palm up hooking parry (like carrying a tray).

Step out left into a left neutral bow stance to 5 o'clock (to check the outside of the opponent's right knee) as you grab the hand of the opponent at the gun with your right hand (palm down) and execute a left upper-cut break to the right elbow of the opponent.

Now shift your left hand over and around to his shoulder, sort of pinning his shoulder as you step forward, to a right forward bow to the inside of our opponents right knee to buckle; as you yank the gun out of the hand of the opponent with our right arm.

Immediately execute a right vertical upward strike to the chin of the opponent with the butt of the gun; and in the same motion follow through and loop over clockwise and come back down and inward to hit the throat or sternum of the opponent with the barrel of the gun as you pivot to a modified horse.

5. Now hop off left to 4 o'clock into a left crane stance as you loop the gun over outward and down (left hand checks) to strike the back of our opponent's right elbow. (Use the pistol sight to cut)

6. With your right foot still in the air and cocked, execute a right knife edge thrust kick to the back of our opponent's left leg (at the knee) and as we plant our right foot down, the right (with the gun) which is down by our right hip will strike horizontally to the right jaw with the butt of the gun.

Immediately pivot clockwise in place to a right front rotating twist stance as we strike diagonally down (from left to right) to the back of our opponent's neck with the butt of the gun following through so that you continue the action into a left heel of palm strike to the back of his head (to act as a check) then drop the left hand to pin his right shoulder.

As you un-pivot counter clockwise execute an upward diagonal strike (left to right) to the face of the opponent with the pistol sight on the barrel.

Continue to pivot by stepping with your right foot toward 6 o'clock. (Turning you back)

10. Without stopping, continue to spin by doing a left step-thru reverse. You are now facing your opponent.

## LONG FORM FOUR

### THEME:

Long Form 4 is the first of the “live” attack forms meaning it is the defenses against punches, kicks, and combinations; this form is often called “The Heart of Kenpo.” Remember Mr. Parker classified attacks in three general categories: dead, semi-live, and live. Short and Long Forms 3 contain examples of dead and semi-live attacks. This is Mr. Parker’s signature form. It is one of the longest and most complex of all the forms in the system. It is a technique form and the techniques are run on both the left and right side. It is interesting that the form handles single and combination punch and kick combinations but not combination kick techniques. The information is there if you look for it. The close of the form is called the “triangle close” because of the pattern you make. It teaches the student how this form is considered **“the meat of the art”**. This form consists of all the major concepts and principles used in kenpo while utilizing four strikes per technique.

### EXPLANATION:

1. This is Kenpo’s first advanced form.
2. Long 4 utilizes a combination of all of the elements in forms; speed, stability, mobility,, balance, in conjunction with a variety of angle changes, offensive and defensive techniques.
3. The techniques in Long 4 are against the most common attacks found out on the streets.
4. It represents Kenpo’s stability, power, fluidity, mobility, precision, and complexity.

### OPENING:

- 1.Attention stance
- 2.Bow
- 3.Drop into a meditating horse stance
- 4.Come up to an attention stance
- 5.Execute the complete kenpo salutation.

### TEACHES:

1. Movements that Mr. Parker called **“the meat of the art”**.
2. The use of **double factor** against a two-punch combination, one factor for each punch.
3. The use of **quarter beat timing** when calculating the use of **borrowed force**.

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4. The diagonal fanning of parrying to cancel both **height** and **width zones**.
5. The use of a front crossover to add power to a punch off the rear hand.
6. The use of the **threading** concept.
7. How to utilize a **diversfied angle of attack** from an **obscure zone**.
8. The benefits of a **grafted principle**.
9. The concept of **progressive directional harmony**.
10. An introduction to working to the inside of two punches.
11. How to employ various **depths of action** within the **dimensional stages of action** when using **reverse motion**.
12. Teaches you instinctive responses to varying depth factors related to the **dimensional stages of action**.
13. How to take dual action from two **points of origin**, whereby both the block and strike occur simultaneously.
14. How to control your opponent's **height** and **width zones** while following a **figure eight** path of action.
15. The continuous flow of circular moves **to counter** your opponent.
16. To have your natural weapons travel from **point of origin** in a looping overhead manner, while employing the principle of **guidelining** to create deceptive, powerful and accurate strikes.
17. How to first **intercept** a kick and then redirect it through a captured means of parrying.
18. The use of **object obscurity**, when properly timed with your footwork, to provide multiple effects.
19. How to function underneath a punch while interacting and interchanging **offensive** and **defensive maneuvers** within the identical framework of your circular movements.
20. When the **dimension** of **depth** is at a standstill, the **dimension** of **width** generated from a rotating twist stance can be duplicated to obtain the desired force.
21. The offensive use of stance changes, that amplifies the Effectiveness of your aggressive action.

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22. The use of **reverse** and **returning motion** where completed **paths** of travel accentuate the value of following through with your strikes.
23. That not all **combat** commences when you find yourself in a suitable position.
24. How **reverse motion** can residually provide defensive and offensive answers to combination strikes.
25. That the use of a twist stance is two fold: (1) while retreating, to help **create distance**. (2) when unwinding from your twist stance, to gain greater (**rotational power**) when applying your second defense.
26. How to employ your furthest leg to your opponent's closest leg and your closest leg to his furthest leg when executing any double kicks to the flank (side **chicken kick**.)
27. The use of the **needling** concept.
28. The use of **gaseous motion** against multiple attackers from multiple directions.
29. A detailed study of the use of **opposite** and **reverse movement**.
30. The use of a **sweeping** action to **divert** and **check**.
31. **Altered timing** for specific needs. **Rhythmic** changes can contribute to the power of your action.
33. The use of the **angle matching** concept.
34. **Rhythmic** changes of **timing** and breathing to activate and enhance internal energy that proportionally increases **power**.
35. **Isolated moves**, that when taken out of context, can be Gainfully employed.
36. **Angular maneuvers** employing twist stances.
37. **Transitional buckles** that weaken an opponent's base more than once. The use of a follow up base that destroys an already weakened base.
38. **Cradling** as a means of employing **dual motion** from two **points of origin**.
39. The use of a rotating twist stance to take you into the **gaseous state of motion** in multiple directions while remaining in place.
40. How to advance and retreat in a **zigzag pattern**.
41. Various **methods of executing** the fingers so that, if one method should fail, the other methods

may be instantly called upon as back-ups.

