

**LEVEL TWO**  
**KENPO**  
**PURPLE, BLUE, GREEN**

**KENPO LEVEL TWO  
TABLE OF CONTENTS**

<b>SELF-DEFENSE TECHNIQUES.....</b>	<b>3</b>
<b>FINGER SET 1.....</b>	<b>18</b>
<b>FREESTYLE TECHNIQUES.....</b>	<b>27</b>
<b>SHORT FORM 2.....</b>	<b>31</b>
<b>LONG FORM 2.....</b>	<b>38</b>
<b>PRINCIPLES OF MOTION.....</b>	<b>47</b>

## SELF-DEFENSE TECHNIQUES

### 1. CROSSING TALONS (*Front Right Cross Wrist Grab*)

1. WHILE STANDING NATURALLY, WITH YOUR OPPONENT'S RIGHT HAND GRABBING YOUR RIGHT WRIST: (1) ANCHOR YOUR RIGHT ELBOW AND COUNTER-GRAB HIS RIGHT WRIST WITH YOUR RIGHT HAND, AS (2) YOUR LEFT FOOT STEPS TO 1:30 (TRAVELING IN FRONT OF YOUR OPPONENT) INTO A LEFT NEUTRAL BOW STANCE, AS YOU (3) STRIKE YOUR OPPONENT'S RIGHT ELBOW WITH A LEFT INWARD VERTICAL FOREARM, WHILE (4) YOUR RIGHT HAND PULLS IN, TO AND PAST YOUR RIGHT HIP. (THE EFFECT OF THIS ACTION IS TO SPRAIN OR BREAK YOUR OPPONENT'S RIGHT ELBOW AND FORCE HIM TO BEND OVER, WHICH AUTOMATICALLY **PINNING CHECKS HIS HEIGHT ZONES**).

2. CONTINUE TO PULL YOUR OPPONENT'S ARM TO YOUR RIGHT WHILE USING YOUR LEFT FOREARM TO FORCE YOUR OPPONENT'S HEAD DOWN TO POSSIBLY STRIKE YOUR LEFT KNEE.

3. IMMEDIATELY DELIVER A LEFT OUTWARD ELBOW STRIKE (PALM DOWN) TO YOUR OPPONENT'S RIGHT JAW HINGE OR TEMPLE. (THIS ACTION MAY CAUSE YOUR OPPONENT TO PASS OUT AND DROP TO THE GROUND). THIS ACTION IS DONE WHILE PINNING THE OPPONENTS RIGHT ARM ACROSS YOUR STOMACH WITH A **PINNING CHECK**.

4. IMMEDIATELY FOLLOW UP WITH A LEFT SIDE OUTWARD DOWNWARD VERTICAL HEEL-PALM STRIKE AND FIVE-FINGER INVERTED CLAW TO YOUR OPPONENT'S FACE WHILE USING YOUR OPPONENT'S SHOULDER AND BACK AS A **FULCRUM TO LEVERAGE, CONTOUR, CHECK** AND ENHANCE YOUR ACTION. CONTINUE YOUR LEFT ARM IN A CLOCKWISE CIRCLE AND EXECUTE A LEFT INWARD OVERHEAD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S UPPER SPINE. (THIS ACTION SHOULD CAUSE YOUR OPPONENT'S BODY TO BOW TOWARD THE GROUND).

5. FOLLOW UP WITH A LEFT DOWNWARD VERTICAL HEEL-PALM STRIKE TO THE BACK OF YOUR OPPONENT'S LEFT MASTOID. AS YOUR LEFT HAND CONTINUES TO PUSH YOUR OPPONENT'S HEAD DOWN, SIMULTANEOUSLY DELIVER A RIGHT UPWARD VERTICAL KNEE STRIKE TO YOUR OPPONENT'S FACE, THUS CAUSING A **SANDWICHING EFFECT**. (YOUR OPPONENT SHOULD FALL TO THE GROUND).

6. REPLANT YOUR RIGHT FOOT TO ITS POINT OF ORIGIN. LEFT FRONT CROSSOVER AND COVER OUT TO 4:30.

## WORLDWIDE KENPO KARATE ASSOCIATION

### **2. CHARGING RAM (*FRONT TACKLE WITH OPPONENT'S ARMS EXTENDED*)**

1. WHILE REMAINING IN A RIGHT NEUTRAL BOW STANCE, SLIDE YOUR LEFT FOOT COUNTER- CLOCKWISE TO 3 O'CLOCK (FACING 9 O'CLOCK). REDIRECT YOUR OPPONENT'S LEFT ARM DOWN AND OUT **"WITH"** A RIGHT OUTWARD DOWNWARD VERTICAL PARRY AND EXECUTE A LEFT OUTWARD HEEL-PALM PARRY TO THE LEFT SIDE OF YOUR OPPONENT'S HEAD. AS YOU SETTLE INTO YOUR STANCE, EXECUTE A RIGHT INWARD DOWNWARD VERTICAL HANDSWORD TO THE BACK OF YOUR OPPONENT'S NECK OR MASTOID. (THIS SHOULD STUN OR STAGGER YOUR OPPONENT).
2. WITH YOUR OPPONENT DESCENDING, BUT STILL MOVING SLIGHTLY FORWARD, SLIDE YOUR RIGHT FOOT BACK INTO A 45 DEGREE CAT STANCE (FACING 7:30) (WHILE HEEL PALMING THE TOP OF THE OPPONENTS HEAD AND YOUR RIGHT HAND COMES BACK AND CHAMBERS AT YOUR RIGHT HIP) AND IMMEDIATELY EXECUTE A RIGHT FRONT SNAPPING BALL KICK TO YOUR OPPONENT'S LEFT RIB CAGE. (THIS KICK SHOULD INFLICT PAIN THAT WILL MOMENTARILY IMMOBILIZE YOUR OPPONENT).
3. PLANT YOUR RIGHT FOOT FORWARD (**GAUGING LEG**) AND DELIVER A LEFT STEP-THROUGH INWARD UPWARD DIAGONAL ROUNDHOUSE BALL KICK TO YOUR OPPONENT'S FACE. (THIS SHOULD DRIVE YOUR OPPONENT'S HEAD BACK).
4. WITHOUT PLANTING, LEFT FRONT CROSSOVER AND COVER OUT TO 2 O'CLOCK.

## WORLDWIDE KENPO KARATE ASSOCIATION

### 3. SNAPPING TWIG (*front Left Hand Chest Push*)

1. WHILE STANDING NATURALLY, WITH YOUR FEET TOGETHER, SIMULTANEOUSLY: (1) DROP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) (2) EXECUTE A RIGHT HOOKING INWARD UPWARD DIAGONAL PALM-HEEL STRIKE TO THE OUTSIDE OF YOUR OPPONENT'S LEFT ELBOW, ALONG WITH (3) A LEFT **PINNING CHECK** TO YOUR OPPONENT'S LEFT WRIST (**FULCRUMING**). (THIS SHOULD CANCEL YOUR OPPONENT'S **WIDTH ZONES**).
2. IMMEDIATELY: (1) HAVE YOUR RIGHT HAND (FORMING AN INWARD UPWARD SHAPE OF A CRANE) HOOK OVER THE TOP OF YOUR OPPONENT'S LEFT ARM, THEN (2) **FRICTIONALLY PULL** (YANK) YOUR OPPONENT'S LEFT ARM DOWN AND PAST YOUR RIGHT HIP, WHILE (3) PIVOTING INTO A RIGHT FORWARD BOW STANCE, ALONG WITH (4) A LEFT (THRUSTING) OUTWARD HANDSWORD STRIKE (PALM DOWN AND THUMB TOWARD YOU) TO YOUR OPPONENT'S THROAT. (THIS ACTION SHOULD INITIALLY BRING YOUR OPPONENT'S HEAD DOWN AND TOWARD YOU AS YOUR LEFT HANDSWORD STOPS HIS FORWARD MOMENTUM).
3. PIVOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS YOU EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL BACK-KNUCKLE STRIKE ACROSS THE BRIDGE OF YOUR OPPONENT'S NOSE OR TEMPLE, EYES, AND BRIDGE OF THE NOSE. DURING THIS ACTION, UTILIZE THE **REVERSE MOTION** OF YOUR LEFT HAND AS A **POSTIONAL CHECK** ON YOUR OPPONENT'S LEFT ARM. (YOUR OPPONENT'S HEAD SHOULD TURN CLOCKWISE TO HIS RIGHT).
4. **SHUFFLE** FORWARD (PUSH-DRAW) AS YOU CONTINUE THE COUNTER-CLOCKWISE MOTION OF YOUR RIGHT ARM, BUT NOW **ADJUST YOUR ORBIT** AND EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S JAW WITHOUT DISRUPTING THE FLOW OF ACTION. SIMULTANEOUS WITH THIS ACTION, DELIVER A LEFT INWARD HORIZONTAL HEEL-PALM STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S JAW TO CAUSE A **SANDWICHING EFFECT**. (YOUR OPPONENT AT THIS POINT MAY BE RENDERED UNCONSCIOUS).
5. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

## WORLDWIDE KENPO KARATE ASSOCIATION

### 4. PARTING WINGS (*front two-hand push high*)

1. WHILE STANDING NATURALLY, SLIDE BACK TO 6 O'CLOCK WITH YOUR RIGHT FOOT INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS BOTH OF YOUR HANDS CHOP OUT (EXPLODING DOUBLE EXTENDED OUTWARD DIAGONAL HANDSWORDS) TO THE INSIDE OF YOUR OPPONENT'S WRISTS (FORMING AN **"OPEN END TRIANGLE"** WITH YOUR FOREARMS). BE SURE BOTH HANDS ARE ON THE SAME PLANE (LEVEL) IN **HEIGHT** AND **DEPTH** (3 TO 9 O'CLOCK).
2. SHIFT IN PLACE INTO A LEFT FORWARD BOW STANCE AS YOU DELIVER A RIGHT INWARD HORIZONTAL HANDSWORD CHOP TO 12 O'CLOCK TO YOUR OPPONENT'S LEFT FLOATING RIBS UNDER THE ARMPIT (PALM UP) AS YOU COCK YOUR LEFT HAND TO THE RIGHT SIDE OF YOUR FACE (PALMS INWARD) WHILE **ANCHORING YOUR ELBOWS**.
3. PIVOT IN PLACE INTO A LEFT NEUTRAL BOW STANCE AND DELIVER A LEFT SIDE OUTWARD UPWARD DIAGONAL HANDSWORD (PALM DOWN) TO 12 O'CLOCK TO YOUR OPPONENT'S THROAT. HAVE YOUR RIGHT CLENCHED FIST NEAR YOUR RIGHT RIB CAGE.
4. SHIFT IN PLACE AGAIN INTO A LEFT FORWARD BOW STANCE AS YOU DROP YOUR LEFT ARM DOWN HORIZONTALLY DOWN NEAR OPPONENTS GROIN (PALM STILL FACING OUTWARD) AND SHOOT A RIGHT MIDDLE KNUCKLE THRUST (OVER YOUR LEFT WRIST) TO YOUR OPPONENT'S SOLAR PLEXUS. MAKE SURE THAT YOUR LEFT HAND COCKS UNDER YOUR RIGHT ARMPIT (OUTWARD PARRYING ACTION).
5. LEFT FRONT CROSSOVER AND COVER OUT TO 5 O'CLOCK.

**5. FIVE SWORDS** (*Front Right Step-Through Roundhouse Punch*)

1. WHILE STANDING NATURALLY, STEP FORWARD WITH YOUR RIGHT FOOT INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AND CHECK THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE WITH YOUR RIGHT KNEE. SIMULTANEOUS WITH YOUR RIGHT NEUTRAL BOW STANCE, EXECUTE TWIN INWARD VERTICAL HANDSWORDS TO THE INSIDE OF YOUR OPPONENT'S RIGHT FOREARM, WHILE YOUR LEFT HAND **POSITIONALLY CHECKS** HIGH AT YOUR OPPONENT'S WRIST. (THE EFFECT OF BOTH ACTIONS IS TO EXPOSE THE WIDTH OF HIS BODY).
2. IMMEDIATELY STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S NECK WITH A RIGHT OUTWARD DIAGONAL HANDSWORD. (THIS ACTION SHOULD HELP TO NULLIFY THE **HEIGHT, WIDTH AND DEPTH ZONES** OF YOUR OPPONENT).
3. PIVOT INTO A RIGHT FORWARD BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A LEFT HORIZONTAL FOUR-FINGER SPEAR (PALM DOWN) TO YOUR OPPONENT'S EYES AND YOUR RIGHT HAND COCKS AT YOUR RIGHT HIP (FIST CLENCHED AND PALM UP). (THE EFFECT OF THIS POKE SHOULD SNAP YOUR OPPONENT'S HEAD BACK AND AWAY FROM YOU).
4. YOUR OPPONENT'S HEAD MOVES AWAY FROM YOU AND HIS MIDSECTION JUTS FORWARD. TAKE ADVANTAGE OF THIS ANTICIPATED RESPONSE BY: (1) PIVOTING INTO A RIGHT NEUTRAL BOW STANCE (2) EXECUTING A RIGHT VERTICAL UPPERCUT PUNCH TO YOUR OPPONENT'S STOMACH OR SOLAR PLEXUS, AS (3) YOUR LEFT HAND BECOMES A **COCKING CHECK** (GUARDING HORIZONTALLY AND PALM DOWN) NEAR YOUR RIGHT BICEPS. (THIS ACTION SHOULD RESULT IN YOUR OPPONENT BENDING OVER AT THE WAIST).
5. WITH YOUR OPPONENT NOW BENDING OVER, IMMEDIATELY SLIDE YOUR LEFT FOOT COUNTER-CLOCKWISE TO 4:30 AND INTO A RIGHT FORWARD BOW STANCE (FACING 10:30), AS YOU EXECUTE A LEFT EXTENDED OUTWARD HANDSWORD STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S NECK. (YOUR RIGHT HAND ACTS AS A **POSITIONAL CHECK** AGAINST ANY POTENTIAL DANGER FROM YOUR OPPONENT'S LEFT ARM). HAVE YOUR LEFT HAND (DURING THE INTERIM).
6. WITHOUT HESITATION AND WHILE PIVOTING INTO A RIGHT NEUTRAL BOW STANCE, HAVE YOUR LEFT HAND HOOK AROUND THE BACK OF YOUR OPPONENT'S NECK (TO FORCE HIS HEAD DOWN), FOLLOWED BY A RIGHT INWARD DOWNWARD VERTICAL HANDSWORD TO THE BACK OF HIS NECK. YOUR LEFT HAND SHOULD BE **POSITIONALLY CHECKING** LOW.
7. RIGHT FRONT CROSSOVER AND COVER OUT TO 4:30.

