

LEVEL ONE
KENPO
WHITE, YELLOW, ORANGE

**KENPO LEVEL ONE
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BLOCKING SET (STARBLOCK)

CONTAINS:

1. FIVE MAJOR BLOCKS IN ADDITION TO ONE HIDDEN BLOCK.
2. SEQUENCE OF BLOCKS THAT PRESERVE **ECONOMY OF MOTION**.
3. CORRECT MANNER IN WHICH TO USE YOUR MAJOR BLOCKS.
4. BLOCKS THAT PROTECT ALL THREE “**ZONES OF PROTECTION**”.
5. THE EXECUTION OF THESE BLOCKS WHILE IN A STATIONARY POSITION.
6. MAXIMUM COVER OF HEAD AND UPPER BODY AREAS.

SEQUENCE FOR RIGHT ARM BLOCKS ARE:

1. RIGHT **EXTENDED UPWARD** BLOCK FOR A LEFT OVERHEAD CLUB ATTACK OR CHOP.
2. RIGHT **INWARD** BLOCK FOR A RIGHT PUNCH TO THE BODY.
3. RIGHT **EXTENDED OUTWARD** BLOCK FOR A LEFT PUNCH TO THE FACE.
4. RIGHT **OUTSIDE DOWNWARD** BLOCK FOR A LEFT KICK TO THE GROIN.
5. RIGHT HAND RE-COCKS (A **BACK ELBOW** BLOCK) TO YOUR RIGHT HIP FOR A LEFT ROUNDHOUSE KICK TO YOUR RIGHT KIDNEY.
6. RIGHT **INWARD PUSHDOWN** BLOCK FOR A RIGHT KNEE KICK TO THE GROIN.

NOTE: REPEAT THE SAME SEQUENCE FOR THE LEFT SIDE.

ADDITIONAL DRILLS:

1. EXECUTE BOTH HANDS SIMULTANEOUSLY.
2. ALTERNATE HANDS WHEN BLOCKING.
3. STEP BACK INTO A NEUTRAL BOW AND BLOCK WITH THE FRONT HAND.

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BLOCKING SET (STARBLOCK)

THEME:

THIS SEQUENCE OF BLOCKS UTILIZES VARIOUS DIRECTIONS AND DIMENSIONS THAT PROMOTE **CONTINUITY OF MOTION** AND PRESERVE **ECONOMY OF MOTION**. EXAMINE YOUR MOVEMENTS WITH GREAT DETAIL AND OBSERVE THE CORRECT ANGLES OF EXECUTION FROM ONE BLOCK TO ANOTHER.

EXPLANATION:

OPENING: ATTENTION STANCE. DROP INTO A MEDITATION HORSE STANCE. BOTH FISTS ARE COCKED BACK TO THEIR RESPECTIVE HIPS (FIST PALM UP). THIS ENTIRE SET IS DONE WHILE IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK).

SINGLE ARM (RIGHT SIDE):

1. RIGHT EXTENDED UPWARD BLOCK (LEFT OVERHEAD CLUB ATTACK).
2. RIGHT HAMMERING INWARD BLOCK (RIGHT PUNCH TO THE HEAD).
3. RIGHT EXTENDED OUTWARD BLOCK (LEFT ROUNDHOUSE PUNCH TO THE FACE).
4. RIGHT OUTWARD DOWNWARD BLOCK (RIGHT BALL KICK TO THE GROIN).
5. RIGHT FIST RECOCKS (BACK ELBOW STRIKE) TO YOUR RIGHT HIP (LEFT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR RIGHT KIDNEY).
6. RIGHT INWARD PUSHDOWN (RIGHT UPWARD VERTICAL KNEE KICK TO YOUR GROIN).

SINGLE ARM (LEFT SIDE):

1. LEFT EXTENDED UPWARD BLOCK (RIGHT OVERHEAD CLUB ATTACK).
2. LEFT HAMMERING INWARD BLOCK (LEFT PUNCH TO THE HEAD).
3. LEFT EXTENDED OUTWARD BLOCK (RIGHT ROUNDHOUSE PUNCH TO THE FACE).
4. LEFT OUTWARD DOWNWARD BLOCK (LEFT BALL KICK TO THE GROIN).
5. LEFT FIST RECOCKS (BACK ELBOW STRIKE) TO YOUR LEFT HIP (RIGHT INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR LEFT KIDNEY).
6. LEFT INWARD PUSHDOWN (LEFT UPWARD KNEE KICK TO YOUR GROIN).

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BOTH ARMS SIMULTANEOUSLY.

ALTERNATE BLOCKING ARMS.

RIGHT OR LEFT NEUTRAL BOW STANCE WITH THE FRONT ARM ONLY, WHILE YOUR OTHER HAND ACTS AS A POSITIONAL CHECK AT YOUR SOLAR PLEXUS.

VARIATIONS OF BLOCKING DRILLS:

TRAINING HORSE STANCE:

1. RIGHT THEN LEFT SIDE -- INDIVIDUAL MOVES
2. RIGHT AND LEFT SIDE -- SIMULTANEOUS
3. RIGHT THEN LEFT ARMS -- ALTERNATING

NEUTRAL BOW STANCE:

1. RIGHT THEN SWITCH TO LEFT SIDE -- INDIVIDUAL MOVES
2. RIGHT THEN SWITCH TO LEFT SIDE -- SIMULTANEOUS
3. RIGHT THEN SWITCH TO LEFT SIDE -- ALTERNATING

FOUR (4) CORNER HORSE: (FOUR (4) MAJOR BLOCKS)

1. EXTENDED UPWARD
2. HAMMERING INWARD
3. EXTENDED OUTWARD
4. OUTSIDE DOWNWARD

ZIGZAG HORSE: (FOUR (4) MAJOR BLOCKS)

1. EXTENDED UPWARD
2. HAMMERING INWARD
3. EXTENDED OUTWARD
4. OUTSIDE DOWNWARD

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COORDINATION SET # 1

CONTAINS:

1. BASIC STANCES:
 - A. TRAINING HORSE
 - B. CAT (**TRANSITIONAL MOVE**)
 - C. NEUTRAL BOW
 - D. FORWARD BOW
2. BASIC FOOT MANEUVERS:
 - A. STEP-THROUGH FORWARD
 - B. STEP-THROUGH REVERSE
 - C. SIDE COVER
3. BASIC BLOCKS:
 - A. VERTICAL OUTWARD BLOCK
 - B. THRUSTING INWARD BLOCK USED AS A (**DOUBLE FACTOR**) **TRANSITIONAL MOVE.**
4. BASIC STRIKES:
 - A. JAB
 - B. STRAIGHT THRUST PUNCH
 - C. FRONT SNAPPING BALL KICK
5. STANCE CHANGES WHILE PUNCHING.
6. FOUR BASIC **ANGLE CHANGES** BEFORE REPEATING THE FIRST TWO SETS.
7. 90 DEGREE **DIRECTIONAL ANGLE CHANGES.**

TEACHES:

1. HOW TO **SYNCHRONIZE** OPPOSITE MOVEMENTS WHILE RETREATING OR ADVANCING.
2. HOW TO CREATE **DISTANCE** WHILE USING A STANCE CHANGE.
3. HOW TO CLOSE **DISTANCE** WHILE ATTACKING OFFENSIVELY.
4. HOW TO ATTACK THE VARIOUS **ZONES OF PROTECTION** SIMULTANEOUSLY.
5. HOW TO CHANGE A DEFENSE INTO AN OFFENSE.
6. HOW TO APPLY **BODY TORQUE** WHILE PUNCHING.
7. THE UTILIZATION OF **MINOR AND MAJOR MOVES.**
8. THE UTILIZATION OF **OPPOSING FORCES** AS AN OFFENSE.

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9. HOW TO UTILIZE DEFENSIVE AND OFFENSIVE MOVES WHILE RETREATING OR ADVANCING IN A STRAIGHT LINE.
10. SIMULTANEOUS (STRIKES) MOVES -- OPPOSITE ARM AND LEG USAGE.
11. SIMULTANEOUS (STRIKES) MOVES -- SAME ARM AND LEG USAGE.
12. THE PROPER USE OF **CENTER MASS** AND **MID-POINT BALANCE**.
13. MOVES THAT ARE **SINGULAR IN MOTION** BUT **DUAL IN PURPOSE**.
14. DEFENSIVE MOVES THAT CAN BE READILY CHANGED INTO OFFENSIVE MOVES.
15. THE BENEFITS OF THE **DOUBLE FACTOR**.
16. SIMULTANEOUS USE OF THE SAME ARM AND LEG IN OPPOSITE DIRECTIONS TO ENHANCE THE FORCE OF THE STRIKE.
17. PROPER **BODY ALIGNMENT** WHEN PUNCHING OFF THE LEAD HAND.
18. TO MAINTAIN PROPER **CONTOURING** WHEN DELIVERING A COMBINATION OF HANDS, FEET OR BOTH.
19. THE IMPORTANCE OF A CONSTANT HEAD

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COORDINATION SET # 1

THEME:

THE THEME OF THIS SET IS **MID-POINT BALANCE**. MID-POINT BALANCE IS THE STRIKING OF BODY LIMBS TO VARIOUS AS WELL AS OPPOSITE DIRECTIONS WHEREBY THE CENTER OF YOUR **BODY MASS** REMAINS STATIONARY AND BALANCED. THE CENTER OR MID-POINT OF YOUR BODY MASS, ALTHOUGH FIXED AND STABLE, DOES NOTHING TO DETRACT FROM THE EFFECTS OF YOUR MULTIPLE STRIKES. THEREIN LIES THE VALUE OF ITS USE.

EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP INTO A MEDITATING HORSE STANCE (FACING 12 O'CLOCK).

SET 1:

1. COVER (BY HAVING YOUR RIGHT FOOT SLIDE BACK TO 6 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK), AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).
2. FROM YOUR LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SHOULDER LEVEL.
3. PIVOT IN PLACE, INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).
4. FROM YOUR LEFT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO 12 O'CLOCK AT KNEE LEVEL "WITH" A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS KICK-PUNCH COMBINATION, RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).
5. AS YOU REPLANT YOUR RIGHT FOOT BACK TO 6 O'CLOCK TO ITS POINT OF ORIGIN, INTO A LEFT FORWARD BOW STANCE, SIMULTANEOUSLY, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

SET 2:

1. HAVE YOUR RIGHT FOOT SLIDE FORWARD TO 12 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).
2. FROM YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT STRAIGHT

WORLDWIDE KENPO KARATE ASSOCIATION

THRUST PUNCH TO 12 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

4. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A LEFT FRONT SNAPPING BALL KICK TO 12 O'CLOCK AT KNEE LEVEL **"WITH"** A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS PUNCH-KICK COMBINATION, RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

5. AS YOU REPLANT YOUR LEFT FOOT BACK TO 6 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

SET 3:

1. COVER (BY HAVING YOUR RIGHT FOOT SLIDE BACK TO 3 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE, (FACING 9 O'CLOCK), AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

2. FROM YOUR LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

4. FROM YOUR LEFT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO 9 O'CLOCK AT KNEE LEVEL **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS KICK-PUNCH COMBINATION, RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

5. AS YOU REPLANT YOUR RIGHT FOOT BACK TO 3 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A LEFT FORWARD BOW STANCE, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

SET 4:

1. HAVE YOUR RIGHT FOOT SLIDE FORWARD TO 9 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 9 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

2. FROM YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT STRAIGHT

WORLDWIDE KENPO KARATE ASSOCIATION

THRUST PUNCH TO 9 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

4. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A LEFT FRONT SNAPPING BALL KICK TO 9 O'CLOCK AT KNEE LEVEL **"WITH"** A RIGHT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS KICK-PUNCH COMBINATION, RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

5. AS YOU REPLANT YOUR LEFT FOOT BACK TO 3 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A RIGHT FORWARD BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 9 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

SET 5:

1. COVER (BY HAVING YOUR RIGHT FOOT SLIDE BACK TO 12 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE, (FACING 6 O'CLOCK), AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

2. FROM YOUR LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

4. FROM YOUR LEFT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO 6 O'CLOCK AT KNEE LEVEL **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT THE LOWER RIB LEVEL. WHILE EXECUTING THIS PUNCH-KICK COMBINATION, RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

5. AS YOU REPLANT YOUR RIGHT FOOT BACK TO 12 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A LEFT FORWARD BOW STANCE, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

SET 6:

1. HAVE YOUR RIGHT FOOT SLIDE FORWARD TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 6 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

2. FROM YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT STRAIGHT

WORLDWIDE KENPO KARATE ASSOCIATION

THRUST PUNCH TO 6 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

4. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A LEFT FRONT SNAPPING BALL KICK TO 6 O'CLOCK AT KNEE LEVEL **"WITH"** A RIGHT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS PUNCH-KICK COMBINATION, RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

5. AS YOU REPLANT YOUR LEFT FOOT BACK TO 12 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A RIGHT FORWARD BOW STANCE, SIMULTANEOUSLY, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 6 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

SET 7:

1. COVER (BY HAVING YOUR RIGHT FOOT SLIDE BACK TO 9 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE, (FACING 3 O'CLOCK), AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

2. FROM YOUR LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

4. FROM YOUR LEFT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO 3 O'CLOCK AT KNEE LEVEL **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS PUNCH-KICK COMBINATION, RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

5. AS YOU REPLANT YOUR RIGHT FOOT BACK TO 9 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A LEFT FORWARD BOW STANCE, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

SET 8:

1. HAVE YOUR RIGHT FOOT SLIDE FORWARD TO 3 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 3 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

2. FROM YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT STRAIGHT

WORLDWIDE KENPO KARATE ASSOCIATION

THRUST PUNCH TO 3 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

4. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A LEFT FRONT SNAPPING BALL KICK TO 3 O'CLOCK AT KNEE LEVEL **"WITH"** A RIGHT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT THE LOWER RIB LEVEL. WHILE EXECUTING THIS PUNCH-KICK COMBINATION, RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

5. AS YOU REPLANT YOUR LEFT FOOT TO 9 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A RIGHT FORWARD BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

SET 9:

1. COVER (BY HAVING YOUR RIGHT FOOT SLIDE BACK TO 6 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK), AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

2. FROM YOUR LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

4. FROM YOUR LEFT FORWARD BOW STANCE, EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO 12 O'CLOCK AT KNEE LEVEL **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS KICK-PUNCH COMBINATION, RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

5. AS YOU REPLANT YOUR RIGHT FOOT BACK TO 6 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A LEFT FORWARD BOW STANCE, SIMULTANEOUSLY, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

SET 10:

1. HAVE YOUR RIGHT FOOT SLIDE FORWARD TO 12 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK. RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

2. FROM YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT STRAIGHT

WORLDWIDE KENPO KARATE ASSOCIATION

THRUST PUNCH TO 12 O'CLOCK AT SHOULDER LEVEL.

