



The Heart of Amerikick

The Amerikick System developed by GrandMaster Dennis Tosten

Compiled by: Ray Delnicki & George White

Reviewed and Approved by GrandMaster Dennis Tosten

Purpose of this book

This book is intended to be a reference for Amerikick students and those that would like to learn about this system and its theories. It can be used to view the requirements for belt promotion as well as background information about Kenpo and its principles. It also provides many detailed pieces of information that have been passed down from Grandmaster Dennis Tosten. Those items, notes, observations and discussions are ones that only come from hundreds of hours of instruction, lessons, seminars and personal practice.

There are areas for you to write your personal notes. Like Kenpo, this book should evolve as the student progresses.

In Search of a Karate School- What makes Amerikick special:

Amerikick teaches their students lessons for life. There are many things that are important to developing children when they go to elementary school, high school and college. As parents, we are always making decisions as to which are the best things to teach our children. We also find out very soon in the process that they spend quite a bit of time out of our sight and with other adults and children. It is very important for their growth to be surrounded by supportive adults that have the same value systems to help support the ideals that we want to be taught to our children. The Kenpo principles that are taught by the Amerikick instructors are reinforced in every class. The Amerikick Kenpo instructors are not only quality martial artists but receive professional training throughout the year. They embody and express the ideals that are the mainstream of the Tostens' philosophy of the martial arts. "They walk the walk and talk the talk." They do this every day, every class and in their lives and instill these principles in all their instructors. There is continuous encouragement throughout the classes, individual instruction, tournaments, competitions, etc. Everyone is always trying to keep a positive tone about everything that is taught. In fact, one of the innovations at the local tournaments was the Achiever's Trophy concept. Dennis and Sharon Tosten feel that every competitor that stands up and competes in kata, sparring or weapons should be recognized for their efforts. Not everyone can win gold, silver or bronze but everyone can be a winner. It is hard to find that kind of positive attitude in most businesses and most activities, and almost impossible to find it as an ongoing, standard practice. These life skills will be helpful in ensuring consistency in higher education, job and career planning, marriage and all behaviors in life. Karate is not all about punching, blocking and kicking. It is a system and a thought process that is being taught in every class and implanted as the beginner student develops. It is important to teach perseverance to our children so that they stick with their goals and are not discouraged when life events don't go as planned. Perseverance is a rare but time honored life skill and is being taught in every class at Amerikick. Surround your children with positive people so they can learn by example.

When searching for a Karate school and wonder which to choose you need to know what is in the heart of an Amerikick black belt instructor, especially one who teaches. The traits are earned by hard work, sweat, pain and self-examination. Many have been on the path to the black belt but most didn't make it—they quit. There are a lot of excuses. It's too hard, it takes too much time etc. The Amerikick student training for a black belt are a like a large chunk of stone. Their instructors begin their job of carving and chipping away while they show the student the pathways to their goal. The student catches the spirit and continues to chisel away the excuses and character flaws. The cracks in the stone are carved out by the person themselves as they learn the principles. The personality remains but the student develops a set of traits that has been the hallmark of the Amerikick black belt when they accomplish their goal.

Consistency, perseverance and hard work are the hallmark principles we strive for every day.

A few words about tradition:

The founder of American Kenpo as a karate style was Ed Parker Sr. He often said that the martial art could not remain unchanged and that it must evolve or die. He also said that once proficient, the student needs to make Kenpo their Kenpo adapting their techniques etc. to their own body type and size.

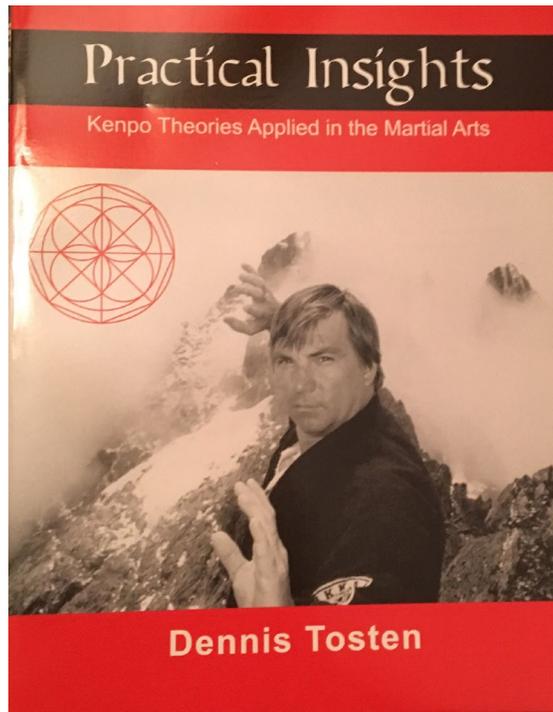
To bring home the error of maintaining tradition for tradition sake Mr. Parker would tell this story:

There was a family that would gather several generations together for holiday meals, one of which included a large ham, meant to feed the large family. One year the youngest daughter of the family was in the kitchen and asked her mother "why do you cut each end off of the ham before putting it in the oven?" Her mother paused, then replied, "I'm not sure, that's the way I was taught by my mother. Grandma is out in the living room, why don't you go ask her". So the girl went out and asked. Her grandmother replied "well dear, I'm not really sure, that's the way I was taught by my mother. We were going to call her anyway to wish her a happy holiday, why don't we call her right now and you can ask her." So they all gathered around the telephone for the call. When they had reached her the great granddaughter asked, "Great Grandma, why did you always cut each end off of the holiday ham". Her Great Grandma answered quickly "why dear that's easy! I cut the ends off so the big ham would fit in my small pan and then would fit into my small oven".

If we are going to do something, we should always know the why. Mr. Parker would often say that you certainly could teach a monkey the moves of a kata, but the monkey would never know why it was doing those moves.



GrandMaster Dennis Tosten



Attributions:

By Doctor Maung Gyi Grandmaster of the American Bando Association- 2006

“It is truly an honor for me to write this tribute to Grandmaster Dennis Tosten at this special occasion.

I have been in the field of martial arts for more than 65 years in training, participating, organizing, teaching and promoting various martial arts. Never have I met a man with more numerous talents, high motivational level, contagious enthusiasm and total devotion for the advancement of the martial arts.

From his early age, Grandmaster Tosten has studied various martial arts systems which include Judo, Jujitsu, Karate, Tae Kwon Do, Kenpo, Bando, Muay Thai, Kick-Boxing, Arnis and several other systems. His expanding knowledge of the world’s martial arts from Japan, Okinawa, Korea, China, the Philippines, Russia France Brazil and Burma are truly amazing. His martial arts background truly reflects his heart and spirit of openness in learning, sharing interacting with members of different systems.

To my knowledge, I can state the Grandmaster Tosten, at age of 18 in 1971, was the youngest manager of a martial arts school in the United States. He successfully managed and taught at Tracy’s Karate Studio in Pennsylvania. In addition, he made time to compete in numerous karate tournaments around the country and succeeded in winning various championships.

He was rated No 1 competitor in M.A.R.S. from 1975 – 1977, Australian Men’s Champion in 1987, Gold medalist in PA Olympic Tae Kwon Do Championships in 1990, No 1 Senior Fighter by NBL in 1994, Triple Gold in PA Tae Kwon Do in 1997, Kata Grand Champion in World Martial Arts in 2003 and many others. In addition, he was inducted into Joe Lewis Hall of Fame in 1990, Best Samurai Award in 2000 and the Martial Arts Hall of Fame in 2000.

As an instructor, he is known for his patience, thoroughness, toughness and knowledge instilling and developing confidence, motivation, courage and skills in his students and instructors. He has the natural abilities to teach both children and adults. He is no doubt one of the greatest martial arts teachers in the United States.

Presently, he is owner of Amerikick Karate Studios in Pennsylvania, New York, New Jersey, California and Texas. In addition, he is the promoter of Amerikick National Karate Tournaments.

As a friend, I find him to be honest, sincere, unselfish, giving and generous. He is the center of any gatherings and parties. His humorous remarks and stories bring joy and laughter to those around him. People naturally gravitate towards him for his warm personality and charisma. I am extremely privileged and proud to be one of his many friends.

By Ray Delnicki- Amerikick 4th dan- contributor

I began my journey with Amerikick in 1972, under Cliff Jewell at the American Karate Studio (predecessor to Amerikick) in Feasterville, PA. I first met GM Dennis Tosten at the American Karate Tournament (predecessor to the Amerikick Internationals) at Cheltenham High School in 1972. This was my first tournament. I was a green belt and saw him perform and thought, "what a fantastic martial artist".

Fast forward to 1996 (I had had a motorcycle accident in 1973 which temporarily stopped me in martial arts). I began a search to re-enter the martial arts. I read an ad for the upcoming Cheltenham High tournament (yes the same one!) and decided to go. I watched the entire thing in awe- and then I spied Mr. Tosten. He was the same fantastic martial artist that I had seen 20 years prior. That Monday night I was in his office at the then Willow Grove Amerikick signing up. I was prepared to wear a white belt, but he wouldn't have it- he said "you earned it, you're going to wear your green belt". Wow- he didn't know me but he still respected me.

I've now spent 20 years under his teaching and now friendship. I've known several other high ranking Martial Artists and I can truly say that everything that Dr. Gyi has said about GM Tosten is more than true and out of all the Masters and Grandmasters I've known and met, Dennis and Sharon Tosten are the most respectful, the gentlest, the toughest, most knowledgeable yet most humble showing his ability to still learn, most loyal to their students. They command the most respect, have the ability and judgement to select for their organization the kind of personnel that would make any organization proud. It is no fluke that Amerikick is, if not the largest- one of the largest, martial arts organizations in the country. It is also no fluke that the organization is filled with an overwhelming number of World Champions. Over 20 years I have watched the Tostens and their instructors take all kinds of children- shy, bullies, weak, strong, extremely bright and those that are average, or with challenges and help them bring out all of the best that is within them and handle all of the challenges they are faced with. I see no better organization to associate yourself or your children with.

I'd also like to say a few words about my friend and training partner, Sensei Doctor George White. He is the best training partner a guy could have. A very strong man, he always makes me do techniques correctly. We have trained together for so long we are now are pretty much thinking alike. When I came to him, having started this book, Doc White interrupted me by saying, "Hey what do you think about the 2 of us putting together a book of everything we know about Amerikick to do our part in giving back to the art and our instructors". Like I said, we think alike. There is no more honorable man I know, no better friend, and I am very proud to call him friend.

By George White- Amerikick 5th dan- contributor

The tasks of composing your thoughts about people who are your teachers, great examples of martial artists and have become friends is daunting. I have spent close to 30 years training and almost all of my classes have been taught by the grandmaster of our system. I

feel very privileged to be able to have spent all of this time and had countless hours of his time.

Grandmaster Dennis Tosten has taught the principles of Ed Parker and has had the insight to be flexible enough to modify the development of the field of Kenpo Karate and to deal with the needs of his students. Ed Parker in his books printed many years ago explains the reasons for his philosophy and mechanics of his system and at the same time explains that a good instructor needs to be flexible in all that he teaches. He further states that you must be diligent in what you teach but be willing to modify or be flexible to have the art continue. Master Tosten emulates all of that.

