

**ADULT  
WHITE BELT**



**MINIMUM OF 1 MONTH  
OR 8 CLASSES**

### SIDE GRABS

**HAMMER AND SWORD** **A-** Right shoulder grab or left shoulder grab **D-** Depending upon which shoulder is grabbed, pin the opponent's hand and step to that side into a square horse stance. (Behind opponent if possible) Hammer strike to the groin followed by a chop to the throat while maintaining the pin. Variation can be chop to the throat followed by the hammer fist. (Can also be done from sitting position). Guard

**WRAP AROUND** **A-** Right side shoulder grab **D-** Left hand covers (but does not pin) while right arm circles around attackers arm into an uppercut. Right stomp to attackers foot. Unwrap and Guard. (Unwrap could be a returning back knuckle to mastoid.)

### SINGLE WRIST GRABS

**FRONT WRIST GRAB** **A-** Straight wrist grab. **D-** If opponent is far away, right front kick to opponent's knee or groin. If opponent is close, right knee to opponent's groin. Land the right kicking leg to the right side. Left heel palm to opponent's jaw or nose. Right upward elbow to release. Guard.

**REAR WRIST GRAB** **D-** If opponent is far away, Step Toward Opponent with left foot. Right rear Kick to knee, if opponent is close, Right stomp to foot. Pull away. Guard (Can also work for hair grab & rear purse grab)

### BASICS

#### STRIKES

Back Knuckle  
Reverse Punch  
Chop  
Heel palm (Front & Rear)  
Hammer Fist

#### KICKS

Front Kick  
Rear Kick-Knee  
Wheel Kick (Front Leg Round Kick)

#### STANCES

Natural/Ready Stance  
Square Horse Stance (Training Horse)  
Sparring Stance/Fight Stance/Toe-Heel/Neutral Bow/Guard

#### BLOCKING SET

Bow. Horse stance. Right Inward block. Left Inward block. Right Outward block. Left Outward block. Right Upward block. Left Upward block. Right Downward block. Left Downward block. Right reverse punch. Left reverse punch. Fist and Cover. Bow

### AMERIKICK HISTORY

Amerikick was started by Dennis Tosten, who began his martial arts training at age 13 in Combat Judo and Bo Koru Jiu-Jitsu. After this he moved on to Kenpo Karate which consists of over 1,000 self defense moves, and Shotokan, one of the most traditional systems, with a focus on strength, power and weapons training. At age 18 Dennis purchased the school from his instructor in Philadelphia which was then called American Karate Studios. Dennis Tosten supplemented his training with Krav Maga, Kung Fu, Ninjitsu, Tae Kwon do, Judo, Bando and Arnis (Fillipino stick and knife fighting). Dennis has achieved black belts in many styles and systems, and along with many instructors in the Amerikick system, trains security, law enforcement and military personnel. Amerikick now has Instructors from all over the country who are versed in a variety of Martial arts teaching the Amerikick system which is a finely honed and organized style teaching efficient and powerful self defense. Amerikick instructors and students are known for their excellent fighting and performance ability, winning World Titles in the spectacular and fast paced World martial arts competitions. Today Amerikick teaches children and adults of all ages and ability levels by starting them with a solid foundation of strong basic martial arts skills and helping them grow into formidable martial artists.



**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**

**ADULT  
YELLOW BELT**



**MINIMUM OF 2 MONTHS  
OR 16 CLASSES**

### **GRABS**

**DEFENSIVE WARRIOR** **A-** Front Shoulder Grab (Grab and punch, Right punch, Push or grab) **D-** Step back right, Double outward chop blocks. Shuffle in Right palm then Left palm then Right Palm to face in a quick barrage. Right instep kick to the knee and left cut kick to knee. Guard and circle out.

**DOUBLE WRIST GRAB** **A-** Two hand front wrist grab **D-** Very Small Step back with left foot into a right cat stance as you circle hands up and open. Right front kick to groin. Left front kick or knee to chest or jaw. Land into a forward bow stance. Double palms to opponent's ribs. Guard.

**REAR DOUBLE WRIST GRAB** **A-** Rear two hand wrist grab **D-** Counter grab opponent's wrists. Step forward with your left foot. Right back kick to opponent's groin or knee pulling opponent into the kick. Cross out. Guard.

**PUSHING THE CIRCLE** **A-** Right straight grab. **D-** Step back with left foot as you pull your right arm back to your left shoulder going against the attackers thumb. Right hand hammer fist to opponents stomach or face.

### **BASICS**

#### **MOVEMENT**

Shuffles (Hand & Foot)  
Shuffle Front Kick  
Shuffle Wheel Kick  
Shuffle Back Knuckle Reverse  
Punch

#### **KICKS**

Front Kick  
Rear Kick  
Front-Rear Combo-Knee  
Front Leg Round Kick/Wheel  
Kick  
Cut kick

#### **PUNCHES**

Jab  
Cross  
Hook Punch  
Upper Cut

#### **ELBOW SET**

Bow  
Right inward elbow. Left inward elbow.  
Right outward elbow. Left outward elbow.  
Right upward elbow. Left upward elbow.  
Right downward elbow. Left downward elbow.  
Bow

#### **BLOCKING SET**

Bow. Horse stance. Right Inward block. Left Inward block. Right Outward block. Left Outward block. Right Upward block. Left Upward block. Right Downward block. Left Downward block. Right reverse punch. Left reverse punch.  
Fist and Cover. Bow

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**ADULT  
ORANGE  
BELT**



**MINIMUM OF 2 MONTHS  
OR 16 CLASSES**

### HEADLOCKS

**SIDE HEAD LOCK** **A-** Left Side head lock. **D-** Step with your right foot around opponent landing into a horse stance, Double hammer strike to the kidney and groin. Grab opponent's hair with your left hand and pull opponent back. Right heel palm to the jaw. Right knee to the right leg or groin of opponent. Guard. (Practice this and ALL techniques on both sides)

**FRONT HEAD LOCK** **A-** Right side Front headlock. **D-** Relieve the pressure of grab with the left arm. Step forward with the right foot into a horse stance as the right ridge hand strikes to the groin. Right inverted upward elbow strike to jaw. Slide your head out of the grab. Shuffle Side elbow. Guard.

### First Stripe REAR NECK LOCKS

**JAPANESE STRANGLEHOLD** **A-** Right Stranglehold from behind. **D-** Relieve the pressure of the grab with right hand or both hands. Step to the right side landing into a square horse stance. Left elbow strike to solar plexus. Left hammer fist to groin. Left obscure elbow under jaw. Guard.

**HEEL HOOK** **A-** Full nelson. **D-** Step back into horse drop elbows down, fists point upward. Straighten arms to the sides pinning attacker's arms and stand up & head butt attacker's face. Right scoop kick to inside of attacker's left knee. Ride side kick to inside of attacker's right knee. Right shin scrape into right stomp to attacker's instep. Guard.

### Second stripe PUSHES

**TRIGGERED PUSH** **A-** Front straight push to left shoulder. **D-** Pivot in place, Twist into Right heel palm to attacker's jaw. As you pin attackers hand to your left shoulder with your left hand. Right hook to attacker's right arm dropping attacker's height. Step forward with your right foot into a horse stance Right inward elbow to attacker's face. Left outward elbow to attacker's face. Right uppercut to attacker's solar plexus or jaw, maintaining the pin. Guard.

**PARTING THE PUSH** **A-** Front two hand high push. **D-** Step back with the right foot into a fighting stance. Double outward chops strike inside of attacker's wrists. Right chop to attacker's left floating rib, left hand checks high. Left outward chop to attacker's left side of neck. Right middle knuckle or side punch to attacker's solar plexus as left hand checks low. Guard

### BASICS

#### KICKS

Rear Leg Round Kick  
Chicken Kick  
Heel Stomp  
Side Snap Kick  
Front Kick Side Kick

#### STRIKES

Jab  
Cross  
Hook Punch  
Uppercut Punch

#### STANCES

Cat Stance  
Forward Bow  
Reverse Bow  
Switch

**KNEE SET:** Bow. Right inward knee. Left inward knee. Right rear crossover right knee. Left rear crossover to left knee. Right outward knee. Left Left outward knee. Right upward knee. Left upward knee step forward left foot and Right downward knee. Switch stance into left kneel and palm. Bow.

### SHORT 1

**HOERSE STANCE.** Bow. (**A-** from 12:00) Left foot steps back into fighting stance as right inward block. Right foot steps back into fighting stance as left inward block. (**A-** from 9:00) Right foot steps up to 2:00 as left outward block to 9:00. Left foot steps back to 4:00 as right outward block to 9:00. (**A-** from 3:00) Right foot steps over to 7:00 as left rising block to 3:00. Left foot steps back to 10:00 as right rising block to 3:00. (**A-** from 6:00) Left foot steps up to 2:00 as right downward block to 6:00. Right foot steps back to 11:00 as left downward block to 6:00. Left foot swings around into horse stance facing 12:00. Bow.