3. PIVOT IN PLACE, INTO A RIGHT FORWARD BOW STANCE, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

4. FROM YOUR RIGHT FORWARD BOW STANCE, EXECUTE A LEFT FRONT SNAPPING BALL KICK TO 12 O'CLOCK AT KNEE LEVEL **“WITH”** A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT THE LOWER RIB LEVEL. SIMULTANEOUSLY, WHILE EXECUTING THIS KICK-PUNCH COMBINATION, RECOCK YOUR LEFT FIST BACK ONTO YOUR LEFT HIP (PALM UP).

5. AS YOU REPLANT YOUR LEFT FOOT TO 6 O'CLOCK TO ITS **POINT OF ORIGIN**, INTO A RIGHT FORWARD BOW STANCE, SIMULTANEOUSLY, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK AT SOLAR PLEXUS LEVEL. RECOCK YOUR RIGHT FIST BACK ONTO YOUR RIGHT HIP (PALM UP).

CLOSING: SLIDE YOUR LEFT FOOT TO YOUR RIGHT FOOT THEN OUT INTO A MEDITATING HORSE STANCE FACING 12 O'CLOCK. ATTENTION STANCE. BOW.

NOTES ON COORDINATION SET # 1

1. WHEN STEPPING FORWARD (AS WELL AS WHEN COVERING), BE SURE TO UTILIZE THE PRINCIPLE OF THE “DOUBLE FACTOR” IN YOUR BLOCKS.

2. WORK SEGMENTS OF THIS SET ON A PARTNER TO STUDY HOW YOU CAN SIMULTANEOUSLY ATTACK **HEIGHT, WIDTH AND DEPTH ZONES.**

3. THIS SET TEACHES YOU HOW TO PROPERLY USE TORQUE WHEN PUNCHING. BE SURE TO ALWAYS USE THE **COUNTER-TORQUE** OF THE HAND THAT IS RECOCKING TO THE REAR.

4. PRACTICE THIS SET IN AN ENVIRONMENT THAT REQUIRES YOU TO “SWITCH” RATHER THAN STEP FORWARD. WHEN SWITCHING IN THIS SET, HAVE YOUR REAR FOOT MOVE TO THE FRONT AND THEN YOUR FRONT FOOT MOVE TO THE REAR.

5. BE CONSCIOUS OF YOUR HEAD LEVEL DURING THIS SET. REMEMBER THE SAYING, **“WASTED INCHES ARE WASTED TIME”.**

6. REMEMBER THAT THIS IS A SET FOR DEVELOPING COORDINATION. THE KEY INGREDIENT FOR DEVELOPING COORDINATION IS “INTELLIGENT REPETITION”.

7. STUDY THE USE OF REVERSE MOTION THROUGHOUT THIS SET.

8. EXPERIMENT WITH **THRUSTING** YOUR KICKS VS. **SNAPPING** THEM.

9. THIS SET IS AN EXCELLENT OPPORTUNITY TO DISCOVER HOW TO PROPERLY EXECUTE A PUNCH WHEN PIVOTING FROM A NEUTRAL BOW STANCE INTO A FORWARD BOW STANCE.

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10. THE ACTION IN THIS SET MAY BE COMPARED TO THAT OF A WHIP. INVESTIGATE HOW A **WHIP** DERIVES ITS **POWER**.
11. THIS SET WILL ILLUSTRATE THE CORRECT WAY TO **CHAMBER** OR **“COCK”** YOUR KNEE IN ORDER TO EXECUTE A CORRECT FRONT BALL KICK.
12. IN A PREARRANGED SPARRING SESSION, HAVE YOUR PARTNER WEAR PROTECTIVE GEAR. AS YOUR PARTNER ATTACKS, WORK THIS SEQUENCE ON HIM.
13. WORK THIS SEQUENCE ON A HEAVY BAG.

WORLDWIDE KENPO KARATE ASSOCIATION

SHORT FORM # 1

CONTAINS:

1. MOVES THAT ARE STRICTLY DEFENSIVE.
2. BASIC STANCES:
 - A. ATTENTION
 - B. TRAINING HORSE
 - C. NEUTRAL BOW
3. BASIC BLOCKS:
 - A. HAMMERING INWARD
 - B. VERTICAL OUTWARD
 - C. EXTENDED UPWARD
 - D. OUTSIDE DOWNWARD
 - E. INSIDE DOWNWARD (PALM UP)
4. **DOUBLE FACTOR** BLOCKS:
 - A. HIGH
 - B. LOW
5. A BACK ELBOW STRIKE WHILE BLOCKING.
6. USING THE FOUR (4) BASIC ANGLE CHANGES:
 - A. FRONT
 - B. BOTH SIDES
 - C. REAR
7. NINETEEN MOVES; INCLUDING BOTH SIDES AND THE CLOSE.
8. COVERS:
 - A. SIX SIDE
 - B. TWO REAR

TEACHES:

1. TO REMAIN DOWN WHILE IN A STANCE (MUST KEEP KNEES FLEXIBLE).
2. TO KEEP AN **ERECT POSTURE**.
3. TO INCREASE YOUR **PERIPHERAL VISION** BY ALWAYS LOOKING AT YOUR OPPONENT'S STERNUM TO PICK UP HIS MOVES.
4. TO NEVER EXPOSE YOUR BACK UNNECESSARILY.
5. TO **COVER** FROM A NEUTRAL BOW STANCE; REAR AND SIDE COVERS.
6. TO CHANGE STANCES WITHOUT ELEVATING YOUR HEAD, COMPELLING YOU TO REMAIN AT A CONSTANT LEVEL WHEN MOVING.
7. TO RETREAT OR MOVE AWAY FROM YOUR OPPONENT WHEN TURNING

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TO FACE THE UNKNOWN.

8. BASIC TIMING OF HANDS AND FEET.

9. TO BLOCK WHILE RETREATING (OPPOSITE HAND - OPPOSITE FOOT) USING OPPOSING FORCES -- REAR FOOT, FRONT HAND.

10. TO **RELAX** AND **TENSE** AT THE PROPER MOMENTS WITH **SNAP** AND **TORQUE**.

11. ANGLE CHANGES IN PREPARATION FOR A MASS ATTACK WHILE MOVING UP AND DOWN THE FORM IN AN "L" SHAPED PATTERN.

TO USE THE ARM **OPPOSITE** FROM THE BLOCKING HAND, NOT AS A **COUNTER FORCE** BUT AS A **HIDDEN WEAPON** IF AND WHEN NEEDED.

13. **REPETITION** OF THE FOUR BASIC BLOCKS WHILE **COVERING** AND/OR **RETREATING**.

14. OPPONENT'S ATTACK IS REDIRECTED AT A GREATER DISTANCE FROM **TARGET AREAS**.

15. TO MAKE **DISTANCE** AN ALLY WHEN FIRST LEARNING THE ART.

16. TO HAVE INWARD AND OUTWARD BLOCKS DONE ON A HORIZONTAL PLANE.

17. TO HAVE UPWARD AND DOWNWARD BLOCKS DONE ON A VERTICAL PLANE.

WORLDWIDE KENPO KARATE ASSOCIATION

SHORT FORM # 1

THEME:

TEACHES THE STUDENT HOW TO GAIN INSIGHT INTO HOW A FORM CAN BE USED TO DEVELOP BASIC FORM, FIGHTING PRINCIPLES AND STRATEGY.

EXPLANATION:

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

(1) SALUTE (2) SYMBOL OF FRIENDLY AND UNARMED (3) MEDITATING HORSE STANCE (4) PRAYER OF FORGIVENESS. RETURN TO A MEDITATING HORSE STANCE AND CONCLUDE WITH YOUR HEAD UP AND EYES OPEN.

SIDE 1 (RIGHT SIDE)

1. DROP YOUR LEFT FOOT BACK TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE EXECUTING A RIGHT HAMMERING INWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
2. YOUR RIGHT FOOT DROPS BACK TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE EXECUTING A LEFT HAMMERING INWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.
3. **SIDE COVER** (BY MOVING YOUR RIGHT FOOT TO 3 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE (FACING 9 O'CLOCK), WHILE EXECUTING A COUNTER-CLOCKWISE LEFT VERTICAL OUTWARD BLOCK **"WITH"** A RIGHT HAMMERING INWARD BLOCK. CONTINUE YOUR LEFT VERTICAL BLOCK BACK TO ITS **POINT OF ORGIN** AS YOUR RIGHT BLOCK RETURNS TO A RIGHT BACK ELBOW STRIKE.
4. YOUR LEFT FOOT DROPS BACK TO 3 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 9 O'CLOCK), WHILE EXECUTING A RIGHT VERTICAL OUTWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
5. **REAR COVER** (BY MOVING YOUR RIGHT FOOT SLIGHTLY TO YOUR LEFT TO 7 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE TO 3 O'CLOCK, WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.
6. YOUR LEFT FOOT DROPS BACK TO 9 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK), WHILE EXECUTING A RIGHT EXTENDED UPWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
7. **SIDE COVER** (BY MOVING YOUR LEFT FOOT TO 12 O'CLOCK) INTO A RIGHT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), WHILE EXECUTING A RIGHT OUTWARD DOWNWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

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8. YOUR RIGHT FOOT DROPS BACK TO 12 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), WHILE EXECUTING A LEFT DOWNWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

9. SLIDE YOUR LEFT FOOT CLOCKWISE INTO A TRAINING HORSE STANCE (TO FACE 12 O'CLOCK) **"WITH"** YOUR LEFT OPEN HAND CLOSED ON YOUR RIGHT CLENCHED FIST.

SIDE 2 (LEFT SIDE)

1. DROP YOUR RIGHT FOOT BACK TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE EXECUTING A LEFT HAMMERING INWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

2. YOUR LEFT FOOT DROPS BACK TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE EXECUTING A RIGHT HAMMERING INWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

3. **SIDE COVER** (BY MOVING YOUR LEFT FOOT TO 9 O'CLOCK) INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK), WHILE EXECUTING A COUNTER-CLOCKWISE RIGHT VERTICAL OUTWARD BLOCK **"WITH"** A LEFT HAMMERING INWARD BLOCK. CONTINUE YOUR RIGHT VERTICAL BLOCK BACK TO ITS **POINT OF ORIGIN** AS YOUR LEFT BLOCK RETURNS TO A LEFT BACK ELBOW STRIKE.

4. YOUR RIGHT FOOT DROPS BACK TO 9 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 3 O'CLOCK), WHILE EXECUTING A LEFT VERTICAL OUTWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

5. **REAR COVER** (BY MOVING YOUR LEFT FOOT SLIGHTLY TO YOUR RIGHT TO 5 O'CLOCK) INTO A RIGHT NEUTRAL BOW STANCE TO 9 O'CLOCK, WHILE EXECUTING A RIGHT EXTENDED UPWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

6. YOUR RIGHT FOOT DROPS BACK TO 3 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 9 O'CLOCK), WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

7. **SIDE COVER** (BY MOVING YOUR RIGHT FOOT TO 12 O'CLOCK) INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), WHILE EXECUTING A LEFT OUTWARD DOWNWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

8. YOUR LEFT FOOT DROPS BACK TO 12 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), WHILE EXECUTING A RIGHT DOWNWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

9. SLIDE YOUR RIGHT FOOT CLOCKWISE INTO A TRAINING HORSE STANCE (TO FACE 12 O'CLOCK) **"WITH"** YOUR LEFT OPEN HAND CLOSED ON YOUR

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RIGHT CLENCHED FIST.

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STANCE SET # 1

CONTAINS:

1. STANCES:
 - A. ATTENTION
 - B. TRAINING HORSE
 - C. NEUTRAL BOW
 - D. 45 DEGREE CAT
 - E. REAR REVERSE TWIST
 - F. REVERSE BOW
 - G. FORWARD BOW
 - H. FRONT ROTATING TWIST
2. MANEUVERS:
 - A. SLIDE OUT
 - B. COVER
 - C. UNPIVOT
 - D. PIVOT IN PLACE
 - E. SWITCH (BACK THEN FORWARD)
 - F. STEP-THROUGH
3. HAND WEAPONS:
 - A. CLOSED FISTS
 - B. HANDWORDS
 - C. HEEL-PALM CLAWS
 - D. OVERHEAD HORIZONTAL HEEL-PALM CLAW
 - E. UNDERHAND BACK HAMMERFIST
 - F. VERTICAL FOREARM (HEEL-PALM CLAW)
 - G. OVERHEAD HORIZONTAL INVERTED HEEL-PALM CLAW
 - H. OVERHEAD HORIZONTAL INVERTED VERTICAL FIST
 - I. VERTICAL FOREARM (FIST)
 - J. UNIVERSAL BLOCK (FISTS)
 - K. UNIVERSAL BLOCK (CLAWS)
4. POSITIONS:
 - A. ATTENTION
 - B. MEDITATION
 - C. FIGHTING
 - D. GUARDING
 - E. COVERING

TEACHES:

1. USE OF **TRANSITIONS** BETWEEN MOVES.
2. PROTECTION OF THE THREE **HEIGHT ZONES**.
3. PROTECTION OF THE FIVE TO SEVEN **DEPTH ZONES**.
4. PROTECTION OF THE **WIDTH ZONES**.
5. TO REMAIN DOWN DURING FOOT MOVEMENTS.
6. VARIOUS HAND WEAPONS.

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7. CORRECT BODY ALIGNMENT.
8. USE OF THE **GAUGING LEG** FOR DEPTH OF STANCES.
9. PROPER PLACEMENT OF YOUR FEET TO ALIGN YOUR BODY.
10. PROPER TRANSFERENCE OF WEIGHT WITH EACH STANCE.
11. USE OF GUARDING POSITIONS.
12. USE OF COVERING POSITIONS.
13. USE OF FIGHTING POSITIONS.
14. UNPIVOTING IN PLACE INTO A CORRECT STANCE.
15. PIVOTING IN PLACE INTO A CORRECT STANCE.
16. ADVANCING AND RETREATING IN THE **LINE OF ATTACK**.
17. COVERING ACTIONS.
18. COMBINATIONS OF **DEPTH, WIDTH AND HEIGHT** IN ALL STANCES.
19. PROPER FOOT PLACEMENT.