He explains that perfect practice is the goal. If you have sloppy practice then when asked to perform you will continue the same movements. The perfect practice movements will then be embedded and become automatic. Doing your best is a life skill as are the other principles that are taught as part of Dennis Tosten's Amerikick system. Karate is learned patterns and behaviors. It teaches self-control and self-respect. These life skills are what is taught by the instructors of the Amerikick system and an integral part of the way he lives his daily life. There are no shortcuts in life only hard work. Significant goals are only obtained through consistent behavior and learned patterns. These are the mainstay of the Amerikick system and Master Tosten. This enhances your confidence and self-assurance and ultimately your life.



Ray Delnicki, GM Dennis Tosten and Dr. George White

1 Table of Contents

1.1	Description of the Amerikick Crest.....	15
1.2	Logos and Patches from the 1970's to present:.....	17
1.3	Kenpo pledge and Amerikick student creeds	17

1.4	The search for a Karate school- Why the Amerikick organization	18
1.5	Amerikick Characteristics through the quotes of others:.....	18
1.6	Formal Salutation:.....	21
1.7	How to tie your belt:	22
2	Basics	23
2.1	Stances	23
2.2	Blocks	24
2.3	Checks	24
2.4	Strikes- Arm/Hand.....	25
2.5	Strikes- Leg	26
2.6	Grasps	28
2.7	Throws	28
2.8	Sweeps	28
2.9	Falls	28
2.10	Weapons	29
3	Amerikick Principles	29
3.1	6 ways to change a technique	29
3.2	Anchoring.....	29
3.3	Angle of incidence (angle of mangle)/angle of deflection.....	29
3.4	Anything and everything around you can be used as a weapon	29
3.5	Backup mass.....	29
3.6	Block with your fist beyond your elbow	29
3.7	Blocking.....	29
3.8	Blocking and striking on the upside of the circle-.....	29
3.9	Bookending	30
3.10	Borrowed Force.....	30
3.11	Bring your rear knee to his front shoulder to deliver reverse punch- continue to blind side... 30	30
3.12	Cancel attackers height, which removes some weapons	30
3.13	Category Completion	30
3.14	Compounding- transform a single move into multiple strikes	30
3.15	Control/cancel zones.....	30
3.16	Contouring vs Brailing	30

3.17	Cover out-	30
3.18	Critical distance- move around and in.....	30
3.19	Crossing Arms	30
3.20	Cutting the circle	30
3.21	Difference between a line and a path-	30
3.22	Do drills with your guard above your head	30
3.23	Don't block at what can't hit you/ rather move than block	31
3.24	Don't put your opponents weapons in orbit.....	31
3.25	Do your drills with your hands head high,when they get tired they will drop to guard high	31
3.26	Double Action-	31
3.27	Drill- Paper on the mirror.....	31
3.28	Every block is a strike, every strike is a block	31
3.29	Force the head below the waist, legs stay in place	31
3.30	Frictional Pull	31
3.31	Get your opponent on one leg and spin to throw.....	31
3.32	Grafting Techniques	31
3.33	Head is the rudder of the spine.....	31
3.34	Hit soft targets with your hard weapons, hard targets with your soft weapons.....	31
3.35	Keep your hands moving to deceive your opponent.....	31
3.36	Know the length of your arms/legs- drill.....	31
3.37	Leg gauge/ Foot gauge	31
3.38	Make kenpo YOUR kenpo	31
3.39	Marriage of gravity- high to low, low to high	32
3.40	Move the Target- first defensive move	32
3.41	Move your weapon before you move your body.....	32
3.42	Obscure elbow	32
3.43	Off Angling- offensive/defensive.....	32
3.44	Point of origin.....	32
3.45	Point your weapons at your opponent	32
3.46	Progressive Teaching.....	32
3.47	Purpose of a fake-	32
3.48	Reduce your fighting stance to less than shoulder wide.....	32

3.49	Reverse Motion (e.g. Japanese Hand)	32
3.50	Revolving Door theory swinging gate	32
3.51	Shooting the V	32
3.52	Slip w/rear hand block	32
3.53	Speed	32
3.54	Squaring off your circles / Round off your squares	33
3.55	Stacking Hands	33
3.56	Take what works and discard the rest.....	33
3.57	Taking advantage of the front hand	33
3.58	There is a weakness to every technique and technique combination.....	33
3.59	Theory of Broken Rhythm-	33
3.60	Toe to heel fighting stance- protect your center.....	33
3.61	Translate weapon defense/attacks to empty hand.....	33
3.62	Types of knockouts-	33
3.63	Types/Methods of knockout	33
3.64	Twist stance	33
3.65	Universal Symbol.....	33
3.66	Zones of sanctuary-.....	34
4	Belt Requirements- Kids.....	34
4.1	White Belt- Kids.....	34
4.2	Yellow Belt- Kids.....	35
4.3	Orange Belt- Kids.....	35
4.4	Purple Belt- Kids.....	36
4.5	Blue Belt- Kids	37
4.6	Green Belt- Kids	37
4.7	Brown Belt- Kids (3 rd kyu solid brown belt)	38
4.8	2 nd Brown Belt (2 nd kyu, brown belt w/black stripe in the middle).....	39
4.9	Red Belt- Kids (1 st kyu, red belt with black stripe in the middle)	40
4.10	Junior Black Belt –Kids.....	42
4.11	Senior Black Belt- Kids.....	44
5	Adult belt Requirements.....	47
5.1	White Belt- Adult	47

5.2	Yellow Belt- Adults	48
5.3	Orange Belt- Adults	49
5.4	Purple Belt- Adult	50
5.5	Blue Belt- Adults.....	52
5.6	Green Belt- Adults.....	54
5.7	3 rd Brown Belt – Adult (3 rd Kyu- Solid Brown Belt)	56
5.8	2 nd Brown Belt- Adult (2 nd kyu, Brown Belt with black stripe)	57
5.9	Red Belt (1 st kyu, red belt with black stripe).....	58
5.10	1 st to 2 nd Black Belt- Adult (1 st dan-2 nd dan)	61
5.11	2 nd to 3 rd Black Belt- Adults (2 nd dan to 3 rd dan)	66
5.12	3 rd to 4 th Black Belt- Adults (3 rd dan to 4 th dan)	71
5.13	5 th Black Belt and higher- Adults (5 th dan)	72
6	Katas in alphabetical order- Sets then Katas	73
6.1	Two Person set.....	73
6.2	Two Person Sword Set	75
6.3	Blocking Set.....	79
6.4	Elbow Set	79
6.5	Finger Set	80
6.6	Hand Set.....	80
6.7	Knee Set	81
6.8	Amerikick 1	81
6.9	Amerikick 2	82
6.10	Amerikick 3	82
6.11	Amerikick 4	83
6.12	Amerikick 5	84
6.13	Amerikick 6	84
6.14	Amerikick 7	85
6.15	Amerikick Staff	87
6.16	Amerikick Sword 1	88
6.17	Arnis Katas & Drills.....	88
6.18	Bok	91
6.19	Gojushiho Dai- Advanced Japanese/Okinawan Traditional Kata	95

6.20	Koryo (High and Beautiful) Advanced Korean Kata-	96
6.21	Little Dragon.....	97
6.22	Long 1.....	98
6.23	Long 2.....	99
6.24	Long 3.....	102
6.25	Long 4.....	104
6.26	Long 5.....	113
6.27	Long 6.....	118
6.28	Long 7.....	126
6.29	Long 8.....	145
6.30	Mantis	164
6.31	Mass Attacks	166
6.32	Short 1.....	168
6.33	Short 2.....	169
6.34	Short 3.....	171
6.35	Starblock	174
6.36	Tiger and Crane	174
6.37	Tiny Tiger.....	177
7	Advanced Techniques	177
7.1	2Headed Serpent- front 2 hand choke	177
7.2	7 Swords- right punch	177
7.3	9 Swords- right punch	177
7.4	11 Swords- right punch	177
7.5	13 Swords- right punch	178
7.6	Bowing to Buddha- right roundhouse knee while you are kneeling on L knee	178
7.7	Broken Gift – Handshake- There is a application for this with a knife at the belly	178
7.8	Calming the storm-side club, with empty hand application.....	178
7.9	Chinese Junk- High bearhug from behind, right punch from front.....	178
7.10	Circling Fans- right punch.....	178
7.11	Circles of Glass with extension- left/right punch.....	178
7.12	Circles of Protection- right punch	179
7.13	Circling the Horizon- Shaolin Warrior- Right Punch.....	179

7.14	Circling Serpent – step through right punch	179
7.15	Circling the Storm- overhead club.....	179
7.16	Clutching Feathers- Hair grab with his left hand	179
7.17	Conquering Shield- 2 hand lapel grab-	179
7.18	Corkscrew- 90° right punch to right side.....	179
7.19	Crashing Wings- right punch	179
7.20	Crossing Talon – right wrist cross grab.....	180
7.21	Dance of Darkness with Extension- right punch and kick.....	180
7.22	Darkness- right punch	180
7.23	Defensive Cross- front kick.....	180
7.24	Defying the storm – side club – with empty hand application	181
7.25	Destructive Twins-2 hand front choke	181
7.26	Fallen Cross- 2hand choke from behind.....	181
7.27	Fatal cross – 2 hand push	181
7.28	Heavenly Ascent- 2 hand choke from front-	181
7.29	Lone Kimono- left grabs right lapel	181
7.30	Obscured Claws- Rt Shoulder Grab- Close –	182
7.31	Raining Claws- Right Upper-cut.....	182
7.32	Raking Mace- 2 Hand Lapel Grab-	182
7.33	Securing the Storm-side club, with empty hand application.....	182
7.34	Shield- right punch	182
7.35	Shield and Mace- right punch	182
7.36	Shielding Hammer- left hook.....	182
7.37	Sleeper Part B.....	183
7.38	Snapping Twig-.....	183
7.39	Taming the Mace – space your back against the wall step through punch	183
7.40	Triggered Push- straight push to L shoulder (holds pushing hand) w/extension.....	183
7.41	Triggered Salute- straight push to L shoulder (this technique lets go of pushing hand)	183
7.42	Twirling Wings – 2 hand rear choke	183
7.43	Windmill Guard Original.....	184
8	Ground Fighting	184
9	Monk Staff System Basics	185

10	Combat Knife Fighting.....	185
11	Joe Lewis Fighting Seminar	186
12	Min Zin Yoga Staff Stretching.....	188
13	Women’s Self-Defense.....	189
13.1	9 Crucial Tips	189
13.2	Don’t be a Victim.....	190
14	Leadership- Instructors	192
14.1	18.5 Secrets of Success - by Jeffrey Gitomer.....	192
14.2	Class Format by Sensei Chris Millares	193
14.3	Classroom Mechanics.....	195
14.4	Instructor’s manual- Kicks and Punches	197
14.5	What the Best Instructors Do.....	200
14.6	Code of Conduct.....	200

1. Background

1.1 Description of the Amerikick Crest



Shape:

The shape of the patch is recognized and respected shape grandmaster Ed Parker's famous IKKA crest. Mr. Parker describes what the shape symbolizes as: the top of the crest of the patch is like a roof which shelters all that are under it. The sides are curved conversely, because as the roof of a Chinese home, it is to send evil back to where it came from whenever it tries to descend. The bottom forms the shape of an ax. It represents the executioner. In the event a member is influenced by evil ideas and thoughts contrary to our philosophy, or shames the Kenpo organization, he is cut off, never to coexist with us again.