42. The use of the **mid-point balance** concept.

43. The **themes** of the self-defense techniques.

44. The **principles** contained in each of the self-defense techniques.

45. To convert techniques from the **liquid state of motion** to the **gaseous state of motion**.

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### SET 1: PROTECTING FANS (*Front Left And Right Punch Combination*)

1. From your attention stance, step forward to 11 o'clock into a left neutral bow stance with a left inward horizontal heel-palm parry to the inside of your opponent's left straight thrust punch. Have your right hand hang by your right knee (hand open). While pivoting in place into a left forward bow stance to 10 o'clock execute a right extended outward block (done as a handsword) to the outside of your opponent's right arm. Your left hand cocks to your left hip (hand open and palm up).
2. Immediately pivot to 2 o'clock as you execute a left horizontal four-finger thrust to your opponent's eyes. Simultaneous with this action deliver a right front snapping ball kick to his groin, as your right hand grabs his right arm (sliding to the wrist) pulling it diagonally and down past your right hip. Have your right hand return to your right hip (hand open and palm up).
3. Plant your right foot (toward 3:00) into a horse stance, (facing 12:00). As you plant, deliver a right inward horizontal elbow strike (hand open and palm down) to your opponent's sternum or head depending upon circumstances. Simultaneous with your right inward elbow strike execute a left back elbow strike (hand open and palm up) to a rear opponent.
4. Deliver a left back horizontal four-finger thrust to 6 o'clock over your right shoulder to your opponent's eyes with a right back elbow strike (hand open and palm up).
5. Deliver a right forward horizontal four-finger thrust to 12 o'clock to your opponent's eyes with a left back underhand vertical handsword strike to 6 o'clock to your opponent's groin.
6. As your opponent (from 9:00) follows through with a right punch, deliver a left vertical outward block (fist clenched) to the inside of his arm. Simultaneously deliver a right downward hammerfist to block a left kick (from 3:00).
7. As your opponent (from 3:00) follows through with a left punch, execute a right vertical outward block (fist clenched) to the inside of his left arm. Simultaneously deliver a left snapping inward block (fist clenched) to the inside of a left punch from your opponent (at 9:00). Both arms should end in matching positions.
8. Simultaneously execute two vertical outward snapping back knuckle strikes to the faces of your opponents (left fist to 9:00 and right fist to 3:00).
9. Immediately curve both of your shoulders forward and in, as both of your strikes convert into two low uppercuts crossing in front of your belly button (left over right). (Your right fist strikes to 9:00 while your left fist strikes to 3:00).
10. Without hesitation continue circling both of your fists and convert them into two outward overhead claws.
11. While still continuing the circles, convert your overhead claws into two slaps alongside of your legs while simultaneously sliding your right foot to your left foot thus concluding this move in

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and attention stance. (When slapping the sides of your thighs have both of your hands open and commence both slaps by first striking with the heel of your palms before concluding with the fingers.)

### **SET 2: PROTECTING FANS** (*Front Right And Left Punch Combination*)

1. Step forward to 1 o'clock into a right neutral bow stance with a right inward horizontal heel-palm parry to the inside of your opponent's right straight thrust punch. Have your left hand hang by your left knee (hand open). While pivoting in place into a right forward bow stance, execute a left extended outward block (done as a handsword) to the outside of your opponent's left arm. Your right hand cocks to your right hip (hand open and palm up).
2. Immediately pivot to 10 o'clock as you execute a right horizontal four-finger thrust to your opponent's eyes. Simultaneous with this action deliver a left front snapping ball kick to his groin, as your left hand grabs his left arm (sliding to the wrist) pulling it diagonally and down past your left hip. Have your left hand return to your left hip (hand open and palm up).
3. Plant your left foot (toward 9:00) into a horse stance, (facing 12:00). As you plant, deliver a left inward horizontal elbow strike (hand open and palm down) to your opponent's sternum or head depending upon circumstances. Simultaneous with your left inward elbow strike execute a right back elbow strike (hand open and palm up) to a rear opponent.
4. Deliver a right back horizontal four-finger thrust to 6 o'clock over your left shoulder to your opponent's eyes with a left back elbow strike (hand open and palm up).
5. Deliver a left forward horizontal four-finger thrust to 12 o'clock to your opponent's eyes with a right back underhand vertical handsword strike to 6 o'clock to your opponent's groin.
6. As your opponent (from 3:00) follows through with a left punch, deliver a right vertical outward block (fist clenched) to the inside of his arm. Simultaneously deliver a left downward hammerfist to block a right kick (from 9:00).
7. As your opponent (from 9:00) follows through with a right punch, execute a left vertical outward block (fist clenched) to the inside of his right arm. Simultaneously deliver a right snapping inward block (fist clenched) to the inside of a right punch from your opponent (at 3:00). Both arms should end in matching positions.
8. Simultaneously execute two vertical outward snapping back knuckle strikes to the faces of your opponents (left fist to 9:00 and right fist to 3:00). Return both fists to a training horse.

### **SET 3: DARTING LEAVES** (*right flank - right punch*)

1. From your training horse stance (facing 12 o'clock), shift your weight and drop into a right 45° cat stance to 2 o'clock with a left thrusting inward block to 2 o'clock, to the outside of your opponent's right arm. Have your right hand recock to your right hip (palm up and fist clenched.)



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2. Be sure to use the back of your left wrist as a guide in threading your right vertical (**bracing angle**) two-finger poke to your opponents right eye. Simultaneously execute a right front snapping ball kick (toward 1:30) to his groin.

### SET 4: DARTING LEAVES (*Left Flank - Left Punch*)

*1. Plant your right foot on line with your left foot (12 inches apart) in a modified attention stance and in place into a left 45 degree cat stance to 10 o'clock with a right thrusting inward block to 10 o'clock, to the outside of your opponent's left arm. Have your left fist recock to your left hip (palm up.)*

2. Be sure to use the back of your right wrist as a guide in threading your left vertical (**bracing angle**) two-finger poke to your opponents left eye. Simultaneously execute a left front snapping ball kick (toward 11:30) to his groin.

3. With your right hand remaining at its **Point of Contact** as a positional inward block, have your left foot plant (toward 9:00) on line with your right foot into a transitional horse stance, (facing 12:00). Have your left hand re-cock at your left hip, fist clenched, palm up.

### SET 5: UNFURLING CRANE (*Front Right And Left Punch Combination*)

1. Have your right foot cheat by sliding back into a left neutral bow stance to 4 o'clock (while you still face 10 o'clock) with an universal block (left vertical outward block and a right outward downward block.)
2. Shuffle (step-drag) forward to 10 o'clock with a universal block (right vertical outward block and a left outward vertical underhand hammerfist strike to your opponent's groin.)
3. Deliver a right inward overhead claw to 10 o'clock to your opponent's face with a left outward vertical rolling back-knuckle strike to your opponent's nose.

### SET 6: UNFURLING CRANE (*Front Left And Right Punch Combination*)

1. Have your left foot slide back to 8 o'clock into a right neutral bow stance (facing 2 o'clock) with a universal block (right vertical outward block and a left outward downward block.)
2. Shuffle (step-drag) forward to 2 o'clock with a universal block (left vertical outward block and a right outward vertical underhand hammerfist strike to your opponent's groin.)
3. Deliver a left inward overhead claw to 2 o'clock to your opponent's face with a right outward vertical rolling back-knuckle strike to your opponent's nose.