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

ADULT  
PURPLE BELT



MINIMUM OF 3 MONTHS  
OR 24 CLASSES

## PUNCHES

**FIVE SWORDS A-** Right hook punch **D-** Step forward with the right foot into a fight stance. Right sweeping inward block to punch, left hand covers. Right chop to attacker's right side of neck. Left palm / spear hand to attacker's eyes. Right uppercut to attacker's solar plexus. Left outward heel palm claw to attacker's left side of face while the left foot slightly steps to 4:00. Right downward chop to attacker's left side of neck shifting into a horse stance. Guard.

**THE SHIELD LEFT A-** Left Hook punch **D-** Step forward with the right foot into a forward bow stance. Burst into a right extended outward block to attacker's punch. Left heel palm to attacker's jaw. Right hammer knuckle rake to attacker's temple/bridge of the nose while shifting into a horse stance. Shuffle in Right elbow strike to attacker's solar plexus keeping left hand covering. Guard.

**WINDMILL GUARD A-** Right straight punch **D-** Step to the left side with the left foot while left hand parries the attacker's punch. Right hand outward chop to attacker's forearm. Right counter grab to attacker's arm. Right round kick to attacker's groin or solar plexus. Cross out. Guard. (Also work on opposite side for left Punch)

## First Stripe LAPEL GRABS

**STRIKING SNAKE A-** Front two hand lapel grab Pulling you in **D-** Left hand traps attacker's double grab while your right leg steps forward into a horse stance. Right uppercut middle knuckle strike to solar plexus. Right hammer fist to temple. Right chop to attacker's throat. Clear arm with right dropping forearm. Right inward elbow to right side of the attacker's jaw. Guard

**KIMONO GRAB A-** Front two hand lapel grab Pushing you away **D-** Left hand pins both of the attackers hands as you step back with your left foot into a sparring stance as your right rising forearm strikes under attacker's elbows. Right inward block to clear attacker's arms. Right chop to attacker's neck/throat. Right inward elbow to attacker's head. Right downward hammer fist to attacker's groin while shifting into a soft bow/close kneel stance. Right rear kick to attacker's groin. Cover out. Guard.

## Second Stripe BEAR HUGS

**CIRCLING ELBOWS A-** Rear bear hug, arms free **D-** Step to the right side landing into a square horse stance. Simultaneously strike attacker's forearms with a double elbow strike (circling outside to in). Left 'C' step behind attacker's right leg to buckle. Left obscure elbow under jaw. Right hammer fist to solar plexus knocking attacker down. Guard.

**CRUSHING HAMMER A-** Rear bear hug, arms pinned **D-** Step to the left side landing into a square horse stance. Simultaneously pin opponent's grab with your left hand and right hammer strike to attacker's groin. Right 'C' step behind attacker's left leg to buckle. Right obscure elbow under jaw. Left heel palm to ribs. Guard.

**FRONT BEAR HUG ARMS FREE D-** Double palms to attackers ears. Left hair grab and right palm to the attackers jaw twisting their neck. If attackers has no hair then grab their ear. Knee. Guard.

**FRONT BEAR HUG ARMS PINNED D-** Step back with the right foot into a fighting stance as both thumbs strikes to attacker's groin nerves. Left hooks opponent. Right knee to attacker's groin while right hand chambers back to hip to break the hold of attacker's left arm. Right palm to heart. Land forward with your right foot with a knife edge stomp to instep. Right inward elbow. Guard.

## BASICS

### KICKS

Side Thrust Kick  
Competition Side Kick  
Crossing Rear Kick  
Front, Side, Rear Kick  
Hook Kick  
Switch Kicks

### STRIKES

Middle Knuckle  
Spear hand  
Ridge hand  
Side punch/Vertical punch

### STEPS

Front Cross Step  
Rear Cross Step

### MOVEMENT

Cross Out (Front + Rear)  
Cover Out (Single + Double)

### LONG 1

(A- From 12:00) Left foot steps back into fighting stance as right inward block. Left reverse punch in bow. Right foot slides back into cat stance as right inward block. Right foot steps back into fighting stance as left inward block. Right reverse punch in bow. (A- From 9:00) Right foot steps up to 2:00 as left outward block to 9:00. Right reverse punch in bow. Left foot steps back to 4:00 as right outward block to 9:00. Left reverse punch in bow. (A- From 3:00) Right foot steps over to 7:00 as left elbow. Right overhead hammerfist. Left rising block. Right punch in bow. Left foot steps back to 10:00 as right rising block to 3:00. Left reverse punch in bow. (A- From 6:00) Left foot steps up to 2:00 as right downward block to 6:00. Left reverse punch in bow. Right foot steps back to 11:00 as left downward block to 6:00. Right reverse punch in bow. Left foot swings around into horse stance facing 12:00 and Hors stance Bow.

“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”

# ADULT BLUE BELT



MINIMUM OF 3 MONTHS  
OR 24 CLASSES

## ARM LOCKS

**HAMMERLOCK A-** Right Hammerlock **D-** Step back with left foot as you right countergrab and left elbow to face. Step forward with left foot. Step around and back to 12:00 with right foot as you counter grab arm and apply an arm bar with the left palm. Right front kick to stomach. Cover out Guard.

**CROSSING THE TALON A-** Front cross wrist grab **D-** Counter grab attacker's right wrist with your right hand. Left foot step forward and to your right landing in front of attacker in a horse stance while left forearm strikes attacker's right elbow (arm bar). Force attacker down with arm bar. Left outward elbow strikes attacker's temple. Left claw rakes attacker's face upward. Left downward elbow to attacker's spine. Right knee to attacker's face while left palm strikes attacker's back of the head. Cross out. Guard

## First stripe CLUB ATTACKS

**BENDING THE CLUB A-** Right side club attack **D-** Step forward with the right foot into a horse stance. Double chops inside of attacker's right arm: right chops the bicep nerve, left chops the radial nerve. Counter grab attacker's right wrist with your left hand for control of the weapon. Right chop to the attackers neck. Right hand hooks behind attacker's right elbow. Step back with your right foot toward 4:00 into a bow stance while pulling attacker down. Right knee strikes attackers chest. Land forward into a horse stance while striking attacker's spine with a right circling downward elbow. Disarm. Guard.

**CROSSING THE CLUB A-** Right overhead club **D-** Step forward and to your left side toward 11:00 into a horse stance. Double X block to attacker's right arm. Make sure your right hand is on top of your left hand. Right hand counter grabs attacker's right wrist. Step to your right with your left foot, landing in front of attacker, into a horse stance while your left forearm strikes attacker's right elbow. (similar to crossing the talon). Force attacker down with your arm bar. Right knee strikes attackers face. Disarm. Guard.

**RETURNING THE CLUB A-** Right round club attack into a backhanded club attack **D-** Step back with your left foot towards 8:00 into a fighting stance moving out of the path of the first club strike and keeping both hands up. Step forward with your left foot towards 11:00 landing into a horse stance and blocking attacker's back handed swing with both of your forearms, right arm above the attacker's elbow, left arm below attacker's elbow. Right hand counter grabs attacker's right wrist. Step back with your right foot towards 9:00 apply pressure with your left forearm to attacker's right elbow and swing attacker around and downward (similar to crossing the talon). Right front kick to attacker's face. Disarm. Guard.

## Second stripe CHOKES

**CIRCLING CHOKE (WING) A-** Rear two hand choke. **D-** Step to your right side with your left foot towards 1:00. Circle your right arm up, over and down on attacker's right arm that is choking you. Drop into a horse stance while dropping your right elbow down as left spear hand to attacker's eyes. Right uppercut elbow to under attacker's jaw while left hand checks attacker's arms. Right hammer fist to attacker's groin dropping into a reverse bow stance. Right rear kick cover out. Guard.

**THE WEDGE A-** Front choke or grab **D-** Clasp your hands together with left hand on top. Step forward with your Right foot and raise your hands straight up. Downward strike to nose. With knuckles of right hand straight 1/2 fist strike to throat. Guard.

## KICKS

**BLOCKING THE KICK A-** Right front kick **D-** Step back with right foot into a fighting stance. Left downward block to attacker's kick. Right front kick to attacker's groin. Land right kicking leg forward into a horse stance. Right heel palm to attacker's jaw or nose. Guard.

**UNIVERSAL BLOCK (DECEPTIVE PANTHER)** Right leg round kick, while you are in a Right leg forward sparring stance. While in a fighting stance, slide left foot around to 4:00 as universal blocks kick. Right lunge side-kick to opponent's supporting leg. Land forward into right hammer fist, followed by left hammer fist to back of neck, shifting into twist stance. Lifting back-knuckle to jaw up & over as left hand checks. Right back/scoop heel kick to opponent's jaw. Guard.