Tiger:

The tiger represents earthly strength derived during the early stages of learning. This is the stage where the individual is more impressed with his own physical prowess. However, the tiger also has black stripes. They symbolize that any beginner who works hard and never gives up can earn a black belt. The tiger was the name given to Mr. Tosten as a sign of respect by grandmaster Dr. Muang Gyi back in the 1970's. At the 1997 WKKA national convention in, front of hundreds of advanced Kenpo practitioners, Dr. Muang Gyi named Dennis Tosten "Master Tiger Tosten". Dr. Gyi also promised that he would teach the tiger knife system in the near future, as to respect "Master Tiger Tosten". Coincidentally, Grandmaster Remi Pressas named him "Master Tiger Tosten" k at the Modern Arnis summer camp of 1991. He addressed the camp saying "Dennis is a

tiger”, from now on he will be called “Tiger Tosten”. Master Tosten was born in 1950, the year of the tiger in the Chinese calendar.

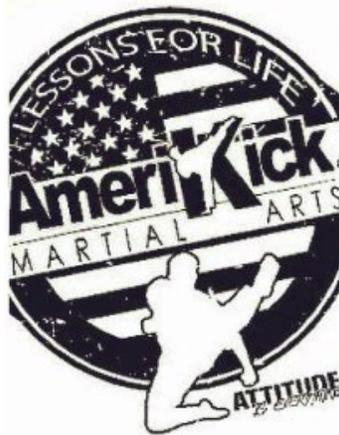
Colors:

The colors represent the student’s achievement, proficiency, and advancement through the ranks of Kenpo. Yellow, the student’s first belt, is represented by the yellow in the K and also the sand which the tiger walks on. The color yellow is placed lower on the patch symbolic of a student’s lower status in the ranking levels. As a student improves and advances, they progress upward through orange (tiger) blue (sky) green (mountains) brown (Tara arch) red (lettering) and black. The color black totally surrounds all the other colors symbolic of how a black belt encompasses all the knowledge from the previous ranks.

Arch:

The Tora arch has always been a sign of goodwill throughout the Orient. It is erected in gardens, walkways, and as entrances. It harmoniously merges into the surrounding environment, blending structure with nature. You will see the Tora arch standing at several of the Amerikick schools, symbolically representing the gateway onto the training mat.

1.2 Logos and Patches from the 1970's to present:



2015



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1.3 Kenpo pledge and Amerikick student creeds

Kenpo Pledge

"I hold that my time and my skills are the assets of my profession, assets which grow in value as I progress in the art until as a Third Degree Black Belt, I stand as a fully qualified instructor. It shall also be my responsibility to protect any student from ravenous individuals who would try to take advantage of personal weaknesses to divest the gullible into unprofitable paths, to preserve the sacred things, god, family, country and association, I pledge my all"

Student Creeds

As an Amerikick student I will work hard, aim high, and finish what I start.

Tigers and Dragons white and yellow - To build true confidence, one must have knowledge in the mind, honesty in the heart, strengthen the body.

Intermediate belts- As a dedicated martial art artist, I intend to develop myself in a positive matter, and never do anything that will hinder my mental or physical growth.

Third Brown, Junior Black & Adults - I come to you with only karate, empty hands, I have no weapons, but should I be forced to defend myself; my principles, or my honor, should it be a matter of life or death, of right or wrong then here are my weapons; karate, my empty hands.

We are a black belt school, we are dedicated, we are educated, we are motivated, and were on a quest, to be the best.

1.4 The search for a Karate school- Why the Amerikick organization

You are searching for a Karate school and wonder which to choose- for you or for your child. You need to know what is in the heart of those who teach. Let's look at what's in the heart of the Amerikick Black Belt, especially one that teaches. The traits we'll speak of are hard to come by. The Amerikick Black Belt has earned each by hard work, sweat, pain and by self-examination. Many have put their foot to the path of earning a Black Belt and I'll say most didn't make it- they quit. It's too hard...it takes too much time...it's physically too difficult...my dog ate my homework- well you see what I'm saying.

The Amerikick Black Belt starts as a big chunk of stone as it were. His instructor begins the job by starting the carving, the chipping showing him what's there. The student catches the spirit and takes the hammer and chisel and begins to strip away all the excuses, all those character flaws- the cracks are carved out by the person themselves. The personality stays, but there winds up being a set of traits that begin to show themselves and is the hallmark of an Amerikick Black Belt.

1.5 Amerikick Characteristics through the quotes of others:

Nothing is worth having is easy to get. You will sweat in pursuit of your goals and it will be difficult, and yes repetitive.

Work hard, strength in the body, endurance, prepared, indomitable spirit:

Tomorrow's battle is won during today's practice. Samurai maximum

Even in the sheath the knife must be sharp. Finish proverb

When the going gets tough, it is the mind that fails first not the body. Arnold Schwarzenegger

Do ordinary things extraordinarily well. John W. Gardner

We must all suffer one of two things: The pain of discipline or the pain of regret or disappointment. Jim Rohn

For the warrior, endurance means more than simply putting up with a bad situation; it means conquering that situation and turning it into victory. Bohdi Sanders

Do not pray for an easy life, pray for the strength to endure a difficult one. Bruce Lee
Preparation for tomorrow is hard work today. Bruce Lee
Practice doesn't make perfect... perfect practice makes perfect. Dennis Tosten

Action, finish what I start, on a quest, dedicated, loyalty, courtesy:

You don't earn loyalty in a day. You earn loyalty day by day. Jeffrey Gitomer
Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. Scott Adams
You cannot do a kindness too soon, for you never know how soon will be too late. Emerson
Courtesy is the mark of a civilized person. Chinese proverb
Good manners and soft words have brought many a difficult thing to pass. Sir John Vanbrug
Manners are a sensitive awareness of the feelings of others. Emily Post
I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do for my fellow being, let me do it now... As I shall not pass this way again. William Penn
When walking, walk; when eating, eat. Zen Maxim
If you spend too much time thinking about a thing, you'll never get it done. Bruce Lee
Knowing is not enough, we must apply. Willing is not enough, we must do. Bruce Lee
Take things as they are. Punch when you have to punch, kick when you have to kick. Bruce Lee

True confidence, courage:

Be like the coin - round and smooth on the outside and square on the inside. Ip Man
Courage is resistance to fear, mastery of fear, not the absence of fear. Mark Twain
Wherever I go everyone is a little safer because I am there. Robert L Humphrey
Those who live by the plow live in self-sufficiency. All others lean on them to simply subsist. Tiruvalluvar
The true martial artist is not the one that fears change, but the one that brings in about. Ed Parker
Mistakes are always forgivable, if one has the courage to admit them. Bruce Lee
Adapt what is useful, reject what is useless, and add what is specifically your own. Bruce Lee
Empty your cup so that it may be filled; become devoid to gain totality. Bruce Lee
Empty your mind. Be formless, shapeless; like water. Now you put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water my friend. Bruce Lee

Knowledge in the mind, educated, insight, self-knowledge, wisdom::

There should be balance in all our actions; to be either extreme or lukewarm is equally bad. Hazrat Inayat Kahn
Drink nothing to the dregs, either of the bad, or the good, for to moderation in everything has one sage reduced all wisdom. Baltazar Gracie
Be moderate in all things. Talmud
Insight: What makes the seen unseen, and the unspoken heard. Bohdi Sanders
Do not be the victim of first impressions. Baltazar Gracie
Let us not look back in anger or forward in fear, but around in awareness. James Thurber

Where wisdom doesn't go in, it doesn't come out. Swedish proverb

The unexamined life is not worth living. Socrates

Do not be tricked into thinking that there are no crocodiles, just because the water is still.

Malaysian proverb

The state of awareness is the state in which you see things as they are. Barry Long

Knowledge will give you power, but character respect. Bruce Lee

A wise man can learn more from a foolish question than a fool can learn from a wise answer. Bruce Lee

Use only that which works, and take it from any place you can find it. Bruce Lee

A quick temper will make a fool of you soon enough. Bruce Lee

For it is easy to criticize and break down the spirit of others, but to know yourself takes a lifetime. Bruce Lee

Honesty in the heart, character, sincerity, justice, honor, integrity, self-control:

Be slow to fall into friendship, but when you're in, continue firm in constant. Socrates Don't compartmentalize the different parts of your life. Be who you truly are and everything,

from your code of honor to your spirituality, merge into your one true self. Bohdi Sanders

Knowing others is wisdom, knowing yourself is enlightenment. Lao Tzu

Just as a stick must either be straight or crooked, so is a man must be either just or unjust.

Nor again are their degrees between just and unjust. Zeno the Stoic

A just man... Has only one thing to consider in performing any action, that is, whether he is acting justly or unjustly, like a good man or a bad man. Socrates

If you add to the truth, you subtract from it. Talmud

Never do anything against conscience even if the state demands it. Einstein

If an urn lacks the characteristics of an urn, how can we call it an urn? Confucius

The man of principle never forgets what he is, because of what others are. Baltasar Gracie

... Blood is inherited, but virtue is achieved. Cervantes

A man's action is only a picture book of his creed. Emerson

Honor... It is a gift a man gives to himself. Rob Roy

Set yourself apart from the rest of society by your personal excellence. Forrest E Morgan

The sky is not less blue because the blind man does not see it. Danish proverb

If you don't want to slip up tomorrow, speak the truth today. Bruce Lee

The more we value things, the less we value ourselves. Bruce Lee

Positive:

Reading makes a full man, meditation a profound man. Ben Franklin

A gem is that much more beautiful, even in the dirt. Ray Delnicki

What you think, you become. Buddha

When we direct our thoughts properly we can control our emotions. W Clement Stone

Don't fear failure. Not failure, but low aim, is the crime. In great attempts it is glorious to even fail. Bruce Lee

Life's battles don't always go to the stronger or faster man. But sooner or later the man who wins is the man who thinks he can. Bruce Lee

Growth, balance, respect:

You must not expect old heads upon young shoulders. English proverb

Only those that continually re-examine themselves and correct their faults will grow. The Hagakure

It is not necessary to change. Survival is not mandatory. W Edwards Deming

By nature men are nearly alike, by practice they get to be wide apart. Confucius

Never get angry except on purpose. Japanese Maxim

Outside noisy, inside empty. Chinese proverb

The key to immortality is first living a life worth remembering. Bruce Lee

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending in the wind. Bruce Lee

A good teacher protects his pupils from his own influence. Bruce Lee

Motivated, aim high, excellence, discipline, perseverance:

We are what we repeatedly do. Excellence, then, is not an act but a habit. Aristotle

Discipline is remembering what you want. David Campbell

... One who is spiritually mature embraces the Source and never becomes the slave of any social or religious movement. Lao Tzu

A torn jacket is soon mended; but hard words bruise the heart of every child. Henry Wadsworth Longfellow

Excellence is the gradual result of always striving to do better. Pat Riley

If you want to achieve excellence, you can get there today. As of this second, quit doing less than excellent work. Thomas J Watson

To subdue an enemy without fighting is the greatest of skills. Sun Tzu

For the warrior, endurance means more than simply putting up with a bad situation; it means conquering that situation and turning it into victory. Bohdi Sanders

If you love life, don't waste time, for time is what life is made up of. Bruce Lee

A goal is not always meant to be reached, it often serves simply as something to aim at. Bruce Lee

It's like a finger pointing away to the moon. Don't concentrate on the finger or you will miss all that heavenly glory. Bruce Lee

I don't fear a man who had practiced 10,000 kicks but I fear man who practiced one kicked 10,000 times. Bruce Lee

1.6 Formal Salutation:

1. Attention Stance. Have your right arm straight out towards 12 o'clock as a fist. Bring your left hand to rest on it as a blade.
2. Step your right foot forward into a right front crossover as you pull your hands near your right shoulder.
3. As you step your left foot forward into a cat stance, loop and extend your two hands (still together) towards 12 o'clock.
4. Loop your hands. This starts with the backs of both hands together. They turn into fists and go back into chamber as you first step back with your left foot and pull your right foot to its side into an Attention Stance.