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### SET 7: DESTRUCTIVE KNEEL (*Front Right Step-Through Right Punch*)

1. From previous move, slide your right foot back to 6 o'clock into a left transitional neutral bow stance (facing 12 o'clock) with a right outward hooking parry/grab (clockwise) to the outside of your opponent's right punch. Continue to ride the force of your opponent's punch by pivoting into a left reverse close kneel stance to **buckle** the back of your opponent's right knee with your left knee. With your pivot, grab your opponent's right wrist and twist his right elbow clockwise (at the wrist) as you deliver a left inward horizontal heel-palm strike above your opponent's right elbow. (Trying to snap and break the elbow.) Allow your right palm strike to pass under and through your opponent's right arm.
2. With your opponent on his right knee, pivot counter clockwise into a left close kneel stance (facing 12 o'clock.) Execute a left outward horizontal back-knuckle strike to your opponent's right lower rib cage with a right inward vertical forearm/horizontal heel-palm claw across your opponent's face (using your forearm as a checking action.) (These strikes should pass through their targets creating an **angle of desired positioning** for the next two strikes.) Conclude this transition by dropping your right knee onto your opponent's right ankle (to possibly sprain or fracture it.)
3. Pivot in place to 6 o'clock into a right close kneel stance to buckle the back of your opponent's right knee with a left downward diagonal thrust punch to your opponent's mastoid and a right downward diagonal back-knuckle strike to his right kidney (left over right.) Your left knee should maintain its **positional check** to your opponent's knee. (Your strikes should pass through their targets to create an **angle of desired positioning** for the returning motion.)

### SET 8: DESTRUCTIVE KNEEL (*Front Left Step-Through Left Punch*)

1. Execute a left step-through reverse to 6 o'clock into a right neutral bow stance (with your opponent at 12 o'clock) with a left outward hooking parry/grab (counter clockwise) to the Outside of your opponent's left punch. Continue to ride the force of your opponent's left punch by pivoting into a right reverse close kneel stance to **buckle** the back of your opponent's left knee with your right knee. With your pivot, grab your opponent's left wrist and twist his left elbow counter clockwise (at the wrist) to deliver a right inward horizontal heel-palm strike above your opponent's left elbow (trying to snap and break the elbow.) Allow your right palm strike to pass under and through your opponent's left arm.
2. With your opponent on his left knee, counter clockwise into a right close kneel stance (facing 12 o'clock.) Execute a right outward horizontal back-knuckle strike to your opponent's left lower rib cage with a left inward vertical forearm/horizontal heel-palm claw across your opponent's face (using your forearm as a check.) (Both strikes should pass through their targets creating an **angle of desired positioning** for the next two strikes.) Conclude this transition by dropping your left knee onto your opponent's left ankle (to possibly sprain or fracture it.)
3. Pivot in place to 6 o'clock, buckling the back of your opponent's left knee. Cock your hands to execute a right downward diagonal thrust punch to your opponent's mastoid with a left downward diagonal back knuckle strike to his left kidney (right over left.) Your right knee should maintain a

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**positional check** to your opponent's knee. (Your strikes should pass through their targets to create an **angle of desired positioning** for the returning motion.)

### SET 9: FLASHING WINGS (*Front Right Step-Through Right Punch*)

1. Execute a right front rotating twist stance forward in place to 10:30 and turn clockwise with a right extended outward block to 12 o'clock. This block makes contact under and outside of your opponent's right arm.
2. Step forward to 11 o'clock into a left neutral bow stance with a left hammering inward block to the outside of your opponent's right arm (at or above the elbow), as your right fist cocks to your right hip. Your left knee should **positionally check** your opponent's right knee.
3. Pivot into a left forward bow as you deliver a right inward horizontal elbow strike to your opponent's right lower rib cage, which follows through after making contact and bypasses your opponent's ribs. Your left hand slides and checks your opponent's right arm just below the shoulder (**bracing angle**) during the course of your elbow strike.
4. Pivot back into a training horse stance, as you execute a right back outward horizontal elbow strike just below your opponent's right shoulder with a left inward inverted heel-palm claw across your opponent's face (while your left forearm is a **sliding check** up your opponent's right arm.)
5. Immediately clockwise into a right wide kneel reverse stance (with your body facing 5 o'clock, but your head looking at 12 o'clock.) As you pivot, deliver a right outward downward diagonal hooking handsword. While anchoring your right elbow, follow up within the same flow of motion with a left inward downward diagonal handsword strike to the back of your opponent's neck.
6. Pivot counter clockwise back to 12 o'clock into a left close kneel stance, as your left inward pushdown hand **pinning checks** your opponent's right forearm (pushing your opponent's arm into his own body), as you deliver a right thrusting upward diagonal handsword (palm up) into your opponent's throat.

### SET 10: FLASHING WINGS (*Front Left Step-Through Left Punch*)

1. Execute a left front rotating twist stance forward in place to 1:30 (counter clockwise) with a left extended outward block to 12 o'clock. This block makes contact under and to the outside of your opponent's left arm.
2. Step forward to 1 o'clock into a right neutral bow stance with a right hammering inward block to the outside of your opponent's left arm (at or above the elbow), as your left fist cocks to your left hip. Your right knee should **positionally check** your opponent's left knee.
3. Pivot into a right forward bow as you deliver a left inward horizontal elbow strike to your

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opponent's left lower rib cage, which follows through after making contact and bypasses your opponent's ribs. Your right hand slides and checks your opponent's left arm just below the shoulder (**bracing angle**) during the course of your elbow strike.

4. Pivot back into a training horse stance, as you execute a left back outward horizontal elbow strike to your opponent's left shoulder and a right inward inverted heel-palm claw across your opponent's face (while your right forearm is a **sliding check** as it travels up your opponent's left arm.)

5. Continue to pivot counter clockwise into a left wide kneel reverse stance (with your body facing 7:30, but your head looking at 12 o'clock.) As you deliver a left outward downward diagonal hooking handsword (using the back of your hand) to the back of your opponent's neck. Make sure that your left arm travels diagonally down, while anchoring your left elbow. Within the same **flow** of motion, follow up with a right inward downward diagonal handsword strike to the back of your opponent's neck.

6. Pivot clockwise back to 12 o'clock into a right close kneel stance, as your right inward pushdown hand **pinning checks** your opponent's left forearm (pushing your opponent's arm into his own body), as you deliver a left thrusting upward diagonal handsword (palm up) into your opponent's throat.

### SET 11: GATHERING CLOUDS (*Front Right Punch*)

1. Slide your left foot back on line with your right foot to 6 o'clock into a training horse stance (facing 9 o'clock.) Execute a left inward horizontal (**bracing angle**) parry to the outside of your opponent's right arm with a right inward horizontal middle knuckle fist strike raking through your opponent's right rib cage (ending up with your right hand cocked (palm up) under your left armpit.)

2. Immediately reverse the motion of your right hand and deliver a right outward horizontal handsword strike to your opponent's right lower rib cage (in front of your previous strike.) Have your left hand remain in a **positional check** on your opponent's right arm.

3. Step forward with your right foot into a right neutral bow, (facing 9:00), planting your right foot to the inside of your opponent's right foot and buckling his right knee with your right knee. You are *on and over the Line of Entry*. As you settle into your right neutral bow, deliver a right inward horizontal elbow strike to the front of your opponent's right lower rib cage, as your left checking heel palm meets it to cause a sandwiching effect.

4. "The Trip"- after the right foot steps behind opponents right foot the right elbow can follow the opponent down to the ground to trip them over your foot.

### SET 12: GATHERING CLOUDS (*Front Left Punch*)

1. Execute a short left rear twist stance to 12 o'clock, as your left foot cheats directly behind your right foot. Immediately unwind in place counter clockwise and slide with your right foot to 6

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o'clock into a training horse stance (facing 3 o'clock.) Execute a right inward horizontal (**bracing angle**) parry to the outside of your opponent's left arm with a left inward horizontal middle knuckle fist strike raking through your opponent's left rib cage (ending up with your left hand cocked (palm up) under your right armpit.)