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STANCE SET # 1

THEME:

EMPHASIZES THE IMPORTANCE OF USING PROPERLY FORMED STANCES. LEARNING THE SPECIFICS OF A STANCE TEACHES YOU HOW TO SOLIDIFY YOUR BASE, MAINTAIN PROPER **BALANCE**, EMPLOY THE DIMENSIONS OF **HEIGHT**, **WIDTH** AND **DEPTH**, INCREASE YOUR POWER.. WHEN THESE STANCES ARE PROPERLY ALIGNED AND COORDINATED WITH YOUR UPPER BODY, YOU ARE ON YOUR WAY TO ACHIEVING MAXIMUM RESULTS. ONCE INGRAINED AND PERFECTED, CONFIDENCE IS ALSO ACHIEVED AND TRANSITORY STANCES FLOW WITH CONTINUITY AND PURPOSE.

EXPLANATION:

1. A. ATTENTION STANCE.
B. ATTENTION POSITION (VERTICAL FOREARMS).
C. DROP INTO A MEDITATING HORSE STANCE.
2. A. LEFT FOOT SLIDES OUT INTO A TRAINING HORSE STANCE TO 9 O'CLOCK.
B. MEDITATION POSITION (HANDS IN HIDDEN TREASURE POSITION).
3. A. LEFT FOOT SLIDES BACK TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); RIGHT HAND HIGH -- LEFT HAND LOW.
4. A. RIGHT FOOT CATS BACK TO 6 O'CLOCK INTO A RIGHT 45 DEGREE CAT STANCE.
B. GUARDING POSITION (OUTWARD VERTICAL HANDSWORDS); RIGHT HAND HIGH -- LEFT HAND LOW.
5. A. RIGHT FOOT SLIDES OVER TO 3 O'CLOCK INTO A TRAINING HORSE STANCE.
B. MEDITATION POSITION (HANDS IN HIDDEN TREASURE POSITION).
6. A. RIGHT FOOT SLIDES BACK TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); LEFT HAND HIGH -- RIGHT HAND LOW.
7. A. LEFT FOOT CATS BACK TO 6 O'CLOCK INTO A LEFT 45 DEGREE CAT STANCE.
B. GUARDING POSITION (OUTWARD VERTICAL HANDSWORDS); LEFT HAND HIGH -- RIGHT HAND LOW.
8. A. LEFT FOOT SLIDES BACK TO 6 O'CLOCK INTO A LEFT REAR REVERSE TWIST STANCE.

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- B. COVERING POSITION (CLAWS); LEFT HORIZONTAL FOREARM
HEEL-PALM CLAW -- RIGHT HORIZONTAL OVERHEAD INVERTED
HEEL-PALM CLAW.
9. A. UNPIVOT IN PLACE INTO A RIGHT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); RIGHT HAND HIGH -- LEFT HAND LOW.
10. A. RIGHT FOOT SLIDES BACK TO 6 O'CLOCK INTO A RIGHT REAR TWIST
REVERSE STANCE.
B. COVERING POSITION (CLAWS); RIGHT HORIZONTAL FOREARM
HEEL-PALM CLAW -- LEFT HORIZONTAL OVERHEAD INVERTED HEEL-
PALM CLAW.
11. A. UNPIVOT IN PLACE INTO A LEFT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); LEFT HAND HIGH -- RIGHT HAND
LOW.
12. A. PIVOT IN PLACE INTO A LEFT REVERSE BOW STANCE.
B. COVERING POSITION (FISTS); LEFT BACK VERTICAL UNDERHAND
HAMMER FIST -- RIGHT HORIZONTAL OVERHEAD INVERTED
VERTICAL FIST.
13. A. PIVOT IN PLACE INTO A LEFT FORWARD BOW STANCE.
B. FIGHTING POSITION (FISTS); LEFT OUTWARD VERTICAL
FOREARM FIST -- RIGHT HORIZONTAL OVERHEAD FOREARM,
INVERTED VERTICAL FIST.
- A. SWITCH STANCE; LEFT FOOT BACK AND RIGHT FOOT FORWARD INTO
A RIGHT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); RIGHT HAND HIGH -- LEFT HAND
LOW.
15. A. PIVOT IN PLACE INTO A RIGHT REVERSE BOW STANCE.
B. COVERING POSITION (CLAWS); RIGHT BACK VERTICAL
UNDERHAND HEEL-PALM CLAW -- LEFT HORIZONTAL OVERHEAD
FOREARM, INVERTED CLAW.
16. A. PIVOT IN PLACE INTO A RIGHT FORWARD BOW STANCE.
B. FIGHTING POSITION (CLAWS); RIGHT BACK VERTICAL
UNDERHAND HEEL-PALM CLAW -- LEFT VERTICAL OVERHEAD
CLAW.
17. A. PIVOT IN PLACE INTO A RIGHT FRONT ROTATING TWIST STANCE.
B. GUARDING POSITION (FISTS); UNIVERSAL BLOCK, RIGHT
OUTWARD DOWNWARD -- LEFT THRUSTING INWARD.
18. A. LEFT STEP-THROUGH FORWARD TO 12 O'CLOCK INTO A LEFT
NEUTRAL BOW STANCE.
B. FIGHTING POSITION (FISTS); LEFT HAND HIGH -- RIGHT HAND
LOW.

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19. A. PIVOT IN PLACE INTO A LEFT FRONT ROTATING TWIST STANCE.
B. COVERING POSITION (CLAWS); UNIVERSAL BLOCK, LEFT
OUTWARD DOWN WARD -- RIGHT THRUSTING INWARD.
20. A. UNPIVOT IN PLACE INTO A LEFT NEUTRAL BOW STANCE.
B. FIGHTING POSITION (HANDSWORDS); LEFT VERTICAL OUTWARD HANDS
WORD, HIGH -- RIGHT HORIZONTAL INVERTED HANDSWORD, PALM UP AND
COCKED AT YOUR SOLAR PLEXUS.
21. A. LEFT FOOT SLIDES BACK TO 9 O'CLOCK INTO A TRAINING HORSE
STANCE.
B. MEDITATION POSITION (HANDS IN HIDDEN TREASURE POSITION).
22. A. CLOSE YOUR LEFT FOOT TO YOUR RIGHT FOOT INTO AN
ATTENTION STANCE.
B. ATTENTION POSITION (VERTICAL FOREARMS).

NOTE : ALL HAND AND FOOT MOVEMENTS ARE TO BE DONE WITH
ATTENTION TO THE FOLLOWING:

ANCHORING YOUR BASE	ECONOMY OF MOTION	SOLIDIFYING
BASELINE	GUARDING	HEIGHT ZONE
TRANSITION	BODY FUSION	COVERING
OUTER RIM	ZONES OF PROTECTION	DOUBLE FACTOR
PIVOT POINTS	BODY ALIGNMENT	GRAVITATIONAL
MARRIAGE		
SWITCHING	TRANSITIONAL RESPONSE	

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KICKING SET # 1

CONTAINS:

1. BASIC STANCES:
 - A. ATTENTION
 - B. TRAINING HORSE
 - C. NEUTRAL BOW
 - D. SIDE CLOSE CAT
2. TRANSITIONAL STANCES:
 - A. FRONT TWIST
 - B. 45 DEGREE CAT
3. BASIC MANEUVERS:
 - A. STEP-THROUGH:
 1. FORWARD
 2. REVERSE
 - B. FRONT TWIST FORWARD
 - C. SHUFFLES (DRAG):
 1. DRAG-KICK
 2. DRAG-CAT
 - D. SIDE COVERS:
 1. FORWARD
 2. REVERSE
4. BASIC KICKS:
 - A. SNAPPING BALL
 - B. INWARD HORIZONTAL ROUNDHOUSE
 - C. KNIFE-EDGE
 - D. BACK HEEL
5. BODY MANEUVERS:
 - A. SPINNING (180 DEGREES) BACK-HEEL KICK
6. MOVES THAT ARE STRICTLY OFFENSIVE.

TEACHES:

1. THE IMPORTANCE OF A SOLIDIFIED STANCE PRIOR, DURING AND AFTER KICKING.
2. HOW TO MAINTAIN GOOD **BALANCE** WHILE KICKING.
3. HOW TO KEEP YOUR UPPER BODY RELAXED WHEN KICKING.
4. HOW TO EXECUTE KICKS WITH PROPER SNAP.
5. HOW TO ELIMINATE WASTED ANGLES AND MOTION WHEN DELIVERING A

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KICK.

6. HOW TO **CONTOUR** PROPERLY WITH YOUR KICKING LEG.
 7. HOW TO EMPLOY CORRECT **BODY ALIGNMENT** WHEN KICKING.
 8. THE IMPORTANCE OF EMPLOYING THE PROPER **NATURAL WEAPONS** TO THE TARGET.
 9. EMPLOYMENT OF THE DOUBLE FACTOR:
 - A. CONTINUITY WITH POWER
 - B. CRISP MOVES WITH SPEED AND POWER
 - C. SHUFFLE -- DRAG AND KICK
 10. DIFFERENT KICKING ATTACKS TO THE THREE (3) LEVELS OF PROTECTION.
 11. MOVEMENTS TO STRENGTHEN LEG MUSCLES.
 12. PROTECTIVE HAND POSITIONS WHILE EXECUTING KICKING MOVEMENTS.
 13. HOW TO STEP-THROUGH WITH A KICK.
 14. THE VALUE OF SUSTAINING A CONSTANT HEAD LEVEL WHEN KICKING.
 15. HOW TO TAKE FULL ADVANTAGE OF **BACK-UP MASS** WITH YOUR KICKING LEG.
 16. HOW TO AID THE FORCE OF YOUR KICKS BY UTILIZING **BODY MOMENTUM**:
 - A. SHUFFLES (FORWARD MOMENTUM) -- **DEPTH**.
 - B. CROSSOVERS (FORWARD MOMENTUM) -- **DEPTH**.
 - C. SPINNING (ROTATIONAL MOMENTUM) -- **WIDTH**.
 - D. USE OF SETTLING -- **HEIGHT**.
 17. HOW TO EXECUTE A SUCCESSION OF KICKS IN A STRAIGHT LINE.
- HOW TO READILY CHANGE FROM ONE WEAPON TO ANOTHER.
19. HOW TO GAIN POWER WHEN KICKING OFF YOUR FRONT LEG AS WELL AS YOUR REAR LEG.
 20. THAT A KICK IS NOTHING BUT AN OVEREXAGGERATED STEP.
 21. THAT A FOOT MANEUVER IS NOTHING MORE THAN A CONJUNCTION OF MOTION.
 22. THAT YOUR HEAD OPERATES LIKE A "GYRO" ON A SHIP'S COMPASS.
 23. THE NEED FOR PROPER TIMING AND TORQUE.
 24. HOW TO ELONGATE CIRCLES.
 25. HOW REPOSITIONING OTHER BODY LIMBS HELPS TO COUNTER-BALANCE YOUR ACTION WHEN KICKING.

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26. HOW TO MOVE AND KICK WITHOUT ANY JERKING OR TELEGRAPHING.
27. HOW TO USE THE COCKING OF YOUR LEG TO ENHANCE THE EXECUTION OF YOUR KICKS.
28. TO USE YOUR PIVOT POINTS AS A REFERENCE TO ENHANCE BODY ALIGNMENT.
29. HOW TO KICK WITH EITHER LEG WHILE UTILIZING YOUR BASELINE.
30. HOW TO USE KICKS AS LONG RANGE WEAPONS.
31. THE USE OF POWER ON THRUST KICKS AND THE USE OF SPEED ON SNAP KICKS.
32. TO KEEP YOUR UPPER BODY RELAXED WHEN KICKING.
33. THE IMPORTANCE OF GOOD STANCES BEFORE AND AFTER KICKING.
34. HOW TO CONTOUR PROPERLY WITH YOUR KICKING LEG.
35. THERE SHOULD BE NO WASTED ANGLES WHEN DELIVERING A KICK.
36. HOW TO MAINTAIN A PROPER GUARDING POSITION WHILE KICKING.
37. CORRECT BODY ALIGNMENT WHEN KICKING.
38. HOW TO GAUGE DISTANCE WHEN KICKING.
39. THE VALUE OF LOW KICKS.
40. THE PROPER TIMING OF TORQUE.

KICKING SET # 1

THEME:

EMPHASIZES HOW TO PROPERLY EXECUTE YOUR BASIC KICKS. IT CONTAINS PRINCIPLES THAT CONTRIBUTE TO EFFECTIVE AND PRACTICAL KICKING. THESE PRINCIPLES SHOULD BE ADHERED TO BEFORE, DURING AND AFTER A KICK.

EXPLANATION:

OPENING: START THIS SET IN A MEDITATING HORSE STANC (FACING 12 O'CLOCK). WHEN EXECUTING KICKING SET # 1, HAVE BOTH OF YOUR HANDS UP AND IN FRONT OF YOU IN A GUARDING POSITION THROUGHOUT THIS ENTIRE SET.

* * * IF SPACE LIMITATIONS DO NOT PERMIT PERFORMING THIS SET IN A

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SQUARE, EXECUTE WITH A RIGHT STEP-THROUGH REVERSE TO 12 O'CLOCK AND COVER (TO FACE 6 O'CLOCK). THIS WILL ALLOW THIS SET TO BE PERFORMED IN A LINEAR PATTERN (12 TO 6 O'CLOCK). MAINTAIN A GUARDING POSITION.

SIDE 1: ALL KICKS ARE TO BE DIRECTED TO 12 O'CLOCK USING WITH BOTH LEGS.

1. FROM YOUR MEDITATING HORSE STANCE, HAVE YOUR RIGHT FOOT SLIDE BACK TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK).
2. EXECUTE A RIGHT STEP-THROUGH FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN TO 12 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK).
3. IMMEDIATELY MOVE FORWARD INTO A LEFT FRONT TWIST STANCE AND DELIVER A RIGHT THRUSTING KNIFE-EDGE KICK TO YOUR OPPONENT'S KIDNEY TO 12 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK).
4. SHUFFLE FORWARD (DRAG-KICK) TO 12 O'CLOCK WITH A RIGHT SNAPPING INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S CHEST. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE, (FACING 12 O'CLOCK).
5. WITHOUT ANY HESITATION, PIVOT COUNTER-CLOCKWISE AND DELIVER A LEFT THRUSTING SPINNING BACK HEEL KICK TO YOUR OPPONENT'S STOMACH TO 12 O'CLOCK. TURNING YOUR BODY, PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK).
6. EXECUTE A LEFT SIDE COVER (REVERSE) BACK TO 9 O'CLOCK SO THAT YOU CONCLUDE **SIDE 1** (FACING 3 O'CLOCK) IN A LEFT NEUTRAL BOW STANCE. MAINTAIN A GUARDING POSITION.