5. Step your left foot to 9 o'clock into a horse stance with your arms above you, hands open and creating a triangle with your index fingers and thumbs.

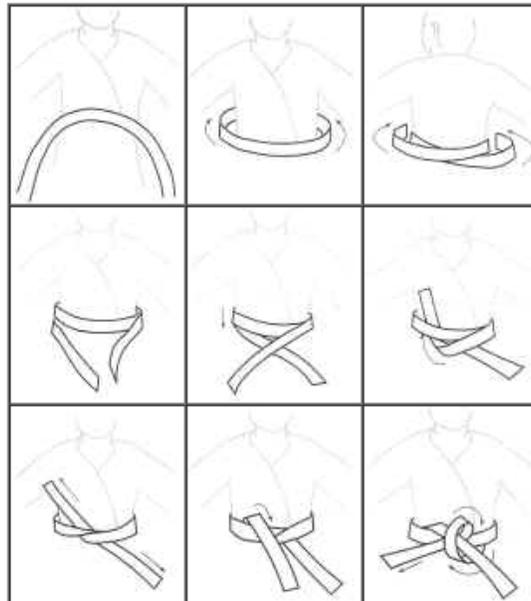
6. Settle into a meditative horse stance Put your hands together as if you were praying. Settle back into a meditative horse stance and prepare to begin your form..

The Formal Salutation has a poem that accompanies it; and there are several variations, but the theme is same.

The warrior and the scholar come together,
fight back to back to pull our country together.
We have no weapons, we hide our treasure: Kenpo,
and pray that we never have to use it.

1.7 How to tie your belt:

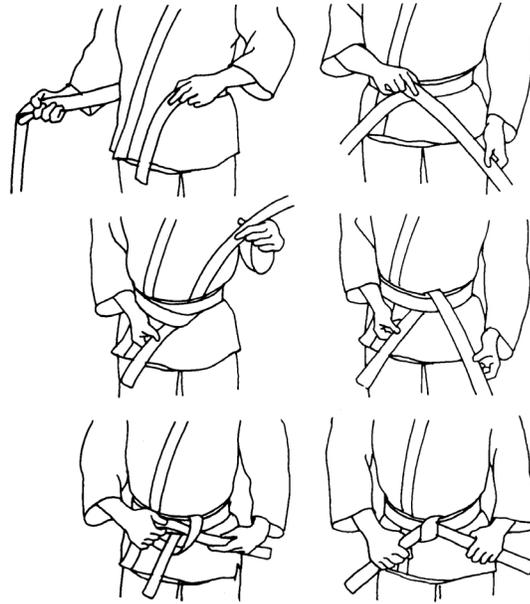
Traditional method



Your final belt knot should look like this.



Another method- no cross in back



2 Basics

2.1 Stances

Stance	Principles and personal observations
Attention	Feet together, arms and palms down at side fingers pointed down
Horse	Feet 2 shoulder widths apart, toes pointed forward, fists palms up at ribs
Natural	Feet shoulder width apart, fists palms down extended in front of you
Toe to heel fighting stance	(for right leg back) Set in a horse stance at 45° to 1:30, shoulders pointed to 12 with chin tucked into front shoulder
Twist stance	Forward, rearward and in place
Forward Bow	
Reverse Bow	
Neutral Bow	
Close Kneel	
Wide Kneel	
Cheat	
T-stance	
Cat stance	
Reverse Cat	
Concave Stance	As done in Leap of Death/Doom
Front	
Rear	

Crane	
-------	--

2.2 Blocks

Block	Principles and personal observations
Inward Hammer Block	
Rear Hand Parry/slip	
Traditional Outward Block	
Outward Hammer Block	
Outward Chopping Block	
Crane Hooks	
Sweeping Rising Block	
Crossing Uppercut Rising Block	
Downward Block	
Downward Palm Block	
Star Block & Double Star Block	
Uppercutting Knife Block	
Hooking Knife Block	
Wing Block	
Overhead Downward Knife Block	
Passing Knife/Club Block	
Universal Block	
X Block	
Forced Stick Block	
Reinforced Stick Block	
Slant/Roof Stick Block	
Cutting Stick Block	
Brush Block	
Waiter Hand	Parry, Trap Hit

2.3 Checks

Checks	Principles and personal observations
Straight Leg Check	Your foot sweeps out to prevent his kick
Knee leg check/ankle break	Step inside his legs, knee his knee outward, his foot rolls over breaking his ankle
Rising knee check	

Front hand smother check	Push his front hand/arm into his body keeping it in place for your attack
Front hand downward check	Controls the person downward to prevent movement

2.4 Strikes- Arm/Hand

Strike - Arm/hand	Principles and personal observations
Jab	Snap in, snap back- to the eyes to blind the opponent
Reverse Punch	Rear hand, devastation blow, employs marriage of gravity
Hook Punch	Comes straight out and hooks in
Cross Punch	
Horizontal Punch	Done with full fist or half fist, goes directly across your chest- reference Short 2
Slap	Usually done to the ear to break the eardrum and disrupt balance
Fish Hook Punch	
Half fist	Tight spaces- usually to the throat
Inward Chop	
Outward Chop	
Downward Chop	
Horizontal Ridgehand	
Downward Ridgehand	
Rising Ridgehand	
Inverted Ridgehand	
Finger Strike	2nd finger bent to support first finger
2 Finger Strike	
Pinky finger Strike	
Thumb Gouge	
Top Knuckle Strike	
Middle Knuckle Strike	
Piano Fingers	
Finger Flick	High, Horizontal, Low
Spearhand	Vertical Spear
Forefist	Sidelfist, Vertical Fist, Inverted Punch
Back knuckle	Hits with the knuckles, not the metacarpals
Uppercut	Not a rounded motion, straight up and in- finishes with forearm and elbow
Inward Elbow	
Outward Elbow	

Upward Elbow	
Downward Elbow	
Downward Inward Elbow	
Cobra Hand	
Reverse Cobra hand/Waiterhand	
Chicken Neck	
Crane Finger Strike	
Crane Hooks	
Hammerfist	
Palm Heel	
Tiger Claw	
Eagle Claw	
Dragon Palm	
Obscure Elbow	
Rearward Elbow	
Corkscrew Punch	

2.5 Strikes- Leg

Strike - Leg	Principles and personal observations
Front Kick	Drive your knee where you want your kick to go
Front thrust kick	You must “scoop” out your hips
Parallel Side Kick	Across a table, in the mirror your knee should be hidden by your foot- knee to your belly
Side Snap Kick	Hit with the “knife edge” of your foot
Competition Side kick	Comes up from the floor, like a rear kick, but your shoulders do not turn
Side thrust kick	
Hook Kick	Shoot a side kick out to the side of the target, and hook the heel back into the target
Wheel Kick	Front round- Drive your knee beyond where you want your kick to go
Roundhouse kick return/advance	Drive your knee beyond where you want your kick to go
Downward Round Kick	Hit with the ball of the foot
Inside Crescent Kick	Hit with the sole of your foot
Outside Crescent kick	Hit with the sole of the foot or the knife edge

Ax Kick	Drive a front kick to the left or the right of the target high, drive down with the heel, with the toes pointed
Rear Kick	Your kicking Knee should scrape your plant leg knee, drill with your kicking hip against a wall
Spinning Rear Kick	
Jumping rearward side wheel kick	
Spinning hook kick	
Spinning outside Crescent Kick	
Falcon Kick	
Split Kick	
Capoeira Kick	
Chickien Front Kick	Make sure you "sell" both Kicks
Chicken Rear Kick	If you kick L/R only look over your left shoulder- no time for both
Hinge Kick	
Mule Kick	
Flying Side Kick	
Cut Kick	
Tornado Kick	
Whip Kick	
Twist Kick	
Cartwheel Kick	
Crossing Rear Kick	Front plant leg cheat step
Switch Kick	
Knee Drive	
Inward Knee	
Outward Knee	
Rising Knee	
Downward Knee	
Shuffle Front Kick up the circle	Against a good frontal defense. Shuffle Rear crossover to his open front
Scoop Kick	
Shovel Kick	
Slicing Kick	

2.6 Grasps

Grasp	Principle and personal observations
Choke	Usually with the hands to cut off the air- collapsing the air pipe
Strangle	Usually with arm bar or jacket to cut off blood/oxygen to brain- attack nerves
Wristlock	
Elbow Lock	
Shoulder Lock	
Figure 4 Lock	
Finger Lock	
Center Lock	

2.7 Throws

Throw	Principle- put weight on 1 leg and spin on his axis
Hip Throw	Thrust your hip in just below his center of gravity
Shoulder Throw	Get his upper weight out beyond his feet, spin in "spooning" below his center
Arm Throw	
Head Throw	
Leg Throw	
Throw forward	
Throw Backward	
Throw to the Side	
Ankle Break	Step on his instep and push backward, keeping his foot flat down

2.8 Sweeps

Sweep	Principles and personal observations
Forward Broom Sweep	
Reverse Broom Sweep	
Slashing Sweep	
Rear Shooting Sweep	
Instep Sweep	
Climb Sweep	
Hook Sweep	

2.9 Falls

Fall	Principles and personal observations

Front Fall	
Side Fall	
Rear Fall	
Front Roll	

2.10 Weapons

Weapon	Principles and personal observations
Any Weapon	Is an extension of your hands/arms, if an opponent shows a weapon you must assume he is going to use it
Knife	9 strikes, Run, Flight, Work, K1, K2, K3, Forward Grip, Reverse Grip
Gun	Don't be afraid of the gun, be afraid of the bullet that comes out of it- be aware of the muzzle

3 Amerikick Principles

3.1 6 ways to change a technique

prefix,
 suffix,
 insert,
 delete,
 rearrange,
 alter (or modify) Crossing Arms

3.2 Anchoring

3.3 Angle of incidence (angle of mangle)/angle of deflection

3.4 Anything and everything around you can be used as a weapon

3.5 Backup mass

3.6 Block with your fist beyond your elbow

3.7 Blocking

Outside- block above the elbow
 Inside- block below the elbow

3.8 Blocking and striking on the upside of the circle-

Meet it to beat it or eat it

3.9 Bookending

3.10 Borrowed Force

Using opponent's force to defeat him

3.11 Bring your rear knee to his front shoulder to deliver reverse punch-continue to blind side

3.12 Cancel attackers height, which removes some weapons

3.13 Category Completion

3.14 Compounding- transform a single move into multiple strikes

Hook punch can compound into elbow

3.15 Control/cancel zones

Height, Width, Depth

3.16 Contouring vs Brailing

Brailing- reading the body for a target

Contouring- using the opponent's body contours maximize affect

3.17 Cover out-

- 1 after hand technique= single cover out,
- 2 after leg (kick) double cover out.