2. Immediately reverse the motion of your left hand and deliver a left outward horizontal handsword strike to your opponent's left lower rib cage (in front of your previous strike.) Have your right hand remain in a **positional check** on your opponent's left arm.)

3) Step forward with your right foot into a left neutral bow, (facing 3:00), planting your left foot to the inside of your opponent's left foot and buckling his left knee with your right knee. You are *on and over the Line of Entry*. As you settle into your left neutral bow, deliver a left inward horizontal elbow strike to the front of your opponent's left lower rib cage, as your right checking heel palm meets it to cause a sandwiching effect.

### **SET 13: CIRCLES OF PROTECTION** (*Front Right Step-Through Overhead Punch*)

1. Have your left foot slide back into a left transitional cat stance (facing 10:30) with your right upward horizontal forearm (palm up) under your left horizontal forearm (palm down.) (hiding it from the view of your opponent.)

2. Step out to 10:30 into a left transitional forward bow stance and deliver a right rolling extended upward block to the outside of your opponent's right arm (above the elbow.) (*"first meet the force and then ride it"*)

3. Shift into a left neutral bow stance, as you deliver a left extended upward ripping claw under your opponent's right arm to his face. Your right open hand is high and to the right side of your face momentarily checking under and slightly outside of your opponent's right arm.

4. Continue circling your left hand counter clockwise and force your opponent's right arm down to the right side of his body. Continue the clockwise circle of your right hand with a right underhand vertical heel-palm claw to your opponent's groin. At this moment, your left hand should be on top of your right forearm prior to exploding into the next move.

5. Immediately deliver a left outward upward back-knuckle strike to your opponent's face, as you simultaneously shuffle (push-drag) forward to 10:30. During this action, your right hand grabs and pulls your opponent's testicles. Be sure that your left leg is positioned properly as a check to protect your groin. (Be sure that your left back-knuckle strike snaps back to your right shoulder, which is still in the position of an underhand claw.)

### **SET 14: CIRCLES OF PROTECTION** (*Front Left Step-Through Overhead Punch*)

1. Execute a left front crossover (toward 4:30). During your cover step cock your left forearm horizontally under your right forearm, which is also horizontal.

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2. Step out to 4:30 into a right transitional forward bow stance and deliver a left rolling extended upward block to the outside of your opponent's left arm (above the elbow.) *"First meet the force and then ride it"*.
3. Shift into a right neutral bow stance, as you deliver a right extended upward ripping claw under your opponent's left arm to his face. Your left open hand is high and to the left side of your face momentarily checking under and slightly outside of your opponent's left arm.
4. Continue circling your right hand clockwise and force your opponent's left arm down to the left side of his body. Continue the counter clockwise circle of your left hand with a left underhand vertical heel-palm claw to your opponent's groin. (At this moment, your right hand should be on top of your left forearm prior to exploding into the next move.)
5. Immediately deliver a right outward upward back-knuckle strike to your opponent's face, as you simultaneously shuffle (push-drag) forward to 4:30 and your left hand grabs and pulls your opponent's testicles. Be sure that your right leg is positioned properly as a check to protect your groin. (be sure that your right back-knuckle strike snaps back to your left shoulder, which is still in the position of an underhand claw.)

### **SET 15: DANCE OF DARKNESS (*Flank Right Ball Kick/Right Punch Combination*)**

1. Have your right foot step in back of your left foot to 1:30 into a left front twist stance reverse (facing 7:30) with a right outward downward vertical parry (open handsword) to the outside of your opponent's right ball kick.
2. As your opponent follows through with his punch to your head deliver a left inward parry. (The two parries should occur simultaneously). Step forward to 7 o'clock into a right neutral bow stance with a right rolling outward parry to the outside of your opponent's right forearm. The left hand can act as a sliding check, as it can slide up the opponents arm as you advance.
3. Execute a left step-through forward behind your opponent to 7:30 and unpivot into a left neutral bow stance, with both of your hands cocked at your left hip. Continue the flow of your action, and clockwise (to face the right side of your opponent) into a right close kneel stance (facing 12 o'clock.) Execute a right outward horizontal back-knuckle strike to your opponent's right kidney with a left vertical thrust punch to your opponents right jaw. Your right hand is on the bottom to act as an immediate check.
4. Have your left hand grab your opponent's right shoulder and firmly pull down and toward you to control his height zones with a right outward vertical thrusting back-knuckle strike to your opponent's right temple.
5. Convert your right back-knuckle strike into a right outward vertical two-finger eye hook thrust to your opponent's left eye with a left front leg sweep to the back of his right ankle (sweeping to 1:30.) Replant your left foot forward to 1:30 into a left front twist stance. Your left hand should be

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checking on top of or near your opponent's left shoulder.

6. Utilizing the principle of **object obscurity**, circle your left checking hand around and under your right arm so that it tracks along the outside of your right arm to strike as a left outward vertical two-finger thrust to your opponent's left eye. Utilize gravitational marriage as you finish your leg sweep and eye thrust.

### SET 16: DANCE OF DARKNESS (*Flank Left Ball Kick /Left Punch Combination*)

1. Unpivot in place into a left neutral bow stance (facing 1:30), with both of your hands in a guarding position. (swing the top of your body around to point your left eye poke to 1:30.)
2. Have your left foot step in back of your right foot to 7:30 into a right front twist stance reverse (facing 1:30) with a left outward downward vertical parry (open handsword) to the Outside of your opponent's left ball kick.
3. As your opponent follows through with his punch to your head deliver a right inward parry. (The two parries should occur simultaneously). Step forward to 1:30 into a left neutral bow stance with a left rolling outward parry to the outside of your opponent's left forearm. The right hand can act as a sliding check, as it can slide up the opponents arm as you advance.
4. Execute a right step-through forward behind your opponent to 3 o'clock and unwind into a transitional right neutral bow stance, with both of your hands cocked at your right hip. Continue the flow of your action, as you counter clockwise (to face the left side of your opponent) into a left close kneel stance (facing 7:30.) Execute a left outward horizontal back-knuckle strike to your opponent's left kidney with a right vertical thrust punch to your opponents left jaw. Your left hand is on the bottom to act as an immediate check.
5. Have your right hand **grab** your opponent's left shoulder and firmly pull down and toward you to control his height zones with a left outward vertical thrusting back-knuckle strike to your opponent's left temple.
6. Convert your left back-knuckle strike into a left outward vertical two-finger eye hook thrust to your opponent's right eye with a right front leg sweep to the back of his left ankle (sweeping to 9 o'clock.) Replant your right foot forward to 9 o'clock into a right front twist stance. Your right hand should be checking on top of or near your opponent's left shoulder.
7. Utilizing the principle of **object obscurity**, circle your right hand around and under your left arm to track along the outside of your left arm to strike as a right outward vertical two-finger thrust to your opponent's right eye. (utilize gravitational marriage as you finish your leg sweep and eye thrust.)