## BASICS

### KICKS

Spin Rear Kick  
Jump Back Side Kick  
Parallel Side Kick  
Front Leg Check

### STANCES

Close Kneel  
Wide Kneel  
Crane Stance  
Twist Stance

### STRIKES & BLOCKS

Claw (In, Out, Down)  
Half Fist  
X- Block  
Universal Block

### MOVEMENT

Lunge kicks  
Jump back kicks  
(defensive)

**SHORT 2** Horse stance. Step forward with right into fighting stance as right inward block and left checks. Right outward chop. Step forward with left into fighting stance as left inward block and right checks. Left outward chop. Draw left leg back into cat stance with cup and saucer on right hip. Left steps out to 8:00. Turn into forward bow stance as left outward block and right punch. Draw right leg back into cat stance with cup and saucer on left hip. Right step out to 4:00. Turn into forward bow stance as right outward block and left punch. Draw left leg back into cat stance as you turn towards 6:00 with cup and saucer on right hip. Step out to 6:00 with left into side horse stance as you left rising block and right middle knuckle rake. Draw right leg back into cat stance as you turn towards 12:00 with cup and saucer on left hip. Step out to 12:00 with right into side horse stance as you right rising block and left middle knuckle rake. Draw left leg back into cat stance as you turn towards 6:00 with cup and saucer on right hip. Step out to 5:00 with left into fighting stance as you left downward block. Step through to 5:00 with right into fighting stance with right palm, left hand covers. Draw right leg back into cat stance as you turn towards 6:00 with cup and saucer on left hip. Step out to 7:00 with right into fighting stance as you right downward block. Step through to 7:00 with left into fighting stance with left palm, right hand covers. Turn to 1:00 as you draw right back into cat stance and left inward block. Step out with right to 1:00 into fighting stance as you right extended outward block and left half punch. Turn to 11:00 as you draw left back into cat stance and right inward block. Step out with left to 11:00 into fighting stance as you left extended outward block and right half punch. Step up with right into square horse stance with fist and cover.

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**

**ADULT  
GREEN BELT**



**MINIMUM OF 3 MONTHS  
OR 24 CLASSES**

**PUNCH DEFENSE TAKE DOWNS**

**SLEEPER A-** Right straight punch **D-** Step forward left and slip punch. Left parry to attacker's punch. Shifting into a forward bow stance as right ridge hand strikes to the left side of attacker's neck (left hand checks high on attacker's right arm.) Right 'C' step behind attacker's right leg. Grab your right ridge hand with your left hand to apply pressure to attacker's neck and choke attacker. Step back with your left foot and throw attacker down to the ground. Right vertical punch to attacker's face while your drop your right knee drops to attacker's right rib, left hand checks attacker's right arm. Guard

**CORKSCREW A-** Right Punch from Side **D-** Turn right into twist stance as you sweep both hands down unwind and right ridge hand to neck. Step behind opponent with left foot, left palm to base of spine as you lock them in a rear choke with your right arm, secure with left. Right heel kick to groin. Throw attacker to ground. Stomp and cover out. Guard.

**DANCE OF DOOM A-** Right straight punch **D-** Step forward left and slip punch as you left parry to attacker's punch. Shifting into a forward bow stance and right ridge hand strikes attacker's groin (left hand checks high on attacker's right arm) Hook the back of attacker's right leg with our left arm. Step forward and between the attacker's legs with your right leg while striking with your right elbow to attacker's ribs. At the same time pull attacker's right leg to your left hip with your left hand, taking down the attacker landing them on their back. Right figure 8 back knuckles to inside of attacker's knees. Right downward chop to attacker's groin. Grab attackers right foot with both hands and flip attacker over onto their stomach breaking ankle. Left stomp. Cover out and Guard.

**LEAP OF DOOM A-** Right straight punch **D-** Step forward with left foot while right outward-chop blocks punch. Left palm to opponents elbow. Left back knuckle to ribs. Force opponent to ground. Leap on the back of opponent with double heel stomps to back. With double palms to back of head. Chin lock to opponent. Twist and snap neck. Right knee as right chop. Left knee as left palm. Jump off to opponent's right side as right downward wheel-kick to temple. Guard.

**First Stripe DOUBLE PUNCHES**

**FISH HOOK A-** Right hook punch left hook punch **D-** Step forward with your right foot into a fighting stance. Right inward block to attacker's right punch, keeping your left hand covering. Right extended outward block to attacker's left punch. As left heel palm to attacker's face. Right corkscrew punch to attacker's left temple/jaw hinge, circling overhead into right inverted chop to neck.

**FAN BLOCKS** Double punch combo Step back with left into fighting stance as right downward parry to punch. Draw right foot back into cat-stance as left downward parry to punch. Right front-kick landing forward into right uppercut to jaw. Small step forward left as you left punch to face, as right low cover right knee to thigh. Upper cut forearm to jaw, cross out. Right crossing rear kick to opponent. Cover out. Guard.

**Second Stripe LOCKS**

**FULL NELSON A-** Full Nelson **D-** Step slightly to your left with your left leg. Double claw to attacker's face. As you drop your weight into a horse stance breaking the full nelson hold. Stand back up straight while pinning the attackers hands to your side with head butt attacker in the face. Step forward with your left foot pulling attacker forward. Pivot into a reverse bow stance and strike attacker in the face with you right elbow. Step back with left foot than forward with forward right foot. Go into a reverse bow stance and strike attacker in the face with your left elbow.

**INTERLOCK (WINGS OF SILK) A-** Rear interlocked arm grab. **D-** Left thumb strike to attacker's left groin nerve. Right claw to attacker's groin. Left heel stomp to attacker's left instep. As right heel scoop kick to attacker's ground. Land your right kicking leg to your left side towards 9:00 while you pin attacker's left arm with your left hand. Step around with your left leg towards 9:00 landing into a forward horse stance while maintaining your left counter grab and pull attacker's left arm straight and across your chest. Right uppercut break to attacker's left arm. Guard.

**BASICS**

**KICKS**

- Outward Crescent Kick
- Inward Crescent Kick
- Spin Hook Kick
- Spin Crescent Kick

**SWEEPS**

- Instep Sweep
- Climb Sweep
- Hook Sweep
- Front + Rear Leg Round

**STRIKES**

- Dragon Palm
- Corkscrew Punch
- Inverted Punch
- Inverted Spear

**MOVEMENT**

- Knee Drive
- Hop Step
- Head & Body Slip
- Bob & Weave

**SHORT 3** Right foot steps forward to 12:00 as double punch to face and groin. Right foot steps off to 2:00 into bow stance as right inward block followed by left outward block. Left spear hand to the eyes. Right punch to ribs as you turn into horse stance. Draw right leg back into cat stance with double tiger claws to the face. Land to your right into square horse stance as double elbows strike down (Circling Elbows). Left foot 'C' steps into left obscure elbow and right hammerfist. Draw right leg back to cat stance facing 12:00 and chamber hands on left hip in cup & saucer position. Step out with right foot to 3:00 landing into forward bow stance as right outward blocks and left elbow. (Twirling Wings). Step up with left foot into square horse facing 3:00 and chamber hands on left hip in cup & saucer position. (Twirling Wings). Right downward elbow to 7:00 followed by left spearhand. Shuffle forward slightly as right uppercut elbow. Right hammerfist as you change into a reverse bow stance, still facing 7:00 (Circling Wing). Change your stance back to square horse as left hand grabs right wrist to simulate a wrist grab. Right hand counter grabs as you step with left foot to 7:00 landing into square horse stance facing 9:00. Right downward forearm smash followed by left elbow. Left claw into left downward elbow. (Crossing the Talon). Slide right foot to left as you double punch down towards the ground. Right heel kick into right side kick into right stomp (Scraping Hoof). While still facing 10:00, step forward with your right into forward bow stance as double crane hooks outward into double middle knuckles. Double crossing back knuckles into double crossing darts. (Fatal Cross). Step around with left foot to 11:00 landing into horse stance as double hammerfist strikes. Right hair grab into left palm while turning into forward bow facing 4:00 (Grip of Death). Put your right arm behind your back to simulate a hammerlock grab. Left rear cross over to 4:00 as left elbow to 4:00. Left outward claw circles into left wrap around. Turn your body to face 11:00 in a forward bow stance. Step back slightly with right foot and turn your body clockwise. Right knee with double palm strikes facing 11:00 (Locked Wing). Land forward with your right foot and immediately step with your left foot to 11:00 as you put your hands behind your back to simulate a double wrist grab. Turn toward 4:00 into fighting stance as right elbow strike. Circle right arm down into right downward elbow still facing 4:00. Left knee towards 4:00. Land your left knee strike back into a fight stance as you chamber your hand on your hips (Crossed Twigs) Left thumb poke followed by right downward claw. Left stomp followed by right scoop kick and right obscure elbow. Land your right foot to 11:00 as you turn your body counter clockwise. Step around with left foot landing into horse stance as right uppercut facing 1:00. (Wings of Silk). While facing 1:00, left hand covers and right front kick and right inward block. Land forward into fighting stance with a right downward elbow. Right uppercut elbow followed by right downward claw. (Conquering Shield). Step back with right foot into fighting stance as left crane strike and right palm. Left

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**

**ADULT  
3RD KYU  
BROWN BELT**



**MINIMUM OF 6 MONTHS  
OR 50 CLASSES**

### **STICK DEFENSE TECHNIQUES**

Techniques are to be performed with a stick and empty hand.