3.18 Critical distance- move around and in

3.19 Crossing Arms

3.20 Cutting the circle

3.21 Difference between a line and a path-

A line is the shortest distance between one point and another- a jab or back knuckle is a line. A path is that area between 2 parallel lines- a chop utilizing the area from the elbow to the knife edge of your hand is a path. Think of this way- when you are carving your turkey would you only use the very tip of the knife or would you use the entire path of the knife.

3.22 Do drills with your guard above your head

When you get tired your hands will fall to a proper guard

3.23 Don't block at what can't hit you/ rather move than block

3.24 Don't put your opponents weapons in orbit

3.25 Do your drills with your hands head high, when they get tired they will drop to guard high

3.26 Double Action-

Collapsing Palm compounds the power of the palm heel

Collapsing Fist collapses from the top 2 knuckles to the bottom knuckles

Knife hand strike compounds from the knife hand all along the path of the forearm

Double Action is different from a fist spiraling/torquing at the point of contact

3.27 Drill- Paper on the mirror

3.28 Every block is a strike, every strike is a block

3.29 Force the head below the waist, legs stay in place

3.30 Frictional Pull

3.31 Get your opponent on one leg and spin to throw

3.32 Grafting Techniques

3.33 Head is the rudder of the spine

3.34 Hit soft targets with your hard weapons, hard targets with your soft weapons

3.35 Keep your hands moving to deceive your opponent

3.36 Know the length of your arms/legs- drill

3.37 Leg gauge/ Foot gauge

3.38 Make kenpo YOUR kenpo

based on your physical capabilities/size/strength

3.39 Marriage of gravity- high to low, low to high

3.40 Move the Target- first defensive move

3.41 Move your weapon before you move your body

3.42 Obscure elbow

3.43 Off Angling- offensive/defensive

Move rear leg to move back up the circle

Move front leg to move forward up the circle

3.44 Point of origin

3.45 Point your weapons at your opponent

3.46 Progressive Teaching

teach the principle then techniques that use the principle e.g. inward block, chop/5 swords

3.47 Purpose of a fake-

gain distance,

get to off angle zones

Note- always sell your fake

3.48 Reduce your fighting stance to less than shoulder wide

3.49 Reverse Motion (e.g. Japanese Hand)

3.50 Revolving Door theory swinging gate

3.51 Shooting the V

3.52 Slip w/rear hand block

3.53 Speed

Initial speed/Quickness/burst,

MPH/velocity,

Timing Speed (off-timing, rhythm timing, double timing)

3.54 Squaring off your circles / Round off your squares

3.55 Stacking Hands

3.56 Take what works and discard the rest

3.57 Taking advantage of the front hand

3.58 There is a weakness to every technique and technique combination

the beginning

the end

transition to next technique

Transition to kick- dip your lead shoulder, spin kick- turn belly/turn head.

3.59 Theory of Broken Rhythm-

Change the target, the body rhythm, body motion, speed, movement, angle of attack, techniques, positioning to set up opponent, any patterns, attitude, defensive choice, footwork, commitment, line of attack, be unpredictable.

3.60 Toe to heel fighting stance- protect your center

3.61 Translate weapon defense/attacks to empty hand

3.62 Types of knockouts-

each designed to render opponent unable to continue

Head,

Body

Leg

3.63 Types/Methods of knockout

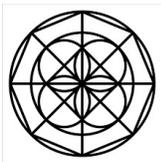
Electrical- hitting a nerve center disrupting nervous system causing KO

Mechanical- Hitting with such force as to render unconscious or unusable

3.64 Twist stance

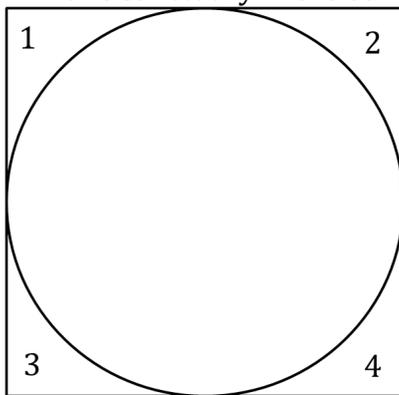
front crossover, rear crossover, in place

3.65 Universal Symbol



3.66 Zones of sanctuary-

Attacks are delivered in a circular motion,
Take sanctuary in the corners



4 Belt Requirements- Kids

4.1 White Belt- Kids

Kids White Belt- Minimum of 1 month or 8 classes

Creed - As an American Student, I Will, Work Hard, Aim High, Finish What I Start.

Katas- Little Dragon, Star Block

Techniques for Shoulder Grabs

Wraparound

Attack- Right Side Shoulder Grab.

Left-Hand Covers Well Right Arm Circles around Attackers Are into an Uppercut. Right Stopped to Attackers Foot. Unwrap and Guard

Step and Chop

Attack- Right Side Shoulder Grab

Left Pin to Opponents Hand. Step to the right side with your right foot into a horse stance. Right chop to neck. Guard

Step and Hammer Fist

Attack- Right Side Shoulder Grab.

Left pin to opponent's hand. Step to the right side with your right foot into a horse stance. Right hammerfist to stomach. Guard

Basics

Attention Stance, Horse Stance, Natural Stance, Sparring/Fighting Stance

Front Kick, Back Kick, Wheel Kick

Back Knuckle (BK), Reverse Punch, BK - Reverse Punch

4.2 Yellow Belt- Kids

Kids Yellow Belt- Minimum of 2 month or 16 classes

Creed - As an American Student, I Will, Work Hard, Aim High, Finish What I Start.

Katas- Little Dragon, Little Tiger

Techniques for Wrist Grabs

Wristgrab- Near and Far

Attack- Right Straight wrist grab.

(Far) Right Front kick to knee. Land to the side.

Left palm to the jaw. Right upward elbow release. Guard.

(Near) Right knee to groin. Land to the right side.

Left Palm to jaw. Right upward elbow release. Guard.

Rear Wrist Grab

Attack- Rear Wrist, Arm, or Hair Grab

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- (for hair grab, hand pins attacker's hand)

Guard

Basics

Attention Stance, Horse Stance, Natural Stance, Sparring/Fighting Stance

Star Block, Front Kick, Rear Kick to knee, Wheel Kick/front leg round

Back Knuckle (BK), Reverse Punch, BK - Reverse Punch, Shuffle BK - Reverse Punch

4.3 Orange Belt- Kids

Kids Orange Belt- Minimum of 3 month or 24 classes

The 3 Rules of Concentration:

Focus in the eyes, Focus in the mind, Focus in the body.

Kata- Amerikick 1

Techniques for Front Grabs

Dragon Tail

Attack- Double Lapel grab.

Lift your right hand and weave it down between the attackers arms. Clap your hands together and lift and twist to right, pushing attacker's arms away. Step forward with right foot as you double palm push attacker. Guard.

Double Wrist Grab (Anvil)

Attack- 2 Hand Wrist Grab from the front

Step back with right foot, double outward blocks to break free of the hold. Double hammer fists to attacker's arms. Right front kick advancing. Left front kick advancing. Land forward double butterfly palms to the ribs. Guard

The Wedge

Attack- Front choke or grab

Clasp your hands together with left on top. Step forward with your right foot and raise your hands straight up. Downward strike to nose. Straight strike to neck or stomach. Guard.

Basics

Front Kick, Rear Kick- Knee, Wheel Kick w/Front Leg Round, Front Kick- Rear Kick - Knee Shuffle Wheel Kick, Shuffle Wheel Kick- BK- Reverse Punch Combo, Double Star Block Roundhouse Kick, Roundhouse Kick Advancing, Shuffle Front Kick

4.4 Purple Belt- Kids

Kids Purple Belt- Minimum of 3 month or 24 classes

Student Creed

As a dedicated Amerikick Student, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth.

Kata- Amerikick 2

Techniques for Rear Grabs

Driving Elbows

Attack- Bear-hug from behind arms pinned

Step forward with left leg into sparring stance as right elbow strikes to ribs and left left uppercut breaks hold. Turn as left elbow to ribs. Turn as right elbow to ribs. Right back kick and cover out. Guard

Shackle Break

Attack- 2 Hand Wrist Grab from behind

Counter grab. Hop forward onto left foot as right rear kick pulling the attacker into the kick. Guard.

Dancer

Attack- Rear 2 Hand choke

Left foot steps behind the right foot as left chops to groin and right hand checks. Bend forward turning into a horse stance as right ridge hand to groin. Left hand up cover. Step out with the right foot into a sparring stance. Guard.

Basics

Inverted punch, Side Kick, Chicken Kick
Hook Kick, Bow Stance, Reverse Bow Stance
Front kick/Side Kick to the side
Front Kick - Roundhouse Kick

4.5 Blue Belt- Kids

Kids Blue Belt- Minimum of 3 month or 24 classes

Black Belt Pledge

We are a Black Belt school, we're dedicated, we're motivated, we're on a quest to be the best.

Kata- Amerikick 3

Techniques for Front Attacks

Tackle Defense

Attack- Tackle

Left hair grab to attacker. Step back left into sparring stance as right hammer fist to back of attacker's neck. Guard.

Defensive Warrior

Attack- Left Punch, Right Punch, Push or Grab

Step back right. Double outward chop blocks. Shuffle in right palm then left palm, then right palm to face, quickly. Right instep kick to the knee and left cut kick to knee. Guard and circle out.

The Spear

Attack- Front 2 Hand push

Put hands together, step forward with the right into sparring stance as you wedge block between push. Double outward block. Grab attacker's right arm with your left as you right upercut elbow to jaw. Right downward hammer fist to face. Guard.

Basics

Spin back kick, Step behind hook kick

Jump back side kick, Chicken wheel kick

Step behind side kick, Jump back wheel kick, Cut kick

4.6 Green Belt- Kids

Kids Green Belt- Minimum of 4 month or 32 classes

The Principles of Black Belt

As a dedicated student of the martial arts, I intend to live by the principles of Black Belt; Modesty, Courtesy, Integrity, Perseverance and Indomitable Spirit

Kata- Amerikick 4

Techniques for Punch Attacks

Eagle Claw

Attack- Right hook punch

Step back with right foot into a sparring stance as the left outward chop block. Right front kick to groin advancing. Right palm/claw to face. Guard.