**SET 17: THUNDERING HAMMER** (*Front Right Step-Through Right Straight Punch*)

1. From your previous move, step to 9 o'clock into a left neutral bow stance (facing 9 o'clock.) Execute a left inward block to the outside of your opponent's right arm (at or above the elbow.) Have your right arm run parallel to your right thigh, as it hangs naturally at your side. Be sure to **positionally check** your opponent's right leg with your left leg.
2. Shuffle (push-drag) forward to 9 o'clock, as you drop into a left wide kneel stance. **Buckle** the outside of your opponent's right knee with your right knee to have your opponent **buckle** and drop with a right inward horizontal forearm striking horizontally across your opponent's stomach, while cocking your left fist by your left ear (palm facing away from you.)
3. Pivot clockwise, and drop lower into a right close kneel stance (facing 1:30) while **buckling** the back of your opponent's right knee with your left knee with a left downward vertical hammerfist strike to your opponent's left kidney using . Cock your right fist near your right ear (palm facing away from you.)
4. Counter clockwise, as you drop lower into a left wide kneel stance (facing 9 o'clock) while **buckling** your opponent's right knee with your right knee. Have your left hand shift from his kidney to a left horizontal forearm (**gravitational check**) on top of your opponent's right shoulder with a right downward vertical hammerfist strike to the back his neck. (your left hand is checking the action of your opponent's right arm.)
5. Switch (left foot to the rear and right foot to the front) into a right neutral bow stance (facing 9 o'clock.) Execute a right outward downward diagonal back-knuckle strike to your opponent's right temple. As you settle into your right neutral bow stance, reverse the motion of your right hand and convert it into a right upward lifting stiff-arm heel-palm strike to your opponent's face. Have your left hand **pressing check** your opponent's right shoulder down to nullify his height zones.

**SET 18: THUNDERING HAMMER** (*Front Left Straight Step-Through Left Punch*)\

1. Immediately counter clockwise into a left front rotating twist stance your entire body to face 3 o'clock with a right inward block and a left back hammerfist.
2. Step out to 3 o'clock into a right neutral bow stance (facing 3 o'clock.) Execute a right inward block to the outside of your opponent's left arm (at or above the elbow.) Have your left arm run parallel to your left thigh, as it hangs naturally at your side. Be sure to **positionally check** your opponent's left leg with your right leg.
3. Shuffle (push-drag) forward to 3 o'clock, as you drop into a right wide kneel stance. **Buckle** the outside of your opponent's left knee with your left knee (so your opponent **buckles** and drops) with a left inward horizontal forearm striking horizontally across your opponent's stomach, while cocking your right fist by your right ear (palm facing away from you.)



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4. Pivot counter clockwise, as you drop lower into a left close kneel stance (facing 7:30) while **buckling** the back of your opponent's left knee with your right knee with a strike down to your opponent's right kidney using a right downward vertical hammerfist. Cock your left fist near your left ear (palm facing away from you.)
5. Pivot clockwise into a right wide kneel stance (facing 3 o'clock) while **buckling** your opponent's left knee with your left knee. Have your right hand shift from his kidney to a right horizontal forearm (**gravitational check**) on top of your opponent's left shoulder with a left downward vertical hammerfist strike to the back of his neck. (your right hand is checking the action of your opponent's left arm.)
6. Switch (right foot to the rear and left foot to the front) into a left neutral bow stance (facing 3 o'clock.) Execute a left outward downward diagonal back-knuckle strike to your Opponent's left temple. As you settle into your left neutral bow stance, reverse the motion of your left hand and convert it into a left upward lifting stiff-arm heel-palm strike to your Opponent's face. with the heel-palm strike, have your right hand check your opponent's left shoulder down to nullify his height zones.

### SET 19: UNWINDING PENDULUM (*Front Right Step-Through Ball Kick/Right Punch Combination*)

1. Have your right foot drop back to 1:30 into a left front twist stance reverse (facing 7:30) with a right hammering outward downward block to the outside of your opponent's right leg to 7:30. With this block, have your left hand deliver a half fist in preparation for a left hammering inward block. This should turn your opponent slightly to his left.
2. As your opponent plants his right foot and follows up with a right punch to your head, unwind in place clockwise into a left neutral bow stance (facing 7:30) with a left hammering inward block to the outside of your opponent's right arm (at or above the elbow.) Have your right arm hang naturally alongside your right thigh. This action, combined with the previous block, should result in turning your opponent so that his back faces you.
3. Immediately execute a right front step-through sweeping 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. Have your right foot plant forward to 7:30 into a right front twist stance with a right vertical underhand claw under your opponent's groin (between and behind your opponent's legs) from the rear. Your left hand **horizontally checks** across your opponent's arms at his elbows. Your opponent should bend forward at the waist.

### SET 20: UNWINDING PENDULUM (*Front Left Step-Through Ball Kick/Right Punch Combination*)

1. Have your left foot drop back to 10:30 into a right front twist stance reverse (facing 4:30) with a left hammering outward downward block to the outside of your opponent's left leg to 4:30. with this

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block, have your right fist cock slightly above your solar plexus in preparation for a right hammering inward block. (this should turn your opponent slightly to his right.)

2. As your opponent plants his left foot and follows up with a left punch to your head, in place counter clockwise into a right neutral bow stance (facing 4:30) with a right hammering inward block to the outside of your opponent's left arm (at or above the elbow.) Have your left arm hang naturally alongside your left thigh. This action, combined with the previous block, should result in turning your opponent so that his back faces you.

3. Immediately execute a left front step-through sweeping kick to the back of your opponent's right knee. This should **buckle**, as well as force your opponent's right leg to spread apart from his left leg.

4. Have your left foot plant forward to 4:30 into a left front twist stance with a left vertical underhand claw under your opponent's groin (between and behind your opponent's legs) from the rear. Your right hand **horizontally checks** across your opponent's arms at his elbows. Your opponent should bend forward at the waist.

### **SET 21: REVERSING CIRCLES** (*Front Left Roundhouse Kick/Punch Combination*)

1. Have your right foot drag to your left foot and step out to 7:30 into a right neutral bow stance with an universal block (right outward downward block with a left inward block) to the inside of your opponent's left leg.

2. As your opponent plants his left foot and attempts to punch your head, in place into a right forward bow stance (facing 7:30) while executing a right rolling upward blocking parry under, as well as inside of, your opponent's left attacking arm. Simultaneous with your right block, deliver a left thrusting heel-palm strike (fingers pointing to 10:30) to his left floating ribs.

3. Pivot into a right neutral bow stance, as you reverse the motion of your left hand and convert it into a left upward rolling block under, as well as inside of, your opponent's right arm. Simultaneous with this action, reverse the motion of your right arm and convert it into a right inward horizontal thrusting heel-palm strike (fingers pointing to 4:30) to his right floating ribs. Convert your left upward block into a grab (palm in and thumbs up) to your opponent's left wrist.

### **SET 22: REVERSING CIRCLES** (*Front Right Roundhouse Kick/Punch Combination*)

1. Have your left foot drag to your right foot and step out to 4 o'clock into a left neutral bow stance with an universal block (left outward downward block with a right inward block) to the inside of your opponent's right leg.

2. As your opponent plants his right foot and attempts to punch your head, in place into a left forward bow stance (facing 4:30) while executing a left rolling upward blocking parry under, and inside of your opponent's right attacking arm. Simultaneous with your left block, deliver a right

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thrusting heel-palm strike (fingers pointing to 4 o'clock) to his right floating ribs.