SIDE 2: ALL KICKS ARE TO BE DIRECTED TO 3 O'CLOCK USING YOUR RIGHT LEG ONLY.

7. FROM YOUR LEFT NEUTRAL BOW STANCE, DELIVER A RIGHT THRUSTING STEP-THROUGH KNIFE-EDGE KICK TO YOUR OPPONENT'S KIDNEY TO 3 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE, (FACING 3 O'CLOCK).
8. SHUFFLE FORWARD (DRAG-KICK) TO 3 O'CLOCK WITH A RIGHT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK).
9. IMMEDIATELY SHUFFLE FORWARD (DRAG-KICK) TO 3 O'CLOCK WITH A

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RIGHT SNAPPING INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S CHEST. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK).

10. SHUFFLE FORWARD (DRAG-KICK) AND DELIVER A RIGHT REAR THRUSTING BACK HEEL KICK TO YOUR OPPONENT'S STOMACH TO 3 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK).

11. EXECUTE A RIGHT SIDE COVER (FORWARD) TO FACE 6 O'CLOCK SO THAT YOU CONCLUDE **SIDE 2** (FACING 6 O'CLOCK) IN A RIGHT NEUTRAL BOW STANCE. MAINTAIN A GUARDING POSITION.

SIDE 3: ALL KICKS ARE TO BE DIRECTED TO 6 O'CLOCK USING YOUR LEFT LEG ONLY.

12. FROM YOUR RIGHT NEUTRAL BOW STANCE, PIVOT COUNTER-CLOCKWISE AND EXECUTE A LEFT THRUSTING SPINNING BACK HEEL KICK TO YOUR OPPONENT'S STOMACH TO 6 O'CLOCK. PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).

13. SHUFFLE FORWARD (DRAG-KICK) TO 6 O'CLOCK WITH A LEFT SNAPPING INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S CHEST. PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).

14. IMMEDIATELY SHUFFLE FORWARD (DRAG-KICK) TO 6 O'CLOCK WITH YOUR LEFT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN. PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).

15. SHUFFLE FORWARD (DRAG-KICK) WITH A LEFT THRUSTING KNIFE-EDGE KICK TO YOUR OPPONENT'S KIDNEY TO 6 O'CLOCK. PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK).

16. EXECUTE A LEFT SIDE COVER (REVERSE) BACK TO 9 O'CLOCK SO THAT YOU CONCLUDE **SIDE 3** (FACING 3 O'CLOCK). PLANT YOUR LEFT FOOT FORWARD IN A LEFT NEUTRAL BOW STANCE (FACING 3 O'CLOCK). MAINTAIN A GUARDING POSITION.

* * * IF SPACE LIMITATIONS DO NOT PERMIT PERFORMING THIS SET IN A SQUARE, COMPLETE IT WITH A RIGHT STEP-THROUGH REVERSE TO 12 O'CLOCK AND COVER TO FACE 6 O'CLOCK. THIS WILL ALLOW THIS SET TO BE PERFORMED IN A LINEAR PATTERN (12 TO 6 O'CLOCK). MAINTAIN A GUARDING POSITION.

SIDE 4: ALL KICKS ARE DIRECTED TO 9 O'CLOCK USING BOTH LEGS WITH ALL STEP-THROUGH FOOT MANEUVERS.

17. FROM YOUR LEFT NEUTRAL BOW STANCE, DELIVER A RIGHT STEP-THROUGH

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INWARD HORIZONTAL ROUNDHOUSE KICK TO YOUR OPPONENT'S CHEST TO 9 O'CLOCK. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 9 O'CLOCK).

18. EXECUTE A LEFT SPINNING BACK HEEL KICK TO YOUR OPPONENT'S STOMACH TO 9 O'CLOCK. PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 9 O'CLOCK).

19. DELIVER A RIGHT STEP-THROUGH BALL KICK TO YOUR OPPONENT'S GROIN. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 9 O'CLOCK).

20. FOLLOW UP WITH A LEFT THRUSTING STEP-THROUGH KNIFE-EDGE KICK TO YOUR OPPONENT'S KIDNEY TO 9 O'CLOCK.

21. PLANT YOUR LEFT FOOT FORWARD TO 9 O'CLOCK INTO A MEDITATING HORSE STANCE (FACING 12 O'CLOCK). THIS CONCLUDES SIDE 4.

CLOSING: KENPO SALUTATION. SLIDE YOUR LEFT FOOT TO YOUR RIGHT FOOT INTO AN ATTENTION STANCE. BRING BOTH OF YOUR HANDS OUT AND DOWN ALONG THE SIDES OF YOUR LEGS. BOW.

* * * IF SPACE LIMITATIONS DO NOT PERMIT PERFORMING THIS SET IN A SQUARE, COMPLETE IT WITH A LEFT STEP-THROUGH REVERSE TO 6 O'CLOCK AND COVER TO (FACE 12 O'CLOCK). THIS ALLOWS THIS SET TO BE PERFORMED IN A LINEAR PATTERN (12 TO 6 O'CLOCK). MAINTAIN A GUARDING POSITION.

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LONG FORM # 1

CONTAINS:

1. MOVES THAT ARE DEFENSIVE (BLOCKS).
2. MOVES THAT ARE OFFENSIVE (STRIKES).
3. BASIC STANCES:
 - A. ATTENTION
 - B. TRAINING HORSE
 - C. NEUTRAL BOW
 - D. INVERTED NEUTRAL BOW
 - E. FORWARD BOW
 - F. REVERSE BOW
 - G. 45 DEGREE CAT
4. BASIC BLOCKS:
 - A. HAMMERING INWARD
 - B. VERTICAL OUTWARD
 - C. EXTENDED UPWARD
 - D. OUTSIDE DOWNWARD
 - E. INSIDE DOWNWARD (PALM DOWN)
 - F. INSIDE DOWNWARD DIAGONAL (PALM UP)
 - G. INWARD PUSHDOWN
5. PUNCHES:
 - A. STRAIGHT HORIZONTAL THRUST
 - B. VERTICAL UPPER CUT
 - C. UPWARD DIAGONAL
 - D. ROUNDHOUSE
6. DIRECTIONS ONE CAN PUNCH FROM WHILE IN A HORSE STANCE (FACING 12 O'CLOCK):
 - A. TO 12 O'CLOCK
 - B. TO 10:30 AND 1:30
 - C. TO 3 AND 9 O'CLOCK
7. STRIKES:
 - A. BACK ELBOW WHILE BLOCKING
 - B. BACK ELBOW WHILE PUNCHING
 - C. BACK OUTWARD HORIZONTAL ELBOW
 - D. OUTWARD DIAGONAL ELBOW
8. TRANSITIONAL MOVES:
 - A. CAT STANCE
 - B. COVERING
 - C. HIDDEN THRUSTING INWARD BLOCKS

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9. FOUR BASIC **ANGLE CHANGES**.
10. THREE TYPES OF COVERS:
 - A. WHILE RETREATING -- STEP-THROUGH REVERSE
 - B. WHILE ADVANCING -- (SIDE COVER) TO THE SIDES
 - C. WHILE IN PLACE -- (REAR COVER) OPPOSITE DIRECTION
11. **DOUBLE FACTORS**:
 - A. HIGH
 - B. LOW
12. BLOCKING LEVELS:
 - A. HORIZONTAL
 - B. VERTICAL
 - C. DIAGONAL

TEACHES:

1. PRINCIPLES THAT SHORT FORM # 1 TEACHES.
2. TO BLOCK WHILE ADVANCING; SAME HAND -- SAME FOOT.
3. TO BLOCK WHILE RETREATING.
4. TO BLOCK WHILE STATIONARY:
 - A. OPPOSITE HAND -- OPPOSITE FOOT
 - B. SAME HAND -- SAME FOOT
5. TO INCREASE DISTANCE WHILE COVERING.
6. TO DECREASE DISTANCE WHILE COVERING.
7. TO BLOCK AND COUNTER, USING DIFFERENT HANDS.
8. TO USE **OPPOSING FORCES** WHILE PUNCHING.
9. TO USE **BODY ROTATION** FOR POWER WHILE PUNCHING.
10. TO USE THE OPPOSITE ARM AS A HIDDEN WEAPON:
 - A. WHILE BLOCKING
 - B. WHILE PUNCHING
11. TO USE **TRANSITIONAL MOVES** FOR POWER.
12. BASIC **TIMING** OF HANDS AND FEET:
 - A. DEFENSIVE MOVES
 - B. OFFENSIVE MOVES
13. USE OF THE **DOUBLE FACTOR**.
14. TO USE TRANSITIONAL MOVES OFFENSIVELY.
15. TO USE TRANSITIONAL MOVES DEFENSIVELY.

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16. TO USE **UPPER** AND **LOWER CASE** MOVEMENTS.
17. PROPER **ANGLES OF ALIGNMENT** WHEN BLOCKING WITH YOUR REAR HAND.
18. TO USE **TRANSITIONAL MOVES** WHILE RETREATING.
19. TO USE **TRANSITIONAL MOVES** WHILE ADVANCING.
20. TO BLOCK MULTIPLE ATTACKS FROM A SINGLE OPPONENT.
21. TO MAINTAIN A CONSTANT HEAD LEVEL USING **TRANSITIONAL** STANCES.
22. TO BLOCK BELOW THE WAIST USING YOUR HANDS.
23. **ANGLES, DIRECTION AND METHODS OF EXECUTION** WHEN PUNCHING.
24. THE IMPORTANCE OF SUPPORTING AND BRACING A PUNCH WITH YOUR REAR HEEL ON THE GROUND WHILE PIVOTING FROM A NEUTRAL BOW STANCE INTO A FORWARD BOW STANCE.
25. HAVE YOUR HEAD OPERATE LIKE A “GYRO” ON A SHIP’S COMPASS.
26. THE CONCEPT OF **BODY FUSION**.
27. THE PRINCIPLE OF **CONTOURING** WHEN PUNCHING.

LONG FORM # 1

THEME:

TEACHES THE FORMAT OF SHORT FORM # 1 WHILE COMBINING BLOCKS AND STRIKES. THE BREAKDOWN OF THE FORM SHOWS THE HIDDEN KENPO CONCEPTS WITHIN THE FORWARD AND REVERSE MOTION OF THIS FORM.

EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP INTO A MEDITATING HORSE STANCE. COME TO AN ATTENTION STANCE. EXECUTE THE SALUTATION: (1) SALUTE (2) SYMBOL OF FRIENDLY AND UNARMED (3) MEDITATING HORSE STANCE (4) PRAYER OF FORGIVENESS. RETURN TO A MEDITATING HORSE STANCE AND CONCLUDE WITH YOUR HEAD UP AND EYES OPEN.

SALUTATION: (1) SALUTE WHILE STANDING IN A MODIFIED ATTENTION STANCE, HAVE YOUR LEFT VERTICAL OPEN HAND COCK TO YOUR LEFT HIP, WITH ONE RIGHT HORIZONTAL FINGER ACROSS YOUR LEFT OPEN PALM. YOUR RIGHT VERTICAL HAND OPENS ACROSS THE FRONT OF YOUR STOMACH AREA TO YOUR RIGHT HIP, WITH ONE LEFT HORIZONTAL FINGER ACROSS YOUR RIGHT OPEN PALM. HAVE YOUR LEFT FOOT SLIDE OUT INTO A HORSE STANCE TO 9 O’CLOCK “**WITH**” YOUR LEFT OPEN PALM OVER YOUR RIGHT CLENCHED FIST.

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1. HAVE YOUR LEFT FOOT SLIDE BACK TO 6 O'CLOCK, INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). EXECUTE A RIGHT HAMMERING INWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
2. PIVOT INTO A RIGHT FORWARD BOW STANCE TO 12 O'CLOCK, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O'CLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.
3. SLIDE YOUR RIGHT FOOT BACK INTO A RIGHT TRANSITIONAL 45 DEGREE CAT STANCE, AS YOU EXECUTE A RIGHT THRUSTING INWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE. COMPLETE YOUR RIGHT STEP-THROUGH REVERSE BY HAVING YOUR RIGHT FOOT PLANT BACK TO 6 O'CLOCK, INTO A LEFT NEUTRAL BOW STANCE. EXECUTE A LEFT HAMMERING INWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.
4. PIVOT INTO A LEFT FORWARD BOW STANCE TO 12 O'CLOCK, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O'CLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
5. LEFT SIDE COVER FORWARD, AS YOU SWING YOUR RIGHT FOOT TO 3 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING TO 9 O'CLOCK), WHILE EXECUTING A RIGHT THRUSTING INWARD BLOCK (MINOR MOVE) **"WITH"** A LEFT VERTICAL OUTWARD BLOCK (**MAJOR MOVE**) **"WITH"** A RIGHT BACK ELBOW STRIKE.
6. PIVOT INTO A LEFT FORWARD BOW STANCE TO 9 O'CLOCK, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 9 O'CLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.
7. YOUR LEFT FOOT STARTS TO SLIDE BACK TO 3 O'CLOCK INTO A **TRANSITIONAL** 45 DEGREE CAT STANCE (FACING 9 O'CLOCK), WHILE EXECUTING A LEFT **TRANSITIONAL** HAMMERING INWARD BLOCK (**MINOR MOVE**) **"WITH"** A RIGHT BACK ELBOW STRIKE. HAVE YOUR LEFT FOOT CONTINUE TO SLIDE BACK TO 3 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 9 O'CLOCK), AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK (**MAJOR MOVE**) **"WITH"** A LEFT BACK ELBOW STRIKE.
8. PIVOT INTO A RIGHT FORWARD BOW STANCE TO 9 O'CLOCK, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 9 O'CLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.
9. REAR COVER (RIGHT FOOT MOVES TO 8 O'CLOCK). THIS NOW PUTS YOU INTO A LEFT REVERSE BOW STANCE, WHILE DELIVERING A LEFT BACK SIDE OUTWARD HORIZONTAL ELBOW STRIKE TO 3 O'CLOCK. CONTINUE TO LOOK TO 8 O'CLOCK.
10. PIVOT IN PLACE (ON THE BALLS OF YOUR FEET) INTO A LEFT NEUTRAL BOW STANCE (FACING 3 O'CLOCK), AS YOU EXECUTE A LEFT EXTENDED UPWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

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11. PIVOT INTO A LEFT FORWARD BOW STANCE TO 3 O'CLOCK, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 3 O'CLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

12. SLIDE YOUR LEFT FOOT BACK TO 9 O'CLOCK INTO A LEFT **TRANSITIONAL** 45 DEGREE CAT STANCE (FACING 3 O'CLOCK), AS YOU EXECUTE A LEFT THRUSTING INWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE. CONTINUE TO HAVE YOUR LEFT FOOT SLIDE BACK TO 9 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O'CLOCK), AS YOU EXECUTE A RIGHT EXTENDED UPWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