**DEFENSE AGAINST ONE:** Step forward with your right foot into a fighting stance as you reinforce block the attack. Left hand circles around attacker's stick, counter clockwise to trap. Shift into a reverse bow stance as you strip and disarm and strike attacker with your stick.

**DEFENSE AGAINST TWO:** Step forward with your left foot into a fighting stance as you reinforce block the attack. Hook the butt end of your stick over the attacker's wrist as your left palm/forearm presses on attacker's elbow. Step slightly with your left foot and break elbow (similar to crossing the talon).

**DEFENSE AGAINST FIVE:** Step back with your left foot. Pivot body counter clockwise as you inside block the attacker's poke with your stick (your stick is pointing down). Counter grab attacker's stick with your left hand. Hook the butt of your stick over and down attackers wrist to disarm as you pivot clockwise.

**DEFENSE AGAINST TWELVE:** Step forward and to your right with your right foot as you umbrella block the attack. Counter grab the attacker's arm with your left hand. Strike attacker's face with your stick or the butt of your stick as your left hand controls attackers wrist. Downward disarm.

**DEFENSE AGAINST 1 TWO HANDED:** Step forward with your right foot into a fighting stance as you reinforce block the attack. Counter grab attacker's arm with your left hand while you strike the attacker's rib with the butt of your stick. Insert the tip of your stick up and between the attackers arms. Step 9 o'clock with left and pull up and over with your stick (a levering action) to disarm and throw attacker.

### **BASICS**

#### **STICK TECHNIQUES**

Salute  
12 Strikes  
Parry, Check, Hit

Sinawalli: One Hand. Two hand.  
Sinawalli: One Stick. Two sticks.  
Double Sinawalli  
Reverse Sinawalli  
Rodonda

#### **BLOCKS**

Forced Block.  
Reinforced Block.  
Slant Block.  
Umbrella Block.  
Cutting Block.  
Rodonda

### **STICK FORM #1**

Salute.

Step forward with your right foot as you right low block with your stick.

Step forward with your left foot as you left low block with your stick.

Step forward with your right foot as you right side stick strike.

Step back with your right foot as you right low block with your stick.

Step back with your left foot as you left low block with your stick.

Step forward with your left foot into a fighting stance and right reinforce block.

Step forward with your right foot into a fighting stance and left reinforce block.

Step back with right foot and umbrella block.

Step back with your left foot and zero strike over head into a left low block.

Step back with your right foot and right low block.

Step forward with your right foot, feet together.

Salute

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

**ADULT  
2ND KYU  
BROWN BELT**



**MINIMUM OF 6 MONTHS  
OR 50 CLASSES**

### KNIFE DEFENSE TECHNIQUES

Whenever confronted, assume a non-threatening defensive position. This would be a slight step back/turn to the side with the right hand as the alive hand on covering your heart. If a knife is shown, the left hand is up with your palm facing you. Three rules: Find something to shield yourself with, to hit your attacker with, and to throw at your attacker. Watch the position of your attackers elbow to determine the target of the attack.

**UPPERCUT THRUST** Shuffle back to move your stomach out of the path of the attack and downward block with your left forearm. Your left arm is parallel to the floor and striking the wrist of the attacker. Look at the attacker, not the knife. Counter grab the attacker's hand/knife with your left hand. Counter grab the attacker's hand or the hilt of the knife with your right hand. With one movement, shuffle forward while your hands turn the knife inward and anchored against your own body-thrusting the knife into your attacker.

**UPPERCUT/HOOK THRUST** The same block as the uppercut thrust. Shuffle forward while your left arm hooks around attacker's arm into an arm bar. Your right hand grabs your left to lock the arm bar. Drop your weight and break attacker's arm. Right knee repeatedly. Drive opponents head to ground with right hand.

**RIGHT OVERHEAD ATTACK** Off angle step with your left foot to 10:00 as you double block and parry the attack down and into the leg of attacker while the left hand checks the attackers. Right elbow to attacker's face, standing the attacker up. Switch hands, right checks the knife while left inverted web hand to throat. Switch hands, left checks the knife while the right heel palm claw to face. Right C step behind attacker as left forearm strike to attacker's chin forcing attacker back and over your right knee, right hand checks the knife. Right hammer fist to solar plexus. Drop attacker to the ground.

**RIGHT BACKHAND SLASH** Step forward with left foot and double outward chop blocks to attacker's arm. Right counter grab to wrist and left crane hook to elbow. Right knee to attacker's right leg. Left foot steps to 10:30 as right hand hooks arms to throw attacker to the ground. Maintain the wrist lock. Right knee to attacker's ribs. Right punch to attacker's face. Disarm.

**KNIFE AT THROAT** Blade up. Lean your neck and head back as you left chop the flat of the knife or back of hand and the right chops to the inside of the attacker's wrist. Extend the chops well beyond their targets. Left outward chop to attacker's right arm and then counter grabs over top to lock and check. Right punch to sternum. Right fore arm to attacker's side jaw and then right hook attacker's neck down into a right knee.

**KNIFE AT THROAT FROM BEHIND** Drive your neck & shoulder into attacker's bicep while your right & left hands grasps attacker's wrist. Maintain grab as left rear crossover driving the knife into the attacker's stomach.

**SLASH** Step forward with right foot and block attacker's right arm with your left hand as right hand palms attacker's left ear. Continue hooking and pulling attacker to the left and down into a spinning head throw as you slide it to 5 o'clock. Maintain the wrist lock. Right knee to attacker's ribs. Right punch to attacker's face. Disarm.

#### BASICS

##### FAKE TECHNIQUES

Hip Fakes back knuckle  
Front Shoulder Fakes  
Rear Shoulder Fakes

##### KICKS

Axe Kick  
Round kick spin rear kick  
Spin rear kick front kick with distance principle

##### ADVANCED BLOCKS

Parry Blocks  
Brush Blocks  
Crane Blocks

LONG 2: Step forward with right foot into fighting stance as right inward block into, right chop, left palm, right spear hand. Step forward with left foot into fighting stance as left inward block into, left chop, right palm, left spear hand. Draw left leg back into cat stance as your hands chamber onto your right hip in cup and saucer position. Step out with your left leg to 9:00 into bow stance as left outward blocks simultaneously with right reverse punch. Left back knuckle into right reverse punch. Draw left leg back into cat stance while maintaining right reverse punch position. Left front kick as left side punch, landing to 9:00 in bow stance with your hands chambered on your left hip in cup and saucer. Turn to 3:00 into bow stance as right outward blocks simultaneously with left reverse punch. Right back knuckle into left reverse punch. Draw right leg back into cat stance while maintaining left reverse punch position. Right front kick as right side punch, landing to 3:00 in bow stance. Left rear cross over and unpivot towards 6:00 in fighting stance as you universal block (left downward & right inward). Right hammerfist as left rising blocks. Left downward claw into right back knuckle, left back knuckle, right back knuckle. Turn to 12:00 into fighting stance as you universal block (right downward & left inward). Left hammerfist as right rising block. Right downward claw into left back knuckle, right back knuckle, left back knuckle. Right foot steps around to 10:00 in horse stance as left downward blocks - facing 4:30 (same as short 2) Left corkscrew punch. Right reverse punch. Left reverse punch simultaneously with right front kick landing into horse stance with right side punch - facing 4:30. Right foot steps to 7:30 as right downward blocks (same as short 2) Right corkscrew punch. Left reverse punch. Right reverse punch simultaneously with left front kick landing into horse stance with left side punch - facing 7:30. Left front crossover to 2:00 as left overhead punch. Step through with right into horse stance as right rising block towards 2:00. Left dart. Right dart. Right front crossover to 10:00 as right overhead punch. Step through with left into horse stance as left rising block towards 10:00. Right dart. Left dart. Left rear crossover as left downward/inward blocks - facing 10:00. Unpivot into horse stance with right side punch. Right rear crossover as right downward/inward blocks - facing 10:00. Unpivot into horse stance with left side punch. Step back with right foot to 8:00 into fighting stance as left downward forearm block into left uppercut punch - facing 2:00. Step back with left foot to 8:00 into fighting stance as right downward forearm block into right uppercut punch - facing 2:00. Turn into bow stance as Right downward palm block, left fist on hip s- facing 2:00 Step forward with left into fighting stance as double downward heel palm claws, facing 2:00. Turn into bow stance as right downward palm and left fist chambered in punch position - facing 2:00. Step forward with right into fighting stance as double downward heel palm claws, left fist chambered in punch position. - facing 2:00. Turn into bow stance as left downward palm and right fist chambered in punch position - facing 2:00. Step forward with left into fighting stance as double downward heel palm claws, right fist chambered in punch position. facing 2:00. Right reverse punch as you pivot into bow stance - facing 2:00. Left inward elbow as you pivot into fighting stance - facing 2:00. Step back with left into fighting stance to 9:00 as right downward elbow. Step back with right into fighting stance to 7:00 as left downward elbow. Step back with left to 9:00 into square horse facing 12:00 as right inward elbow smash. Double elbows. Right Punch. Left uppercut behind head. Bow