3. Pivot into a left neutral bow stance, as you reverse the Motion of your right hand and convert it into a right upward rolling block under, as well as inside of, your opponent's left arm. Simultaneous with this action, reverse the motion of your left arm and convert it into a left inward horizontal thrusting heel-palm strike (fingers pointing to 7:30) to his left floating ribs. Convert your right upward block into a grab (palm in and thumbs up) to your opponent's right wrist.

### **SET 23: SNAKING TALON** (*Front Direct Two-Hand Push*)

1) From the previous move have your left foot drop back (toward 1:00) into a right 45° cat, (facing 7:30). As you settle into your cat stance have your left hand check near the right side of your face, palm up, and fingers pointing up (*Corresponding Angle* to your right cheek bone). Simultaneous with this check, position your left handsword above your left knee, palm (facing 7:30), and fingers pointing down (*Corresponding Angle* to your left bent leg).

2) Have your right hand loop a figure eight (following a path and not a line). Begin with a right inward handsword on the outside and top of your opponent's right arm. Flow into a right extended outward handsword on the outside of your opponent's right arm. During this action your left hand continues to check the side of your face.

3) While still within the flow of action have your right hand pull your opponent's right arm toward you (down and to your right), as you deliver a right front snapping ball kick to your opponent's groin.

### **SET 24: SNAKING TALON** (*Front Direct Two-Hand Push*)

1) From the previous move have your right foot drop back (toward 11:00) into a left 45° cat (facing 4:30). As you settle into a left cat stance have your right hand check near the left side of your face, palm up, and fingers pointing up (*Corresponding Angle* to your right cheek bone). Simultaneous with this check, position your left handsword above your left knee, (palm facing 7:30), and fingers pointing down (*Corresponding Angle* to your left bent leg).

2) Have your left hand loop a figure eight. Begin with a left inward handsword on the outside and top of your opponent's right arm. Flow into a left extended outward handsword on the outside of your opponent's left arm. During this action your right hand continues to check the side of your face.

3) While still within the flow of action have your left hand pull your opponent's left arm toward you (down and to your left), as you deliver a left front snapping ball kick to your opponent's groin.

### **SET 25: CIRCLING FANS** (*Flank Left And Right Punch Combination*)

1. Plant your left foot back in line into a training horse stance (facing 6 o'clock), as you cock your left hand to your left hip (palm up and open.)

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2. As your opponent attacks from your right flank, turn to your right into a right 45° cat stance (facing 9 o'clock.) As you turn, redirect your opponent's left punch by executing a right inward pushdown block to 9 o'clock, as you settle into your cat stance. Execute a left inward pushdown block to the outside of your opponent's right punch to 9 o'clock, as your right fist cocks to your right hip (palm up.)
3. Execute a right front snapping ball kick to your opponent's groin to 9 o'clock and replant your right foot to 9 o'clock into a training horse stance with a right thrusting vertical back-knuckle strike to your opponent's face.

### **SET 26: CIRCLING FANS** (*Flank Right And Left Punch Combination*)

1. As your opponent attacks from your left flank, turn to your left into a left 45 degree cat stance (facing 3 o'clock.) As you turn, redirect your opponent's right punch by executing a left inward pushdown block to 3 o'clock, as you settle into your cat stance. Execute a right inward pushdown block to the outside of your opponent's left punch to 3 o'clock, as your left fist cocks to your left hip (palm up.)
2. Execute a left front snapping ball kick to your opponent's groin to 3 o'clock and replant your left foot to 3 o'clock into a training horse stance with a left thrusting vertical back-knuckle strike to your opponent's face.

### **SET 27: CIRCLING WINDMILLS** (*Front Right Punch*)

1. Turn your upper body to face 6 o'clock in a training horse stance. Execute a right rolling thrusting extended upward block to the outside of your opponent's right arm with your left hand ducking under your upward block to deliver a left inward horizontal thrusting heel-palm strike (fingers pointing to your right) to your opponent's solar plexus. (dually employ a left forearm wedge under your opponent's right arm.)
- 2) While still in a horse stance, execute a left upward block with a right clockwise inward hammerfist strike to your opponent's left floating ribs.
- 3) Now have your right hand circle clockwise in a windmill fashion. As it travels up and under your opponent's right arm it transitionally converts into a right upward block. Simultaneous with this block, execute a left (counterclockwise) inward hammerfist to his right floating ribs.
4. Strike with a right hammering inward-downward diagonal hammerfist strike across the bridge of your opponent's nose. Your left fist is on your left hip (palm up.)
5. Execute a right extended outward horizontal two-finger slice (palm down) across your opponent's eyes. Follow up with a right inward horizontal two-finger slice (palm up) across his eyes and then another right extended outward horizontal two-finger slice (palm down) across your opponent's

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eyes. The three slices are to be done in the flow of one movement.

6. Execute a left inward horizontal raking back-knuckle strike to the bridge of your opponent's nose while your right hand is on your right hip, in the shape of a crane (palm down.)

*7. Execute a left extended outward horizontal two-finger slice (palm down) across your opponent's eyes. Follow up with a left inward horizontal two-finger slice (palm up) across his eyes and another left extended outward horizontal two-finger slice (palm down) across your opponent's eyes. The three slices are to be done in the flow of one movement.*

8. Cock your left hand on your left hip, in the shape of a crane (palm down.)

9. Execute two two-finger overhead whips to your opponent's eyes.

10. Torque your hands, palms in and facing each other, as you now execute two two-finger pokes to your opponent's eyes.

11. Turn your palms down, and execute two two-finger thrusts to your opponent's eyes.

12. Torque your palms toward your opponent's face, as you drive two thumb gauges to your opponent's eyes.

13. Torque your palms down, as you execute two pinky-finger thrusts gauges to your opponent's eyes.

14. Hook your pinky-fingers, and rotate them toward your body (palms in), as you pull him into a double thumb poke to the eyes.

### **SET 28: DEFENSIVE CROSS (*Front Right Snapping Ball Kick*)**

1. As your opponent kicks with his right foot, step back to 12 o'clock into a left forward bow stance (facing 6 o'clock) with a solidly braced downward cross "x" block (right over left.) Have both of your fists execute an inside and outside downward block (palms down) in front of your groin area in an "x" block to your opponent's right ankle.

2. Immediately have your left hand open and convert into a shape of a crane (fingers and palm out), as it hooks inside of and under your opponent's right foot. Have your left hand remain on top of your opponent's left foot to act as a check.) Without disrupting the flow of your hands, guide your opponent's kicking leg diagonally down past your left hip. The result of your defensive action in thwarting your opponent's kick should accomplish the following: intercept the force, redirect it, disturb his balance and pull your opponent's leg past your left hip.

3. With your opponent bent forward, immediately have your left hand open and convert into a left inverted vertical shape of a crane, hooking under your opponent's right ankle. Pull your opponent's right leg past your left hip with a right outward looping overhead stiff-arm back-knuckle strike to the

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right side of your opponent's face, with your left hand trailing close behind. Have it travel down past your right hip (palm facing 6 o'clock), with your left hand trailing close behind. Following the same path, convert it into a left inward vertical overhead heel-palm strike to your opponent's right mastoid.