13. PIVOT INTO A RIGHT FORWARD BOW STANCE TO 3 O'CLOCK, AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

14. COVER (RIGHT FOOT SLIDES BACK TO 6 O'CLOCK) INTO A RIGHT NEUTRAL BOW STANCE (FACING 6 O'CLOCK). SIMULTANEOUSLY COCK (TRANSITIONAL MOVE) YOUR RIGHT ARM UP DIAGONALLY ACROSS YOUR BODY (PALM UP) AS YOU BRING YOUR LEFT ARM SLIGHTLY FORWARD INTO A LEFT INWARD DOWNWARD BLOCK (PALM UP) TO ACT AS AN INTERIM CHECK. AS YOU SETTLE INTO A RIGHT NEUTRAL BOW STANCE, EXECUTE A RIGHT OUTWARD DOWNWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

15. PIVOT INTO A RIGHT FORWARD BOW STANCE TO 6 O'CLOCK AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 6 O'CLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

16. SLIDE YOUR RIGHT FOOT BACK TO 12 O'CLOCK INTO A RIGHT TRANSITIONAL 45 DEGREE CAT STANCE (FACING 6 O'CLOCK). SIMULTANEOUSLY COCK (TRANSITIONAL MOVE) YOUR LEFT ARM UP DIAGONALLY ACROSS YOUR BODY (PALM UP), AS YOU BRING YOUR RIGHT ARM SLIGHTLY FORWARD INTO A RIGHT INWARD DOWNWARD BLOCK (PALM UP) TO ACT AS AN INTERIM CHECK. AS YOU SETTLE INTO A LEFT NEUTRAL BOW STANCE, EXECUTE A LEFT OUTWARD DOWNWARD BLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

17. HAVE YOUR RIGHT FOOT CONTINUE TO SLIDE BACK TO 12 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), AS YOU EXECUTE A LEFT OUTWARD DOWNWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

18. PIVOT INTO A LEFT FORWARD BOW STANCE TO 6 O'CLOCK, AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 6 O'CLOCK **"WITH"** A LEFT BACK ELBOW STRIKE.

19. PIVOT BACK INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK), WHILE YOU SIMULTANEOUSLY:

(A) EXECUTE A LEFT HAMMERING INWARD BLOCK **"WITH"** A RIGHT BACK ELBOW STRIKE.

(B) EXECUTE A RIGHT HAMMERING INWARD BLOCK **"WITH"** A LEFT BACK

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ELBOW STRIKE.

(C) EXECUTE A LEFT HAMMERING INWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

20. SLIDE YOUR LEFT FOOT BACK TO 12 O’CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 6 O’CLOCK), WHILE YOU SIMULTANEOUSLY:

(A) EXECUTE A RIGHT HAMMERING INWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

(B) EXECUTE A LEFT HAMMERING INWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

(C) EXECUTE A RIGHT HAMMERING INWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

21. RIGHT SIDE COVER (LEFT FOOT TO 3 O’CLOCK) INTO A RIGHT NEUTRAL BOW STANCE (FACING 9 O’CLOCK), WHILE YOU SIMULTANEOUSLY:

(A) EXECUTE A LEFT INWARD BLOCK, WHILE EXECUTING A RIGHT VERTICAL OUTWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

(B) EXECUTE A RIGHT INWARD BLOCK, WHILE EXECUTING A LEFT VERTICAL OUTWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

(C) EXECUTE A LEFT INWARD BLOCK, WHILE EXECUTING A RIGHT VERTICAL OUTWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

22. SLIDE YOUR RIGHT FOOT BACK TO 3 O’CLOCK INTO A RIGHT 45 DEGREE CAT STANCE (FACING 9 O’CLOCK). EXECUTE A RIGHT THRUSTING INWARD BLOCK **“WITH”** YOUR LEFT ARM REMAINING IN PLACE:

(A) HAVE YOUR RIGHT FOOT SLIDE BACK TO 3 O’CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 9 O’CLOCK). EXECUTE A LEFT VERTICAL OUTWARD BLOCK **“WITH”** RIGHT BACK ELBOW STRIKE.

(B) EXECUTE A LEFT THRUSTING INWARD BLOCK, WHILE EXECUTING A RIGHT VERTICAL OUTWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

(C) EXECUTE A RIGHT THRUSTING INWARD BLOCK, WHILE EXECUTING A LEFT VERTICAL OUTWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

23. RIGHT SIDE COVER (LEFT FOOT TO 9 O’CLOCK) INTO A RIGHT NEUTRAL BOW STANCE (FACING 3 O’CLOCK). EXECUTE A LEFT INWARD BLOCK WITH YOUR LEFT ARM REMAINING IN PLACE:

(A) SETTLE INTO YOUR RIGHT NEUTRAL BOW STANCE (FACING 3 O’CLOCK), WHILE EXECUTING A RIGHT EXTENDED UPWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

(B) EXECUTE A RIGHT INWARD BLOCK, WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

(C) EXECUTE A LEFT INWARD BLOCK, WHILE EXECUTING A RIGHT EXTENDED UPWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

24. SLIDE THE RIGHT FOOT BACK TO 9 O’CLOCK INTO A RIGHT 45 DEGREE CAT STANCE (FACING 3 O’CLOCK), WHILE EXECUTING A RIGHT INWARD BLOCK

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“WITH” YOUR LEFT ARM HORIZONTALLY ACROSS YOUR BODY (PALM UP):

- (A) SLIDE YOUR RIGHT FOOT BACK TO 9 O’CLOCK INTO A RIGHT 45 DEGREE CAT STANCE (FACING 3 O’CLOCK), WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.
- (B) EXECUTE A LEFT THRUSTING INWARD BLOCK AND A RIGHT EXTENDED UPWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.
- (C) EXECUTE A RIGHT THRUSTING INWARD BLOCK AND A LEFT EXTENDED UPWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

25. LEFT SIDE COVER (RIGHT FOOT TO 6 O’CLOCK) INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O’CLOCK). SIMULTANEOUSLY COCK YOUR LEFT ARM UP DIAGONALLY ACROSS YOUR BODY (PALM UP), TO ACT AS AN **INTERIM CHECK**. AS YOU SETTLE INTO YOUR LEFT NEUTRAL BOW STANCE (FACING 12 O’CLOCK):

- (A) EXECUTE A LEFT OUTWARD DOWNWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.
- (B) EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM UP), WHILE YOU EXECUTE A RIGHT OUTSIDE DOWNWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.
- (C) EXECUTE A RIGHT INWARD DOWNWARD BLOCK (PALM UP), WHILE YOU EXECUTE A LEFT OUTWARD DOWNWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.

26. SLIDE YOUR LEFT FOOT BACK TO 6 O’CLOCK INTO A 45 DEGREE CAT STANCE (FACING 12 O’CLOCK). SIMULTANEOUSLY COCK YOUR RIGHT ARM UP DIAGONALLY ACROSS YOUR BODY (PALM UP) AND EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM UP) TO ACT AS AN **INTERIM CHECK**, AS YOU SETTLE INTO A RIGHT NEUTRAL BOW STANCE:

- (A) EXECUTE A RIGHT OUTWARD DOWNWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.
- (B) EXECUTE A RIGHT INWARD DOWNWARD BLOCK (PALM UP), WHILE YOU EXECUTE A LEFT OUTWARD DOWNWARD BLOCK **“WITH”** A RIGHT BACK ELBOW STRIKE.
- (C) EXECUTE A LEFT INSIDE DOWNWARD BLOCK (PALM UP), WHILE YOU EXECUTE A RIGHT OUTWARD DOWNWARD BLOCK **“WITH”** A LEFT BACK ELBOW STRIKE.

NOTE: THE REMAINDER OF THIS FORM CONSTITUTES MOVES THAT ARE ISOLATED. THEY ARE NOT LINKED TO PRODUCE LOGICAL WORKING SEQUENCES, BUT ARE TO BE STUDIED FOR THEIR INDIVIDUAL VALUE.

27. SLIDE YOUR LEFT FOOT FORWARD TO 9 O’CLOCK INTO A TRAINING HORSE STANCE, (FACING 12 O’CLOCK). THIS MANEUVER IS DONE WHILE YOU SIMULTANEOUSLY:

- (A) EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM DOWN) **“WITH”** A RIGHT BACK ELBOW STRIKE. (BLOCKING ARM IS NOT TO TRAVEL PAST YOUR OPPOSITE HIP).
- (B) EXECUTE A RIGHT INWARD DOWNWARD BLOCK (PALM DOWN) **“WITH”**

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A LEFT BACK ELBOW STRIKE. (BLOCKING ARM IS NOT TO TRAVEL PAST YOUR OPPOSITE HIP).

(C) EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM DOWN) “WITH” A RIGHT BACK ELBOW STRIKE. (BLOCKING ARM IS NOT TO TRAVEL PAST YOUR OPPOSITE HIP).

28. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O’CLOCK):

(A) EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL BLOCK (PALM UP) “WITH” A LEFT BACK ELBOW STRIKE. (DRIVE THE BLOCKING ARM INWARD IN A CHOPPING “V” MOTION IN TOWARD YOUR GROIN AREA).

(B) EXECUTE A LEFT INWARD DOWNWARD DIAGONAL BLOCK (PALM UP) “WITH” A RIGHT BACK ELBOW STRIKE. (DRIVE THE BLOCKING ARM INWARD IN A CHOPPING “V” MOTION IN TOWARD YOUR GROIN AREA).

(C) EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL BLOCK (PALM UP) “WITH” A LEFT BACK ELBOW STRIKE. (DRIVE THE BLOCKING ARM INWARD IN A CHOPPING “V” MOTION IN TOWARD YOUR GROIN AREA).

29. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O’CLOCK):

(A) EXECUTE A LEFT INWARD PUSHDOWN BLOCK “WITH” A RIGHT BACK ELBOW STRIKE. (BE SURE THE HAND NEVER RISES ABOVE YOUR SOLAR PLEXUS).

(B) EXECUTE A RIGHT INWARD PUSHDOWN BLOCK “WITH” A LEFT BACK ELBOW STRIKE. (BE SURE THE HAND NEVER RISES ABOVE YOUR SOLAR PLEXUS).

(C) EXECUTE A LEFT INWARD PUSHDOWN BLOCK “WITH” A RIGHT BACK ELBOW STRIKE. (BE SURE THE HAND NEVER RISES ABOVE YOUR SOLAR PLEXUS).

30. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O’CLOCK). BE SURE THE PUNCHES MAINTAIN A HORIZONTAL (SHOULDER HEIGHT) LEVEL:

(A) EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 12 O’CLOCK “WITH” A LEFT BACK ELBOW STRIKE.

(B) EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 12 O’CLOCK “WITH” A RIGHT BACK ELBOW STRIKE.

31. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O’CLOCK). BE SURE THE PUNCHES MAINTAIN A HORIZONTAL (SHOULDER HEIGHT) LEVEL:

(A) EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 10:30 “WITH” A LEFT BACK ELBOW STRIKE. (ONLY THE TOPS OF YOUR SHOULDERS TURN).

(B) EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 1:30 “WITH” A RIGHT BACK ELBOW STRIKE. (ONLY THE TOPS OF YOUR SHOULDERS TURN).

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32. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK). BE SURE THE PUNCHES MAINTAIN A HORIZONTAL (SHOULDER HEIGHT) LEVEL:

- (A) EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO 9 O'CLOCK "WITH" A LEFT BACK ELBOW STRIKE. (ONLY THE TOPS OF YOUR SHOULDERS TURN).
- (B) EXECUTE A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK "WITH" A RIGHT BACK ELBOW STRIKE. (ONLY THE TOPS OF YOUR SHOULDERS TURN).

33. THIS SET IS DONE WHILE STILL IN A TRAINING HORSE STANCE (FACING 12 O'CLOCK):

- (A) EXECUTE A RIGHT VERTICAL UPPERCUT PUNCH TO 12 O'CLOCK "WITH" A LEFT BACK ELBOW STRIKE.
- (B) EXECUTE A LEFT VERTICAL UPPERCUT PUNCH TO 12 O'CLOCK "WITH" A RIGHT BACK ELBOW STRIKE.
- (C) HAVE YOUR LEFT HAND OPEN AND IN PLACE, AS YOUR RIGHT UPWARD DIAGONAL ROUNDHOUSE PUNCH MEETS THE LEFT OPEN PALM. (SANDWICHING EFFECT).

CLOSING: ATTENTION STANCE . BOW.

FREESTYLE TECHNIQUES

EXPLANATION:

B - THE BASE STANCE (LEFT TO LEFT NEUTRAL BOWS).

1 - A STATIONARY POSITION (LEFT NEUTRAL BOW).

2 - A LEFT PUSH-DRAG (FOOT MANEUVER).

3 - A RIGHT FRONT TWIST FORWARD (FOOT MANEUVER).

4 - A RIGHT FRONT TWIST - STEP OUT, STEP-THROUGH (FOOT MANEUVER).

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

b - A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE.

K - A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. IT IS USED AS A PREFIX PRIOR TO YOUR BASE MOVE.

H - AN INWARD UPWARD DIAGONAL HEEL-PALM.

B1 - INDICATES THAT THERE IS NO MOVEMENT OF THE FEET ONCE IN PLACE. THE EXECUTION OF THE BASE MOVE IS DONE WHILE IN A STATIONARY POSITION.

B1a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP, WHILE **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY EXECUTE A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.

B1b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP, WHILE **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY EXECUTE A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE.

B2 - INDICATES THE FOOT MANEUVER OF A LEFT STEP-DRAG. THE EXECUTION OF THE BASE MOVE IS DONE WHILE SHUFFLING FORWARD.

B2a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULL HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE AS YOU STEP-DRAG FORWARD. (LEFT FOOT STEPS - LEFT HAND GRABS) (RIGHT FOOT DRAGS - RIGHT HAND PUNCHES)

B2b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLS HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, DELIVER A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. (LEFT FOOT STEPS - LEFT HAND GRABS) (RIGHT FOOT DRAGS - RIGHT HAND PUNCHES).

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B3 - INDICATES THAT A RIGHT FRONT TWIST IS EXECUTED (TO COVER MORE DISTANCE) WITH THE BASE MOVE.