Windmill Guard

Attack- Right straight punch

Step to left side with left foot as left parries punch. Right chopping block to punch. Right counter grab to punch. Right wheel kick. Cover out and guard.

Fish Hook

Attack- Right/left hook punch combo

Step forward with you right foot into a fighting stance. Right inward block to attacker's right punch, keeping left hand cover up. Right extended outward block to attacker's left punch. Left palm heel to attacker's face. Right corkscrew punch to attacker's left temple/jaw hinge. Circle chop. Guard.

Basics

Shuffle hook, wheel, side kick, Spin crescent kick, Switch round kick

Crescent kicks (inward and outward), Drop side thrust kick, Switch front kick

Jump back BK, Jump spin BK, Flying side kick

4.7 Brown Belt- Kids (3rd kyu solid brown belt)

Kids 3rd kyu Brown Belt- Minimum of 6 months or 48 classes

Advanced Student Creed

As a dedicated student of the martial arts, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth. I intend to develop my self-discipline in order to bring out the best in myself and others. I intend to use what I have learned in class constructively and defensively and never be abusive or offensive.

Kata- Amerikick 5

Techniques for Kicks, Knees, Neck locks, Locks

Blocking the kick

Attack- Front kick

Step back into fighting stance as left downward block to kick. Right front kick advancing. Right palm to attacker's face. Guard.

Bowing to Buddha

Attack- Knee while on the ground

While on knee, right forearm block to knee as left cover hand is up. Sweep to the side. Right hammerfist. Grab hair (back of head) with left hand, pull back, right palm to jaw. Guard.

Japanese Strangle Hold

Attack- Strangle hold from rear

Step to right side into horse stance as right counter grabs the hold. Left elbow to solar plexus. Left hammerfist to groin. Left uppercut elbow to jaw. Guard.

Headlock

Attack- Side headlock

Step around with right foot into horse stance as double hammerfist (groin and kidney). Grab hair with left hand. Pull head back. Right palm to jaw. Guard.

Heelhook

Attack- Full Nelson

Slam arms down to break hold as right heel kick to opponent's left knee. Right side kick to other knee. Right shin scrape into right heel stomp to instep. Guard.

Basics

Ridgehand- front and rear hand, Tornado kick, Jump spinning back kick, Whip kick
Axe kick front leg and rear leg, Front roll, Spinning hook kick
20 pushups, 20 full sit ups or 40 crunches, 3 rounds of sparring

4.8 2nd Brown Belt (2nd kyu, brown belt w/black stripe in the middle)

Kids 2nd kyu Brown Belt- Minimum of 6 months or 48 classes

Advanced Student Creed

As a dedicated student of the martial arts, I intend to develop myself in a positive manner, and never do anything that will hinder my mental or physical growth. I intend to develop my self-discipline in order to bring out the best in myself and others. I intend to use what I have learned in class constructively and defensively and never be abusive or offensive.

Kata- Amerikick 6

Techniques for Advanced rear grabs

Hammerlock A

Attack- Right Hammerlock

Right counter grab. Step back with the left foot into fighting stance as left elbow to face. Step forward left foot. Step around and back with the right foot as a counter grab arm and apply an arm bar with the left palm. Right front kick to stomach. Cover out. Guard.

Breaking the Cross

Attack- Rear 2 hand choke

Grab opponent's wrists. Step to left with the left foot landing into a horse stance and break opponents thumbs. Step around with right foot as you twist opponents arms. Right knee to elbows. Right front kick to stomach. Right elbow to head. Guard.

Circling Elbows

Attack- Bearhug from behind arms free

Step to right into a horse stance as you circle your elbows down, breaking hold. Left C step. Left uppercut elbow into right hammer fist taking attacker down. Guard. .

Spreading the Leaves

Attack- Full Nelson Bent Over

Step forward with left foot into fighting stance. Right elbow to head. Turn and left elbow to head. Turn and right elbow to head. Right back kick to stomach. Guard

Interlock (Wings of Silk) A

Attack- Rear interlocked arm grab

Left thumb poke nerve. Right claw to groin. Left stomp to foot. Right scoop kick as right of uppercut elbow. Step to the left with the right foot. Left counter grabs arm. Left foot steps around into square horse stance. Right uppercut break to arm. Guard

Basics

Falcon kick, split kick, twist kick, boxing basics (jab, cross, hook, uppercut)

Jump Spin Hook kick, Jump Spin Crescent Kick, Front Fall, Back Fall

35 Pushups, 25 full situps or 50 crunches, 5 rounds of sparring

4.9 Red Belt- Kids (1st kyu, red belt with black stripe in the middle)

Kids 1st kyu Red Belt- Minimum of 12 months or 136 classes

Complete all curriculum requirements, class attendance maintained, Honor roll, financial obligations

The Principles of Black Belt

As a dedicated student of the martial arts, I intend to live by the principles of Black Belt; Modesty, Courtesy, Integrity, Perseverance and Indomitable Spirit

Kata- Koryo, Creative Empty hand, Creative Weapon, Creative Team

500 word essay- What a Black Belt means to me, Pass pre-test, perform at Black Belt

Extravaganza

Techniques for 2 Person Attacks

Opponents at Sides

Attack- Double shoulder grab

Step to the right into a horse stance as right hammer fist. Step around with right leg to the second attacker as right inverted hammer fist as left-hand covers. Guard

Double Wraparound

Attack- Double shoulder grab

Step back with your right foot as your double wrap around the attackers arms. Step forward with your right foot and double uppercut to apply pressure to the the attackers

arms. Double hammer fist low to the attackers to bend them over. Circle hands around and grab attackers heads and smashed them together. Push attackers heads down into a chicken knee. Cover out and guard.

Japanese Hand

Attack- Cross Push

Step back with your right foot as your left hand traps and pins the attackers push. Grab the attackers hand with both of your hands to apply a wrist lock. Step back with your left foot and apply the wrist lock taking the attacker down to the ground. Right leg downward wheel kick. Cover out and guard.

Techniques for Lapel Grabs

Striking Snake

Attack- 2 Hand lapel grab pulling you toward opponent

Left cover/pin over opponents arms. Step forward with right foot. Right middle knuckle strike to solar plexus. Right inward block to clear the grab. Right chop to neck. Right inward elbow to head. Guard

Kimono Grab

Attack- 2 Hand Lapel Grab

Left to pin grab step back with left foot into fighting stance as right rising block to break. Right inward block to clear arms away. Right chop to neck. Right elbow smashed to head. Right hammer fist to the groin. Right back kick. Guard.

Techniques for Punches with takedowns

Trapping Hands

Attack- Right punch left punch

Step back with right foot into fighting stance as left parry to punch. Left side punch to face. Right reverse broom sweep. Cover out. Guard

Returning Viper

Attack- Right punch

Windmill guard technique up to the wheel kick. Right side kick to the back of attackers knee. Left hair grab and left roundhouse kick sweep to the attackers right leg to take attacker down. Right spin rear stomp. Cover out. Guard.

Tiger Take Down (Dance of Doom)

Attack- Right straight punch

Left parry and right ridge hand to groin as left steps to side. Left hook to back of knee, as right steps forward and left elbow as right steps forward and right elbow to ribs. Take opponent down. Right back knuckle to left knee, figure 8 back knuckle to right knee, right chop to groin. Right kick to opponents right leg. Cover out. Guard.

Techniques for Club Defenses

Crossing the Club

Attack- Right overhead club

Left step to forward into fighting stance as X block to wrist. Right counter grab to wrist as left arm to elbow, while left foot steps around and in front of opponent two o'clock. Bend opponent over with forearm as in Crossing the Talon. Right front kick to face. Cover out. Guard.

Bending the Club

Attack- Right side club

Right step forward into fighting stance as double chop block to radial and bicep nerves. Right hook to elbow, as right foot steps back into fighting stance and left-hand rises up simultaneously. Right knee to sternum, landing into right downward elbow to spine. Guard.

Basics

360° Spin Back Kick, Forward Broom Sweep, 360° Spin Hook Kick, 50 Pushups
Double Front Kick, Reverse Broom Sweep, Triple Jump Kick, 30 full situps or 60 crunches
Cartwheel Kick, Falcon Kick, Side Fall, 7 rounds sparring (2 minutes)

4.10 Junior Black Belt -Kids

Kids Junior Black Belt- Minimum of 18 months or 200 classes

Kata- Short 1, Long 1, Short 2, Amerikick 7, Amerikick Sword Kata 1, Blocking Set, Elbow Set, Knee Set, 2 Person Sword Set

Advanced Kicking Techniques

Twisting Dragon

Attack- Your left wheel kick is grabbed

Spin in the air and right spin kick to opponents head. Land inside fall position on on your feet. Guard.

Chopping the Log

Attack- Right Roundhouse kick

Right outward block as left cover. Loop right arm trapping attackers leg. Right Knee to inner thigh. Left downward elbow to leg. Right leg loops over attackers leg and take down. Guard.

Downward X Block (Prayer od Doom)

Attack- Your are on 1 knee and attacker kicks with right

Downward X block right fist on top. Grab bottom of attackers heal with right hand. Twist attacker over so there back is facing you. Front kick to the groin as you stand up. Double palms to back forcing attacker to the ground. Axe stomp. Guard.

Universal Block (Deceptive Panther)

Attack- Right leg round kick while you are in a right leg forward sparring stance

While in a fighting stance, slide left foot around 4 o'clock as universal blocks kick. Right

lunge sidekick to opponents 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 the jaw as left-hand checks. Right back/scoop heel kick to opponents jaw. Guard.

Techniques for Multiple Attackers

Hands of Force

Attack- Double shoulder grab far

Step to the right into a horse stance as the right chop to throat, left hand in guard position step to 10 o'clock with your right foot, as right slicing eye rake followed by the left dragon palm to throat. Pivot left foot back and around to 10 o'clock as right inward block to first opponent. Right front kick to first opponent landing forward. Left rear cross over to right back kick to second. Right double cross out facing first opponent. Spin sweep to first attacker. Guard.

Tiger Stretch

Attack-Double wrist grabs from sides

Right counter grab as rear crossover toward the left. Right side kick to right opponent. Land in a right front cross over towards left opponent. Left knee kick to back of left opponents right leg. Left side kick to opponents left knee. Land into the left front cross over toward right opponent as right back knuckle strike as you turn clockwise. Left right chicken wheel kick to left opponent. Land forward into a right stiff arm back knuckle to left opponents jaw. Left back kick to right opponent. Double cross out to 11 o'clock. Guard.

Bearhug and Punch

Attack- Rear bearhug and front right punch

Right inward block to attackers right punch while you right front kick to the attackers 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 the rear attacker, left front cross over toward front attacker. Right side kick to any available target on first attacker. Without dropping your right kicking leg, right front kick to rear attacker to any available target. Cross out. Guard.