4. Instantly convert your left heel-palm strike into a grab to the back of your opponent's neck. Have your right fist still positioned past your right hip (palm facing forward), while delivering a right front snapping ball kick to your opponent's groin.

5. As you replant your right foot back to its **point of origin** (still in a forward bow stance), deliver a right forward upward vertical underhand stiff-arm lifting back-knuckle strike to your opponent's face to sandwich his head between your right back-knuckle and your left grab.

### SET 29: DEFENSIVE CROSS (*Front Left Snapping Ball Kick*)

1. With your right hand already forward, do your "x" block (left over right.) As your opponent kicks with his left foot, step back to 12 o'clock into a right forward bow stance (facing 6 o'clock) with a solidly braced downward "x" block. Have both of your fists doing an inside and outside downward block (palm down) in front of your groin area (left over right) in an "x" block to your opponent's left ankle.

2. Immediately have your right hand open and convert into a shape of a crane (fingers and palm out), as it hooks inside of and under your opponent's left foot. Have your right hand remain on top of your opponent's right foot to act as a check. Without disrupting the flow of your hands, guide your opponent's kicking leg diagonally down past your right hip. The result of your defensive action in thwarting your opponent's kick should accomplish the following: intercept the force, redirect it, disturb his balance and pull your opponent's leg past your right hip.

3. With your opponent bent forward, immediately have your right hand open and convert into a right inverted vertical shape of a crane hooking under your opponent's left ankle. Pull your opponent's left leg past your right hip with a left outward looping overhead stiff-arm back-knuckle strike to the left side of your opponent's face, with your right hand trailing close behind. Have it travel down past your left hip (palm facing 6 o'clock), with your right hand trailing close behind. Following the same path, convert it into a right inward vertical overhead heel-palm strike to your opponent's left mastoid.

4. Instantly convert your right heel-palm strike into a grab to the back of your opponent's neck. Have your left fist still positioned past your left hip (palm facing forward), while delivering a left front snapping ball kick to your opponent's groin.

5. As you replant your left foot back to its **point of origin** (still in a forward bow stance), deliver a left forward upward vertical underhand stiff-arm lifting back-knuckle strike to your opponent's face to sandwich his head between your left back-knuckle and your right grab.

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### **SET 30: BOWING TO BUDDHA** (*Front Right Roundhouse Kick*)

1. As your opponent delivers a right roundhouse kick, drop down into a left fullkneel, as you execute a right inward block with a left extended outward chopping block to the inside of your opponent's right leg. Without hesitation, flow from your right inward block into a right forearm parry.
2. Shuffle forward (step with your right foot and drag with your left knee), as you drive a right upward vertical elbow strike up and into your opponent's groin (palm facing you.) Your elbow strike should complete its path of travel as a positional block with a left upward vertical underhand heel-palm strike under your opponent's testicles.
3. Have your left hand cup your opponent's groin (sandwiching effect), as you strike down with a right downward vertical back-knuckle strike to his testicles with your left hand still under your opponent's testicles, pulling them toward you.

### **SET 31: BOWING TO BUDDHA** (*Front Left Roundhouse Kick*)

1. As your opponent delivers a left roundhouse kick, switch (right front leg going back and your left rear leg going forward) into a right full kneel, without rising up. Execute a left inward block with a right extended outward chopping block to the inside of your opponent's left leg. Immediately flow from your left inward block into a left forearm parry.
  2. Shuffle forward (step with your left foot and drag with your right knee), as you drive a left upward vertical elbow strike up and into your opponent's groin (palm facing you.) Your elbow strike should complete its path of travel as a positional block with a right upward vertical underhand heel-palm strike under your opponent's testicles.
- have your right hand cup your opponent's groin (sandwiching effect), as you strike down with a left downward vertical back-knuckle strike to his testicles with your right hand still under your opponent's testicles, pulling them toward you.

### **SET 32: PRANCE OF THE TIGER** (*Right Flank/Right Step-Through Uppercut Punch*)

1. From you full kneel step back to 12 o'clock into a left 45° cat stance (facing 6 o'clock), as you cock your right fist at your right ear with a left inward downward pushdown block to the inside of your opponent's right elbow. Follow this block with a right hammering inward downward block (palm up) to the inside of your opponent's right arm (near his hand.)
- "The arm break" - while rising up from the ground the right hand rises to your ear from below the elbow and the left hand pushes down from above the hand.

2. As your right hand follows through (cocking palm up) near your left hip, position your left hand

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in front of the right side of your solar plexus (**positional check**.) Immediately execute a left front thrusting sweep kick to the shin of your opponent's right leg (to 9 o'clock) while continuing to check with your left hand (should your opponent wish to reactivate his right arm.)

3. Continue the flow of the action by planting your left foot down and delivering a right knife-edge kick to the inside of your opponent's left knee (the kick combination is actually a side chicken kick) with a right outward horizontal back-knuckle strike to your opponent's right temple. Your left hand should **positionally check** at your right armpit.

### SET 33: PRANCE OF THE TIGER (*Left Flank/Left Step-Through Uppercut Punch*)

1. Replant your right foot down in front of you into a right 45° cat stance (facing 6 o'clock), as you cock your left fist at your left ear with a right inward downward pushdown block to the inside of your opponent's left elbow. Follow this block with a left hammering inward-downward block (palm up) to the inside of your opponent's left arm (near his hand.)

2. As your left hand follows through (cocking palm up) near your right hip, position your right hand in front of the left side of your solar plexus (**positional check**.) Immediately execute a right front thrusting sweep kick to the shin of your opponent's left leg (to 3 o'clock) while continuing to check with your right hand (should your opponent wish to reactivate his left arm.)

3. Continue the flow of your action by planting your right foot down and delivering a left knife-edge kick to the inside of your opponent's right knee (the kick combination is actually a side chicken kick) with a left outward horizontal back-knuckle strike to your opponent's left temple. Your right hand should **positionally check** at your left armpit.

### SET 34: SHIELD AND MACE (*Front Right Straight Step-Through Punch*)

1. From the **Point Of Contact** of your last strikes, have your left foot step to 9 o'clock into a left transitional neutral bow stance (facing 9 o'clock.) Immediately, to your right into a side horse stance, as you deliver a right vertical outward block to the outside of your opponent's right arm with a left straight thrust punch to your opponent's right lower rib cage.

2. To your left and drop in place into a left close kneel stance, as you strike down with a right downward vertical hammerfist to the top of your opponent's right kidney, driving the force down into the pelvic area. Your left hand is now a **bracing angle check** at your opponent's right elbow.

3. *Circle your left hand clockwise, pinning your opponent's right arm down to his own body, as your right hand circles counter clockwise striking your opponent's face and eyes with a right inward horizontal looping heel-palm claw.*

4. Continue the flow of the counter clockwise circle of your right hand and have it contour down and along the back of your opponent's body and right leg to strike the back of your opponent's right



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knee with a right handsword to **buckle** your opponent's right leg. Have your left hand circle clockwise and **pinning check** just below your opponent's right shoulder.

5. Without raising your body, follow up with a right thrusting knife-edge kick to the back of your opponent's left knee to 10 o'clock.