## WORLDWIDE KENPO KARATE ASSOCIATION

### 6. CIRCLING THE HORIZON (*Front Right Step-Through - Straight Thrust Punch*)

1. STANDING NATURALLY, SLIDE YOUR LEFT FOOT TO 10:30, “**WITH**” A LEFT INWARD HORIZONTAL PARRY TO THE OUTSIDE OF YOUR OPPONENT’S RIGHT WRIST. DURING THIS ACTION, YOUR RIGHT FOOT CONTINUES TO SLIDE TO YOUR LEFT FOOT INTO A RIGHT 45 DEGREE CAT STANCE. YOUR RIGHT HAND CIRCLES CLOCKWISE FROM **POINT OF ORIGIN**, FIRST COVERING PAST YOUR GROIN, THEN **TRACKING** OVER THE TOP OF YOUR LEFT WRIST AND FINALLY AS A RIGHT OUTWARD UPWARD VERTICAL BACK-KNUCKLE (THRUST) STRIKE TO THE RIGHT CHEEK BONE OR TEMPLE OF YOUR OPPONENT. THIS FINAL ACTION OCCURS AS YOU SETTLE INTO YOUR CAT STANCE AND AS YOUR LEFT HAND EXECUTES A **PINNING CHECK** ON YOUR OPPONENT’S RIGHT ARM. (YOUR OPPONENT’S HEAD SHOULD SNAP BACK).
2. IMMEDIATELY STEP FORWARD INTO A RIGHT NEUTRAL BOW STANCE (FACING 1:30) TO THE OUTSIDE OF YOUR OPPONENT’S RIGHT FOOT. DELIVER A SIDE RIGHT INWARD HORIZONTAL ELBOW STRIKE TO YOUR OPPONENT’S RIGHT LOWER RIB CAGE WHILE YOUR LEFT HAND EXECUTES A **POSITIONALCHECK** TO YOUR OPPONENT’S RIGHT ARM AS YOU SETTLE INTO YOUR RIGHT NEUTRAL BOW STANCE. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).
3. DROP DOWN INTO A RIGHT CLOSE KNEEL STANCE, AS YOU STRIKE THE BACK OF YOUR OPPONENT’S RIGHT KNEE WITH A RIGHT OUTWARD DOWNWARD CHOPPING HAMMERFIST STRIKE TO **BUCKLE** YOUR OPPONENT’S RIGHT REAR LEG.
4. FOLLOW THROUGH WITH YOUR RIGHT HAND AND IMMEDIATELY STRIKE TO YOUR OPPONENT’S GROIN WITH A FRONT RIGHT INWARD UPWARD UNDERHAND REVERSE HAMMERFIST OR HANDSWORD STRIKE. YOUR LEFT HAND IS STILL **POSITIONALLY CHECKING** YOUR OPPONENT’S RIGHT ARM. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).
5. RIGHT FRONT CROSSOVER AND COVER OUT TWICE TO 9 O’CLOCK.



## WORLDWIDE KENPO KARATE ASSOCIATION

### 7. THUNDERING HAMMERS (*Front Right Step-Through Punch*)

1. WHILE STANDING NATURALLY, STEP TO 11 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A LEFT HAMMERING INWARD BLOCK TO YOUR OPPONENT'S RIGHT FOREARM AND LET YOUR BLOCK (**BRACING ANGLE**) RIDE UP YOUR OPPONENT'S ARM TO ABOVE THE OUTWARD OF YOUR OPPONENT'S RIGHT ELBOW. YOUR RIGHT ARM HANGS NATURALLY AT YOUR SIDE (YOUR INWARD BLOCK SHOULD NULLIFY THE WIDTH OF YOUR OPPONENT'S BODY).
2. SHUFFLE FORWARD (PUSH-DRAW) TO 12 O'CLOCK AS YOU DROP INTO A LEFT WIDE KNEEL STANCE AND **BUCKLE** THE OUTWARD PART OF YOUR OPPONENT'S RIGHT KNEE WITH YOUR OWN RIGHT KNEE. SIMULTANEOUSLY STRIKE ACROSS YOUR OPPONENT'S STOMACH WITH A RIGHT INWARD HORIZONTAL FOREARM, AS YOUR LEFT FIST COCKS NEAR YOUR LEFT EAR (PALM FACING AWAY FROM YOU). (YOUR FOREARM STRIKE SHOULD FORCE YOUR OPPONENT TO BEND FORWARD AT THE WAIST).
3. PIVOT CLOCKWISE AND DROP LOWER INTO A RIGHT CLOSE KNEEL STANCE (FACING 4:30), WHILE **BUCKLING** THE BACK OF YOUR OPPONENT'S RIGHT KNEE WITH YOUR LEFT KNEE. SIMULTANEOUSLY STRIKE TO YOUR OPPONENT'S LEFT KIDNEY WITH A LEFT DOWNWARD VERTICAL UNDERHAND HAMMERFIST AS YOUR RIGHT FIST ROLLS AND DELIVERS A **PASSING CHECK** TO THE OUTSIDE OF THE OPPONENTS RIGHT ARM AND THAN COCKS NEAR YOUR RIGHT EAR (PALM FACING AWAY FROM YOU). (YOUR HAMMERFIST STRIKE COMBINED WITH YOUR **BUCKLE** SHOULD DRIVE YOUR OPPONENT'S BODY DOWN AS IT SNAPS HIS HEAD UP).
4. AS YOU PIVOT COUNTER-CLOCKWISE INTO A LEFT WIDE KNEEL STANCE (FACING 12 O'CLOCK), **BUCKLE** YOUR OPPONENT'S RIGHT KNEE WITH YOUR RIGHT KNEE AND HAVE YOUR LEFT HAND SHIFT FROM YOUR OPPONENT'S KIDNEY INTO A LEFT INWARD HORIZONTAL FOREARM **PINNING CHECK** ONTO THE TOP OF YOUR OPPONENT'S RIGHT SHOULDER, WHILE YOU SIMULTANEOUSLY DELIVER A RIGHT DOWNWARD VERTICAL UNDERHAND HAMMERFIST TO THE BACK OF YOUR OPPONENT'S NECK. (YOUR HAMMERFIST STRIKE COMBINED WITH YOUR KNEE **BUCKLE** SHOULD DRIVE YOUR OPPONENT TO THE GROUND).
5. SHIFT YOUR LEFT FOOT BACK AND SLIGHTLY TO YOUR LEFT TO 7:30 INTO A RIGHT NEUTRAL BOW STANCE. RIGHT FRONT CROSSOVER AND COVER OUT TO 7:30.

**8. SLEEPER** (*Front Right Step-Through Straight Thrust Punch*)

1. WHILE STANDING NATURALLY, SLIDE FORWARD ON A 45 DEGREE ANGLE TO 11 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE. EXECUTE A LEFT THRUSTING INWARD BLOCK TO THE OUTWARD OF YOUR OPPONENT'S RIGHT ARM (JUST ABOVE THE ELBOW). HAVE YOUR RIGHT ARM HANG NATURALLY (PALM FACING IN) AT YOUR RIGHT THIGH.
2. PIVOT IN PLACE INTO A LEFT FORWARD BOW STANCE AS YOU DELIVER A RIGHT OUTWARD UPWARD DIAGONAL INNER-WRIST OR UNDERHAND REVERSE HANDSWORD STRIKE TO THE OPPONENT'S JUGULAR VEIN. YOUR LEFT HAND REMAINS ABOVE YOUR OPPONENT'S RIGHT ELBOW IN A **BRACING ANGLE CHECK**.
3. IMMEDIATELY EXECUTE A RIGHT CLOSE CAT STANCE BY GOING BEHIND AND IN BACK OF YOUR OPPONENT'S RIGHT LEG WITH YOUR RIGHT LEG AND DROP INTO A RIGHT REVERSE CAT STANCE OR HORSES STANCE BEHIND YOUR OPPONENT'S RIGHT (CALF) LEG . SIMULTANEOUSLY HAVE YOUR LEFT HAND GRAB YOUR RIGHT WRIST FROM BEHIND YOUR OPPONENT'S NECK AND APPLY PRESSURE (CUTTING OFF THE BLOOD SUPPLY TO THE BRAIN), PUTTING YOUR OPPONENT TO "SLEEP".
4. LEAN THE OPPONENT BACKWARDS. PIVOT YOUR UPPER BODY (COILING) COUNTER-CLOCKWISE TO 7 O'CLOCK WHILE THE LEFT HAND GRABS THE OPPONENTS RIGHT ARM TO CHECK IT. IMMEDIATELY SHIFT YOUR LEFT FOOT BACK TO 5 O'CLOCK WHILE FORCING YOUR OPPONENT ONTO HIS LEFT SIDE ON THE GROUND. FOLLOW UP WITH A RIGHT DOWNWARD DIAGONAL VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE AS YOU SIMULTANEOUSLY DROP YOUR RIGHT KNEE (LEFT CLOSE KNEEL STANCE) ONTO YOUR OPPONENT'S RIGHT HIP OR RIB CAGE. YOUR LEFT HAND IS PUSHING DOWN ON YOUR OPPONENT'S RIGHT ARM WITH YOUR OPPONENT'S HEAD POINTING BETWEEN 5 AND 6 O'CLOCK.
5. RAISE UPWARD (ONLY YOUR UPPER BODY) INTO A LEFT NEUTRAL BOW STANCE AND THEN SLIDE YOUR RIGHT FOOT BACK TO 2 O'CLOCK.
6. LEFT FRONT CROSSOVER AND COVER OUT TO 2 O'CLOCK.

**9. ATTACKING MACE** (*Front Right Step-Through Straight Punch*)

1. WITH YOUR FEET TOGETHER, DROP BACK WITH YOUR RIGHT FOOT TO 6 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A LEFT HAMMERING INWARD BLOCK TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT WRIST OR FOREARM. DURING THIS ACTION, YOUR RIGHT HAND COCKS AND CHAMBERS AT THE BELT (FIST CLENCHED AND PALM UP). (THIS ACTION WILL TURN AND MOMENTARILY CHECK THE WIDTH OF YOUR OPPONENT'S BODY).
2. IMMEDIATELY PIVOT INTO A LEFT FORWARD BOW STANCE AS YOU EXECUTE A RIGHT STRAIGHT HORIZONTAL THRUST PUNCH TO THE RIGHT LOWER RIB CAGE OF YOUR OPPONENT. MAKE SURE THAT YOUR LEFT HAND IS OPEN AS IT **BRACING ANGLE** CHECKS YOUR OPPONENT'S RIGHT ELBOW. (THIS ACTION SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD AT THE WAIST AND TO BE FORCED BACK SLIGHTLY).
3. CIRCLE YOUR RIGHT HAND CLOCKWISE INTO AN OUTWARD HANDSWORD SO THAT IT TRAVELS DOWN, OUT, OVER AND AROUND YOUR OPPONENT'S RIGHT ARM AS YOU COUNTER-GRAB THE OUTSIDE OF HIS RIGHT ARM NEAR THE ELBOW. IMMEDIATELY PULL YOUR OPPONENT'S ARM DIAGONALLY AND DOWN PAST YOUR RIGHT HIP, WHILE YOU SIMULTANEOUSLY DELIVER A RIGHT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO HIS GROIN. DURING THIS ACTION, COCK YOUR LEFT HAND SLIGHTLY ABOVE YOUR LEFT RIB CAGE (FIST CLENCHED AND PALM UP). (YOUR KICK AND PULL SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD EVEN FURTHER, THUS EXPOSING HIS RIGHT KIDNEY).
4. DROP FORWARD INTO A RIGHT CLOSE KNEEL STANCE TO 12 O'CLOCK, AS YOU **BUCKLE** YOUR OPPONENT'S RIGHT LEG, WHILE SIMULTANEOUSLY EXECUTING A LEFT REVERSE THRUST PUNCH OR UPPER CUT TO YOUR OPPONENT'S RIGHT KIDNEY, WITH YOUR RIGHT LEG ON AND OVER THE **LINE OF ENTRY**. (MAKE SURE YOUR RIGHT KNEE IS OUTSIDE OF, BUT OVER YOUR OPPONENT'S RIGHT KNEE AND PRESSING UP AGAINST IT. YOUR PUNCH, COMBINED WITH YOUR **BUCKLE**, WILL DROP YOUR OPPONENT TO THE GROUND AS WELL AS MOVE HIM AWAY FROM YOU)
5. RIGHT FRONT CROSSOVER AND COVER OUT TO 10:30.

## WORLDWIDE KENPO KARATE ASSOCIATION

### 10. SWINGING PENDULUM (*front right roundhouse kick*)

1. WHILE STANDING IN A RIGHT NEUTRAL BOW STANCE AS YOU HANDS FORM A **UNIVERSAL BLOCK** (A RIGHT INWARD BLOCK “**WITH**” A LEFT OUTWARD DOWNWARD BLOCK). SLIDE YOUR LEFT FOOT COUNTER-CLOCKWISE TO 4:30 AND DELIVER **UNIVERSAL BLOCK** AGAINST THE INSIDE OF YOUR OPPONENT’S RIGHT KICKING LEG. (PREFERABLY, THE BLOCK SHOULD OCCUR AT THE KNEE, AS THIS WILL OPEN THE **WIDTH ZONES** ON YOUR OPPONENT’S BODY).
2. SHUFFLE (PUSH-DRAG) FORWARD TO 10:30, WHILE REMAINING IN A RIGHT NEUTRAL BOW STANCE AND SIMULTANEOUSLY CONVERT YOUR RIGHT INWARD BLOCK INTO A RIGHT BACK DOWNWARD VERTICAL UNDERHAND HAMMERFIST STRIKE TO YOUR OPPONENT’S GROIN AS YOUR LEFT HAND **POSITIONALLY CHECKS** THE OPPONENTS RIGHT SHOULDER.
3. SHIFT YOUR LEFT FOOT COUNTER-CLOCKWISE TO 1:30 INTO A HORSE STANCE (FACING 4:30) AS YOU **CONTOUR** UP YOUR OPPONENT’S CHEST WITH A RIGHT BACK VERTICAL OBSCURE ELBOW STRIKE UNDER YOUR OPPONENT’S CHIN. YOUR LEFT HAND CONTINUES TO **POSITIONALLY CHECK** HIGH. (THIS WILL SNAP YOUR OPPONENT’S HEAD UP).
4. RIGHT FRONT CROSSOVER AND COVER OUT TO 2 O’CLOCK.

**11. INTELLECTUAL DEPARTURE** (*Front Right Ball Kick*)

1. WHILE STANDING NATURALLY, WITH YOUR FEET TOGETHER, STEP BACK WITH YOUR LEFT FOOT TO 6 O'CLOCK INTO A RIGHT REVERSE CLOSE KNEEL STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY AS YOU BLOCK YOUR OPPONENT'S RIGHT KICK (FROM THE INSIDE) WITH A RIGHT INWARD DOWNWARD VERTICAL BLOCK AS YOUR RIGHT HAND (CLENCHED AND PALM IN) STRIKES YOUR RIGHT THIGH. HAVE YOUR LEFT HAND CHECK HIGH NEAR YOUR FACE.
2. DELIVER A RIGHT THRUSTING BACK VERTICAL KNIFE-EDGE KICK IN BETWEEN YOUR OPPONENT'S LEGS TO HIS GROIN. REPLANT YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK.
3. DRAG YOUR LEFT FOOT UP TO YOUR RIGHT FOOT AND DELIVER A RIGHT BACK (THRUSTING) HORIZONTAL KNIFE-EDGE KICK TO YOUR OPPONENT'S LEFT KNEE.