B3a - INDICATES A RIGHT FRONT TWIST, AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM AND PULLS HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, EXECUTE A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE. (LEFT GRAB - RIGHT FRONT TWIST) (LEFT KNEE BUCKLE - RIGHT PUNCH)

B3b - INDICATES A RIGHT FRONT TWIST FORWARD, AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM AND PULLS HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, DELIVER A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. (LEFT GRAB - RIGHT FRONT TWIST) (LEFT KNEE BUCKLE - RIGHT PUNCH)

B4 - INDICATES A RIGHT FRONT TWIST, A SHORT LEFT STEP OUT AND THEN A RIGHT STEP-THROUGH.

B4a - INDICATES A RIGHT FRONT CROSSOVER AND A RIGHT STEP-THROUGH WHILE GRABBING YOUR OPPONENT'S LEFT ARM AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, DELIVER A RIGHT STRAIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S HEAD. (LEFT GRAB - LEFT FOOT STEPS OUT) (RIGHT KNEE BUCKLE - RIGHT PUNCH)

B4b - INDICATES A RIGHT FRONT CROSSOVER AND A RIGHT STEP-THROUGH WHILE GRABBING YOUR OPPONENT'S LEFT ARM AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. SIMULTANEOUSLY, AS YOU STEP OUT TO **BUCKLE** YOUR OPPONENT'S LEFT LEG, DELIVER A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. (LEFT GRAB - LEFT FOOT STEPS OUT) (RIGHT KNEE BUCKLE - RIGHT PUNCH)

B1a H - AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, AND PULLS DOWN PAST YOUR LEFT HIP, **ANCHOR YOUR ELBOW**. PIVOT INTO A LEFT FORWARD BOW STANCE AND DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE OR JAW. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM A LEFT NEUTRAL BOW STANCE.

B1b H - AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, AND

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PULLS DOWN PAST YOUR LEFT HIP, **ANCHOR YOUR ELBOW**. PIVOT INTO A LEFT FORWARD BOW STANCE AND DELIVER A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. EXECUTE A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) INWARD PUSHDOWN ON YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM A LEFT NEUTRAL BOW STANCE.

B2a H - AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, AND PULLS DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. EXECUTE A STEP-DRAW WHILE USING YOUR LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG. PIVOT INTO A LEFT FORWARD BOW STANCE AND DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE OR JAW. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM A NEUTRAL BOW STANCE.

B2b H – AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, PULL DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. EXECUTE A STEP-DRAW WHILE USING YOUR LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG. PIVOT INTO A LEFT FORWARD BOW STANCE AND DELIVER A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM A NEUTRAL BOW STANCE.

B3a H – AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, PULL DOWN PAST YOUR LEFT HIP, **ANCHOR YOUR ELBOW**. EXECUTE A RIGHT FRONT CROSSOVER WHILE USING YOUR LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG AND PIVOT INTO A LEFT FORWARD BOW STANCE, AS YOU DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE OR. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM LEFT A NEUTRAL BOW STANCE.

B3b H – AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, PULL DOWN PAST YOUR LEFT HIP, **ANCHORING YOUR ELBOW**. EXECUTE A RIGHT FRONT CROSSOVER WHILE USING YOUR LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG AND PIVOT INTO A LEFT FORWARD BOW STANCE AND DELIVER A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER

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YOUR OPPONENT'S CHIN FROM A LEFT NEUTRAL BOW STANCE.

B4a H – AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM, AND PULLS DOWN PAST YOUR LEFT HIP, **ANCHOR YOUR ELBOW “WITH”** A RIGHT FRONT TWIST, THEN EXECUTE A SHORT LEFT STEP OUT AND EXECUTE A RIGHT STEP-THROUGH BEHIND YOUR OPPONENT'S LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG, AS YOU DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR OPPONENT'S CHIN FROM A RIGHT INVERTED NEUTRAL BOW STANCE.

B4b H – AS YOUR LEFT HAND GRABS YOUR OPPONENT'S LEFT ARM AND, PULLS DOWN PAST YOUR LEFT HIP, **ANCHOR YOUR ELBOW “WITH”** A RIGHT FRONT TWIST, THEN EXECUTE A SHORT LEFT STEP OUT AND EXECUTE A RIGHT STEP-THROUGH BEHIND TO BEHIND YOUR OPPONENT'S LEFT KNEE TO BUCKLE YOUR OPPONENT'S LEFT LEG, AS YOU DELIVER A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE. EXECUTE A RIGHT INWARD PUSHDOWN HEEL-PALM STRIKE (**PINNING CHECK**) TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT OUTWARD UPWARD DIAGONAL HORIZONTAL HEEL-PALM STRIKE UNDER YOUR

K B1a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG TO THE INSIDE ON YOUR OPPONENT'S LEFT LEG(**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS BY A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.

K B1b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG TO THE INSIDE ON YOUR OPPONENT'S LEFT LEG (**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS BY A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE.

K B2a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU PUSH-DRAW YOUR RIGHT FOOT TO YOUR LEFT FOOT AND EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG TO THE INSIDE OF YOUR OPPONENT'S LEFT LEG (**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS BY A RIGHT VERTICAL THRUST PUNCH TO

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YOUR OPPONENT'S FACE. (RIGHT FOOT DRAGS -- LEFT HAND GRABS) (LEFT FOOT PLANTS -- RIGHT HAND PUNCHES).

K B2b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU PUSH-DRAW YOUR RIGHT FOOT TO YOUR LEFT FOOT AND EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG TO THE INSIDE OF YOUR OPPONENT'S LEFT LEG (**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS BY A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. (RIGHT FOOT DRAGS -- LEFT HAND GRABS) (LEFT FOOT PLANTS -- RIGHT HAND PUNCHES).

K B3a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG DOWN AND IMMEDIATELY EXECUTE A RIGHT FRONT TWIST FORWARD WITH YOUR LEFT LEG TO THE INSIDE ON YOUR OPPONENT'S LEFT LEG (**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS WITH A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE. (LEFT GRAB/ KICK -- RIGHT FRONT CROSSOVER) (LEFT KNEE BUCKLE -- RIGHT PUNCH)

K B3b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG DOWN AND IMMEDIATELY EXECUTE A RIGHT FRONT TWIST FORWARD WITH YOUR LEFT LEG TO THE INSIDE ON YOUR OPPONENT'S LEFT LEG (**BUCKLING**). THIS PREVENTS YOUR OPPONENT FROM TAKING FURTHER ACTION. FOLLOW THIS BY A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE. (LEFT GRAB/KICK -- RIGHT FRONT CROSSOVER) (LEFT KNEE BUCKLE -- RIGHT PUNCH)

K B4a - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG DOWN AND IMMEDIATELY EXECUTE A RIGHT FRONT TWIST FORWARD AND A VERY NARROW LEFT STEP-OUT FORWARD. SIMULTANEOUSLY DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S HEAD AS YOU STEP-THROUGH, **BUCKLING** YOUR OPPONENT'S LEFT FORWARD LEG FROM THE REAR WITH A RIGHT INVERTED NEUTRAL BOW STANCE. (LEFT GRAB/KICK -- RIGHT FRONT TWIST - STEP OUT) (LEFT KNEE BUCKLE -- RIGHT PUNCH)

K B4b - INDICATES GRABBING, WITH YOUR LEFT HAND, YOUR OPPONENT'S

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LEFT WRIST AND PULLING HIS ARM DOWN PAST YOUR LEFT HIP AS YOU EXECUTE A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENTS GROIN. REPLANT YOUR LEFT LEG DOWN AND IMMEDIATELY EXECUTE A RIGHT FRONT TWIST FORWARD AND A VERY NARROW LEFT STEP-OUT FORWARD. SIMULTANEOUSLY DELIVER A RIGHT REVERSE THRUST PUNCH (PALM UP) TO YOUR OPPONENT'S LEFT RIB CAGE AS YOU STEP-THROUGH, **BUCKLING** YOUR OPPONENT'S LEFT FORWARD LEG FROM THE REAR WITH A RIGHT INVERTED NEUTRAL BOW STANCE. (LEFT GRAB/KICK -- RIGHT FRONT TWIST - STEP OUT) (LEFT KNEE BUCKLE -- RIGHT PUNCH)

B1a H K - EXECUTE "B1a" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) INWARD PUSHDOWN HEEL-PALM TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

B1b H K - EXECUTE "B1b" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) INWARD PUSHDOWN HEEL-PALM TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

B2a H K - EXECUTE "B2a" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) INWARD PUSHDOWN HEEL-PALM TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING AND A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK.

B2b H K - EXECUTE "B2b" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) INWARD PUSHDOWN HEEL-PALM TO YOUR OPPONENT'S LEFT BICEPS, WHILE DELIVERING AND A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

B3a H K - EXECUTE "B3a" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) AND A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

B3b H K - EXECUTE "B3b" AND DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) AND A LEFT INWARD UPWARD DIAGONAL HEEL-

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PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN.

B4a H K - EXECUTE "B4a" AND THEN ANCHOR YOUR ELBOW AND DELIVER A RIGHT INWARD PUSHDOWN (**PINNING CHECK**) ON YOUR OPPONENT'S ARM AND A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A RIGHT INWARD HORIZONTAL HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER OR GROIN AREA.

B4b H K - EXECUTE "B4b" AND THEN ANCHOR YOUR ELBOW AND DELIVER A RIGHT INWARD PUSHDOWN (**PINNING CHECK**) ON YOUR OPPONENT'S ARM AND A LEFT INWARD UPWARD DIAGONAL HEEL-PALM UNDER YOUR OPPONENT'S CHIN. THIS IS FOLLOWED BY A RIGHT INWARD HORIZONTAL HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER OR GROIN AREA.

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SELF-DEFENSE TECHNIQUES

1. DELAYED SWORD (*Straight Right Punch*)

1. STANDING NATURALLY, STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), WHILE YOU SIMULTANEOUSLY EXECUTE A RIGHT HAMMERING INWARD BLOCK TO THE RIGHT INNER WRIST. AT THE SAME TIME, POSITION YOUR LEFT HAND AT YOUR SOLAR PLEXUS LEVEL AS A **POSITIONAL CHECK** AGAINST FURTHER ACTION. (YOUR BLOCK SHOULD CLEAR YOUR OPPONENT'S RIGHT ARM AND EXPOSE THE WIDTH OF HIS BODY).
2. IMMEDIATELY SLIDE YOUR RIGHT FOOT BACK INTO A 45 DEGREE CAT STANCE.
3. WITHOUT HESITATION, DELIVER A RIGHT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN. (YOUR OPPONENT'S REACTION SHOULD CAUSE HIM TO BEND FORWARD AT THE WAIST).
4. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), TO CHECK YOUR OPPONENT'S RIGHT KNEE, AS YOU DELIVER A RIGHT EXTENDED OUTWARD DIAGONAL HANDSWORD STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S NECK. REMEMBER TO MAINTAIN THE POSITION OF YOUR LEFT HAND AS A **POSITIONAL CHECK**. (YOUR OPPONENT'S RESPONSE SHOULD CAUSE HIM TO FALL TO THE GROUND).

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2. OBSCURE SWORD (*Right Flank Left Hand Shoulder Grab*)

1. WHILE STANDING NATURALLY, STEP FORWARD TO 12 O'CLOCK WITH YOUR LEFT FOOT INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS YOUR RIGHT INVERTED HANDSWORD COCKS (PALM UP) AT YOUR STOMACH. SIMULTANEOUSLY PIN YOUR OPPONENT'S LEFT HAND WITH YOUR LEFT HAND TO YOUR RIGHT SHOULDER. (THIS SHOULD DISTURB YOUR OPPONENT'S BALANCE, SHIFT HIS WEIGHT FORWARD AND CHECK HIS LEFT HAND). BE SURE YOUR OPPONENT DOES NOT SEE EITHER OF YOUR HANDS.
2. IMMEDIATELY PIVOT TO 4:30 INTO A RIGHT FORWARD BOW STANCE WHILE DELIVERING A RIGHT OUTWARD HORIZONTAL HANDSWORD STRIKE TO YOUR OPPONENT'S THROAT. (THIS SHOULD RESULT IN THE OPPONENT'S HEAD BEING DRIVEN BACK AND AWAY FROM YOU).
3. FOLLOW UP WITH A LEFT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN OR RIGHT KNEE AND PLANT YOUR LEFT FOOT BACK TO ITS **POINT OF ORIGIN** WITH YOUR HANDS IN A FIGHTING POSITION. (THE EFFECT OF THIS KICK SHOULD **BUCKLE** YOUR OPPONENT'S RIGHT LEG OUT AND POSSIBLY DROP HIM TO THE GROUND).

3. CIRCLING WING (*Rear Two-Hand Choke Arms Bent*)

1. WHILE STANDING NATURALLY, SLIDE YOUR LEFT FOOT FORWARD ON A 45 DEGREE ANGLE TO 1 O'CLOCK. PIVOT INTO A LEFT INVERTED NEUTRAL BOW STANCE AS YOUR RIGHT HORIZONTAL FOREARM COCKS ACROSS YOUR CHEST (PALM DOWN).
2. IMMEDIATELY PIVOT CLOCKWISE TO (FACE 7 O'CLOCK) INTO A RIGHT NEUTRAL BOW STANCE WHILE YOU CIRCLE A RIGHT OUTWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE DOWN ONTO THE OUTWARD PART OF YOUR OPPONENT'S LEFT FOREARM. **PIN** BOTH OF YOUR OPPONENT'S ARMS WITH YOUR RIGHT TRICEPS AND CONTINUE TO PIVOT INTO A RIGHT FORWARD BOW STANCE TO 8 O'CLOCK WHILE DELIVERING A LEFT OUTWARD HORIZONTAL FOUR-FINGER THRUST TO YOUR OPPONENT'S EYES. (THIS IS DONE BY FIRST CLANCING OFF THE OPPOENTS RIGHT ARM WITH THE PALM OF YOUR LEFT HAND TO INHANCE THE POWER OF THE POKE).
3. EXECUTE A LEFT DOWNWARD **POSITIONAL CHECK** AS YOU PIVOT IN PLACE INTO A SIDE HORSE STANCE AND DELIVER A RIGHT UPWARD VERTICAL ELBOW STRIKE TO UNDER YOUR OPPONENT'S CHIN. YOUR LEFT HAND IS PULLING YOUR OPPONENT'S ARMS DOWN.
4. EXPLODE IN PLACE TO 1 O'CLOCK INTO A RIGHT REVERSE BOW STANCE AND STRIKE WITH A RIGHT BACK VERTICAL UNDERHAND HAMMERFIST TO YOUR OPPONENT'S GROIN. (THE HAMMER FIST TRAVELS ON THE INSIDE OF THE OPPOENTS RIGHT ARM). YOUR LEFT HAND EXECUTES A LEFT **POSITIONAL CHECK** AT YOUR RIGHT ARMPIT.
5. RIGHT FRONT CROSSOVER AND COVER OUT TO 1 O'CLOCK.