**“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”**



**ADULT  
RED BELT**



### **MULTIPLE ATTACKERS**

**HANDS OF FORCE A-** Double shoulder grab far **D-** Step to the right into horse stance as right chop to throat, left hand in guard. Step to 10:00 with your right foot, as right slicing eye-rake followed by left dragon palm to throat. Pivot left foot back and around to 10:00 into cat stance as right inward block to first opponent. Right front-kick to first opponent landing forward. Left rear-crossover into right back-kick to second opponent. Right double cross-out facing first opponent. Spin dragon tail sweep to first attacker. Guard.

**TIGER STRETCH A-** Double wrist grab from the sides **D-** Right counter grab as right rear-crossover toward left.. Right side-kick to right opponent. Land in a right front-crossover towards left opponent. Left knee-kick to back of left opponent's right leg. Left side-kick to opponents left knee. Land into left front crossover toward right opponent as right back-knuckle strike as you turn clockwise. Left Right chicken wheel-kick to left opponent. Land forward into right stiff-arm back knuckle to left opponents jaw. Left back-kick to right opponent. Double cross out to 11:00. Guard.

**BEARHUG AND PUNCH A-** Rear bear hug and front right punch. **D-** Right inward block to attacker's right punch while you right front kick to the attacker's groin. Land your right kicking leg to the right side landing into a square horse stance. "X" hands up and perform the technique 'Circling Elbows' on the rear attacker. After your right hammer fist to rear attacker, left front crossover toward front attacker. Right side kick to any available target on first attacker. Without dropping your right kicking leg if possible, right front kick to rear attacker to any available target. Cross out. Guard.

**DOUBLE WRAP AROUND A-** Double shoulder grab close. **D-** Step back right, rake eyes with claws, wrap around with both arms as you step forward with right double Upper cuts breaking arms, double hammer fists to stomach, step back, bring arms around smashing opponents heads together, Chicken knee to face, Step back and clear, Right then left round kicks legs. Cover out. Guard.

**DOUBLE RAMS A-** Right straight punch from the front and rear attack. **D-** Step forward left as you left inward and right outward block. Whip through with a hammer fist to face of front attacker, step forward right and pivot to face rear attacker as you left chop front attackers ribs. Parry and waiter hand check, right front-kick to rear opponent. With right inward block, landing into Five Swords. Left front crossover, facing front opponent as right front kick to front opponent, landing into left back kick to rear opponent. Double cross out to 3:00. Guard.

### **AMERIKICK HAND SET**

Shift to Left Bow, Right DRAGON PALM, Left UPWARD PALM. Shift to Right bow, Right rear DOWNWARD PALM (Bladder strike). Left INVERTED CHOP- KIAA. Horse stance, Right RIDGE HAND, Wing Block into COBRA HAND. Left low PALM cover. Roll both wrists in HOOKS and out into Double PIANO FINGERS. Close fingers Double Downward WEB HANDS. Double cube NECK BREAK right arm on top, then left on top. Left Bow, Right WHIRLING FIST, Left hand on hip. Right SPEAR HAND, Left hand remains on hip. Right outward CRANE'S NECK, Left BACK SLAP left shoulder shift into Right Bow, Left HALF FIST KIAA! Right CORKSCREW into Right over head CLAW, Left THUMB GOUGE over left shoulder shift into Right Bow, Left HALF FIST.KIAA! 11.Left 2 FINGER PLUCK, turn into Left Bow, Right TOP KNUCKLE EAGLE BEAK, High Left cover. Downward KUNG FU BACK KNUCKLE roll hand down into Left out side PINKY GOUGE, Right DART, Left low cover, 2 Hand EAR CLAP, Shift into right bow, WEDGE HAND. Turn to left, right high and left low PINCER GRAB as you pull your left foot into cat stance. CLASP hands, Spin Counter Clockwise, step forward with Left foot into BUTTERFLY PALMS, KIAA! Left palm turns up into OLD MAN POINTS THE WAY as Right DOWNWARD CHOP behind. Left hand flips up into REVERSE COBRA HAND as right circles down over head and hits left hand in a Downward BACK KNUCKLE as you bring feet together. Roll into fist cover, Double HAMMERFIST down with tension into a natural stance.

**"A BLACK BELT IS A WHITE BELT THAT NEVER QUIT"**

## GROUND DEFENSE

**FALLING HEEL A-** From front while you are Kneeling. **D-** Fall sideways to right. Left round house kick to groin. Reverse scissor take down with left downward heel to groin. Get up and guard.

**HOOKING HEEL- A-** From front while you are Kneeling Fall sideways to right. **D-** Left round house kick to groin. Left leg hook into scissor take down. Kneel up into right leg hook behind attackers left knee grab hair and yank head back, dislocating knee. Get up and guard.

**BOWING TO BUDDHA A-** Front knee while on one knee. **D-**With your left knee on the ground and your right knee up, downward forearm smashes thigh, right inward elbow point to the attackers inner thigh and your left hand checks. Right inverted hammer fist to attackers groin. Drop onto your left forearm as you right drop side kick to attackers chest or face. Shoulder roll out towards 6:00 and recover in a sparring stance facing the attacker. Guard.

**ALL FOURS A-** From rear while on all fours. **D-** Left rear kick, then use knee to shuffle forward to right rear kick. Right high cover as left punch to groin. One leg take down, left grabs ankle. Right elbow to inside knee. Grab ankle and twist flipping attacker onto his belly breaking ankle. Stand up. Guard.

**DEFENDING TURTLE A-** (while you are on your back) **D-** Defensive body tuck. Left hand hooks ankle as right knee tucks and drives front thrust kick upward dropping opponent to ground. Pull up left knee and drive a thrust kick between attackers legs. Repeat with right foot while pushing forward. Get up. Guard.

**TURTLE BREAKS STILTS A-** from an attacker straddling you while on your back. **D-** Cross Block. Right punch to opponents groin. Closest hand hooks ankle. Right inward elbow strikes inner thigh. Continue rolling onto opponents ankle and leg dropping attacker to floor. Left downward elbow to groin. Repeat elbow. Roll back over opponents leg. Get up and stomp. Guard.

**SPINNING ALLIGATOR A-** attacker stranding behind your head you while on your back. **D-** Bars Block arms in a double upward block. Hook hands outside opponents leg. Spin around to an alligator scissors takedown. Smash opponent to ground. Get up. Stomp. Guard.

## BASICS

### JUMP KICKS

Jump Spin Back Kick  
Jump Spin Crescent  
Jump Spin Hook Kick  
Spin Crescent Kick  
Tornado Kick

### GROUND BLOCKS

Bars  
Twins  
Cross  
X Block  
Side Head Tuck  
Arch Kick Blocks  
Forearm

### GROUND MOVEMENT

Rotation  
Rolling  
Raising  
Kneeling into side defense  
Switching  
Rear shuffling

### POSITIONS

One Knee Up Kneeling  
Side Defense Tuck  
Three Point Crawl  
Guard Position

### FALLS

Forward Roll  
Side Fall  
Front Fall  
Back Fall

### GROUND KICKS

Side Thrust Top Leg  
Side Thrust Low Leg  
Wheel Kick Top Leg  
Wheel Kick Low Leg  
Hook Kick Top Leg  
Hook Kick Low Leg  
Forward Scissors take-down  
.Reverse scissors take down  
Bottom Arch Kick  
Knee Kicks

### KATAS

TIGER SET  
HAND SET

### GROUND ATTACKS

Upward Side Punch  
Upward Elbow  
Inside Elbow  
Outside Elbow  
Inside Side Punch  
Hooking with Rolling  
Hooking with Knee tucking

### GROUND PATTERNS

Kneeling stance into side fall wheel kick  
Kneeling stance into forward fall rear kick  
Side defense– Top leg side kick into spin rear kick (rolling)

### ADVANCED LOCKS

**ARCH OF DOOM** A- Stranglehold with back arched D- Roll your body off attackers hip into a side headlock perform headlock. Guard.