### SET 35: SHIELD AND MACE (*Front Left Straight Step-Through Punch*)

1. From the **Point Of Contact** of your previous kick (while your foot is still in the air), pivot your body counter clockwise, as you plant your right foot to 3 o'clock into a right neutral bow stance (facing 3 o'clock.) Immediately, pivot to your left into a side horse stance, as you deliver a left vertical outward block outside of your opponent's left arm with a right straight thrust punch to your opponent's left lower rib cage.

2. To your right and drop in place into a right close kneel stance, as you strike down with a left downward vertical hammerfist to the top of your opponent's left kidney, driving the force down into the pelvic area. Your right hand is now a (**bracing angle check**) at your opponent's left elbow.

3. Circle your right hand counter clockwise, pinning your opponent's left arm down to his own body, as your left hand circles counter clockwise striking your opponent's face and eyes with a left inward horizontal looping heel-palm claw.

4. Continue the clockwise circle with your left hand and have it contour down and along the back of your opponent's body and left leg to strike the back of your opponent's left knee with a left handsword to **buckle** your opponent's left leg. Have your right hand circle clockwise and check just below your opponent's left shoulder.

5. Without raising your body, follow up with a left thrusting knife-edge kick to the back of your opponent's right knee to 2 o'clock.

### SET 36: FIVE SWORDS (*Front Right Step-Through Kick/Right Roundhouse Punch*)

1. From the **point of contact** of your kick, have your left foot (still in the air) plant to 9 o'clock into a training horse stance (facing 12 o'clock.) As you plant, have both of your hands cock to your right hip (your right hand as a handsword (palm up) and your left hand as a handsword (palm down).)

2. Immediately have your right foot step forward into a right neutral bow stance (facing 12 o'clock.) Execute a left outward downward parry to the inside of your opponent's right kicking leg with a right inward handsword block to the inside of your opponent's right punch.

3. Immediately strike to the right side of your opponent's neck with a right extended outward diagonal handsword.

4. Into a right forward bow stance (facing 12 o'clock), as you execute a left straight horizontal five-

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finger thrust (palm down) to your opponent's eyes, as your right fist cocks to your right hip (palm up.)

5. Having your opponent's head move away from you will cause his midsection to jut forward. Take advantage of this anticipated response by pivoting into a right neutral bow stance with a right upward finger thrust into your opponent's stomach. Have your left hand (palm down) become a **(cocking check)** running horizontal near your right bicep.

6. With your opponent bending over, immediately have your left foot slide back counter clockwise (to 4:30) into a right forward bow stance (facing 10:30), as your left extended outward handsword strikes to the left side of your opponent's neck. Your right hand acts as a **positional check** against any potential danger from your opponent's left arm.

7. Without hesitation and while pivoting into a right neutral bow stance, have your left hand hook and pull your opponent's head down, as you deliver a right overhead downward handsword strike to the back of your opponent's neck. As the handsword strikes, your left hand should be checking low.

### **SET 37: FIVE SWORDS** (*Front Left Step-Through Kick/Left Roundhouse Punch*)

1. Have your right foot step to 9 o'clock and into a right front rotating twist stance (facing 9 o'clock) with a right outward downward parry to the inside of your opponent's left kicking leg.

2. Immediately have your left foot step forward into a left neutral bow stance (facing 12 o'clock.) Execute a right outward downward parry to the inside of your opponent's left kicking leg with a left inward handsword block to the inside of your opponent's left punch.

3. Immediately strike to the left side of your opponent's neck with a left extended outward diagonal handsword.

4. Into a left forward bow stance (facing 12 o'clock), as you execute a right straight horizontal five-finger thrust (palm down) to your opponent's eyes, as your left fist **cocks** to your left hip (palm up.)

5. Having your opponent's head to move away from you will cause his midsection to jut forward.) Take advantage of this anticipated response by stepping into a left neutral bow stance, as you strike with a left upward finger thrust into your opponent's stomach. Have your right hand (palm down) become a **(cocking check)** running horizontal near your left bicep.

6. With your opponent bending over, immediately have your right foot slide back clockwise (to 7:30) into a left forward bow stance (facing 2:30), as your right extended outward handsword strikes to the right side of your opponent's neck. Your left hand acts as a **positional check** against any potential danger from your opponent's right arm.

7. Without hesitation and while pivoting into a left neutral bow stance, have your right hand hook and pull your opponent's head down, as you deliver a left overhead downward slicing handsword strike to the back of your opponent's neck. As the handsword strikes, your right hand should be

checking low.

**SET 38: TWIRLING HAMMER** (*Front Left Straight Step-Through Punch*)

1. Execute a left front twist stance to 12 o'clock, as you torque your body counter clockwise (up the circle) with a left extended outward block to 12 o'clock to the outside of your opponent's left arm (at or near his elbow.) Your right hand cocks on your right hip (palm up).
2. Without loss of momentum, step forward into a right neutral bow stance (facing 12 o'clock) with a right inward looping overhead horizontal inverted back-knuckle strike (thumb down) to the back of your opponent's right mastoid. Your left block remains locked-out as a defensive measure.
3. Continue the looping action of your right hand and convert it into a right (**pressing check**) at your opponent's left elbow. This is done while turning into a right forward bow stance with a left inward horizontal elbow strike to your opponent's left lower rib cage.
4. Without any loss of momentum, convert your left elbow strike into an upward hooking wrist check (hooking over your opponent's left arm at his elbow like a waiter carrying a tray ("waiters hand").) With this action, pivot into a right neutral bow stance as you loop (clockwise) with a right inward-downward diagonal hammerfist strike to your opponent's right kidney. The reaction to the kidney strike should cause your opponent's upper torso to turn clockwise, thus exposing more of his back toward you.

**SET 39: TWIRLING HAMMER** (*Front Right Straight Step-Through Punch*)

1. Immediately shift your right foot slightly to your left to 10 o'clock into a right front twist stance (facing 12 o'clock), as you torque your body clockwise (up the circle) with a right extended outward block to 12 o'clock to the outside of your opponent's right arm (at or above his elbow.) Your left hand cocks on your right hip (palm up).
2. Without loss of momentum, step forward into a left neutral bow stance (facing 12 o'clock) with a left inward looping overhead horizontal inverted back-knuckle strike (thumb down) to the back of your opponent's left mastoid. Your right block remains locked-out as a defensive measure.
3. Continue the looping action of your left hand and convert it into a left (**pressing check**) at your opponent's right elbow. This is done while turning into a left forward bow stance with a right inward horizontal elbow strike to your opponent's right lower rib cage.
4. Without any loss of momentum, convert your right elbow strike into an upward hooking wrist **check** (hooking over your opponent's right arm at his elbow like a waiter carrying a tray ("waiters hand").) With this action, into a left neutral bow stance, as you loop (counter clockwise) with a left inward-downward diagonal hammerfist strike to your opponent's left kidney. (the reaction to the

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kidney strike should cause your opponent's upper torso to turn clockwise, thus exposing more of his back toward you.)

### **CLOSING:**

1. Execute a left front crossover (toward 4:30). During the cover step have your right clenched fist, which is covered by your left open hand cock near your right side.
2. To complete the crossover hop onto your right foot into a right one-leg stance, now having your right and left hands cock near your right ear.
3. Deliver the (left over right) meditation hand position.
4. Come to an attention stance. Bow.