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4. MACE OF AGGRESSION (*Front Two-Hand Lapel Grab*)

1. WITH FEET TOGETHER AND WHILE OPPONENT GRABS YOUR LAPEL WITH BOTH OF HIS HANDS, PULLING YOU IN TOWARD HIM, TRAP OPPONENTS ARMS WITH YOUR LEFT HAND FROM ABOVE. STEP FORWARD WITH YOUR RIGHT FOOT TOWARD 12 O'CLOCK AND EXECUTE A RIGHT INWARD DOWNWARD RAKING BACK-KNUCKLE SLICE STRIKING DIAGONALLY (FROM 2 O'CLOCK TO 8 O'CLOCK) ACROSS THE BRIDGE OF OPPONENT'S NOSE AS YOU LEFT HAND CHECKS OR PINS.
2. CONTINUE THE MOTION OF YOUR RIGHT ARM TO STRIKE HORIZONTALLY DOWN ON BOTH FOREARMS OF OPPONENT THUS FORCING YOUR OPPONENT TO BEND FORWARD.
3. EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO THE LEFT JAW OF YOUR OPPONENT, FOLLOWING THROUGH WITH THE ACTION.
4. IMMEDIATELY RETURN WITH A RIGHT OUTWARD HORIZONTAL ELBOW STRIKE TO RIGHT JAW OF OPPONENT SHUFFLING WITH THE ACTION IF NECESSARY.

5. BEGGING HANDS (*Front Two-Hand Grab to Wrists*)

1. STANDING NATURALLY, STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS YOU SIMULTANEOUSLY HAVE BOTH OF YOUR HANDS CIRCLE (FROM INSIDE-OUT) UP, OVER AND ON TOP OF YOUR OPPONENT'S WRISTS (SIMULATING BEGGING), WITH BOTH HANDS TURNED PALMS UP.
2. WITHOUT DISTURBING YOUR FLOW OF MOTION, SLIDE YOUR RIGHT FOOT BACK INTO A 45 DEGREE CAT STANCE AND IMMEDIATELY DELIVER A RIGHT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S GROIN. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST, AS HIS ENTIRE BODY MOVES AWAY FROM YOU).
3. PLANT YOUR RIGHT FOOT TO 12 O'CLOCK (MAKING SURE THAT YOU ADJUST THE DEPTH OF YOUR PLANTING FOOT ACCORDING TO YOUR OPPONENT'S PROXIMITY) INTO A RIGHT NEUTRAL BOW AND DELIVER A LEFT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S STOMACH OR SOLAR PLEXUS. (YOUR OPPONENT'S HEAD AND CHEST SHOULD SNAP UP).
4. AS YOU PLANT YOUR LEFT FOOT FORWARD INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), DELIVER TWIN TORQUING HORIZONTAL HEEL -PALM THRUSTS (FINGERS POINTING OUTWARD) UNDER YOUR OPPONENT'S RIB CAGE (FITTING). PUSH-DRAW FORWARD INTO A LEFT CLOSE KNEEL STANCE. (THIS SHOULD KNOCK THE WIND OUT OF YOUR OPPONENT, CAUSE HIM TO BEND FORWARD AT THE WAIST AND DROP TO THE GROUND).

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6. AGGRESSIVE TWINS (*Front Two-Hand Push*)

1. WITH YOUR FEET TOGETHER STEP BACK WITH YOUR LEFT FOOT INTO A RIGHT NEUTRAL BOW STANCE AS YOU EXECUTE A RIGHT INWARD VERTICAL FORARM BLOCK, STRIKING TO BOTH ARMS (ABOVE THE ELBOW) OF YOUR OPPONENT WITH YOUR LEFT HAND COVERING.
2. FROM YOUR RIGHT NEUTRAL BOW STANCE IMMEDIATELY DELIVER A RIGHT KNIFE-EDGE KICK HORIZONTALLY ACROSS OPPONENT'S LEFT SHIN.
3. PLANT YOUR RIGHT FOOT BACK TO ITS **POINT OF ORGIN** (ORIGINAL POSITION) AND DELIVER A LEFT STEP-THROUGH BALL KICK TO OPPONENT'S STERNUM, STOMACH, OR BLADDER.
4. PLANT YOUR LEFT KICKING FOOT TOWARD 1 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE.

NOTE: THE WHITE BELT TECHNIQUES DO NOT STRESS SINGLE OR DOUBLE COVER OUTS. THESE COVER OUT MANEUVERS WERE PURPOSELY EXCLUDED TO KEEP THE MATERIAL SIMPLE AT THIS PARTICULAR BELT LEVEL.

7. ALTERNATING MACES (*Front Two-Hand Push*)

1. STANDING NATURALLY AND AS YOUR OPPONENT ATTEMPTS TO PUSH YOU, STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY EXECUTE A RIGHT HAMMERING INWARD FORARM BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S LEFT ARM, WHILE YOUR LEFT HAND **POSITIONAL CHECKS** AT YOUR SOLAR PLEXUS. (THIS ACTION SHOULD TURN THE WIDTH OF YOUR OPPONENT'S BODY AND REDIRECT HIS FORWARD MOMENTUM OFF CENTER).
2. IMMEDIATELY COLLAPSE YOUR RIGHT FORARM ACROSS THE TOP OF BOTH OF YOUR OPPONENT'S ARMS (**POSITIONAL CHECK**), AS YOU DELIVER A LEFT VERTICAL THRUST PUNCH (TRACKING) OVER YOUR RIGHT ARM TO YOUR OPPONENT'S STERNUM OR SOLAR PLEXUS. THIS IS DONE WHILE PIVOTING INTO A RIGHT FORWARD BOW STANCE. BOTH THE STANCE CHANGE AND PUNCH MUST WORK IN **SYNCHRONIZATION** WITH EACH OTHER IN ORDER TO **MAXIMIZE THE FORCE** OF YOUR LEFT VERTICAL THRUST PUNCH. (YOUR OPPONENT'S REACTION SHOULD CAUSE HIS BODY TO BEND FORWARD AT THE WAIST).
3. IMMEDIATELY CONVERT YOUR LEFT PUNCH INTO A (**SLIDING CHECK**), PALM OPEN AND DOWN, ON TOP OF BOTH YOUR OPPONENT'S ARMS. SIMULTANEOUSLY HAVE YOUR RIGHT HAND RAPIDLY TRAVEL INSIDE AND OVER YOUR LEFT ARM AS YOU DELIVER A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S RIGHT TEMPLE. THIS **TRANSITION** IS DONE WHILE PIVOTING BACK INTO A RIGHT NEUTRAL BOW STANCE. (THE **TORQUE** STEMMING FROM YOUR STANCE CHANGE HELPS TO INCREASE THE **WHIPPING ACTION** OF YOUR RIGHT HAND AND, IF PROPERLY EXECUTED, SHOULD CAUSE YOUR OPPONENT'S HEAD TO BE DRIVEN UP AND BACK, WITH THE POSSIBILITY OF HIS ARMS FLAILING UPWARD).
4. IMMEDIATELY HAVE YOUR RIGHT HAND SNAP BACK AS A **POSITIONAL CHECK**.

8. DEFLECTING HAMMER (*Front Right Thrust Kick*)

1. STANDING NATURALLY, STEP BACK WITH YOUR LEFT FOOT (STEP-DRAG REVERSE) TO 7:30 INTO A RIGHT NEUTRAL BOW STANCE (TO MOVE OUT OF YOUR OPPONENT'S **LINE OF ATTACK**), AS YOU SIMULTANEOUSLY EXECUTE A RIGHT OUTWARD DEFLECTING DOWNWARD BLOCK (WITH EITHER YOUR FIST OR FORARM) AGAINST THE OUTSIDE OF YOUR OPPONENT'S RIGHT KICKING LEG. BE SURE TO HAVE YOUR LEFT HAND POSITIONAL CHECK AT YOUR SOLAR PLEXUS DURING YOUR BLOCK. (YOUR OPPONENT'S BODY SHOULD TURN SLIGHTLY TO HIS LEFT WHEN YOUR BLOCK IS PROPERLY EXECUTED. YOUR BLOCK SHOULD ALSO, TURN YOUR OPPONENT'S WIDTH AND CAUSE INJURY TO HIS LEG).
2. WITHOUT HESITATION AND WHILE STILL IN YOUR RIGHT NEUTRAL BOW STANCE, **SHUFFLE** (STEP-DRAG FORWARD) "**WITH**" A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT'S RIGHT ELBOW. (MAKE SURE YOUR LEFT HAND CHECKS YOUR OPPONENT'S FORWARD MOMENTUM AS WELL AS THE WIDTH OF HIS UPPER BODY). AT THE SAME TIME, YOUR RIGHT HAND AND ARM CONTINUE TO CIRCLE AND WILL REORBIT (JUST AS YOU CONCLUDE YOUR FORWARD SHUFFLE) INTO AN INWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT'S FACE. (THIS ACTION SHOULD CAUSE YOUR OPPONENT'S HEAD TO SNAP BACK AND POSSIBLY DROP HIM TO THE GROUND). THE **BODY MOMENTUM** OBTAINED FROM YOUR SHUFFLE, COUPLED WITH THE FORWARD MOMENTUM OF YOUR OPPONENT'S REACTION, ADDS TO THE EFFECTS OF **BORROWED FORCE** AND WILL THOROUGHLY CHECK YOUR OPPONENT'S **DEPTH ZONE** AS WELL. (THE EFFECTS OF BOTH ACTIONS SHOULD CAUSE YOUR OPPONENT'S HEAD TO SNAP BACK AND POSSIBLY HAVE YOUR OPPONENT DROP TO THE GROUND).
3. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

9. CRUSHING HAMMER (*Rear Bear-Hug Arms Pinned*)

1. WHILE STANDING NATURALLY, WITH YOUR FEET TOGETHER, HAVE YOUR LEFT FOOT STEP TO 9 O'CLOCK AS YOU: (1) DROP INTO A HORSE STANCE (MAKE SURE TO LOOK OVER YOUR RIGHT SHOULDER), WHILE (2) STRIKING YOUR OPPONENT'S GROIN WITH A RIGHT BACK VERTICAL UNDERHAND HAMMERFIST, AS WELL AS (3) **PINNING** YOUR OPPONENT'S LEFT ARM TO YOU WITH YOUR LEFT HAND. (THIS ACTION SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD AT THE WAIST AND LOOSEN HIS GRIP).
2. HAVE YOUR RIGHT FOOT SLIDE TO YOUR LEFT FOOT (SIDE CLOSE CAT STANCE) AND "CAT" AROUND (WITH YOUR RIGHT HAND COCKS PALM OPEN AND DOWN AT YOUR SOLAR PLEXUS) AND BEHIND YOUR OPPONENT'S LEFT LEG TO 4:30 INTO A RIGHT REVERSE BOW STANCE, **POSITIONALLY CHECKING** HIS LEFT LEG WITH YOUR RIGHT LEG "**WITH**" A RIGHT BACK VERTICAL UNDERHAND HEEL-PALM STRIKE TO YOUR OPPONENT'S GROIN. GRAB HIS TESTICLES WITH A RIGHT SQUEEZING CLAW. (THE HEEL-PALM AND LEG SHOULD **BUCKLE** YOUR OPPONENT'S KNEES).
3. PIVOT INTO A RIGHT HORSE STANCE (FACING 4:30) AS YOU **CONTOUR** UP YOUR OPPONENT'S BODY WITH YOUR RIGHT ARM AND EXECUTE A RIGHT BACK VERTICAL OBSCURE ELBOW STRIKE TO HIS CHIN. (OPPONENT'S HEAD SHOULD SNAP BACK WITH HIS TORSO JUTTING FORWARD).
4. COMPLETE YOUR PIVOT (FACING 4:30) INTO A RIGHT NEUTRAL BOW STANCE WITH A RIGHT OUTWARD HORIZONTAL HEEL-PALM STRIKE TO THE OPPONENTS CHIN, AS YOU THRUST A LEFT INWARD HORIZONTAL HEEL-PALM STRIKE (FINGERS POINTING OUT) TO THE LEFT FLOATING RIBS OF YOUR OPPONENT. SIMULTANEOUSLY CONTINUE THE CLOCKWISE FLOW OF YOUR RIGHT ARM, ACTING AS A **CLEARING CHECK**, UNTIL YOUR RIGHT FIST COCKS AT YOUR RIGHT HIP, PALM UP. (YOUR OPPONENT WILL VIOLENTLY BEND FORWARD AT THE WAIST AND POSSIBLY DROP TO THE GROUND).
5. RIGHT FRONT CROSSOVER AND COVER OUT TO 10:30.

10. GIFT OF DESTRUCTION (*Front Right Handshake*)

1. WHILE STANDING NATURALLY, WITH YOUR RIGHT HAND SHAKING YOUR OPPONENT'S RIGHT HAND, HOP FORWARD TO 11 O'CLOCK ONTO YOUR LEFT FOOT, AS YOU JERK YOUR OPPONENT'S RIGHT HAND TOWARD YOU DIAGONALLY, DOWN PAST YOUR RIGHT HIP. THIS ACTION IS AIDED BY ROTATING YOUR RIGHT ARM CLOCKWISE, SO THAT THE PALM OF YOUR RIGHT HAND FACES UP. (THIS SHOULD AID YOU IN PROPERLY EXPOSING THE JOINT OF YOUR OPPONENT'S RIGHT ARM).
2. WITH THE ABOVE ACTION, SIMULTANEOUSLY STRIKE IN AND AGAINST THE JOINT OF YOUR OPPONENT'S RIGHT ELBOW WITH YOUR LEFT INWARD HORIZONTAL PALM-HEEL, AS YOU DELIVER A RIGHT UPWARD VERTICAL KNEE KICK TO YOUR OPPONENT'S GROIN. (THIS DUAL ACTION SHOULD **CHECK** YOUR OPPONENT'S **HEIGHT** AND **WIDTH ZONES**, AS WELL AS FORCE HIM TO BEND FORWARD AT THE WAIST).
3. PLANT YOUR RIGHT FOOT FORWARD INTO A RIGHT NEUTRAL BOW STANCE WHILE YOU SIMULTANEOUSLY: (1) **BUCKLE** THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE WITH YOUR RIGHT KNEE (2) DELIVER A RIGHT INWARD HORIZONTAL ROUND HOUSING ELBOW STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S JAW, AS (3) YOUR LEFT HAND **PINNING CHECKS** DOWN AND ON TOP OF YOUR OPPONENT'S RIGHT ARM. (THIS ACTION SHOULD CAUSE YOUR OPPONENT'S HEAD TO MOVE BACK AND AWAY FROM YOU).
4. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

11. GRIP OF DEATH (*Left Flank Right Headlock*)

1. WHILE STANDING NATURALLY, WITH YOUR OPPONENT APPLYING A HEADLOCK FROM YOUR LEFT SIDE, STEP FORWARD TO YOUR LEFT TO 10:30 INTO A RIGHT CLOSE KNEEL STANCE, AS YOU TURN YOUR HEAD TO THE LEFT AND TUCK YOUR CHIN AGAINST YOUR CHEST. DELIVER A RIGHT INWARD HORIZONTAL CHOPPING HAMMERFIST TO YOUR OPPONENT'S GROIN **"WITH"** A LEFT INWARD HORIZONTAL CHOPPING HAMMERFIST TO YOUR OPPONENT'S LEFT KIDNEY ("FLUCRUM SANDWICH"). (**BUCKLE** YOUR OPPONENT).