**STRIKING CRANES** A- Neck Front Bear hug forced backward. D- Step back right into horse stance. Protect face with right palm. Left Cranes neck strike to back of neck. Left hand pulls hair back as right hand half fist to throat. Left knee to groin, then right knee to groin. Palm to face. Guard.

**CROSS CHOKE** A- Double front cross choke. D- Left hand traps attackers hands. Step back left to straighten attackers arms. Turn into horse stance. Drive right inward block to attackers left elbow continue action to Right vertical punch to the face. Left uppercut to solar plexus as your right hand takes the place of the trap. Left outward hooking parry to clearing attackers arms as left foot circle counter clockwise to 4:00 and drive a right hooking punch to attackers left rib into a right uppercut to attackers face. Guard.

**ROCKING ELBOW** A- Handshake. D- Counter grab attackers right hand with your right hand and swing down to inside of attacker. Step with your left foot forward to 12:00 and left upward elbow break to attacker right elbow. Left hammerfist to groin. Left back knuckle to face as right pulls. Guard.

**REVERSE HAMMERLOCK** A- Right hammerlock D- Pin attackers hand by pressing it to your spine. Step with your right foot to 10:00 into a horse stance pulling attackers arm out straight. Left elbow to attackers left elbow. Left hammerfist to attackers groin. Left side kick to attacker left knee into a right spin rear kick. Cover out.

### PUNCH DEFENSE FROM ANGLES

**BACK BREAK** A- Right Side punch. D- Step to your right side towards 2:00 with your right foot, slipping the attacker's right punch, while your left hand parries, followed by your right hand brush block. Step towards 2:00 with your left foot while you eye rake attacker with your right hand, pulling attacker back. Step back with your right leg into a bow stance while grabbing attacker's shoulders and pulling them backwards. Right knee to attacker's lower spine. Replant your right knee into a bow stance, pulling attacker down onto your left knee and holding them there. Break attacker's neck. Right chop to attacker's nose. Double back knuckle strikes to attacker's clavicle. Double claws to attackers face forcing attacker to the ground while you step back with your left leg. Right heel kick to attacker's right side of the face. Right shovel heel kick to attacker's jaw. Cross out. Guard.

**REAR THRUST** A- Right or left punch from the rear. D- Drop your height into a soft bow/close kneel stance eyeing your attacker over your left shoulder and cover hands up. Left rear kick to gut. Plant left foot turn and right front kick to attackers groin. Shuffle downward right side kick to attackers left knee. Right back knuckle to the temple as you left side punch to attackers ribs. Left stomp. Cross out.

**EAGLE SPREAD WINGS** A- Left straight wrist grab and attempted right punch. D- With the attacker grabbing your wrist and punching you, left rising chopping block to the attackers right punch as left side kick to attackers right knee Land forward in a horse stance as your left downward chop to attackers left forearm as your right claws to face. Right instep kick to the attackers left knee. Plant right foot down and left side kick to the attackers left knee as you left back knuckle to the attackers left temple/jaw. Left cover out.

### DEFENSE WITH OBJECTS

**HAMMERING DEFENDER** A- Attack from front. D- Object in your right hand. Step Back left inward block. Shift forward drive object into opponents solar plexus. Pivot and left hammer fist to opponents kidney while you pivot into a left close kneel stance with left knee checking attackers rear leg. Pivot back and right object into attackers neck while you pivot to a right close kneel. Right knee check. Draw Left leg back into a right foot forward cat stance Right down Back swing with object Then upswing to face as Left hand Checks.

**SLAPPING BELT** A- Knife attack from the front while holding a belt/rope. D- While in a sparring stance, grab the belt/rope with both hands and pull tight. Shuffle back and slap the belt down on the attacker wrist to block. Slap the belt to the eyes of the attacker. If the belt has a buckle on one end, strike the attacker on the side of the head. Guard.

**WRAPPING THE BELT** A- Right front punch attack. D While in a sparring stance, grab the belt/rope with both hands and pull tight. Shuffle to your left side as you block the punch with the belt, left hand high, right hand low. Use your right hand to wrap the belt/rope around the attackers punch and pull it tight. Left check to attackers arm as you right uppercut attackers ribs to bend them over. Use your right hand to wrap the belt/rope around the attackers neck. Pull tight and squeeze as you slide right foot clockwise to get behind attacker. Left side kick to the back of the attackers right knee for a take down and control. Guard.



### ADVANCED BLOCKS

**SNAPPING TWIG A-** Right front shoulder grab. **D-** Step back with your left foot into a horse stance as your left hand pins attackers left hand to your shoulder and your right heel palm strikes attackers left elbow. Right crane hook down on attackers left arm as your left heel palm strikes the jaw. Right inward hammerfist to attackers left temple into a right inward elbow smash to the left side of the attackers face. Left front crossover to 12:00 as right hammerfist/forearm strikes attackers groin and left hand checks high. Right obscure elbow under attackers jaw. Unpivot clockwise into a sparring stance as you left dragon palm to attackers throat. Right inverted punch to attackers stomach. Left back knuckle to attackers temple. Right finger slice to attackers eyes as you right slicing side kick to attackers right knee. Guard.

**CROSSING CHOPS (SHIELD AND SWORD) A-** Left step thru punch. **D-** Step with your right foot to 2:00 into a bow stance as your left outward chop block the attacker left punch and right hand is high for a check. Pivot counter clock wise into a horse stance as you right inverted chop to the back of the attackers neck. Left inward elbow strike attackers left rib. Left waiter hand check as your right hammerfist strikes attackers right kidney. Right wheel kick to the back of the attackers left knee. Right shuffle side kick to attackers right knee. Left scoop kick to attackers groin. Right side kick to attackers back forcing the attacker face down. Left spinning lifting rear kick to the attackers groin. Cross out. Gaurd.

**FLASHING MACE A-** Right straight step thru punch. **D-** Step forward with your left foot to 10:00 as your left inward blocks the punch and your right outward blocks the rear choke. Right front crossover to 11:00 as your right hammerfist strikes attackers face and your left hand checks/pins attackers right arm. Unpivot counterclockwise into a sparring stance facing 4:00 as your left hand chops to attackers right ribs. Right check followed by left waiter-hand checks down the attackers right arm and pins it. Right lifting back knuckle strike under attackers jaw. Pivot around clockwise facing 10:00 into a cat stance as your hand circles around into a right back knuckle to the attackers right kidney as your left hand checks high on the right arm. Sweep your right leg back into a bow stance as your right heel palm strikes attackers jaw and left hand still checking. Left upward palm strike to the back of the attackers head shifting stance right as attacker falls. Right hammerfist to attackers sternum. Right front kick into a right side kick or stomp to any target. Guard.

**SHIELD AND MACE A-** Right straight step thru punch. **D-** Left step to 10:00 into a horse stance as your left hand parries the attackers right punch. Your right outward block will follow to check the attackers punch as you simultaneously punch attackers right rib with your left hand. Switch your stance to a soft bow/close kneel stance as you right hammerfist to attackers kidney and your left hand checks. Right hand circles around and upward counter clockwise into a right inward claw to attackers face while your left hand pins attackers hand down. Your right inward claw to the face will flow right into a right low chop grab to the back of the attackers right knee to buckle it. Right side kick to attackers left knee and land forward into a horse stance with a right inward forearm and claw to attackers face while your left checks the attackers shoulders. Left knee to attackers kidney. Step back with your right foot as you snap attackers neck. Right kick to any open target. Guard.

**UNWINDING PENDULUM A-** Right front kick followed by right punch. **D-** While in a sparring stance with your right leg forward, right rear cross over as your right downward blocks the attackers kick. Unpivot clockwise into a horse stance as your left inward blocks the attackers punch. Right instep sweep to the attackers left knee landing into a twist stance and right underhand claw to the attackers groin. Right hook scoop kick to attackers groin into a right leg buckle to the inside of attackers right knee as your right heel palm strikes attackers kidney. Switch your stance in place and left leg buckle to the inside of the attackers left knee as you left elbow to attacker side of the head and right heel palm to attackers ribs. Left front cross out as you left outward cobra hand strike to attacker face.

**SICKLE RIGHT A-** Straight Punch **D-** Step off Left to 11:00 Left parry and right vertical knuckle under attackers right arms (tricep) continue your block up and around clockwise to a ridge hand to groin. Left hand covers. Shift stance backwards into reverse bow as left palm to opponents ribs with right check. Shift to forward bow and right turning side fist to body as left covers. Right knee to opponents thigh planting forward into right downward diagonal elbow to head neck.

**PARTING WAVES A-** Right Straight Punch **D-** Step off left as left parries with right horizontal knuckle block under attackers right arm. Right backfist to ribs. Step in right between attackers legs as left pushes attackers punch downward with right side elbow to face. Buckle attackers right leg with your right knee by twisting into a soft bow. Turn back clockwise with a rising instep scoop to attackers groin and outward claw with right hand as left hands still checks. Plant back right to 6:00. Right front kick into left spinning rear kick.