Double Wraparound

Attack- Double shoulder grab close

Step back right, wrap around with both arms as you step forward with right double uppercuts breaking arms, double hammer fist to stomach, step back, bring arms around smashing opponents heads together. Chicken knee to face, step back and clear, right then left hinge kicks to legs. Cover out. Guard.

Double Rams

Attack- Right straight punch from the front and rear attack

Step forward 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, landing into Five Swords. Pivot into left twist stance, facing front person as right front kick to front opponent, landing into left back kick to rear opponent. Double cross out to 3

o'clock. Guard.

Techniques for Hammerlocks

Reverse Hammerlock

Attack- Right Right hammerlock

Pin attacker's hand by pinning it to your spine. Step with your right foot to 10 o'clock into a horse stance pulling attacker's arm out straight. Left elbow to attacker's left elbow. Left hammerfist to attacker's groin. Left side kick to attacker's left knee into a right spin rear kick. Cover out. Guard.

Diving Hawk

Attack- Right hammerlock

Step back left, left elbow to face. Double step back as you twist attacker's arms. Right left chicken kick. Land into Crossing Talon left forearm to attacker's arm. Left side elbow to temple. Downward elbow to spine. Right knee to face, Left rear kick then right spinning rear kick. Guard.

Amerikick Sword

Attack- Strikes/Cuts

Beginner level 1 strikes are executed from a ready stance. Feet shoulder width apart with knees slightly bent and sword in front with the tip angled towards the front attacker.

Overhead half cut. Overhead full cut. Diagonal cut right. Diagonal cut left. Horizontal cut right. Horizontal cut left. Thrust.

Blocks

Beginner level blocks executed from ready stance. Feet shoulder width apart with knees slightly bent and sword in front with the tip angled towards the front attacker. High block right. High block left. Low block right. Low block left. Overhead angled block right.

Overhead angled block left.

4.11 Senior Black Belt- Kids

Kids Senior Black Belt- Minimum of 18 months or 200 classes

Kata- Short 3, Long 2, Hand Set, Tiger Set, Arnis Kata 1

Defenses- Arnis, Knife, Ground

Basics- Arnis strikes

Techniques:

Hammer and sword

Attack - right shoulder grab or left shoulder grab

Pin opponents hand and step to that side into a horse stance. Hammer strike to the groin followed by a chop to the throat. Variation; chop to the throat then hammer fist. Guard

Pushing the Circle

Attack - right straight grab

Step back with left foot as you pull your right arm back to your left shoulder going against the attackers thumb. Right hammer fist to stomach or face. Guard

Front Head Lock

Attack - right side front headlock

Relieve the pressure of grab with the left arm. Step forward with the right foot into a horse stance as the right ridge hands strikes to the groin. Right upward elbow to jaw. Slide your head out of the grab. Side elbow. Guard.

Triggered Push

Attack - front straight pushed to left shoulder

Pivot in place, twist into right heel palms to attackers jaw. Pin attackers hand to your left shoulder with your left hand. Right hook to attackers right arm dropping attackers height. Step forward with your right foot into a horse stance right inward elbow to attackers face. Left outward elbow to attackers face. Right uppercut to opponents jaw. Guard.

Parting the Push

Attack- front to hand push

Step back with the right foot into a fighting stance. Double outward chops strike inside attackers wrists. Right chop to attackers left floating rib, left-hand checks high. Left outward chop to attackers left side of neck. Right middle knuckle solar plexus as left-hand checks low. Guard.

The Shield

Attack - left hook punch

Step forward with the right foot into a forward bow stance. Burst into a right extended outward block to attackers punch. Left heel palms to attackers jaw. Right hammer knuckle rake to attackers temple. Shuffle in, right elbow strike to attackers solar plexus keeping left-hand covering. Guard.

Crushing Hammer

Attack- rear bearhug, arms pinned

Step to the left side landing into a square horse stance. Simultaneously pin opponents grab with your left hand and right hammer strike to attackers groin. Right C step behind attackers left leg to buckle. Right obscure elbow under jaw left heel palm to ribs. Guard.

Front Bearhug Arms Free

Double palms to attackers ears, double chops to attackers neck. Left hair grab and right palm to the attackers jaw twisting their neck. If attackers have no hair then grab their ear. Knee. Guard.

Front Bearhug Arms Pinned

Step back with the right foot into a fighting stance as both thumbs strike to attackers groin nerves. Left hooks opponent. Right knee to attackers groin while right-hand chambers back to hip to break the hold of attackers left arm. Land forward with your right foot and knife

edge stomp to in step. Guard.

Crossing the Talon

Attack - front cross wrist grab

Counter grab attackers 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 attackers right elbow (arm bar). Force attacker down with arm bar. Left outward elbow strikes attackers temple. Left claw rakes attackers face upward. Left downward elbow to attackers spine. Right knee to attackers face while left palms strikes attackers back of the head. Cross out. Guard.

Returning the Club

Attack - right round club attack into backhanded club attack

Step back with your left foot towards 8 o'clock 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 o'clock landing into a horse stance and blocking attackers backhanded swing with both of your forearms, right arm above the attackers elbow, left arm below the attackers elbow. Right-hand counter grabs attackers right wrist. Step back with your right foot towards 9 o'clock apply pressure with your left forearm to attackers right elbow and swing attacker around and downward similar to Crossing the Talon. Right front kick to attackers face. Disarm. Guard.

Circling Choke (Circling Wing)

Attack- rear 2 hand choke

Step to your right side with your left foot towards one o'clock step. Circle your arm up, over and down on attackers right arm that is choking you. Drop into a horse stance while dropping your right elbow down. Left spear to attackers eyes. Right uppercut elbow to under attackers jaw while left-hand checks attackers arms. Right hammer fist to attackers groin shifting into a reverse bow stance. Right rear kick. Cover out. Guard.

Sleeper

Attack- right straight punch

Step forward left and slip punch into a fighting stance. Left parry to attackers punch. Shift into a forward bow stance as right hand strikes to the left side of attackers neck, left-hand checks high on attackers right arm. Right C step behind attackers right leg. Grab your right ridge hand with your left hand to apply pressure to attackers neck and choke attacker. Step back with your left foot and throw attacker down to the ground. Right vertical punch to attackers face while you drop your right knee to attackers right rib, left-hand checks attackers right arm. Guard.

Corkscrew

Attack- right punch from side

Turn right into twist stance as you sweep both hands down 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 the left. Right heel kick to groin,. Throw attacker to ground. Stomp and cover out. Guard.

Dance of doom

Attack- right straight punch

Step forward left and slip punch into a fighting stance. Left parry to attackers punch. Shift into forward bow stance as right ridge hand strikes attackers groin, left-hand checks high on attackers right arm. Hook the back of attackers right leg with your left arm. Step forward and between the attackers legs with your right leg while striking with your right elbow to attackers ribs. At the same time pull attackers right leg to your left hip with your left hand, this should take down the attacker landing them on their back. Right figure 8 back knuckles to inside of attackers knees. Right downward chop to attackers groin. Grab attackers right foot with both hands and flip attacker over onto their stomach. Left stomp, cover out and guard

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Leap of Doom

Attack - right straight punch

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 back of opponent with double heel stomps to back. Double palms to back of head. Chin lock to opponent. Snap neck. Right knee as right chop left knee as left palm. Jump off to opponents right as right downward wheel kick to temple. Guard.

Fan Blocks

Attack - double punch

Step back with the left into fighting stance as right downward parry to punch. Draw right foot back into cat stance as left outward parry to punch. Right front kick landing forward into right uppercut to jaw. Small step forward left as you left punch to face, right low cover and right knee to groin. Uppercut forearm to jaw, cross out. Right crossing rear kick. Cover out.

Full Nelson

Step slightly to your left with your left leg. Double claw to attackers face. Drop your weight into a horse stance breaking the Full Nelson hold. Stand back up straight while pinning the attackers hands to your side. 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 your right elbow. Step forward with right foot then back with left foot. Step back with your left foot into a reverse bow stance and strike attacker in the face with your left elbow. Guard.

5 Adult belt Requirements

5.1 White Belt- Adult

Adult White Belt- Minimum of 1 month or 8 classes

Kata- Blocking Set

Techniques for Side Grabs

Hammer and Sword

Attack- Right side shoulder grab or left shoulder grab

Pin the opponent's hand and step to that side into a square horse stance (behind opponent if possible). Hammer strike to groin followed by chop to the throat while maintaining pin. Variation can be chop to the throat and then hammerfist to groin (can also be done from the sitting position). Guard.

Wrap Around

Attack- Right Side Shoulder Grab

Left hand covers (but does not pin) while right arm circles around attacker's arm into an uppercut. Right stomp to attacker's foot. Unwrap and Guard. The unwrap can be a BK to the Mastoid.

Techniques for Single Wrist Grabs

Front Wrist Grab

Attack- Straight wrist grab

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 to the right side of opponent. Left palm heel to opponent's jaw or nose. Right upward elbow to release. Guard.

Rear Wrist Grab

If opponent is far away, Step toward opponent with left foot. Right rear kick to knee- if opponent is close then right stomp to foot. Pull away. Guard. (can also work for hair grab and rear purse grab.

Basics

Back Knuckle (BK), Reverse punch, Chop, Heel Palm (front and rear), Hammer Fist
Front Kick, Rear Kick to knee, Wheel kick- front leg round kick
Natural/Ready stance, Square Horse Stance, Sparring/Fighting Stance/Toe to Hell
Stance/Neutral Bow/Guard

5.2 Yellow Belt- Adults

Adult Yellow Belt- Minimum of 2 month or 16 classes

Katas- Blocking Set, Elbow Set

Techniques for Grabs

Defensive Warrior front shoulder grab, grab and punch, right punch push or grab.

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. Guard and circle out.

Double wrist grab two hand front wrist grab

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. Cover out.

Rear double wrist grab rear two hand wrist grab

Counter grab opponents wrists. Step forward with your left foot. Right back kick to opponents groin or knee pulling opponent into the kick. Cover out.

Pushing the circle right straight grab

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. Cover out.

Basics

Movement

shuffles (hand and 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, uppercut

5.3 Orange Belt- Adults

Adult Orange Belt- Minimum of 2 month or 16 classes

Kata- Knee Set, Short 1

Techniques for Headlocks

Side Headlock

Attack- Left Side Headlock

Step around opponent with your right foot, landing in a horse stance. Double hammerfist strike to the kidney and groin. Grab opponents hair with your left hand and pull opponent back. Right palm heel to the jaw, right knee to the right leg or groin of opponent. Guard.

Practice all techniques on both sides.

Front Headlock

Attack- Right side Front Headlock

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 the groin. Right inverted upward elbow strike to jaw. Slide your head out of the grab. Shuffle side elbow. Guard.

Techniques for rear Neck Locks- First Stripe

Japanese Stranglehold

Attack- Right Stranglehold from Behind

Relieve the pressure of the grab with the 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

Attack- Full Nelson

Step back into horse stance/drop elbows down, fists pointed 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. Right side kick to inside of attacker's right knee. Right shin scrape into right stomp to attacker's instep. Guard.