**12. CRASHING WINGS (*Rear Bear-Hug Arms Free*)**

1. WHILE STANDING NATURALLY, STEP TO YOUR RIGHT TO 3 O'CLOCK WITH YOUR RIGHT FOOT INTO A HORSE STANCE (FACING 12 O'CLOCK). SIMULTANEOUSLY EXTEND YOUR ARMS, THEN STRIKE DOWN WITH TWIN DOWNWARD VERTICAL ELBOWS AGAINST YOUR OPPONENT'S FOREARMS AS YOU SETTLE INTO A HORSE STANCE. (THE INTENT HERE IS TO CAUSE PAIN TO YOUR OPPONENT'S ARMS AND TO LOOSEN HIS GRIP).
2. HAVE YOUR LEFT FOOT SLIDE TO YOUR RIGHT FOOT (SIDE CLOSE CAT STANCE) AS YOUR LEFT AND RIGHT ARMS COCK TO THE RIGHT SIDE OF YOUR WAIST (RIGHT PALM UP AND LEFT PALM FACING YOU).
3. HAVE YOUR LEFT FOOT THEN CIRCLE CLOCKWISE, AROUND AND BEHIND YOUR OPPONENT'S RIGHT LEG TO 7:30 INTO A LEFT REVERSE BOW STANCE. (BE SURE TO HUG CLOSE TO YOUR OPPONENT'S RIGHT LEG—NO SPACE BETWEEN YOUR LEG AND HIS).
4. PIVOT INTO A LEFT NEUTRAL BOW STANCE TO 7:30 WHILE STRIKING WITH A LEFT OUTWARD HORIZONTAL ELBOW TO YOUR OPPONENT'S FACE AS YOUR RIGHT FIST COCKS HIGH. (THIS MOVE SHOULD FORCE YOUR OPPONENT'S HEAD BACK AND AWAY FROM YOU).
5. CONTINUE TO PIVOT COUNTER-CLOCKWISE INTO A LEFT FORWARD BOW STANCE, AS YOU EXECUTE A RIGHT HAMMERFIST STRIKE TO YOUR OPPONENT'S HEART, BLADDER, OR GROIN. YOUR LEFT ARM CONTINUES THROUGH YOUR OPPONENT'S HEAD. (THE HAMMERING SLAMMING ACTION SHOULD FORCE YOUR OPPONENT TO THE GROUND).
6. PIVOT BACK INTO A LEFT NEUTRAL BOW STANCE. LEFT FRONT CROSSOVER AND COVER OUT TO 12 O'CLOCK.

**13. LOCKING HORNS** (*Front Right Arm Headlock*)

1. WHILE STANDING NATURALLY, WITH YOUR BODY BENT FORWARD (CAUSED BY YOUR OPPONENT APPLYING A FRONT HEADLOCK USING HIS LEFT ARM TO LOCK YOU IN WITH), SIMULTANEOUSLY: (1) STEP FORWARD WITH YOUR RIGHT FOOT TO 11 O'CLOCK INTO A RIGHT WIDE KNEEL STANCE OR SIDE HORSE STANCE BETWEEN YOUR OPPONENT'S LEGS (2) DELIVER A RIGHT UNDERHAND REVERSE HANDSWORD TO UNDER YOUR OPPONENT'S GROIN (3) HAVE YOUR LEFT HAND (**PINNING CHECK**) JUST ABOVE YOUR OPPONENT'S RIGHT KNEE (4) WHILE TURNING YOUR CHIN TO THE LEFT AND TUCKING IT AGAINST YOUR CHEST TO PREVENT YOUR OPPONENT FROM CUTTING OFF YOUR AIR SUPPLY. (YOUR OPPONENT SHOULD LOOSEN HIS GRIP AND BEND FORWARD AT THE WAIST. DEPENDING UPON THE EFFECT OF YOUR STRIKE, YOUR OPPONENT'S LEGS CAN CONCEIVABLY MOVE BACK AND AWAY FROM YOU).

2. IMMEDIATELY FOLLOW UP WITH A RIGHT BACK VERTICAL OBSCURE ELBOW STRIKE TO THE UNDERSIDE OF YOUR OPPONENT'S JAW, WITH YOUR LEFT HAND STILL **POSITIONALLY CHECKING** HIS KNEE AND WHILE KEEPING LOW IN A RIGHT NEUTRAL BOW STANCE. (THIS ELBOW STRIKE SHOULD FORCE YOUR OPPONENT'S HEAD UP IN PREPARATION FOR THE NEXT STRIKE).

3. AFTER SNAPPING YOUR OPPONENT'S JAW UPWARD WITH YOUR RIGHT ELBOW STRIKE, SIMULTANEOUSLY: (1) SHUFFLE (STEP-DRAG) FORWARD (2) DELIVER A RIGHT INWARD HORIZONTAL ELBOW STRIKE TO THE LEFT SIDE OF YOUR OPPONENT'S JAW, ALONG WITH (3) A LEFT INWARD HORIZONTAL HEEL-PALM STRIKE THAT HOOKS IN AND TO THE RIGHT SIDE OF YOUR OPPONENT'S JAW. (THE FORCE OF THIS **SANDWICHING EFFECT** MAY CAUSE YOUR OPPONENT TO PASS OUT AND FALL TO THE GROUND).

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

**14. HEAVENLY ASCENT** (*Front Two-Hand Choke Arms Straight*)

1. WHILE STANDING NATURALLY, STEP FORWARD WITH YOUR RIGHT FOOT TO 12 O'CLOCK (INSIDE YOUR OPPONENT'S RIGHT KNEE). CLASP BOTH OF YOUR HANDS TOGETHER AND EXECUTE TWIN EXTENDED UPWARD FOREARM STRIKES (WHICH ACT AS A WEDGE) TO THE INSIDE OF YOUR OPPONENT'S FOREARMS TO BREAK THE CHOKE.
2. PIVOT SLIGHTLY TO YOUR LEFT INTO A RIGHT SIDE FIGHTING HORSE STANCE AND EXECUTE A RIGHT UPWARD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S CHIN. (YOUR OPPONENT'S HEAD SHOULD SNAP BACK). THE LEFT HAND WILL EITHER CHECK OR GRAB THE OPPONENTS RIGHT ARM.
3. AS YOU COMMENCE TO PIVOT CLOCKWISE INTO A RIGHT NEUTRAL BOW STANCE DELIVER A RIGHT DOWNWARD VERTICAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S NOSE AND FACE.
4. INSTANTLY FOLLOW WITH A LEFT DOWNWARD VERTICAL OVERHEAD HEEL-PALM CLAW STRIKE TO YOUR OPPONENT'S NOSE AND FACE AT THE PRECISE MOMENT YOU SETTLE INTO A RIGHT FORWARD BOW STANCE. (THIS SHOULD DAZE YOUR OPPONENT). AT THIS POINT THE RIGHT HAND CHAMBERS CLENCHED (PALM UP) AT THE HIP.
5. AS YOU PIVOT BACK INTO A RIGHT NEUTRAL BOW STANCE, DELIVER A RIGHT INVERTED HALF-FIST UPPER CUT STRIKE TO YOUR OPPONENT'S THROAT (THE CLAW AND HALF FIST SHOULD ALMOST OCCUR SIMULTANEOUSLY). HAVE YOUR LEFT HAND SLIDE DOWN AND CHECK NEAR THE OPPONENTS RIGHT ARM. (YOUR OPPONENT SHOULD FEEL NAUSEOUS).
6. EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TWICE TO 7:30.



**15. DEFYING THE STORM** (*Front Right Step-Through Roundhouse Club*)

1. STANDING NATURALLY, STEP TO 11 O'CLOCK WITH YOUR RIGHT FOOT INTO A RIGHT NEUTRAL BOW STANCE, AS YOUR RIGHT KNEE **BUCKLES** THE INSIDE OF YOUR OPPONENT'S RIGHT KNEE. SIMULTANEOUS WITH THIS ACTION, STRIKE YOUR OPPONENT'S RIGHT WRIST WITH A LEFT EXTENDED OUTWARD HANDSWORD. COORDINATE THIS WITH A RIGHT INWARD VERTICAL HANDSWORD TO YOUR OPPONENT'S RIGHT BICEPS. (YOUR OPPONENT SHOULD DROP HIS CLUB AND LOSE HIS BALANCE).
2. INSTANTLY HAVE YOUR LEFT HAND GRAB YOUR OPPONENT'S LEFT WRIST AND YOUR RIGHT HAND GRABS THE BACK OF YOUR OPPONENT'S RIGHT ELBOW. WITHOUT DELAY, STEP BACK WITH YOUR RIGHT FOOT TO 4:30 INTO A LEFT FORWARD BOW STANCE. WITH THIS ACTION, PUSH HIS RIGHT WRIST OUT AND AWAY FROM YOU, WHILE PULLING AND ROLLING HIS RIGHT ELBOW DOWN AND TO YOU (**OPPOSING FORCES**) TO SNAP YOUR OPPONENT'S RIGHT ELBOW JOINT. THIS IS DONE WHILE **ANCHORING** YOUR RIGHT ELBOW PAST YOUR RIGHT HIP. (YOUR OPPONENT SHOULD BEND FORWARD AT THE WAIST).
3. FOLLOW UP WITH A RIGHT UPWARD VERTICAL KNEE STRIKE TO YOUR OPPONENT'S STERNUM. (THIS SHOULD KNOCK THE WIND OUT OF YOUR OPPONENT).
4. AS YOU PLANT YOUR RIGHT FOOT TO 11 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE, DELIVER A RIGHT INWARD DOWNWARD VERTICAL OVERHEAD ELBOW STRIKE TO YOUR OPPONENT'S UPPER SPINE (YOUR RIGHT HAND SHOULD GRAB THE BACK OF YOUR KNECK TO BRACE AND INHANCE THE POWER OF YOUR STRIKE). HAVE YOUR LEFT HAND MAINTAIN CONTROL OF HIS RIGHT WRIST. (YOUR OPPONENT SHOULD FALL TO THE GROUND).
5. RIGHT FRONT CROSSOVER AND COVER OUT TWICE TO 7:30.

**FINGER SET # 1**

**CONTAINS:**

1. BASIC METHODS OF EXECUTION:
  1. THRUSTING
  2. WHIPPING
  3. CLAWING
  4. SLICING
  5. HOOKING
  6. FLICKING
  7. SLAPPING
  8. STRIKING
  9. GOUGING
  10. SANDWICHING
  11. PARRYING
  12. RIPPING
2. BASIC WEAPONS THAT CAN BE FORMED BY THE FINGERS:
  - A. FOUR-FINGER THRUST
  - B. TWO-FINGER:
    1. POKES
    2. THRUSTS
    3. HOOKS
  - C. SHAPE OF A CRANE:
    1. VERTICAL
    2. INVERTED
  - D. FINGER SLICES:
    1. PALM UP
    2. PALM DOWN
    3. CIRCULAR
  - E. HEEL-PALM:
    1. CLAWS
    2. SLAPS
  - F. THUMB HOOKS:
    1. GOUGES
    2. CIRCULAR CLAWS
3. **CHECKS THAT BECOME PARRIES AND PARRIES THAT BECOME CHECKS.**
4. HIDDEN TRANSITIONS (**DOUBLE FACTOR CONCEPT**).
5. LINEAR AND CIRCULAR **METHODS OF EXECUTION**.
6. A VARIETY OF **ANGLES OF EXECUTION**.
7. FOREARM PARRIES:
  - A. INWARD
  - B. OUTWARD

## WORLDWIDE KENPO KARATE ASSOCIATION

### TEACHES:

1. HOW TO USE YOUR FINGERTIPS AS **NATURAL WEAPONS**.
2. MOVEMENTS THAT TEACH **ECONOMY OF MOTION** BY:
  - A. **CONTINUITY OF MOTION**
  - B. **“WITH”**
  - C. **REVERSE MOTION** AS A DEFENSE OR AN OFFENSE.
  - D. **RETURNING MOTION** AS A DEFENSE OR AN OFFENSE.
  - E. **CONTOURING**
  - F. **SEQUENTIAL FLOW**
  - G. **POINT OF ORIGIN**
  - H. **DOUBLE FACTOR**
  - I. **GEOMETRIC PATH**
3. THE VALUE OF POINTS OF REFERENCE IN DEVELOPING **ACCURACY**.
4. HOW DIFFERENT ANGLES OF DELIVERY INFLUENCE **METHODS OF EXECUTION** AND CHOICE OF WEAPONS.
5. HOW TO SIMULTANEOUSLY STRIKE IN DIFFERENT **DIRECTIONS, PATHS OR DIMENSIONS**.
6. HOW TO SIMULTANEOUSLY EXECUTE DIFFERENT **METHODS OF EXECUTION**.
7. HOW TO **GRAFT** PRINCIPLES.
8. HOW TO SIMULTANEOUSLY ATTACK VARIOUS **DEPTH ZONES**  
(FRONT  
AND REAR).
9. HOW TO SIMULTANEOUSLY ATTACK VARIOUS **HEIGHT ZONES**  
(FRONT  
AND REAR).
10. THE USE OF **BODY FUSION**.
11. TO TAKE ADVANTAGE OF A **PIVOT POINT**.
12. KNOWLEDGE OF **DIVERSIFIED TARGETS** AND WEAPONS TO INSURE **MULTIPLE EFFECTS**.
13. HOW TO PROPERLY **GAUGE THE DISTANCE** OF YOUR STRIKES.

## WORLDWIDE KENPO KARATE ASSOCIATION

14. HOW TO ATTACK FROM THE **OBSCURE ZONE**.
15. THE USE OF **DEAD MOTION** DECEPTION.
16. THE USE OF **OBJECT OBSCURITY**.
17. HOW TO **ELONGATE ARCS, CIRCLES AND ROUNDING OFF CORNERS**.
18. THE USE OF AN **“OPEN ENDED TRIANGLE”** AS A DEFENSE.
19. HOW TO USE A **“HINGE SUPPORTED CONCEPT”** TO MAGNIFY DAMAGE.
20. THE DEVELOPMENT OF **“PRECISION”** MOVEMENTS.
- HOW TO **PROPERLY AIM AND STRIKE SPECIFIC TARGETS WITH SPECIFIC WEAPONS**.
22. THE USE OF **“TAIL END”** SPEED FROM A WHIP TO GAIN **ACCELERATION**.
23. EMPLOYMENT OF THE **PIN POINT** EFFECT.

## FINGER SET # 1

### THEME:

FINGER SET # 1 TEACHES YOU HOW TO PROPERLY EMPLOY SPECIFIC OPEN HANDED WEAPONS TO INSURE **ACCURACY**, **ECONOMY OF MOTION** AND TO OBTAIN POSITIVE RESULTS WHEN STRIKING SPECIFIC TARGETS.

**ACCURACY** OVERSHADOWS **POWER** WHEN THESE STRIKES ARE EMPLOYED BY A HIGHLY SKILLED PERSON. WHEN THESE WEAPONS ARE ARTICULATED WITH PRECISION, A MARTIAL ARTIST CAN INCREASE HIS ARSENAL OF **NATURAL WEAPONS**, THUS INCREASING HIS CHANCES OF SURVIVAL.