2. AS YOU SLIDE UP THE OPPONENTS RIGHT SHOULDER, CIRCLE YOUR LEFT ARM OVER AND HAVE THE FINGERS OF YOUR LEFT HAND PRESS UNDER YOUR OPPONENT'S NOSE (OR DEPENDING UPON THE CIRCUMSTANCES, HAVE YOUR LEFT HAND GRAB YOUR OPPONENT'S HAIR), **FULCRUM** WITH YOUR FOREARM AND ELBOW AGAINST YOUR OPPONENT'S BACK AND SHOULDER TO INCREASE THE **LEVERAGE** DOWN AND BACK AGAINST HIS HEAD, NECK, OR SHOULDER BLADES. (THIS SHOULD CAUSE SHARP PAIN TO HIS PHILTRUM AND ALSO CANCEL HIS **HEIGHT ZONES**).

3. IMMEDIATELY: (1) PIVOT INTO A LEFT FORWARD BOW STANCE TO 6 O'CLOCK, (2) DELIVER A RIGHT VERTICAL HEEL-PALM STRIKE TO YOUR OPPONENT'S CHIN, AS YOU EXECUTE A LEFT **SLIDING CHECK** DOWN YOUR OPPONENT'S RIGHT ARM, ENDING AT THE ELBOW. (MAKE SURE THAT THE HEAD OF YOUR OPPONENT, IN EITHER OF THE ABOVE METHODS OF **FULCRUMING**, IS ARCHED AND FORCED BACK AND DOWN TO MINIMIZE HIS **LEVERAGE**. THE FORCE OF YOUR STRIKE SHOULD CAUSE YOUR OPPONENT TO FALL TO THE GROUND).

4. PIVOT BACK TO A LEFT NEUTRAL BOW STANCE. LEFT FRONT CROSSOVER AND COVER OUT TO 10:30.

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

1. STANDING NATURALLY, AS YOUR OPPONENT SWINGS HIS CLUB IN AN OVERHEAD FASHION, QUICKLY STEP OFF TO YOUR RIGHT WITH YOUR RIGHT FOOT TO 3 O'CLOCK. SIMULTANEOUSLY DRAG YOUR LEFT FOOT TOWARD YOUR RIGHT FOOT AS YOU FORM A LEFT 45 DEGREE CAT STANCE (FACING 10:30). WITHOUT A BREAK IN THE FLOW OF YOUR ACTION, EXECUTE A LEFT EXTENDED UPWARD BLOCK (STRIKING BLOCK) TO THE INNER WRIST OF YOUR OPPONENT'S RIGHT ARM. DURING THE NATURAL FLOW OF YOUR MOTION, HAVE YOUR RIGHT HAND PROCEED TO ACT AS A **POSITIONAL CHECK** IN FRONT OF YOUR SOLAR PLEXUS AND GRAB THE OPPOENTS RIGHT WRIST WITH YOUR LEFT HAND.
2. IMMEDIATELY EXECUTE A LEFT FRONT UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT'S GROIN. (THIS SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD AT THE WAIST).
3. BE SURE TO PROPERLY **GAUGE THE DISTANCE** BETWEEN YOU AND YOUR OPPONENT AS YOU PLANT YOUR LEFT FOOT TO 10 O'CLOCK INTO A LEFT FRONT ROTATING TWIST STANCE OR LEFT NEUTRAL BOW AND DELIVER A RIGHT STEP-THROUGH SNAPPING KNIFE-EDGE KICK TO THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE. (YOUR ACTION SHOULD CAUSE YOUR OPPONENT'S RIGHT KNEE TO BEND OUT AND AWAY FROM YOU, BUT CAUSE HIS HEAD TO MOVE CLOSER TO YOU).
4. PLANT YOUR RIGHT FOOT TO 10 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE AND, WHILE EMPLOYING **GRAVITATIONAL MARRIAGE**, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S LEFT TEMPLE WHILE PULLING THE OPPOENTS RIGHT ARM WITH YOUR LEFT HAND. HAVE YOUR LEFT HAND REMAIN A (**PINNING CHECK**) ON YOUR OPPONENT'S RIGHT WRIST. (THIS ACTION SHOULD DRIVE YOUR OPPONENT'S HEAD AWAY FROM YOU AND POSSIBLY CAUSE HIS BODY TO DROP TO THE GROUND).

13. SHIELDING HAMMER (*Front Left Step-Through Hooking Left Punch*)

1. WHILE STANDING NATURALLY, STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS YOU DELIVER A RIGHT EXTENDED OUTWARD BLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT FOREARM. YOUR LEFT HAND SHOULD BE IN A **POSITIONAL CHECK** NEAR YOUR RIGHT RIB CAGE.
2. IMMEDIATELY DELIVER A RIGHT INWARD DOWNWARD DIAGONAL RAKING BACK-KNUCKLE STRIKE ACROSS THE BRIDGE OF YOUR OPPONENT'S NOSE (STRIKING TO 10:30 TO INSURE **DEPTH OF PENETRATION**). (THIS ACTION SHOULD TURN YOUR OPPONENT'S HEAD CLOCKWISE TO HIS RIGHT).
3. **SHUFFLE** (STEP-DRAG) FORWARD WHILE CONTINUING THE COUNTER-CLOCKWISE MOTION WITH YOUR RIGHT HAND AND FOLLOW UP WITH A RIGHT DIPPING OUTWARD ELBOW STRIKE TO YOUR OPPONENT'S SOLAR PLEXUS. YOUR LEFT HAND SHOULD BE **POSITIONALLY CHECKING HIGH**. (THIS SHOULD CAUSE YOUR OPPONENT TO LOSE HIS WIND AND BEND FORWARD AT THE WAIST).
4. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

14. BLINDING SACRIFICE (*Front Two-Hand Shoulder Grab*)

1. STANDING NATURALLY, STEP FORWARD BETWEEN YOUR OPPONENT'S LEGS INTO A MODIFIED RIGHT NEUTRAL BOW STANCE WHILE DELIVERING TWIN OUTWARD UPWARD DIAGONAL INVERTED (ROLLING) HEEL-PALM CLAWS (YOUR RIGHT HAND ROLLS CLOCKWISE AND YOUR LEFT HAND ROLLS COUNTER-CLOCKWISE) OR FINGER THRUSTS INTO YOUR OPPONENT'S EYES FROM THE OUTSIDE OF YOUR OPPONENTS ARMS. (THIS SHOULD STOP YOUR OPPONENT'S FORWARD MOMENTUM AND BLUR HIS VISION).
2. CONTINUE THE FLOW OF YOUR HANDS CONVERTING THEM INTO A FRONT TWIN OUTWARD UPWARD DIAGONAL ROLLING HEEL-PALMS TO EITHER THE BICEPTS OR FOREARMS (RIGHT HEEL-PALM TO THE LEFT BICEPT/FOREARM AND LEFT HEEL-PALM TO THE RIGHT BICEPT/FOREARM).
3. WITHOUT LOSS OF MOTION, PUSH-DRAW FORWARD IF NEEDED AS YOU HAVE YOUR TWIN HANDS CIRCLE BACK AND DOWN, CONVERTING THEM INTO A FRONT TWIN INWARD DIAGONAL UNDERHAND HEEL-PALM STRIKES/SQUEEZES TO YOUR OPPONENT'S GROIN. HUG UP CLOSE TO YOUR OPPONENT'S BODY. (THIS SHOULD CLEAR YOUR OPPONENT'S ARMS BACK AND AWAY AS WELL AS FORCE YOUR OPPONENT TO BEND FORWARD AT THE WAIST). (YOUR OPPONENT SHOULD BEGIN TO COLLAPSE).
4. THE HANDS THAN COME BACK UP INTO A GUARD POSITION (RIGHT NEUTRAL BOW).

15. THRUSTING PRONGS (*Front Bear-Hug, Arms Pinned*)

1. WHILE STANDING NATURALLY, STEP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK INTO A LEFT FORWARD BOW STANCE (FACING 12 O'CLOCK). (YOU WILL PROBABLY MODIFY IT BECAUSE OF THE PRESSURE OF THE BEAR-HUG). HAVE ONLY YOUR RIGHT FOOT MOVE BACK AND NOT YOUR UPPER BODY. SIMULTANEOUSLY THRUST BOTH OF YOUR THUMBS (KEEPING YOUR THUMBS TOGETHER) (TWIN OUTWARD THUMB THRUSTS) OUT AND UP INTO YOUR OPPONENT'S TESTICALS. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST AND MOVE HIS FEET BACK AND AWAY FROM YOU).
2. STRIKE YOUR OPPONENT'S GROIN WITH A RIGHT UPWARD VERTICAL KNEE KICK, AS YOUR LEFT HAND CIRCLES (CLOCKWISE) OVER ON TOP OF YOUR OPPONENT'S RIGHT ARM (INWARD VERTICAL SHAPE OF A CRANE) AND PINS HIS RIGHT (ANCHORED) ELBOW TO YOU. SIMULTANEOUSLY COCK YOUR RIGHT HAND TO YOUR RIGHT HIP, AS A **CLEARING CHECK** OF YOUR OPPONENT'S LEFT ARM, IN PREPARATION FOR THE NEXT STRIKE.
3. WITH YOUR RIGHT KNEE IN HIS GROIN, DELIVER A RIGHT DOWNWARD DIAGONAL KNIFE-EDGE KICK TO THE INSIDE OF YOUR OPPONENT'S LEFT KNEE (WHICH CAN THEN SCRAPE DOWN THE INSIDE OF THE OPPONENTS RIGHT LEG). (FORCING YOUR OPPONENT'S LEFT LEG OUTWARD). HAVE YOUR RIGHT FOOT PLANT TOWARD 12 O'CLOCK INTO A RIGHT NEUTRAL BOW DELIVER A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S FACE. (THIS STRIKE SHOULD DRIVE YOUR OPPONENT'S HEAD UP AWAY FROM YOU).
4. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

PRINCIPLES OF MOTION

Adjust - The ability to alter, modify, adapt, or tailor our torso and limbs to a more suitable position. You can adjust the range (depth) the angle of execution (width and height).

Anchored - To weigh down the elbow or buttocks for better leverage, coverage, or control. When applied, gives a better bracing angle, more force, and allows a greater margin for error, in that it gives better protection.

Body Momentum - Body weight used to increase the force of your action. It involves the coordination of mind, breath, strength, and body weight so that all forces are moving in harmony. There are three ways of achieving body momentum; 1) by shuffling forward (depth); 2) by utilization of gravitational marriage (height); 3) by torquing the body to create body rotation (width).

Borrowed Force - An opponent's force which is used against him.

Buckle - A method used to force an opponent's leg to bend in or out, forward or back. Properly used, it can unbalance, twist, sprain or even break an opponent's leg.

Cat Around - The term refers to having a foot slide around and in back of another person's leg, where the transition of such a move resembles a cat stance, prior to settling into its final position.

Contour - This concept involves using the outline of your or your opponent's body as a homing device to guide to accomplish certain feats. The concept is divided into two categories 1) body contact or 2) non-body contact.

Depth Zones - It entails the protection of the seven vertical depth zones viewed from the side.

Depth Penetration - The concept of going beyond the point of contact when striking with a weapon.

Fighting Position - A defensive posture used prior to or during combat.

Fitting - Applying a natural weapon shaped to fit the target being struck.

Flailing - Method of uncontrolled or exaggerated wasted movement.

Fulcrum(ing) - Specific areas of the body that are used as supporting leverage points, to help increase the effectiveness of our actions.

Gauge of Distance - The ability to systematically regulate the distance between opponent and self for the purpose of defense or attack.

Gravitational Marriage - The uniting of mind, breath and strength while simultaneously dropping your body weight along with the execution of your natural weapons. Timing all of the factors with the dropping of your body weight greatly adds to the force of your strikes.

Height Zones - Zones relating to this division encompasses protection or attack on three levels. These levels are viewed horizontally; 1) from the head to the solar plexus; 2) from the solar plexus to the groin; 3) from the groin to the feet.

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Hop - A foot maneuver involving moving forward, backward, or to the side while springing on one foot.

Jerk(ing) - An explosive short and abrupt pull, push, or twist.

Leverage - A method of contouring where the body of your opponent is used as a fulcrum, and your limbs are used as a lever to enhance the effectiveness of your action.

Line of Attack - Path that an opponent follows when attacking you on any of the eight angles.

Pin - The pressing of joints or other key areas on an opponent's body with your own body to momentarily keep him confined and thus prevent him from taking action. A method used to check the retaliatory efforts of an opponent.

Pinning Check - A restraining, vice like move to hinder an opponent from taking action.

Point of Origin - The beginning, root, or source of any movement. The natural position or location of your body and natural weapons at the time action begins.

Positional Check - The formation of various defensive postures that automatically check incoming action. The structured positions themselves act as checks without any effort on your part.

Positional Cock - The placing of an intended block or strike in an ideal pose prior to delivering it.

Shuffle - There are four FOOT MANUVERS used to close or increase the distance between you and your opponent: step drag, drag step, push drag, and pull drag.

Sliding Check - A specialized movement that travels on an opponent's body by sliding from one leverage point to another while you maintain body contact to avoid retaliation.

Striking Block - Any block that bucks or goes against the force of an opponent's strike.

Synchronization - The tying together of moves or movements so that they become one.

Torque - The twisting and rotating action used to position your body and muscles to work at maximum efficiency.

Tracking - Is a more specific way of contouring that is used to obtain precision accuracy. It normally follows a limb of the body that is already on target. Timing is crucial.

Width Zones - Those zones on the body that can decrease or increase in size, when the angle of the body changes in height or width.