### ADVANCED THROWS

**TRIPPING ARROW A-** Front bearhug arms free **D-** Left foot steps slightly to the left into a soft bow/close kneel stance as your left hand grabs and checks attackers right shoulder down and your right palm strikes attackers left ear. **C** step around and behind attackers right leg with your right leg as your right palm slides around to the attackers chin for a heel palm. Shoot your right leg back into a bow stance for a take down as your right hand heel palms to the attackers chin and your left hand counter grabs attackers right arm/wrist. With attacker on his back, counter grab attackers right arm/wrist with both hands and pull up to dislocate the shoulder as your right heel stomp strikes. Guard.

**BRIDGE A-** Rear Choke **D-** Step left into horse stance, as you grab both of attackers wrists. Pull downward breaking thumbs. Right dancer step under opponents arms. Right front kick. Push forward with your left hand and pull back with your right locking attackers elbow and breaking left elbow. Stomp. Guard.

**GLANCING SPEAR A-** Straight wrist grab Right counter-grab **D-** Step back into reverse bow stance with right, pulling opponent down. Shift forward into fighting stance as left elbow to ribs. Right glancing palm to opponent's arm into right spear hand to eyes. Left front crossover sweeping opponent's right leg. Pivot clockwise and right stiff-leg sweep opponent's right leg landing into a wide kneel stance. Right downward roundhouse kick. Guard.

### TRAPS

**JAPANESE HAND A-** Cross push **D-** Twist stance clockwise as your left arm traps the attackers push. Counter grab the attacker's hand with both of your hands **D-** Step back with your left foot and apply a wrist lock taking the attacker down to the ground. Right downward round kick. Cover out and guard.

**JAPANESE FINGER LOCK A-** Cross push. **D-** Step back with your right foot as your left arm traps the attackers push. Counter grab the attacker's hand with both of your hands. Slide right hand to front and bend attacker fingers back. Break fingers - drive opponent to ground controlling head down with left. Right kick. Cover out and guard.

**NUMBER 4 A-** Right High Hook Punch. **D-** Step forward with left foot. Left upward block. Right elbow to face. Left hand grabs opponents wrist Bring Right arm under opponents arm and grab your wrist putting them into a lock, shuffle forward left and take down. Guard.

**HEAD TRAP A-** Right Hook Punch. **D-** Parry, Trap Hit. Left hand grabs wrist as right hand guides attackers head under your left arm. Loop attackers left hand on top of their back and right hand goes under their left arm and locks by grabbing your own hand. Knee to face. Swing left leg over their head and snap neck. Guard.

**WING BLOCK A-** Right uppercut to body. **D-** Twist to left and execute a right wing block as left hand grabs attackers wrist right uppercut into and arm bar. Bend arm putting your right arm reaching to grab attackers hair. Step in front of attacker with left leg and lock in.

**SPIRALING WRIST A-** Rear bear hug arms free, attackers right hand is on top. **D-** Smash two eagle beak fists into the back attackers hand as you step right into a horse stance. Grab the wrist of attackers top hand, with your thumbs on top Step forward left to 2.00, then step spin out with right foot. Land in horse rotate attackers fingers toward their own wrist. Right front kick, Push attackers wrist up and under his arm and push their elbow downward against your rib bend wrist.

**CENTERLOCK STRAIGHT A-** Straight grab to right wrist. **D-** Clap left hand on top of attackers. Roll right hand counter clockwise and put on top of attackers wrist or bend of elbow. Drop right foot back into soft bow, forcing attacker to their knees. Knee to face.

**CENTERLOCK CROSS A-** Cross grab to right wrist. **D-** Clap left hand on top of attackers. Roll right hand clockwise and put on top of attackers wrist. Drop right foot back into soft bow, forcing attacker to their knees. Knee to face.

**SPIN TRAP A-** Low Shirt Grab. **D-** Grab attackers wrist with both hands. Spin under attackers arm push their elbow downward against your rib while turning their hand outward. Stomp on foot. Take down by stepping back with your stomping foot. Guard.

**HAIR GRAB A-** Hair Grab. Grab attackers wrist with both hands. Spin under attackers arm push their elbow upward by putting upward pressure on hand and wrist. Stomp on foot. Take down by stepping back with your stomping foot. Guard.

**PALM UP** Straight grab to Left wrist. Turn your left palm up with slight step in left. Hook your right hand under attackers right elbow



### MULTIPLE ATTACKERS WITH WEAPONS

**SPINNING CLUB** **A-** Attacker in front with club another attacker behind you **D-** Step forward left into horse stance as "X" block club continuing its path into attackers knee. Step right foot to 11:00 as swing club upward. Pull club from attackers grip and continue to 11:00 with left rear crossover, pivot in place and strike club on first attackers elbow as you pull with your left. As second opponent attacks step into him and strike 3 swords with the club. Left hand check, slid left leg counter clockwise on second hit to view first attacker. Cover out. Guard with club.

**WEAPONS BEARHUG** **A-** Bearhug arms pinned as attacker in front attacks with a weapon **D-** Front thrust kick to front attacker or their weapon arm. Drop to 3:00 with right foot into horse stance as left claw to groin. "C" step behind opponent and drive upward elbow to face and quickly reverse direction and drive a heel palm into bladder.

**FRONT ATTACKER OVER HEAD CLUB** **D-** Step to 1:00 with right do an umbrella block. **D-** Pivot in place and drive a right forearm chop down on opponents left side of neck. Grab attacker by back of the head as left leg circles to 3:00 and throw into other attacker. Step in and right downward heel stomp . Guard

**FRONT ATTACKER SIDE CLUB** **D-** Step to 1:00 with right foot. Double chops to arm and right chop to throat. Slide right hand to left side of opponents face and grab as you circle left leg to 4 :00 and throw attacker into the other one. Stomp. Guard.

**FRONT ATTACKER UPWARD KNIFE THRUST.** **D-** Step back to 5:00 with right Shuffle back to move your stomach out of the path of the attack and downward block with your left forearm. Your left arm is parrell to the floor and striking the wrist of the attacker. Look at the attacker, not the knife. Counter grab the attackers hand/knife with your left hand. Counter grab the attacker's hand or the hilt of the knife with your right hand. With one movement, shuffle forward while your hands turn the knife inward and anchored against your own body-thrusting the knife into your attacker. Throw attacker to the ground toward first opponent.

**FRONT ATTACKER OVERHEAD KNIFE OFF ANGLE** **D-** step with your left foot to 10:00 as you double block and parry the attack down and into the leg of attacker while the left hand checks the attackers. Right elbow to attacker's face, standing the attacker up. Right downward claw to face. Slide right leg clockwise to 9:00 (face other attacker) as left liftingforearm contours up to strike chin. Double cover out to 9:00. Guard.

**TEMPLE ATTACK** **A-** Attacker in front intimidating as attacker behind attempts to strike you overhead with weapon **D-** Step in right to 12:00 with an upward forearm to throat. Circle left leg counter clockwise to 3:00right hammerfist to groin, left cover. Slide right palm behind attacker and thrust forward (as in crossing talon) as right leg straightens to take down him toward second attacker. Right kick. Left foot to 5:00 "X" block for overhead weapon. Swing right leg around clockwise to 3:00as you break elbow with downward forearm strike. Right knee to body land forward Push attacker to the other. Guard.

**SPINNING THE HELMET** **A-** Front attacker side club as another attacker behind **D-** Step in right foot. Left outward chop to weapon arm and grab. Right inward ear clap. Continue momentum as left foot swings to 4:30 into spinning head throw into rear attacker. Right front kick to groin with right inward block to rear attackers punch. Plant forward double sandwiching chop to neck. Roll out hands into double thumb gouge to eyes forcing attacker back and down toward the one on the ground. Stomp each attacker. Guard.

**CROSSING THE WARRIOR** **A-** front strikes with a back swing club or knife, another attacker is behind **D-** Step in left to 11:00 double forearm block to weapons arm. Right grabs wrist as right foot circles clockwise to 9:00 . Left downward forearm break attackers elbow forcing attacker into rear attacker (as in crossing talon) Right knee to ribs plant forward double palm thrust toward rear attacker. 5 swords defense to rear attacker.

**REPEATING ATTACK** **A-** Menacing Attackers in Front and behind with weapons. **D-** You lead off rather than wait for them to strike Shuffle to rear with a left competition side kick turn right front kick to rear attacker. Plant right foot, gage distance and repeat on front attacker with shuffle right competition side and left front kick, cover out to 3:00, right foot back in guard. Right power roundhouse kick to rear attacker. Gage distance and move left foot to 6:00. Left power roundhouse to front attacker.