### EXPLANATION:

OPENING: ATTENTION STANCE. BOW. DROP INTO A MEDITATING HORSE STANCE. BOTH FISTS RECOCK BACK TO THEIR RESPECTIVE HIP (FIST CLENCHED, PALM UP).

**NOTE:** SINCE **DEPTH FACTOR** IS INVOLVED, HAVE YOUR FINGER THRUSTS, AFTER THE FIRST SET OF MOVES, SHORTEN BY ONE HAND LENGTH FROM THE FINGERTIPS OF YOUR RIGHT HAND TO THE WRIST OF YOUR LEFT HAND. AFTER THE SECOND SET OF MOVES. SHORTEN BY ONE HAND LENGTH FROM THE FINGERTIPS OF YOUR RIGHT HAND TO THE WRIST OF YOUR LEFT HAND.

### SET 1:

A. EXECUTE A RIGHT STRAIGHT FOUR-FINGER THRUST (PALM DOWN) TO 12 O'CLOCK TO YOUR OPPONENT'S LEFT EYE. YOUR LEFT FIST REMAINS CLENCHED ON YOUR LEFT HIP.

B. EXECUTE A LEFT STRAIGHT FOUR-FINGER THRUST (PALM DOWN) TO 12 O'CLOCK TO YOUR OPPONENT'S RIGHT EYE. YOUR RIGHT HAND REMAINS OPEN ON YOUR RIGHT HIP.

### SET 2:

A. EXECUTE A RIGHT STRAIGHT FOUR-FINGER THRUST (PALM VERTICAL) TO 12 O'CLOCK TO YOUR OPPONENT'S SOLAR PLEXUS. YOUR LEFT HAND REMAINS OPEN ON YOUR LEFT HIP.

B. EXECUTE A LEFT STRAIGHT FOUR-FINGER THRUST (PALM VERTICAL) TO 12 O'CLOCK TO YOUR OPPONENT'S SOLAR PLEXUS. YOUR RIGHT HAND REMAINS OPEN ON YOUR RIGHT HIP.

## WORLDWIDE KENPO KARATE ASSOCIATION

### SET 3:

A. EXECUTE A RIGHT FOUR-FINGER THRUST (PALM UP) TO 10 O'CLOCK TO YOUR OPPONENT'S RIGHT FLOATING RIBS. YOUR LEFT HAND REMAINS OPEN ON YOUR LEFT HIP.

B. EXECUTE A LEFT FOUR-FINGER THRUST (PALM UP) TO 2 O'CLOCK TO YOUR OPPONENT'S LEFT FLOATING RIBS. YOUR RIGHT HAND REMAINS OPEN ON YOUR RIGHT HIP.

### SET 4:

A. HAVE YOUR RIGHT HAND CROSS OVER YOUR LEFT SHOULDER, AS YOU EXECUTE A RIGHT BACK HORIZONTAL FOUR-FINGER THRUST (PALM DOWN) TO 7 O'CLOCK. YOUR LEFT HAND REMAINS OPEN ONTO YOUR LEFT HIP.

B. HAVE YOUR LEFT HAND CROSS OVER YOUR RIGHT SHOULDER AS YOU EXECUTE A LEFT BACK HORIZONTAL FOUR-FINGER THRUST (PALM DOWN) TO 7 O'CLOCK. YOUR RIGHT HAND REMAINS OPEN ON YOUR RIGHT HIP.

### SET 5:

A. BRING BOTH OF YOUR HANDS TO THE FRONT AND TO THE CENTER OF YOUR BODY, POSITIONING THEM (HANDSWORD FASHION) PALMS OPEN AND FACING YOU WHILE BRINGING YOUR FINGERTIPS TO RAKE DOWN (VERTICALLY) ACROSS YOUR OPPONENT'S EYES TO 12 O'CLOCK. HAVE YOUR HANDS COCK (PALM UP) AT YOUR SOLAR PLEXUS.

B. EXECUTE TWO SNAPPING FOUR-FINGER THRUSTS (PALM UP) TO 12 O'CLOCK TO YOUR OPPONENT'S THROAT TO FORM AN **"OPEN-END TRIANGLE"** EFFECT.

C. AS BOTH OF YOUR HANDS RECOIL BACK TO YOUR CHEST, HAVE THEM CROSSED (RIGHT OVER LEFT) AND EXECUTE A DOUBLE SNAPPING VERTICAL TWO-FINGER EYE (**BRACING ANGLES**) TO 12 O'CLOCK.

### SET 6:

A. AS BOTH OF YOUR HANDS RECOIL, EXECUTE A LEFT DOWNWARD HORIZONTAL HEEL-PALM **PINNING CHECK**. SIMULTANEOUS WITH THIS ACTION, VERTICALLY POSITION YOUR RIGHT ARM (**ELBOW ANCHORED**) DIRECTLY OVER THE BACK OF YOUR LEFT HORIZONTAL HAND. YOUR RIGHT HAND IS VERTICALLY FORMED IN THE SHAPE OF A CRANE WITH YOUR FINGERS POINTING TO 12 O'CLOCK. HAVE YOUR LEFT PALM (FACING DOWN) AND FINGERS POINTING TO 3 O'CLOCK.

## WORLDWIDE KENPO KARATE ASSOCIATION

B. DELIVER A RIGHT FORWARD VERTICAL OVERHAND WHIP TO YOUR OPPONENT'S LEFT EYE.

C. EXECUTE A RIGHT DOWNWARD HORIZONTAL HEEL-PALM **PINNIG CHECK**, AS YOU VERTICALLY POSITION YOUR LEFT ARM (**ELBOW ANCHORED**) DIRECTLY OVER THE BACK OF YOUR RIGHT HORIZONTAL HAND. YOUR LEFT HAND IS VERTICALLY FORMED IN THE SHAPE OF A CRANE WITH YOUR FINGERS POINTING FORWARD TO 12 O'CLOCK. HAVE YOUR RIGHT HORIZONTAL FOREARM PALM FACING DOWN AND FINGERS POINTING TO 9 O'CLOCK.

D. DELIVER A LEFT FORWARD VERTICAL OVERHAND WHIP TO YOUR OPPONENT'S RIGHT EYE.

### SET 7:

A. EXECUTE A LEFT INWARD DOWNWARD HORIZONTAL FOREARM HEEL-PALM **PINNIG CHECK** "**WITH**" A RIGHT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, WHICH FINISHES (VERTICALLY) ALONGSIDE YOUR RIGHT THIGH. THE WEAPON IS STILL IN THE SHAPE OF A CRANE WITH YOUR FINGERTIPS POINTING UP AND TO 12 O'CLOCK.

B. EXECUTE A RIGHT FORWARD INVERTED VERTICAL UNDERHAND FOUR-FINGER WHIP TO YOUR OPPONENT'S GROIN.

C. EXECUTE A RIGHT INWARD DOWNWARD HORIZONTAL FOREARM HEEL-PALM **PINNIG CHECK** "**WITH**" A LEFT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, WHICH FINISHES (VERTICALLY) ALONGSIDE YOUR LEFT THIGH. THE WEAPON IS STILL IN THE SHAPE OF A CRANE WITH YOUR FINGERTIPS POINTING UP AND TO 12 O'CLOCK.

D. EXECUTE A LEFT FORWARD INVERTED VERTICAL UNDERHAND FOUR-FINGER WHIP TO YOUR OPPONENT'S GROIN.

### SET 8:

A. EXECUTE A RIGHT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE. WITHOUT HESITATION, CONTINUE THE FLOW OF YOUR RIGHT ARM, CIRCLING FROM THE OUTWARD-IN FROM (3 TO 9 O'CLOCK), AS YOU **TORQUE** A: (1) RIGHT INWARD HORIZONTAL TWO-FINGER SLICE (PALM UP) ACROSS YOUR OPPONENT'S LEFT EYE. INSTANTLY REVERSE THE DIRECTION OF YOUR HORIZONTAL SLICE (9 TO 3 O'CLOCK). (2) **TORQUE** A RIGHT OUTWARD HORIZONTAL TWO-FINGER SLICE (PALM DOWN) ACROSS YOUR OPPONENT'S RIGHT EYE. (3) INSTANTLY REVERSE THE DIRECTION OF YOUR HORIZONTAL SLICE (3 TO 9 O'CLOCK) WITH A RIGHT INWARD HORIZONTAL TWO-FINGER SLICE (PALM UP) ACROSS YOUR OPPONENT'S EYES. BE SURE TO USE THE "**SQUEEGEE CONCEPT**" OF YOUR ARM AS A CONTRIBUTING FACTOR TO YOUR STRIKES.

## WORLDWIDE KENPO KARATE ASSOCIATION

B. EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL HEEL-PALM PARRY. THE PARRY CHANGES ITS **PATH** AND BECOMES A RIGHT OUTWARD DOWNWARD SHAPE OF A CRANE, FINISHING ON YOUR RIGHT HIP (OPEN, PALM UP). WITHOUT HESITATION, CONTINUE THE FLOW OF YOUR LEFT ARM, CIRCLING FROM THE OUTWARD-IN (9 TO 3 O'CLOCK), AS YOUR HAND TORQUES INWARDLY INTO A: (1) LEFT INWARD HORIZONTAL TWO-FINGER SLICE (PALM UP) ACROSS YOUR OPPONENT'S RIGHT EYE. BE SURE THAT THE SLICE OCCURS "**IN SYNC WITH**" YOUR RIGHT HAND FINISHING ON YOUR RIGHT HIP. INSTANTLY REVERSE THE DIRECTION OF YOUR SLICE (3 TO 9 O'CLOCK). (2) TORQUE A LEFT OUTWARD HORIZONTAL TWO-FINGER SLICE (PALM DOWN) ACROSS YOUR OPPONENT'S LEFT EYE. (3) INSTANTLY REVERSE THE DIRECTION OF YOUR SLICE (9 TO 3 O'CLOCK) WITH A LEFT INWARD HORIZONTAL TWO-FINGER SLICE (PALM UP) ACROSS YOUR OPPONENT'S EYES. BE SURE TO USE THE "**SQUEEGEE CONCEPT**" OF YOUR ARM AS A CONTRIBUTING FACTOR TO YOUR STRIKES.

### SET 9:

A. EXECUTE A LEFT INWARD DOWNWARD DIAGONAL (**HOOKING CHECK**) HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A LEFT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, FINISHING ON YOUR LEFT HIP (OPEN, PALM UP) "**WITH**" A RIGHT (INWARD - OUTWARD - INWARD) CIRCULAR FIVE-FINGER CLAW ACROSS YOUR OPPONENT'S EYES. BE SURE THAT THIS CLAW OCCURS "**IN SYNC WITH**" YOUR LEFT HAND FINISHING ON YOUR LEFT HIP.

B. EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL (**HOOKING CHECK**) HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A RIGHT OUTWARD DOWNWARD INVERTED A SHAPE OF A CRANE, FINISHING ON YOUR RIGHT HIP (OPEN, PALM UP) "**WITH**" A LEFT (INWARD - OUTWARD - INWARD) CIRCULAR FIVE-FINGER CLAW ACROSS YOUR OPPONENT'S EYES. BE SURE THAT THIS CLAW OCCURS "**IN SYNC WITH**" YOUR RIGHT HAND FINISHING ON YOUR RIGHT HIP.

### SET 10:

A. EXECUTE A LEFT INWARD DOWNWARD DIAGONAL(**HOOKING CHECK**) HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A LEFT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, FINISHING AS A LEFT BACK VERTICAL UNDERHAND CLAW TO 6 O'CLOCK AT YOUR OPPONENT'S GROIN LEVEL. SIMULTANEOUS **TORQUE** A RIGHT INWARD VERTICAL OVERHEAD HEEL-PALM CLAW TO 12 O'CLOCK TO YOUR OPPONENT'S NOSE AND EYES. BE SURE THAT THIS CLAW OCCURS "**IN SYNC WITH**" YOUR LEFT HAND CLAW.

B. EXECUTE A RIGHT INWARD DOWNWARD DIAGONAL (**HOOKING CHECK**) HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A RIGHT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, FINISHING AS A



## WORLDWIDE KENPO KARATE ASSOCIATION

RIGHT BACK VERTICAL UNDERHAND CLAW TO 6 O'CLOCK AT YOUR OPPONENT'S GROIN LEVEL. SIMULTANEOUS **TORQUE** A LEFT INWARD VERTICAL OVERHEAD HEEL-PALM CLAW TO 12 O'CLOCK TO YOUR OPPONENT'S NOSE AND EYES. BE SURE THAT THIS CLAW OCCURS **"IN SYNC WITH"** YOUR RIGHT HAND CLAW.

### SET 11:

A. EXECUTE A LEFT INWARD DOWNWARD DIAGONAL HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A LEFT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, FINISHING AS A LEFT BACK VERTICAL UNDERHAND PALM SLAP TO 6 O'CLOCK AT YOUR OPPONENT'S GROIN LEVEL. SIMULTANEOUS EXECUTE A RIGHT BACK VERTICAL UNDERHAND PALM SLAP TO 12 O'CLOCK TO YOUR OPPONENT'S GROIN LEVEL. BE SURE THAT THIS CLAW OCCURS **"IN SYNC WITH"** YOUR LEFT HAND SLAP.

B. EXECUTE A RIGHT INSIDE DOWNWARD DIAGONAL HEEL-PALM PARRY. THIS PARRY THEN CHANGES ITS **PATH** AND BECOMES A RIGHT OUTWARD DOWNWARD INVERTED SHAPE OF A CRANE, FINISHING AS A RIGHT BACK VERTICAL UNDERHAND PALM SLAP TO 6 O'CLOCK AT YOUR OPPONENT'S GROIN LEVEL. SIMULTANEOUS EXECUTE A LEFT HAND STIFF-ARM SLAP TO 12 O'CLOCK TO YOUR OPPONENT'S GROIN LEVEL. BE SURE THAT THIS CLAW OCCURS **"IN SYNC WITH"** YOUR LEFT HAND SLAP.

### SET 12

A. WITH YOUR LEFT HAND REMAINING IN ITS POSITION, EXECUTE A RIGHT/LEFT UNDERHAND HEEL-PALM CLAW GRAB TO YOUR OPPONENT'S GROIN TO THE FRONT TO 12 O'CLOCK.

B. WITH BOTH HANDS FORWARD AND TO THE CENTER (**APEX**) OF YOUR BODY, CROSS YOUR HANDS (RIGHT OVER LEFT) AND WITHOUT ANY LOSS OF MOTION, EXECUTE A DOUBLE UPWARD VERTICAL TWO-FINGER THRUST AND IMMEDIATELY **SWITCH** INTO TWO-FINGER FLICKS TO YOUR OPPONENT'S EYES (AS THOUGH YOU ARE FLICKING YOUR OPPONENT'S GLASSES OFF WITH THE BACK OF YOUR FINGERTIPS). THEN EXECUTE TWIN UPWARD VERTICAL THUMB GOUGES INTO YOUR OPPONENT'S EYE BALL SOCKETS.

C. IN THE SAME MOTION, CONTINUE BOTH OF YOUR HANDS OUT TO THEIR RESPECTIVE SIDES INTO TWO FLANK OUTWARD VERTICAL OVERHEAD HEEL-PALM CLAWS TO YOUR OPPONENT'S FACES AT 9 AND 3 O'CLOCK. BOTH ARMS SHOULD REMAIN VERTICAL.

D. CONCLUDE THIS ACTION OF YOUR HEEL-PALM (FINGERS CLOSED) FINGERTIP SLAPS. FINISH VERTICALLY AT THE SIDES OF YOUR THIGHS (THE HEEL-PALM PRECEDES THE FINGERS WHEN CONTACTING (SLAPPING) THE SIDES OF YOUR THIGHS).

## WORLDWIDE KENPO KARATE ASSOCIATION

### SET 13:

A. EXECUTE A RIGHT VERTICAL TWO-FINGER (**BRACING ANGLE**) EYE HOOK TO 12 O'CLOCK INTO YOUR OPPONENT'S RIGHT EYE. THE RETURNING MOTION OF YOUR RIGHT ARM IS TO BE USED AS A RIGHT INWARD FOREARM PARRY.

B. EXECUTE A LEFT VERTICAL TWO-FINGER (**BRACING ANGLE**) EYE HOOK TO 12 O'CLOCK INTO YOUR OPPONENT'S LEFT EYE. THE RETURNING MOTION OF YOUR RIGHT ARM IS USED AS A RIGHT OUTWARD FOREARM PARRY, BEFORE FINISHING AT YOUR RIGHT HIP. CLOSING: HAVE YOUR LEFT OPEN HAND COVER YOUR RIGHT CLENCHED FIST TO 12 O'CLOCK. FROM THE ABOVE MEDITATING HORSE STANCE POSITION, MOVE IN AN ATTENTION STANCE. BOW.

## FREESTYLE TECHNIQUES

### EXPLANATION:

- B** - THE BASE STANCE (LEFT TO LEFT NEUTRAL BOWS).  
**5** - A RIGHT STEP-THROUGH (FORWARD) FOOT MANEUVER.  
**a** - A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S FACE.  
**b** - A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE.  
**tsK** - A RIGHT THRUSTING SWEEP KICK TO YOUR OPPONENT'S LEFT CALF OR LEFT OUTWARD OF KNEE.  
**P** - A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT'S STERNUM.  
**bk** - A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S HEAD.  
**hK** - A RIGHT BACK HEEL KICK OR HORIZONTAL HEEL KICK TO YOUR OPPONENT'S LEFT RIB CAGE.  
**“H”** - REPRESENTS A LEFT INWARD UPWARD **DIAGONAL HEEL-PALM**.  
**“K”** - REPRESENTS A LEFT FRONT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO THE GROIN, USING THE LEFT FORWARD LEG. THE USE OF THE RIGHT LEG WILL BE USED TO EXECUTE THE INWARD HORIZONTAL HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER OR GROIN AREA. BOTH MOVEMENTS ARE USED AS A SUFFIX TO THE **BASE MOVE**.

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

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

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

## WORLDWIDE KENPO KARATE ASSOCIATION

**B2b H K** - EXECUTE “**B2b**”. THEN DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) TO YOUR OPPONENT’S LEFT BICEPS, WHILE DELIVERING A LEFT INWARD UPWARD **DIAGONAL HEEL-PALM** UNDER YOUR OPPONENT’S CHIN. FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN.

**B3a H K** - EXECUTE “**B3a**”. THEN DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) TO YOUR OPPONENT’S LEFT BICEPS, WHILE DELIVERING A LEFT INWARD UPWARD **DIAGONAL HEEL-PALM** UNDER YOUR OPPONENT’S CHIN. FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN.

**B3b H K** - EXECUTE “**B3b**”. THEN DELIVER A RIGHT COUNTER-CLOCKWISE ROLLING (**PINNING CHECK**) TO YOUR OPPONENT’S LEFT BICEPS, WHILE DELIVERING A LEFT INWARD UPWARD **DIAGONAL HEEL-PALM** UNDER YOUR OPPONENT’S CHIN. FOLLOWED BY A LEFT INWARD UPWARD DIAGONAL ROUNDHOUSE KICK TO YOUR OPPONENT’S GROIN.

**B4a H K** - EXECUTE “**B4a**”. 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. FOLLOWED BY A RIGHT INWARD HORIZONTAL HEEL HOOK KICK TO YOUR OPPONENT’S BLADDER OR GROIN AREA.

**B4b H K** - EXECUTE “**B4b**”. 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. FOLLOWED BY A RIGHT INWARD HORIZONTAL HEEL HOOK KICK TO YOUR OPPONENT’S BLADDER OR GROIN AREA.

**B5a** - INDICATES THE EXECUTION OF YOUR LEFT HAND GRABBING YOUR OPPONENT’S LEFT ARM WHILE EXECUTING A RIGHT STEP-THROUGH (FORWARD) TO THE INSIDE OF YOUR OPPONENT’S LEFT LEG AS YOU DELIVER A RIGHT VERTICAL THRUST PUNCH TO YOUR OPPONENT’S FACE.

**B5b** - INDICATES THE EXECUTION OF YOUR LEFT HAND GRABBING YOUR OPPONENT’S LEFT ARM WHILE EXECUTING A RIGHT STEP-THROUGH (FORWARD) TO THE INSIDE OF YOUR OPPONENT’S LEFT LEG AS YOU DELIVER A RIGHT REVERSE THRUST PUNCH TO YOUR OPPONENT’S LEFT RIB CAGE.

**B5a P** - INDICATES THE EXECUTION OF “**B5a**”. FOLLOWED BY A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT’S STERNUM, WHILE EXECUTING A RIGHT SLIDING COUNTERCLOCKWISE **PINNINGCHECK** DOWN ONTO YOUR OPPONENT’S LEFT ARM.

**B5b P** - INDICATES THE EXECUTION OF “**B5b**”. FOLLOWED BY A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT’S STERNUM, WHILE

## WORLDWIDE KENPO KARATE ASSOCIATION

EXECUTING A RIGHT SLIDING COUNTERCLOCKWISE **PINNING CHECK** DOWN ON YOUR OPPONENT'S LEFT ARM.

**B5a P bk** - INDICATES THE EXECUTION OF “**B5a P**”. IMMEDIATELY FOLLOW UP WITH A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO HIS FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN ONTO YOUR OPPONENT'S LEFT ARM.

**B5b P bk** - INDICATES THE EXECUTION OF “**B5b P**”. IMMEDIATELY FOLLOW UP WITH A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO HIS FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN ONTO YOUR OPPONENT'S LEFT ARM.

**B5a P hK** - INDICATES THE EXECUTION OF “**B5a P**”. IMMEDIATELY FOLLOW UP WITH A RIGHT BACK HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER. SIMULTANEOUSLY EXECUTE A LEFT **SLIDING CHECK** GRAB ONTO YOUR OPPONENT'S LEFT ARM. WITHOUT PLANTING YOUR KICKING LEG, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 1 O'CLOCK.

**B5b P hK** - INDICATES THE EXECUTION OF “**B5b P**” IMMEDIATELY FOLLOW UP WITH A RIGHT BACK HEEL HOOK TO YOUR OPPONENT'S BLADDER. SIMULTANEOUSLY EXECUTE A LEFT **SLIDING CHECK** GRAB ONTO YOUR OPPONENT'S LEFT ARM WITHOUT PLANTING YOUR KICKING LEG, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 1 O'CLOCK.

**B5a P bk hK** - INDICATES THE EXECUTION OF “**B5a P**”. IMMEDIATELY FOLLOW UP WITH A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S FACE. FOLLOWED WITH A RIGHT BACK HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER. SIMULTANEOUSLY EXECUTE A LEFT **SLIDING CHECK** GRAB ONTO YOUR OPPONENT'S LEFT ARM. WITHOUT PLANTING YOUR KICKING LEG, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 1 O'CLOCK.

**B5b P bk hK** - INDICATES THE EXECUTION OF “**B5b P**”. IMMEDIATELY FOLLOW UP WITH A RIGHT BACK HEEL HOOK KICK TO YOUR OPPONENT'S BLADDER. SIMULTANEOUSLY EXECUTE A LEFT **SLIDING CHECK** GRAB ONTO YOUR OPPONENT'S LEFT ARM. DELIVER A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S FACE AS YOU STEP OUT AND PLANT INTO A RIGHT FRONT TWIST STANCE. EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT TO 1 O'CLOCK.

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

## WORLDWIDE KENPO KARATE ASSOCIATION

**tsK B5a P** - INDICATES THE EXECUTION OF “**tsK B5a**”. WHILE EXECUTING A **RIGHT SLIDING CHECK** DOWN ONTO YOUR OPPONENT’S LEFT ARM. FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT’S STERNUM, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT’S LEFT ARM.

**tsK B5a P bk** - INDICATES THE EXECUTION OF “**tsK B5a**” YOUR WHILE EXECUTING A **RIGHT SLIDING CHECK** DOWN ONTO YOUR OPPONENT’S LEFT ARM..FOLLOW UP WITH A LEFT VERTICAL THRUST PUNCH TO YOUR OPPONENT’S STERNUM, FOLLOW UP WITH A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND ONTO YOUR OPPONENT’S LEFT ARM. EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 1:30.

**tsK B5a P hK** - INDICATES THE EXECUTION OF “**tsK B5a P**”. WITHOUT HESITATION, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND GRAB YOUR OPPONENT’S LEFT ARM AND DELIVER A RIGHT BACK HOOKING HEEL OR BACK-HEEL KICK TO YOUR OPPONENT’S SOLAR PLEXUS OR RIB CAGE. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 1:30.

**tsK B5a P bk hK** - INDICATES THE EXECUTION OF “**tsK B5a P**”. WITHOUT HESITATION, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S FACE, WHILE EXECUTING A LEFT **SLIDING CHECK** DOWN AND GRAB YOUR OPPONENT’S LEFT ARM. DELIVER A RIGHT BACK HOOKING HEEL OR BACK HEEL KICK TO YOUR OPPONENT’S SOLAR PLEXUS. WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 1:30.

**tsK B5a P hK bk** - INDICATES THE EXECUTION OF **tsK B5a P**”. IMMEDIATELY EXECUTING A LEFT **SLIDING CHECK** DOWN AND GRAB YOUR OPPONENT’S LEFT ARM AND DELIVER A RIGHT BACK HOOKING HEEL KICK TO YOUR OPPONENT’S SOLAR PLEXUS. WITHOUT HESITATION, EXECUTE A RIGHT OUTWARD HORIZONTAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S FACE, WITHOUT PLANTING, EXECUTE A RIGHT FRONT CROSSOVER AND COVER OUT IN THE DIRECTION OF 1:30.

**SHORT FORM # 2**

**CONTAINS:**

1. BASIC STANCES:
  - A. TRAINING HORSE
  - B. NEUTRAL BOW
  - C. WIDE KNEEL
  - D. REAR TWIST
  - E. CAT
  - F. CAT (TRANSITIONAL)
2. BASIC BLOCKS:
  - A. THRUSTING INWARD
  - B. EXTENDED OUTWARD
  - C. EXTENDED UPWARD
  - D. VERTICAL OUTWARD
  - E. OUTSIDE DOWNWARD (PALM DOWN)
  - F. INSIDE DOWNWARD (PALM UP)
3. 45 DEGREE ANGLE CHANGES.
4. NATURAL HAND WEAPONS:
  - A. HANDSWORD
  - B. FIST (LARGE KNUCKLES)
  - C. MIDDLE KNUCKLE FIST
  - D. HEEL-PALM
  - E. HALF-FIST
5. BASIC **METHODS OF EXECUTION**:
  - A. SNAPPING ACTION
  - B. THRUSTING ACTION
  - C. RAKING ACTION
6. CHECKING STRIKES.
7. **ECONOMY OF MOTION** WITH STRIKES.
8. HARD AND SOFT RHYTHMIC **TIMING** WITH STRIKES.
9. SIMULTANEOUS DEFENSE WITH AN OFFENSE.

**TEACHES:**

1. TO DEFEND ONE'S SELF IF BACKED UP AGAINST A WALL.
2. TO ADVANCE WHILE DEFENDING.
3. TO USE YOUR OPPOSITE HAND AS A GUARD.
4. TO COVER IN A CAT STANCE AND THEN ADVANCE.
5. TO COUNTER WITH A(N):
  - A. IMMEDIATE STRIKE AFTER A BLOCK.
  - B. SIMULTANEOUS BLOCK AND STRIKE IN THE SAME DIRECTION.
  - C. SIMULTANEOUS BLOCK AND STRIKE IN OPPOSITE DIRECTIONS.

## WORLDWIDE KENPO KARATE ASSOCIATION

6. SHIFTING FROM A FORWARD BOW STANCE INTO A NEUTRAL BOW STANCE AND VICE VERSA.
7. TO STEP-THROUGH WITH THE ACTION.
8. TO COORDINATE THE CLENCHING AND OPENING OF YOUR HAND SO YOU CAN READILY **ALTER** A WEAPON AS WELL AS A TARGET.
9. HOW TO USE **GRAVITATIONAL MARRIAGE** WHILE KEEPING AN ERECT CARRIAGE.
10. TO KEEP YOUR THUMB IN WHEN EXECUTING A HEEL-PALM STRIKE.
11. TO DROP UNDER A PUNCH.
12. TO FORM AND USE A VERTICAL MIDDLE KNUCKLE FIST.
13. USE OF VARIOUS **METHODS OF EXECUTION**.
14. TO USE A REAR TWIST STANCE.
15. TO USE **CIRCULAR MOVEMENTS** WITH **LINEAR MOVEMENTS** AND VICE-VERSA.
16. ALL **EIGHT ANGLES OF ATTACK**, 45 AND 90 DEGREE ANGLES.
17. TO STEP INTO THE UNKNOWN WITH A BLOCK AS YOU COUNTER.
18. TO COORDINATE OPPOSITE HAND AND FOOT MOVEMENTS.



## SHORT FORM # 2

### THEME:

TEACHES THE STUDENT TO START USING **“TWO-HANDED”** KENPO AS BOTH SIDES OF THE BODY ARE SIMULTANEOUSLY BROUGHT INTO MOTION. THE CONCEPT OF **“WITH”** IS UTILIZED IN EACH TECHNIQUE.

### 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.

**SALUTATION:** WHILE STANDING IN A MODIFIED ATTENTION STANCE, HAVE YOUR LEFT VERTICAL OPEN HAND COCK TO YOUR LEFT HIP, WITH TWO RIGHT HORIZONTAL HALF-FINGERS ACROSS YOUR LEFT OPEN PALM. YOUR RIGHT VERTICAL HAND OPENS ACROSS THE FRONT OF YOUR STOMACH AREA TO YOUR RIGHT HIP, WITH TWO LEFT HORIZONTAL HALF-FINGERS 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.

1. SLIDE YOUR RIGHT FOOT FORWARD TO 12 O’CLOCK INTO A RIGHT NEUTRAL BOW STANCE WITH A RIGHT INWARD BLOCK WITH YOUR LEFT HAND CHECKING AT YOUR SOLAR PLEXUS, THEN A RIGHT EXTENDED OUTWARD DIAGONAL HANDSWORD STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT’S NECK.