**FLYING ATTACK** **A-** Very Close Menacing Attackers in Front and behind with weapons. **D-** You lead off rather than wait for them to strike Left rear kick to rear attacker. Skip forward and right front kick to front attackers groin. Right upward elbow to jaw, then left then right side elbows to head. Grab this attacker by back of head and shoulders and pull him into left knee. Plant to 5:00 and throw into rear attacker. Jump on back with double stomps, spring up into a right flying kick or knee. Downward right elbow to any opening. Left knee. Double palm pushing him down and way. Guard.

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#### **MULTIPLE ATTACKERS WITH WEAPONS**

**THE FLAMING GUN (COUNTER-CLOCKWISE)** Attacker in front with gun at face or chest. Another attacker behind you and to left. Pivot in place counter-clockwise as right hand grabs gun and pulls it in direction of second attacker ( gun discharges, so make sure you get left arm out of bullets path) NOTE: Left palm can strike low to second attacker on this move. Bring left hand back from inside and grab gun barrel thumbs down. Twist gun back to attacker breaking finger as you step to 10:00 with left foot. Rip gun from attacker as you circle around to 9:00 with right foot. Check gun. Guard.

**THE FLAMING GUN (CLOCKWISE)** Attacker in front with gun at face or chest. Another attacker behind you and to right. Pivot in place clockwise as left hand grabs gun and pulls it in direction of second attacker ( gun discharges, so make sure you get left arm out of bullets path) NOTE: Right palm can strike low to second attacker on this move. Right hand comes back from inside and grab gun barrel thumb down. Twist gun away from you and back to attacker in front. Left hand hooks wrist to assist. Strip gun from attacker and thrust barrel into his chest as your right foot circles around to 9:00 to position yourself between attackers. Check gun. Guard.

**THE LANCE** Grab from rear as attacker in front thrusts with knife Step left to 11:00 into left open hand inward block, open hand and grab as you right outward hammerfist and block to rear attacker. Reach outside to inside with right hand and strip knife from attackers hand (thumb down) and continue action thrusting knife into rear attacker. Pivot forward and outward slash across face of first attacker as left hand checks arm down and to the inside. Pull right foot into cat and drive knife down into first attackers shoulder. Pull knife out in the direction of second attacker for a possible reverse slash to him as right foot circles to 9:00. Knife is in reverse grip. Guard.

#### **HERO TECHNIQUES**

**RIDGE HAND STRANGLEHOLD** Attacker Standing to side grabbing another person Step forward with right foot and strike with a right ridge hand to neck. Swing around behind attacker with left foot and swing a left ridge hand around neck. Push your right palm into base of attackers spine. Choke with Left arm, secure with right..

**TURNING THE HANDLE** Offensive technique. With the attackers back to you, grab attackers shoulders with both of your hands and check their height down. Right side kick to the attackers left knee while twisting the attackers shoulders counter clockwise. Left inward elbow to attackers face/head. Throw attacker down.

**GUN STRIP** Gun at front pointing to your friends head Move in from side. Shift left as left hand hits down on wrist and right hand hits up and rotates gun up and over as you drop weight down by bending knees. Front kick plant back. Aim Gun. "Down on the floor!" (If gun is held Gangster style, and the attackers finger will end up broken).

#### **ADVANCED KENPO TECHNIQUES WITH EXTENSIONS**

Begging Hands  
Thundering Hammers  
Repeated Devastation  
Defying the Storm  
Raking Mace

Thrusting Wedge  
Destructive Twins  
Parting Wings  
Fallen Cross  
Returning Storm

Crossed Twigs  
Flashing Mace  
Hugging Pendulum  
Wings of Silk  
Raining Claw  
Obscure Claws

**FORMS:** Long 5 • Japanese Advance Kata • Kenpo Staff Set

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### GUN DEFENSES

**GUN STRIP** Gun at front pointing to your head Shift left as left hand hits down on wrist and right hand hits up and rotates gun up and over as you drop weight down by bending knees. Front kick plant back. Aim Gun. "Down on the floor!"  
(Also works if gun is held Gangster style, and the attackers finger will end up broken).

**HOSTAGE** Left rear stranglehold while gun is at your right temple Bend left elbow bringing hand closer to gun. Left hand grabs gun upward and back while pushing your head back to opponents face as right hand grabs gun/wrist with thumb pointing down. Gun and wrist go into a #4 lock. Step with left foot to 3:00. Dislocate and take down.

**THE ROBBER** Gun at head hands up Both hands come up together and contour thumbs around barrel of gun and push to ceiling. Drop knees lowering body down and turn your hands so barrel of gun faces attacker while pulling gun back and down. Punch barrel of gun into attacker. Pull gun away breaking attackers finger. Cover out, check gun.

**PRAYING FOR LIFE** Gun in right hand pointed at forehead while you are on knees or seated Shift to your right as left hand grabs barrel of gun and right hand pushes and hooks attackers wrist. Left hand forces barrel to outside (your left)  
All moves are done simultaneously and quickly. Continue falling sideways and back to your right into a side defense. Kick with both feet into a side defensive. Side kick with to opponents shin and body. Tuck and convert gun to right hand. Check and point.

**CYCLONE GUN** Gun at ribs left side Rotate body counter clockwise as left elbow bumps gun away and continues around and snakes under and up and around attackers right arm into cranes neck as you step in right foot with a right side elbow to attackers face. Right hand slides down to grab barrel of gun. (If resists right elbow to face) Disarm by twisting gun clockwise back to attacker and strike attackers face. Cover out. Check gun.

**ROTATING BELLY GUN CLOCKWISE** Attacker in front with gun at lower belly. Gun in right hand Pivot in place clockwise as left forearm bumps gun arm to your right as right hand comes up from the inside (contouring your belly) into an outside waiter hand which turns over to grab gun barrel. Rotate body counter-clockwise to left as you twist barrel out and back to attacker to disarm. Left hand can hook attackers gun wrist or elbow to assist or can be done one handed. Front kick to belly. Check gun and point.

**ROTATING BELLY GUN COUNTER-CLOCKWISE** Attacker in front with gun at lower belly. Gun in right hand Pivot in place counter-clockwise as right hand palms opponents arm to your left as left hand outward chop block (windmillblock) Right hand hooks attackers wrist from outside as left hand shifts to grab gun. Step back right to 5:00 as you strip gun from hand. Right hand comes back to your left to assist. Check gun and point.

**TEMPLE GUN** Gun at your left temple, gun is in attackers right hand Left foot to 8:00 as left hand grabs gun near trigger guard and punches fully out at a downward angle. Follow up with a 45% downward right side punch to neck below ear. Right hand comes back grabbing barrel from top with thumb pointing down. Step back with right foot to 5:00 and twist gun back to attacker for disarm. Check and point.

**WING BLOCK GUN** Attacker on Left side gun in right hand at ribs in front of elbow your hands down. Wing Block with left as right hand comes from inside to out (out of line of fire) to grab gun from top thumb down left outward ridge hand to inside of opponents right elbow as you pivot in place counter clockwise and shoot your right grabbing hand with gun into attackers face, ripping gun from his hand as you slide your right leg clockwise to 5:00 as left hand unwraps and blocks attackers right arm down and away. Your left hand now assists your right hand turn gun to point to attacker. Check gun.

**GUN AT BACK LOW** Gun from the rear. While standing naturally and with your hands at your side, rotate and twist clockwise while your right hand waiter hand parries attackers right gun hand. Step to 6:00 with your left foot, behind attacker, as your left uppercut break to attackers arm as your right maintains the hold. Left hammerfist to groin and circles around and down to check attackers right arm and grabs attackers wrist while your right hand disarms the gun. Right uppercut strike under the chin of the attacker. (Make sure end of barrel is ALWAYS pointing at attacker) Hop to your left as you check attackers arm down with the barrel of the gun. Right side kick to attackers left knee. Cover out while repositioning the gun into a proper pistol grip and take aim at your attacker.

**GUN AT BACK HIGH** Gun from the rear at head. While standing naturally and with your hands at your side, rotate and twist clockwise while your right hand outward chop blocks attackers right gun hand and Step to 6:00 with your left foot, behind attacker, as your left inward block break to attackers arm as your right maintains the hold. Left slides down to check attackers wrist as right disarms gun. Right uppercut strike under the chin of the attacker. (Make sure end of barrel is ALWAYS pointing at attacker) Hop to your left as you check attackers arm down with the barrel of the gun. Right side kick to attackers left knee. Cover out while repositioning the gun into a proper pistol grip and take aim at your attacker.

### GUN TIPS

Don't look the attacker in the eye. He will be able to see you flinch before you initiate your disarm.

Be aware of the direction and distance that the weapon will fire, and if any bystanders are in range.

Never allow yourself to be tied up, or taken to another location. Run! Chances of being hit while fleeing are less than 20%.

Learn the details and differences of various firearms.

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