2. SLIDE YOUR LEFT FOOT FORWARD TO 12 O’CLOCK INTO A LEFT NEUTRAL BOW STANCE. DELIVER A LEFT INWARD BLOCK WITH A WITH YOUR RIGHT HAND CHECKING AT YOUR SOLAR PLEXUS, THEN A LEFT EXTENDED OUTWARD DIAGONAL HANDSWORD STRIKE TO THE LEFT SIDE OF YOUR OPPONENT’S NECK.

3. SLIDE YOUR LEFT FOOT BACK TO YOUR RIGHT FOOT INTO A LEFT 45 DEGREE CAT STANCE. COCK BOTH FISTS ON THE RIGHT SIDE OF YOUR HIP, RIGHT HAND PALM UP, LEFT HAND PALM DOWN (FOUR INCHES APART).

4. SLIDE YOUR LEFT FOOT TO 9 O’CLOCK INTO A LEFT NEUTRAL BOW STANCE. DELIVER A LEFT VERTICAL OUTWARD BLOCK **“WITH”** A RIGHT STRAIGHT THRUST PUNCH TO 9 O’CLOCK TO YOUR OPPONENT’S CHEST.

## WORLDWIDE KENPO KARATE ASSOCIATION

5. SLIDE YOUR RIGHT FOOT TO YOUR LEFT FOOT INTO A RIGHT 45 DEGREE CAT STANCE. COCK BOTH OF YOUR FISTS ON THE LEFT SIDE OF YOUR HIP, LEFT HAND PALM UP, RIGHT HAND PALM DOWN (FOUR INCHES APART).
6. SLIDE YOUR RIGHT FOOT TO 3 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE. AS YOU DELIVER A RIGHT VERTICAL OUTWARD BLOCK **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO 3 O'CLOCK TO YOUR OPPONENT'S CHEST.
7. SLIDE YOUR LEFT FOOT BACK TO 5 O'CLOCK INTO A LEFT REAR TWIST REVERSE STANCE, PIVOT COUNTER-CLOCKWISE AND THEN DROP INTO A LEFT WIDE KNEEL STANCE (FACING 6 O'CLOCK) AND DELIVER A LEFT EXTENDED UPWARD BLOCK **"WITH"** A RIGHT (SNAPPING) DOWNWARD VERTICAL RAKING MIDDLE KNUCKLE FIST TO YOUR OPPONENT'S RIB CAGE.
8. SLIDE YOUR RIGHT FOOT STRAIGHT ACROSS TO 1 O'CLOCK INTO A RIGHT REAR TWIST REVERSE STANCE AND PIVOT CLOCKWISE INTO A RIGHT WIDE KNEEL STANCE AS YOU DELIVER A RIGHT EXTENDED UPWARD BLOCK **"WITH"** A LEFT (SNAPPING) DOWNWARD VERTICAL (RAKING) MIDDLE KNUCKLE FIST RAKE TO YOUR OPPONENT'S RIB CAGE.
9. HAVE YOUR LEFT FOOT CAT TO YOUR RIGHT FOOT **"WITH"** A RIGHT INSIDE DOWNWARD BLOCK (PALM UP) TO 4:30, STEP WITH YOUR LEFT FOOT TO 4:30 INTO A LEFT SIDE HORSE STANCE. DELIVER A LEFT OUTSIDE DOWNWARD BLOCK WITH YOUR RIGHT HAND ON YOUR RIGHT HIP (FACING 4:30).
10. SLIDE YOUR RIGHT FOOT TO 5 O'CLOCK INTO A RIGHT SIDE HORSE STANCE **"WITH"** A RIGHT STRAIGHT VERTICAL HEEL-PALM THRUST TO YOUR OPPONENT'S FACE WHILE YOUR LEFT HAND **POSITIONALLY CHECKS** UNDER YOUR RIGHT ARMPIT.
11. CAT YOUR RIGHT FOOT BACK TO YOUR LEFT FOOT (FACING 5 O'CLOCK) **"WITH"** A LEFT INWARD DOWNWARD BLOCK (PALM UP) TO 7:30. STEP FORWARD WITH YOUR RIGHT FOOT TO 7:30 INTO A RIGHT SIDE HORSE STANCE. DELIVER A RIGHT OUTWARD DOWNWARD BLOCK (FACING 7:30).
12. SLIDE YOUR LEFT FOOT TO 7:30 INTO A LEFT SIDE HORSE STANCE **"WITH"** A LEFT STRAIGHT VERTICAL HEEL-PALM THRUST TO YOUR OPPONENT'S FACE WHILE YOUR RIGHT HAND **POSITIONALLY CHECKS** UNDER YOUR LEFT ARMPIT.
13. SHIFT YOUR RIGHT FOOT BACK TOWARD YOUR LEFT FOOT AND PIVOT YOUR UPPER BODY CLOCKWISE IN PLACE INTO A 45 DEGREE CAT STANCE (FACING 1:30) **"WITH"** A LEFT HAMMERING INWARD BLOCK COVERING PAST YOUR HEAD, AS YOUR RIGHT HAND COCKS TO YOUR RIGHT RIB CAGE.
14. SLIDE YOUR RIGHT FOOT TO 1:30 (45 DEGREE ANGLE) INTO A RIGHT NEUTRAL BOW STANCE **"WITH"** A RIGHT EXTENDED OUTWARD BLOCK AND THEN A LEFT WHIPPING HORIZONTAL HALF-FIST TO YOUR OPPONENT'S

## WORLDWIDE KENPO KARATE ASSOCIATION

THROAT.

15. SHIFT YOUR LEFT FOOT TO YOUR RIGHT FOOT INTO A LEFT 45 DEGREE CAT STANCE (FACING 10:30) **“WITH”** A RIGHT HAMMERING INWARD BLOCK COVERING PAST YOUR HEAD, AS YOUR LEFT HAND COCKS TO YOUR LEFT RIB CAGE.

16. SLIDE YOUR LEFT FOOT TO 10:30 (45 DEGREE ANGLE) INTO A LEFT NEUTRAL BOW STANCE **“WITH”** A LEFT EXTENDED OUTWARD BLOCK AND THEN A RIGHT WHIPPING HORIZONTAL HALF-FIST TO YOUR OPPONENT’S THROAT.

17. SWING YOUR RIGHT FOOT FORWARD FROM 4 O’CLOCK INTO A TRAINING HORSE STANCE (FACING 12 O’CLOCK) **“WITH”** A LEFT OPEN PALM ON A RIGHT CLENCHED FIST (**SANDWICH EFFECT**).

18. **CLOSING: KENPO SALUTATION** - SLIDE YOUR LEFT FOOT BACK TO YOUR RIGHT FOOT **“WITH”** DOUBLE TWIN OUTWARD VERTICAL OVERHEAD CLAWS TO 9 AND 3 O’CLOCK. HAVE BOTH HANDS CIRCLE AROUND AND DOWN VERTICALLY ALONGSIDE OF YOUR THIGHS, SLAPPING BOTH OF YOUR LEGS SIMULTANEOUSLY.

# WORLDWIDE KENPO KARATE ASSOCIATION

## LONG FORM # 2

### CONTAINS:

1. THE SAME FOOT PATTERN AS THE FIRST HALF OF SHORT FORM # 2.
2. SAME BLOCKING PATTERN AS THE FIRST HALF OF SHORT FORM # 2.
3. STRIKING WITH THE BLOCKING WEAPON FIRST.
4. USE OF THE FIRST SELF-DEFENSE TECHNIQUE.
5. BASIC STANCES:
  - A. TRAINING HORSE
  - B. NEUTRAL BOW
  - C. FORWARD BOW
  - D. 45 DEGREE CAT
  - E. REAR TWIST
  - F. SIDE HORSE
6. BASIC BLOCKS:
  - A. THRUSTING INWARD
  - B. VERTICAL OUTWARD
  - C. OUTWARD DOWNWARD
  - D. UPWARD
  - E. INSIDE DOWNWARD (PALM UP)
  - F. INSIDE DOWNWARD (PALM DOWN)
  - G. **UNIVERSAL**
  - H. INWARD PUSHDOWN
7. BASIC KICKS:
  - A. FRONT SNAPPING
  - B. SIDE ANKLE KNIFE-EDGE
8. BASIC PUNCHES:
  - A. STRAIGHT THRUST
  - B. SIDE VERTICAL HANGING THRUST
  - C. OVERHEAD VERTICAL HANGING
  - D. VERTICAL FOREARM
9. BASIC FINGER TECHNIQUES:
  - A. HORIZONTAL FOUR-FINGER THRUST
  - B. OUTWARD DIAGONAL CLAW
  - C. OUTWARD OVERHEAD VERTICAL CLAW
  - D. VERTICAL (**BRACING ANGLE**) TWO-FINGER
10. BASIC STRIKES:
  - A. EXTENDED OUTWARD HANDSWORD
  - B. FRONT UNDERHAND HAMMERFIST
  - C. OUTWARD DIAGONAL BACK-KNUCKLE
  - D. INVERTED HOOKING BACK-KNUCKLE
  - F. BACK ELBOW
  - G. INWARD O.H. ELBOW
  - H. OUTWARD HORIZ. ELBOW
  - I. EXTENDED UPWARD EBOW

## WORLDWIDE KENPO KARATE ASSOCIATION

- E. OUTWARD OVERHEAD CLAW
- J. OUTWARD O.H. ELBOW
- 11. BASIC FOOT MANEUVERS:
  - A. STEP OUT
  - B. SLIDE
  - C. REAR TWIST (REV)
  - D. FRONT TWIST (FWD)
  - E. FRONT ROTATING TWIST
  - F. STEP-THROUGH FORWARD
  - G. STEP-THROUGH REVERSE
- 12. SPECIALIZED:
  - A. **SANDWICHING** (HEEL-PALM/ELBOW)
  - B. VERTICAL FOREARM (GRAB - ELBOW BREAK)

### TEACHES:

- 1. USE OF YOUR HANDS AS A WEAPON.
- 2. UTILIZATION OF HIDDEN CHECKS.
- 3. MINIMUM BODY MOVEMENT.
- 4. **CIRCULAR MOVEMENTS** WITH YOUR OPPOSITE HAND.
- 5. LINEAR MOVES INTO CIRCULAR MOVES.
- 6. BLOCKING AND STRIKING WITH THE SAME HAND.
- 7. THE **UNIVERSAL BLOCK**.
- 8. ADVANCING WHILE KICKING AND PUNCHING SIMULTANEOUSLY.
- 9. USE OF TRIPLE HAND WEAPONS.
- 10. USE OF OPPOSITE HAND-FOOT COMBINATIONS.
- 11. COUNTERING FROM A LOW TWIST STANCE.
- 12. USE OF FINGERTIPS FOR CLAWING ACTIONS.
- 13. **BODY TORQUE**.
- 14. **GRAVITATIONAL MARRIAGE**.
- 15. GAIN IN POWER FROM YOUR **STANCE CHANGES**.

## LONG FORM # 2

### THEME:

TEACHES HOW THE USE OF SHORT AND LONG RANGE WEAPONS ARE SIMULTANEOUSLY USED WHILE EMPLOYING THE “**TWO-HANDED**” KENPO CONCEPT.

### EXPLANATION:

OPENING: ATTENTION STANCE. YOUR LEFT INVERTED VERTICAL HEEL-PALM COCKS TO YOUR LEFT HIP WHILE YOUR RIGHT HAND EXECUTES THE FIRST TWO LONG FINGERS (MIDDLE AND INDEX) HORIZONTALLY ACROSS YOUR LEFT OPEN PALM. REVERSE THE PROCESS INTO A RIGHT COCKED AT YOUR RIGHT HIP WHILE YOUR LEFT HAND EXECUTES THE FIRST TWO LONG FINGERS (MIDDLE AND INDEX) HORIZONTALLY ACROSS YOUR RIGHT OPEN PALM. EXECUTE A RIGHT FRONT ROTATING TWIST STANCE TO 12 O’CLOCK. STEP OUT INTO A LEFT 45 DEGREE CAT STANCE “**WITH**” YOUR LEFT OPEN PALM COVERING YOUR RIGHT CLENCHED FIST TO 12 O’CLOCK. HAVE YOUR LEFT FOOT STEP BACK TO 6 O’CLOCK AS YOU ROLL BOTH YOUR FISTS BACK TO BACK TO YOUR SOLAR PLEXUS. CONTINUE TO DRAW YOUR RIGHT FOOT BACK TO YOUR LEFT FOOT INTO AN ATTENTION STANCE AS YOUR FISTS RECOCK TO THEIR RESPECTIVE HIPS (PALMS UP). LEFT FOOT STEPS OUT INTO A TRAINING HORSE (FACING 12 O’CLOCK).

### SET 1: FIVE SWORDS (*Right Straight Thrust Punch*)

1. HAVE YOUR RIGHT FOOT STEP FORWARD TO 12 O’CLOCK INTO A RIGHT NEUTRAL BOW STANCE AND EXECUTE A RIGHT HAMMERING INWARD BLOCK TO THE INSIDE OF YOUR OPPONENT’S RIGHT FOREARM “**WITH**” YOUR LEFT FIST COCKING TO YOUR LEFT HIP (PALM UP).
2. IMMEDIATELY EXECUTE A RIGHT ROLLING EXTENDED OUTWARD DIAGONAL (SLICING THROUGH) HANDSWORD TO THE RIGHT SIDE OF YOUR OPPONENT’S NECK (WHILE REMAINING IN A RIGHT NEUTRAL BOW STANCE).
3. PIVOT IN PLACE INTO A RIGHT FORWARD BOW STANCE TO 12 O’CLOCK AS YOU DELIVER A LEFT HORIZONTAL FOUR-FINGER THRUST TO YOUR OPPONENT’S EYES “**WITH**” YOUR RIGHT FIST COCKING TO YOUR RIGHT HIP (PALM UP).
4. IMMEDIATELY PIVOT BACK INTO A RIGHT NEUTRAL BOW STANCE AS YOU EXECUTE A RIGHT VERTICAL FOUR-FINGER THRUST TO YOUR OPPONENT’S SOLAR PLEXUS “**WITH**” YOUR LEFT FIST COCKING TO YOUR LEFT HIP (PALM UP).

## WORLDWIDE KENPO KARATE ASSOCIATION

### **SET 2: FIVE SWORDS** (*Left Straight Thrust Punch*)

1. HAVE YOUR LEFT FOOT STEP FORWARD TO 12 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE AND EXECUTE A LEFT HAMMERING INWARD BLOCK TO THE INSIDE OF YOUR OPPONENT'S LEFT FOREARM "WITH" YOUR RIGHT FIST COCKING TO YOUR RIGHT HIP (PALM UP).
2. IMMEDIATELY EXECUTE A LEFT ROLLING OUTWARD DIAGONAL (SLICING THROUGH) HANDSWORD TO THE LEFT SIDE OF YOUR OPPONENT'S NECK (WHILE REMAINING IN A LEFT NEUTRAL BOW STANCE).
3. PIVOT IN PLACE INTO A LEFT FORWARD BOW STANCE TO 12 O'CLOCK AS YOU DELIVER A RIGHT HORIZONTAL FOUR-FINGER THRUST TO YOUR OPPONENT'S EYES "WITH" YOUR LEFT FIST COCKING TO YOUR LEFT HIP (PALM UP).
4. IMMEDIATELY PIVOT BACK INTO A LEFT NEUTRAL BOW STANCE AS YOU EXECUTE A LEFT VERTICAL FOUR-FINGER THRUST TO YOUR OPPONENT'S SOLAR PLEXUS "WITH" YOUR RIGHT FIST COCKING TO YOUR RIGHT HIP (PALM UP).

### **SET 3: GUARDING THE WALL** (*Right Straight Thrust Punch*)

1. SLIDE YOUR LEFT FOOT BACK INTO A LEFT 45 DEGREE CAT STANCE (FACING 12 O'CLOCK) "WITH" BOTH OF YOUR HANDS COCK TO YOUR RIGHT HIP (LEFT, PALM DOWN OVER YOUR RIGHT, PALM UP), WITH BOTH FISTS CLENCHED.
2. HAVE YOUR LEFT FOOT SLIDE TO 9 O'CLOCK INTO A LEFT NEUTRAL BOW STANCE AS YOU EXECUTE A LEFT VERTICAL OUTWARD BLOCK "WITH" A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S SOLAR PLEXUS.
3. FOLLOW UP WITH A LEFT STRAIGHT THRUST JAB TO YOUR OPPONENT'S FACE AS YOUR RIGHT FIST COCKS TO YOUR RIGHT HIP, (PALM UP).
4. HAVING TURNED YOUR OPPONENT SLIGHTLY TO HIS LEFT, EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S RIGHT RIB CAGE AS YOUR LEFT FIST COCKS BY YOUR LEFT EAR.
5. IMMEDIATELY EXECUTE A LEFT SIDE-LOW HORIZONTAL ANKLE KICK TO YOUR OPPONENT'S RIGHT SHIN (FROM POINT OF ORIGIN TO SHIN LEVEL) "WITH" A LEFT SIDE VERTICAL HANGING PUNCH TO THE RIGHT LOWER RIB CAGE OF YOUR OPPONENT, AS YOUR RIGHT FIST COCKS TO YOUR RIGHT HIP, (PALM UP).
6. PLANT YOUR LEFT FOOT TO 9 O'CLOCK INTO A SIDE HORSE STANCE AND TURN YOUR HEAD TO 12 O'CLOCK AS BOTH OF YOUR FISTS COCK TO THEIR RESPECTIVE HIPS, (PALM UP).

## WORLDWIDE KENPO KARATE ASSOCIATION

### SET 4: GUARDING THE WALL (*Left Straight Thrust Punch*)

1. SLIDE YOUR RIGHT FOOT BACK INTO A RIGHT 45 DEGREE CAT STANCE. (THIS STANCE IS A LEFT SIDE CLOSE KNEEL. SIMULTANEOUSLY HAVE BOTH OF YOUR HANDS COCK TO YOUR LEFT HIP (RIGHT, PALM DOWN OVER YOUR LEFT, PALM UP), WITH BOTH FISTS CLENCHED.
2. HAVE YOUR RIGHT FOOT SLIDE TO 3 O'CLOCK INTO A RIGHT NEUTRAL BOW STANCE AS YOU EXECUTE A RIGHT VERTICAL OUTWARD BLOCK **"WITH"** A LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S SOLAR PLEXUS.
3. FOLLOW UP WITH A RIGHT STRAIGHT THRUST JAB TO YOUR OPPONENT'S FACE AS YOUR LEFT CLENCHED FIST COCKS TO YOUR LEFT HIP, (PALM UP).
4. HAVING TURNED YOUR OPPONENT SLIGHTLY TO HIS RIGHT, EXECUTE A LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE AS YOUR RIGHT FIST COCKS BY YOUR RIGHT EAR.
5. IMMEDIATELY EXECUTE A RIGHT SIDE-LOW HORIZONTAL ANKLE KICK TO YOUR OPPONENT'S LEFT SHIN (FROM POINT OF ORIGIN TO SHIN LEVEL) **"WITH"** A RIGHT SIDE VERTICAL HANGING PUNCH TO THE LEFT LOWER RIB CAGE OF YOUR OPPONENT AS YOUR LEFT FIST COCKS TO YOUR LEFT HIP, (PALM UP).
6. PLANT YOUR RIGHT FOOT TO 3 O'CLOCK INTO A SIDE HORSE STANCE AND TURN YOUR HEAD TO 12 O'CLOCK AS BOTH OF YOUR FISTS COCK TO THEIR RESPECTIVE HIPS, (PALM UP).

### SET 5: ROLLING MACES (*Right Straight Kick And Left Straight Thrust Punch*)

1. HAVE YOUR LEFT FOOT SLIDE BACK TO 4:30 INTO A LEFT REAR TWIST REVERSE STANCE. PIVOT COUNTER-CLOCKWISE INTO A LEFT NEUTRAL BOW STANCE (FACING 6 O'CLOCK) AS YOU EXECUTE A LEFT HAMMERING OUTWARD DOWNWARD BLOCK **"WITH"** A RIGHT HAMMERING INWARD BLOCK (**UNIVERSAL BLOCK**) WHILE KEEPING YOUR UPPER BODY ERECT. YOU ARE BLOCKING ON THE INSIDE OF YOUR OPPONENT'S RIGHT KICKING LEG WITH YOUR LEFT OUTWARD DOWNWARD BLOCK AND BLOCKING ON THE OUTWARD OF HIS LEFT PUNCHING ARM WITH YOUR RIGHT INWARD BLOCK.
2. YOUR OPPONENT NOW PLANTS FORWARD WITH HIS RIGHT FOOT EXECUTING A RIGHT STRAIGHT PUNCH TO YOUR FACE. PIVOT INTO A LEFT FORWARD BOW STANCE WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK (THAT BECOMES AN UPWARD PARRY, FIST CLOSED) UNDER YOUR OPPONENT'S RIGHT PUNCH **"WITH"** A RIGHT OUTWARD ROLLING VERTICAL UNDERHAND HAMMERFIST STRIKE TO 7:30 TO YOUR OPPONENT'S GROIN.
3. WITH YOUR OPPONENT BENDING FORWARD, PIVOT INTO A LEFT NEUTRAL BOW STANCE AS YOU EXECUTE A LEFT OUTWARD DIAGONAL HEEL-PALM CLAW TO YOUR OPPONENT'S FACE WHILE YOUR RIGHT ARM **POSITIONALLY**



## WORLDWIDE KENPO KARATE ASSOCIATION

**CHECKS** HORIZONTALLY (FIST CLENCHED, PALM DOWN AND UNDER YOUR LEFT ELBOW).

4. FLOW INTO A RIGHT SNAPPED OUTWARD DIAGONAL BACK-KNUCKLE STRIKE (USING A ROLLING ACTION) TO YOUR OPPONENT'S RIGHT TEMPLE. REPEAT YOUR ROLLING ACTION WITH A LEFT AND THEN ANOTHER RIGHT SNAPPED OUTWARD DIAGONAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S RIGHT TEMPLE. WHEN YOUR RIGHT HAND IS STRIKING, YOUR LEFT HAND SHOULD BE POSITIONALLY CHECKING AT YOUR SOLAR PLEXUS AND WHEN YOUR LEFT HAND IS STRIKING, YOUR RIGHT HAND SHOULD BE CHECKING. THESE THREE (**ROLLING CHECKS**) ARE DONE WITH YOUR HAND OPEN (PALM DOWN).

### **SET 6: ROLLING MACES** (*Left Straight Kick And Right Straight Thrust Punch*)

1. HAVE YOUR RIGHT FOOT SLIDE BACK TO 1:30 INTO A RIGHT REAR TWIST REVERSE STANCE. PIVOT CLOCKWISE INTO A RIGHT NEUTRAL BOW STANCE (FACING 12 O'CLOCK) AS YOU EXECUTE A RIGHT HAMMERING OUTWARD DOWNWARD BLOCK "WITH" A LEFT HAMMERING INWARD BLOCK (**UNIVERSAL BLOCK**) WHILE KEEPING YOUR UPPER BODY ERECT. YOU ARE BLOCKING ON THE INSIDE OF YOUR OPPONENT'S LEFT KICKING LEG WITH YOUR RIGHT OUTWARD DOWNWARD BLOCK AND BLOCKING ON THE OUTWARD OF HIS RIGHT PUNCHING ARM WITH YOUR LEFT INWARD BLOCK.

2. YOUR OPPONENT PLANTS FORWARD WITH HIS LEFT FOOT EXECUTING A LEFT STRAIGHT PUNCH TO YOUR FACE. PIVOT INTO A RIGHT FORWARD BOW STANCE WHILE EXECUTING A RIGHT EXTENDED UPWARD BLOCK (THAT BECOMES AN UPWARD PARRY, FIST CLOSED) UNDER YOUR OPPONENT'S LEFT PUNCH "**WITH**" A LEFT OUTWARD ROLLING VERTICAL UNDERHAND HAMMERFIST STRIKE TO 10:30 TO YOUR OPPONENT'S GROIN.

3. WITH YOUR OPPONENT BENDING FORWARD, PIVOT INTO A RIGHT NEUTRAL BOW STANCE AS YOU EXECUTE A RIGHT OUTWARD DIAGONAL HEEL-PALM CLAW TO YOUR OPPONENT'S FACE WHILE YOUR LEFT ARM CHECKS HORIZONTALLY (FIST CLENCHED, PALM DOWN AND UNDER YOUR RIGHT ELBOW).

4. FLOW INTO A LEFT SNAPPED OUTWARD DIAGONAL BACK-KNUCKLE STRIKE (USING A ROLLING ACTION) TO YOUR OPPONENT'S LEFT TEMPLE. REPEAT YOUR ROLLING ACTION WITH A RIGHT AND THEN ANOTHER LEFT SNAPPED OUTWARD DIAGONAL BACK-KNUCKLE STRIKE TO YOUR OPPONENT'S LEFT TEMPLE. WHEN YOUR LEFT HAND IS STRIKING, YOUR RIGHT HAND SHOULD BE **POSITIONALLY CHECKING** AT YOUR SOLAR PLEXUS AND WHEN YOUR RIGHT HAND IS STRIKING YOUR LEFT HAND SHOULD BE CHECKING. THESE THREE (**ROLLING CHECKS**) ARE DONE WITH YOUR HAND OPEN (PALM DOWN).

### **SET 7: CIRCLING MACE** (*Left Step-Through Kick*)

## WORLDWIDE KENPO KARATE ASSOCIATION

1. YOUR RIGHT FOOT COVERS TO 10:30 INTO A LEFT NEUTRAL BOW STANCE (FACING 4:30) “**WITH**” A LEFT OUTWARD DOWNWARD BLOCK, TO THE OUTWARD OF YOUR OPPONENT’S LEFT STEP-THROUGH KICK, AS YOUR RIGHT HAND COCKS ON YOUR RIGHT HIP (FIST PALM UP).
2. WITH YOUR OPPONENT’S BODY FORCED TO TURN TO HIS RIGHT, CONTINUE THE ACTION OF YOUR LEFT HAND SO THAT IT CONVERTS INTO A LEFT INWARD LOOPING OVERHEAD INVERTED BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S RIGHT TEMPLE AT THE MOMENT YOUR OPPONENT’S LEFT FOOT PLANTS.
3. PIVOT INTO A LEFT FORWARD BOW STANCE (FACING 4:30) AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT’S RIGHT RIB CAGE AS YOUR LEFT HAND COCKS ON YOUR LEFT HIP (FIST PALM UP).
4. EXECUTE A RIGHT STEP-THROUGH FRONT SNAPPING BALL KICK TO YOUR OPPONENT’S GROIN (ENTERING FROM THE REAR) “**WITH**” A LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT’S LEFT RIB CAGE. HAVE YOUR RIGHT HAND COCK ON YOUR RIGHT HIP (FIST PALM UP).
5. PLANT YOUR RIGHT FOOT FORWARD TO 4:30 INTO A TRANSITIONAL RIGHT NEUTRAL BOW STANCE. IMMEDIATELY PIVOT INTO A RIGHT SIDE HORSE STANCE TO **BUCKLE** YOUR OPPONENT’S LEFT LEG “**WITH**” A RIGHT SIDE THRUSTING VERTICAL HANGING PUNCH TO YOUR OPPONENT’S LEFT RIB CAGE. HAVE YOUR LEFT HAND COCK TO YOUR RIGHT HIP (FIST PALM UP).

### **SET 8: CIRCLING MACE** (*Right Step-Through Straight Kick*)

1. HAVE YOUR RIGHT FOOT “V” STEP (**TRANSITORY** CAT STANCE) AND MOVE TO 7:30 INTO A RIGHT NEUTRAL BOW STANCE “**WITH**” A RIGHT OUTWARD DOWNWARD BLOCK, TO THE OUTSIDE OF YOUR OPPONENT’S RIGHT LEG AS HE EXECUTES A RIGHT STEP-THROUGH KICK, AS YOUR LEFT HAND COCKS ON YOUR LEFT HIP (FIST PALM UP).
2. WITH YOUR OPPONENT’S BODY FORCED TO TURN TO HIS LEFT, CONTINUE THE ACTION OF YOUR RIGHT HAND SO THAT IT CONVERTS INTO A RIGHT INWARD LOOPING OVERHEAD INVERTED BACK-KNUCKLE STRIKE TO YOUR OPPONENT’S LEFT TEMPLE AT THE MOMENT YOUR OPPONENT’S RIGHT FOOT PLANTS.
3. PIVOT INTO A RIGHT FORWARD BOW STANCE (FACING 7:30) AS YOU EXECUTE A LEFT STRAIGHT THRUST PUNCH TO YOUR OPPONENT’S LEFT RIB CAGE, AS YOUR RIGHT HAND COCKS ON YOUR RIGHT HIP (FIST PALM UP).
4. EXECUTE A LEFT STEP-THROUGH FRONT SNAPPING BALL KICK TO YOUR OPPONENT’S GROIN (ENTERING FROM THE REAR) “**WITH**” A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT’S RIGHT RIB CAGE. HAVE YOUR LEFT HAND COCK ON YOUR LEFT HIP (FIST PALM UP).
5. PLANT YOUR LEFT FOOT FORWARD TO 7:30 INTO A TRANSITIONAL LEFT

## WORLDWIDE KENPO KARATE ASSOCIATION

NEUTRAL BOW STANCE. IMMEDIATELY PIVOT INTO A LEFT SIDE HORSE STANCE TO BUCKLE YOUR OPPONENT'S RIGHT LEG "WITH" A LEFT SIDE THRUSTING VERTICAL HANGING PUNCH TO YOUR OPPONENT'S RIGHT RIB CAGE. HAVE YOUR RIGHT HAND COCK TO YOUR RIGHT HIP (FIST PALM UP).

### **SET 9: DROPPING THE MACE** (*Right Flank Shoulder Grab With Left Hand*)

1. EXECUTE A LEFT FRONT TWIST FORWARD TO 1:30 AS YOU EXECUTE A LEFT VERTICAL OVERHEAD (HORIZONTAL) HANGING PUNCH TO THE BRIDGE OF YOUR OPPONENT'S NOSE. DURING THIS ACTION, YOUR RIGHT HAND IS COCKED ON YOUR RIGHT HIP (FIST PALM UP).
2. WITHOUT ANY LOSS OF MOTION, STEP OUT INTO A RIGHT NEUTRAL BOW STANCE TO 1:30 WHILE EXECUTING WHAT APPEARS TO BE A RIGHT EXTENDED UPWARD BLOCK. THE MOVE IS USED BY FIRST HAVING THE FIST (TRAVELING IN AN UPPERCUT FASHION) STRIKE TO THE UNDERSIDE OF YOUR OPPONENT'S CHIN. AS THE SAME ACTION CONTINUES ITS COURSE, YOUR RIGHT FOREARM IS USED TO AGAIN STRIKE UNDER YOUR OPPONENT'S CHIN. HAVE YOUR LEFT HAND COCK ON YOUR LEFT HIP (FIST PALM UP).
3. FOLLOW UP WITH A LEFT VERTICAL (**BRACING ANGLE**) TWO-FINGER EYE THRUST TO YOUR OPPONENT'S RIGHT EYE, PARALLELING THE RETURNING MOTION OF YOUR RIGHT ARM. (YOUR RIGHT HAND STOPS NEAR YOUR LEFT ELBOW). SHOOT A RIGHT VERTICAL (**BRACING ANGLE**) TWO-FINGER EYE THRUST TO YOUR OPPONENT'S LEFT EYE, WHICH PARALLELS THE RETURNING MOTION OF YOUR LEFT ARM.

### **SET 10: DROPPING THE MACE** (*Left Flank Shoulder Grab With Right Hand*)

1. EXECUTE AN IN PLACE RIGHT FRONT (CLOCKWISE) ROTATING TWIST TO 10:30 AS YOU EXECUTE A RIGHT VERTICAL OVERHEAD (HORIZONTAL) HANGING PUNCH TO THE BRIDGE OF YOUR OPPONENT'S NOSE. DURING THIS ACTION, YOUR LEFT HAND COCKS ON YOUR LEFT HIP (FIST PALM UP).
2. WITHOUT ANY LOSS OF MOTION, STEP OUT INTO A LEFT NEUTRAL BOW STANCE TO 10:30 WHILE EXECUTING A LEFT EXTENDED UPWARD BLOCK. THE MOVE IS USED BY FIRST HAVING THE FIST (TRAVELING IN AN UPPERCUT FASHION) STRIKE TO THE UNDERSIDE OF YOUR OPPONENT'S CHIN. AS THE SAME ACTION CONTINUES ITS COURSE, YOUR LEFT FOREARM IS USED TO AGAIN STRIKE UNDER YOUR OPPONENT'S CHIN. HAVE YOUR RIGHT HAND COCK TO YOUR RIGHT
3. FOLLOW UP WITH A RIGHT VERTICAL (**BRACING ANGLE**) TWO-FINGER EYE THRUST TO YOUR OPPONENT'S LEFT EYE, PARALLELING THE RETURNING MOTION OF YOUR LEFT ARM. (YOUR LEFT HAND STOPS NEAR YOUR RIGHT ELBOW). SHOOT A LEFT VERTICAL (**BRACING ANGLE**) TWO-FINGER EYE THRUST TO YOUR OPPONENT'S RIGHT EYE, WHICH PARALLELS THE RETURNING MOTION OF YOUR RIGHT ARM.

## WORLDWIDE KENPO KARATE ASSOCIATION

### **SET 11: UNWINDING MACE** (*Right Step-Through Ball Kick*)

1. EXECUTE A LEFT REAR REVERSE TWIST STANCE TO 4:30 INTO A RIGHT FRONT TWIST STANCE (FACING 10:30), AS YOU EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM UP) TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT KICK. (THIS BLOCK IS DONE DIAGONALLY FROM 10:30 TO 4:30 WITH YOUR BACK REMAINING ERECT). IN THE PROCESS, YOUR RIGHT HAND COCKS ON YOUR RIGHT HIP (FIST PALM UP).
2. UNPIVOT IN PLACE COUNTER-CLOCKWISE INTO A RIGHT SIDE HORSE STANCE (FACING 10:30) WHILE YOU SNAP A RIGHT SIDE VERTICAL HANGING PUNCH TO YOUR OPPONENT'S RIGHT RIB CAGE. HAVE YOUR LEFT HAND COCK ON YOUR LEFT HIP (FIST PALM UP).

### **SET 12: UNWINDING MACE** (*Left Step-Through Ball Kick*)

1. EXECUTE A RIGHT REAR REVERSE TWIST STANCE TO 4:30 INTO A LEFT FRONT TWIST STANCE (FACING 10:30), AS YOU EXECUTE A RIGHT INSIDE DOWNWARD BLOCK (PALM UP) TO THE OUTSIDE OF YOUR OPPONENT'S LEFT KICK. (THIS IS DONE DIAGONALLY FROM 1:30 TO 7:30 WITH YOUR BACK REMAINING ERECT). IN THE PROCESS, YOUR LEFT HAND COCKS ON YOUR LEFT HIP (FIST PALM UP).
2. UNPIVOT IN PLACE CLOCKWISE INTO A LEFT SIDE HORSE STANCE (FACING 10:30) WHILE YOU SNAP A LEFT SIDE VERTICAL HANGING PUNCH TO YOUR OPPONENT'S LEFT RIB CAGE. HAVE YOUR RIGHT HAND COCK ON YOUR RIGHT HIP (FIST PALM UP).

### **SET 13: HOOKING PENDULUM** (*Right Step-Through Ball Kick*)

1. STEP BACK WITH YOUR RIGHT FOOT TO 7:30 INTO A LEFT SIDE HORSE STANCE (FACING 1:30), WHILE YOU EXECUTE A LEFT INWARD DOWNWARD BLOCK (PALM DOWN) TO THE OUTSIDE OF YOUR OPPONENT'S RIGHT KICK. HAVE YOUR RIGHT HAND COCK ON YOUR RIGHT HIP (FIST PALM UP).
2. CONTINUE THE COUNTER-CLOCKWISE MOTION OF YOUR LEFT ARM INTO A LOW LEFT VERTICAL OUTWARD BLOCK AND THEN CONTINUE INTO A LEFT SNAPPING OUTWARD VERTICAL BACK-KNUCKLE STRIKE TO 1:30 TO YOUR OPPONENT'S RIGHT TEMPLE.

### **SET 14: HOOKING PENDULUM** (*Left Step-Through Ball Kick*)

1. STEP BACK WITH YOUR LEFT FOOT TO 7:30 INTO A RIGHT SIDE HORSE STANCE (FACING 1:30), WHILE YOU EXECUTE A RIGHT INWARD DOWNWARD BLOCK (PALM DOWN), TO THE OUTSIDE OF YOUR OPPONENT'S LEFT KICK. HAVE YOUR LEFT HAND COCK ON YOUR LEFT HIP (FIST PALM UP).
2. CONTINUE THE CLOCKWISE MOTION OF YOUR RIGHT ARM INTO A LOW RIGHT VERTICAL OUTWARD BLOCK AND THEN CONTINUE INTO A RIGHT SNAPPING VERTICAL BACK-KNUCKLE STRIKE TO 1:30 TO YOUR OPPONENT'S

## WORLDWIDE KENPO KARATE ASSOCIATION

LEFT TEMPLE.

### **SET 15: OPPRESSING THE BEARS** (*Right Flank Shoulder Grab - Left Hand/Right Step-Through Knee kick*)

1. EXPLODE AS YOU PIVOT INTO A RIGHT FORWARD BOW STANCE (FACING 1:30) AS YOU EXECUTE A LEFT INWARD PUSHDOWN BLOCK ON TOP OF YOUR OPPONENT'S KNEE STRIKE. HAVE YOUR RIGHT HAND COCK ON YOUR RIGHT HIP (FIST PALM UP).
2. EXECUTE A LEFT STEP-THROUGH FORWARD TO 1:30 INTO A LEFT NEUTRAL BOW STANCE, AS YOU EXECUTE A LEFT CIRCLING OUTWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S CHEST. THE SAME MOVE IS THEN CONVERTED INTO A VERTICAL HEEL-PALM CLAW TO YOUR OPPONENT'S FACE.

### **SET 16: OPPRESSING THE BEARS** (*Left Flank Shoulder Grab With Right Hand And Left Step-Through Knee Kick*)

1. EXPLODE AS YOU PIVOT INTO A LEFT FORWARD BOW STANCE (FACING 1:30) AS YOU EXECUTE A RIGHT INWARD PUSHDOWN BLOCK ON TOP OF YOUR OPPONENT'S KNEE STRIKE. HAVE YOUR LEFT HAND COCK ON YOUR LEFT HIP (FIST PALM UP).
2. EXECUTE A RIGHT STEP-THROUGH FORWARD TO 1:30 INTO A RIGHT NEUTRAL BOW STANCE, AS YOU EXECUTE A RIGHT CIRCLING OUTWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S CHEST. THE SAME MOVE IS THEN CONVERTED INTO A VERTICAL HEEL-PALM CLAW TO YOUR OPPONENT'S FACE.

### **SET 17: OPPRESSING THE BEARS** (*Right Flank Shoulder Grab With Left Hand And Right Step-Through Knee Kick*)

1. EXPLODE AS YOU PIVOT INTO A RIGHT FORWARD BOW STANCE (FACING 1:30) AS YOU EXECUTE A LEFT INWARD PUSHDOWN BLOCK ON TOP OF YOUR OPPONENT'S KNEE STRIKE. HAVE YOUR RIGHT HAND COCK ON YOUR RIGHT HIP (FIST PALM UP).
2. EXECUTE A LEFT STEP-THROUGH FORWARD TO 1:30 INTO A LEFT NEUTRAL BOW STANCE, AS YOU EXECUTE A LEFT CIRCLING OUTWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE TO YOUR OPPONENT'S CHEST. THE SAME MOVE IS THEN CONVERTED INTO A VERTICAL HEEL-PALM CLAW TO YOUR OPPONENT'S FACE.

### **SET 18: ENTRAPPING THE LIMBS** (*Attempted Right Wrist Grab*)

1. PIVOT INTO A LEFT FORWARD BOW STANCE (FACING 1:30) AS YOU EXECUTE A RIGHT STRAIGHT THRUST PUNCH TO YOUR OPPONENT'S STOMACH. HAVE YOUR LEFT HAND COCKED ON YOUR LEFT HIP (FIST

## WORLDWIDE KENPO KARATE ASSOCIATION

CLENCHED, PALM UP). (THIS ACTION SHOULD CAUSE YOUR OPPONENT TO BEND FORWARD).

2. AS YOUR OPPONENT ATTEMPTS TO GRAB YOUR WAIST, UNPIVOT BACK INTO A LEFT NEUTRAL BOW STANCE (FACING 1:30). AS YOU DELIVER A LEFT INWARD VERTICAL FOREARM STRIKE TO THE RIGHT SIDE OF YOUR OPPONENT'S HEAD. IN THE PROCESS, YOUR RIGHT HAND COCKS ON YOUR RIGHT HIP (FIST PALM UP).

### **SET 19: CIRCLING THE RAM** (*Attempted Front Tackle*)

1. AGAIN EXECUTE A LEFT STEP-THROUGH REVERSE BACK TO 7:30, WHILE PIVOTING INTO A RIGHT NEUTRAL BOW STANCE (FACING 1:30). DELIVER A RIGHT INWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE TO THE BASE OF YOUR OPPONENT'S SKULL "WITH" YOUR LEFT HAND COCKING BACK ON YOUR LEFT HIP (FIST PALM UP).

### **SET 20: CIRCLING THE RAM** (*Attempted Front Tackle*)

1. AGAIN EXECUTE A RIGHT STEP-THROUGH REVERSE BACK TO 7:30, WHILE PIVOTING INTO A LEFT NEUTRAL BOW STANCE (FACING 1:30). DELIVER A LEFT INWARD OVERHEAD DOWNWARD VERTICAL ELBOW STRIKE TO THE BASE OF YOUR OPPONENT'S SKULL "WITH" YOUR RIGHT HAND COCKING BACK ON YOUR RIGHT HIP (FIST PALM UP).

\*\*\*\* 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. CONSEQUENTLY, THE ATTACKS OR TARGETS OF YOUR OPPONENT MAY BE EXCLUDED OR HAVE THE FOLLOWING INTERPRETATION.

### **SET 21: CAPTURING THE BEARS** (*Various Uses Of The Elbows*)

1. SLIDE BACK WITH YOUR LEFT FOOT SO THAT IT LINES UP WITH YOUR RIGHT FOOT INTO A TRAINING HORSE STANCE (FACING 12 O'CLOCK), AS YOU EXECUTE A RIGHT INWARD HORIZONTAL ELBOW STRIKE "WITH" A LEFT INWARD HORIZONTAL HEEL-PALM (SANDWICH) TO ANY AVAILABLE TARGETS TO 12 O'CLOCK.

2. EXECUTE TWIN OUTWARD HORIZONTAL ELBOW STRIKES AT YOUR SHOULDER LEVEL AS THEY MAY BE POSSIBLY DIRECTED TO THE HEADS OF YOUR TWO FLANKING OPPONENT'S.

3. EXECUTE A LEFT VERTICAL UPWARD ELBOW STRIKE (UNDER THE CHIN OF YOUR FRONT OPPONENT) "WITH" A RIGHT BACK ELBOW STRIKE (TO THE SOLAR PLEXUS OF YOUR REAR OPPONENT).

**CLOSING:** BRING YOUR LEFT OPEN HAND DOWN TO THE CENTER OF YOUR BODY (12 O'CLOCK) AS YOUR RIGHT FIST (SANDWICHING EFFECT) ENDS IN A

## WORLDWIDE KENPO KARATE ASSOCIATION

MEDITATING HORSE STANCE. COME TO AN ATTENTION STANCE. EXECUTE THE FULL SALUTATION. BOW.

### PRINCIPLES OF MOTION

**Bracing Angle** - That specific body position which strengthens and supports the execution of a defensive or offensive move in anticipation of contact or impact.

**Frictional Pull** - A method of pulling and unbalancing an opponent with the use of friction which can conveniently set an opponent up for additional counters.

**Gauging Leg** - The leg used to alter the distance between your opponent and yourself for purposes of offense or defense.

**Line of Entry** - That line or path of penetration that allows you or your opponent access to targets.

**Open End Triangle** - The positioning of your body parts so that they form a triangle. This natural formation helps to funnel, wedge, trap, or prevent an opponent from injuring you.

**Opposing Forces** - The directing of two convergent moving forces so that when collision occurs the impact is greatly increased.

**Reverse Motion** - Returning on the same path of an initiated move.

**Sandwiching Effect** - Involves striking a target from opposite sides. This vice like execution prevents the target from moving, and increases the effects of the injury.

**Settle** - It is a method of solidifying and stabilizing your base. This subtle maneuver adjusts the height, width, and depth of your stance, and increases your balance and strength.

**Universal Block** - A specific block that simultaneously employs two types of arm blocks to complete the defense.

**Wedge** - A triangularly shaped formation of body limbs which, when employed, can separate or force apart a two hand choke, grab, or push prior to countering.