Techniques for rear Pushes- Second Stripe

Triggered Push

Attack- Front straight push to left shoulder

Pivot in place. Twist into right heel palm to attacker's jaw. As you pin attacker's 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

Attack- Front Two Hand High Push

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, Upper Cut

Stances- Cat stance, Forward bow, Reverse Bow, Switch

5.4 Purple Belt- Adult

Adult Purple Belt- Minimum of 3 month or 24 classes

Kata- Long 1

Techniques for Punches

Five Swords

Attack- Right Hook punch

Step forward into fighting stance with right foot. Right sweeping inward block to punch, left hand covers. Right chop to right side of attacker's 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 left foot slightly steps to 4 o'clock. Right downward chop to attacker's left side of neck shifting into a horse stance. Guard.

The Shield - Left

Attack- Left Hook Punch

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

Windmill Guard

Attack- Right Straight Punch

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.

Techniques for Lapel Grabs- First Stripe

Striking Snake

Attack- Front Two Hand Lapel Grab Pulling You in

Left hand traps attacker's double grab while your right steps forward into a horse stance. Right uppercut middle knuckle strike to the solar plexus. Right hammerfist to temple. Right chop to attacker's throat. Clear arm with right dropping forearm. Right inward elbow to right side of of the attacker's jaw. Guard.

Kimono Grab

Attack- Front Two Hand Lapel Grab Pushing You away

Left hand pins both of the attacker's 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 hammerfist to attacker's groin while shifting into a soft bow/close kneel stance. Right rear kick to attacker's groin. Cover out. Guard.

Techniques for Bearhugs- Second Stripe

Circling Elbows

Attack- Rear Bear Hug, Arms Free

Step to the right landing in 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. Right obscure elbow to under jaw. Right hammer fist to solar plexus knocking attacker down. Guard.

Crushing Hammer

Attack- Rear Bearhug, Arms Pinned

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 Bearhug Arms Free

Double palms to attacker's ears. Left hair grab and right palm to the attacker's jaw twisting their neck. If the attacker has no hair grab the ears. Knee. Guard.

Front Bearhug Arms Pinned

Step back with the right foot into a fighting stance as both thumbs strike 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 the 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 and rear), Cover out (single and double)

5.5 Blue Belt- Adults

Adult Blue Belt- Minimum of 3 month or 24 classes

Kata- Short 2

Techniques for Arm Locks

Hammerlock

Attack- Right Hammerlock

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 o'clock with right foot as you counter grab arm and apply an arm bar with the left palm. Right front kick to stomach. Cover out.

Crossing the Talon

Attack- Front Cross Wrist Grab

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.

Techniques for Club attacks- First Stripe

Bending the Club

Attack- Right Side Club Attack

Step forward with the right foot into a horse stance. Double chops inside of attackers right arm: right chops the bicep nerve, left chops the radial nerve. Counter grab attackers right wrist with your left hand for control of the weapon. Right chop to the attackers neck. Right-hand hooks behind attackers right elbow. Step behind with your right foot toward 4 o'clock into a bow stance while pulling attacker down. Right knee strikes attackers chest. Land

forward into a horse stance while striking attackers spine with a right circling downward elbow. Disarm. Guard.

Crossing the Club

Attack- Right Overhead Club

Step forward and to your left side toward 11 o'clock into a horse stance. Double X block to attackers right arm. Make sure your right hand is on top of your left hand. Right-hand counter grabs attackers right wrist. Step to your right with your left foot, landing in front of attacker, into a horse stance while your left forearm strikes attackers right elbow similar to Crossing the Talon. Force attacker down with your left arm bar. Right knee strikes attackers face. Disarm. Guard.

Returning the Club

Attack- Right Round Club Attack into a Backhand Club Attack

Step back with your left foot towards 8 o'clock 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 o'clock landing into a horse stance and blocking attackers back handed swing with both of your forearms, right arm above the attackers elbow, left arm below attackers elbow. Right-hand counter grabs attackers right wrist. Step back with your right foot towards 9 o'clock apply pressure with your left forearm to attackers right elbow and swing attacker around and downward similar to Crossing the Talon. Right front kick to attackers face. Disarm. Guard.

Techniques for Chokes- Second Stripe

Circling Choke (Wing)

Attack- Rear Two Hand Choke

Step two your right side with your left foot towards one o'clock. Circle your arm up, over and down on attackers right arm that is choking you. Drop into a horse stance while dropping your right elbow down as left spear hand to attackers eyes. Right uppercut elbow to under attackers jaw while left-hand checks attackers arms. Right hammer fist to attackers groin dropping into a reverse bow stance. Right rear kick, cover out. Guard.

The Wedge

Attack- Front Choke or Grab

Clasp your hands together with left hand on top step forward. Step forward with your right foot and raise your hands straight up. Strike down to nose. With knuckles of right-hand straight half fist strike to throat. Guard.

Techniques for Kicks

Blocking the Kick

Attack- Right Front Kick

Step back with right foot into a fighting stance. Left downward block to attackers kick. Right front kick to attackers groin. Land right kicking leg forward into a horse stance. Right heel Palm to attackers jaw or nose. Guard.

Universal Block (Deceptive Panther)

Attack- Right Leg Round Kick, While you are in a Right Leg Forward Fighting Stance Slide left foot around to 4 o'clock as universal block the kick. Right longed side kick to opponent's supporting leg. Land forward into right hammer fist, followed by a left hammer fist to back of neck, shifting into twist stance. Lifting back knuckle to jaw up and over as left-hand checks. Right back/scoop heel kick to opponents 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 and Blocks- Claw (in, out, down), Half fist, X-Block, Universal block

Movement- Lunge kicks, Jump back kicks (defensive)

5.6 Green Belt- Adults

Adult Green Belt- Minimum of 3 month or 24 classes

Kata- Short 3

Techniques for Punch Defense Take Downs

Sleeper

Attack- Right Straight Punch

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

Corkscrew

Attack- Right Punch from side

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 the left. Right heel kick to groin. Throw attacker to ground. Stomp and cover out. Guard.

Dance of Doom

Attack- Right Straight Punch

Step forward left and slip punch as you left parry attackers punch. Shifting into a forward bow stance and right ridge hand strikes attackers groin left hand checks high on attackers right arm. Hook the back of attackers right leg with your left arm. Step forward and between the attackers legs with your right leg while striking with your right elbow to attackers ribs. At the same time pull attackers right leg to your left hip with your left hand, taking down the attacker landing them on their back. Right figure 8 back knuckle to inside of attackers knees. Right downward chop to attackers 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

Attack- Right Straight Punch

Step forward with left foot while right outward chop blocks punch. Left palm to opponents elbow. Left back knuckle to ribs. Force opponents to ground. Leap on the back of opponent with double heel stops 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 opponents right side as right down will kick to Temple. Guard.

Techniques for Double Punches- First Stripe

Fish Hook

Attack- Right Hook Punch, Left Hook Punch

Step forward with your right foot into a fighting stance. Right inward block to attackers right punch, keeping your left hand covering. Right extended outward block to attackers left punch. As left heel palm to attackers face. Right corkscrew punch to attackers left temple/jaw hinge, circling overhead into right inverted chop to neck. Cover out, guard.

Fan Blocks

Attack- Double Punch Combo

Step back with left into fighting stance as right downward parry to punch. Draw a 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. Uppercut forearm to jaw, cross out. Right crossing rear kick to opponent. Cover out. Guard.

Techniques for Locks- Second Stripe

Full Nelson

Attack- Full Nelson

Step slightly to your left with your left leg. Double claw to attackers 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 your right elbow. Step back with left foot then 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)

Attack- Rear Interlocking arm grab

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 groin. Land your right kicking leg to your left side towards 9 o'clock while you pin attacker's left arm with your left hand. Step around with your left leg towards 9 o'clock 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 sweep

Strikes -Dragon palm, Corkscrew Punch, Inverted Punch, Inverted Spear

Movement- Knee drive, Hop Step, Head & Body slip, Bob & Weave

5.7 3rd Brown Belt – Adult (3rd Kyu- Solid Brown Belt)

Adult Brown Belt 3 kyu- Minimum of 6 month or 50 classes

Kata- Stick Form 1

Techniques for Stick Defense

Defense against #1 strike

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 stick.

Defense Against #2 strike

Step forward with your left foot into a fighting stance as you reinforce block the attack. Hook the punyo (butt end of the 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 #5 strike

Step back with your left foot. Pivot body counter clockwise as you inside block the attacker's poke with your stick (downward pointing wing block). Counter grab attacker's stick with your left hand. Hook your punyo over and down attacker's wrist to disarm as you pivot clockwise.

Defense Against #12 strike

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 punyo as your left hand controls attacker's wrist. Downward disarm.

Defense Against #2 strike- 2 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 punyo. Insert tip of stick up and between the attacker's arms. Step to 9 o'clock with the left and pull up and over with your stick in a levering action to disarm and throw attacker.

Basics- Stick Techniques

Salute

12 Strikes
Parry-Trap/Check-Hit
Empty Hand Sinawalli- 1 hand, 2 hand
Sinawalli- 1 stick, 2 sticks
Double Sinawalli
Reverse Sinawalli
Rodonda
Forced Block
Reinforced Block
Slant Block
Umbrella Block
Cutting Block

5.8 2nd Brown Belt- Adult (2nd kyu, Brown Belt with black stripe)

Adult Brown Belt 2 kyu- Minimum of 6 month or 50 classes

Kata- Long 2

Techniques for Knife Defense

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 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, to hit your attacker with, and/or to throw at your attacker.

Watch the position of your attacker's elbow to determine the target of the attack.

Defense against uppercut thrust

Shuffle your butt backward to move your stomach out of the path of the attack with downward block with your left forearm (palm facing you). 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 in while your hands turn the knife inward toward the attacker anchoring it with your own body thrusting the knife into attacker.

Defense Against uppercut/hook thrust

Shuffle your butt backward to move your stomach out of the path of the attack with downward block with your left forearm (palm facing you). Your left arm is parallel to the floor and striking the wrist of the attacker. Look at the attacker, not the knife. 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 rising knee repeatedly. Drive opponent's head straight down to the ground with your right hand.

Defense Against right overhead attack

Off angle step to 10 o'clock as you double block and parry the attack/knife down and into the leg of the attacker while the left hand checks the attacker. Right elbow to attacker's face, standing the attacker up. Switch hands, right checks the knife with left inverted web hand to throat. Switch hands, left checking the knife with right heel palm claw to face. Right C step around 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 the solar plexus. Drop attacker to the ground.

Defense Against right backhand slash

Step forward with left foot with 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.

Defense Against knife tip at throat from front- blade up

Lean your neck and head back as you left chop the flat of the knife or back of hand with right chop 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 grab over the top and lock to check. Right punch to sternum. Right forearm to attacker's side jaw and right hook attacker's neck down into a right rising knee.

Defense Against knife at throat from behind

Drive your neck and shoulder into attacker's bicep while your right and left hands grasp attacker's wrist. Maintain grab as left rear crossover driving the knife into attacker's stomach.

Defense Against slash

Step forward with the 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 wrist lock. Downward right knee to attacker's ribs with right punch to attacker's face. Disarm.

Basics- Stick Techniques

Fake techniques- Hip fake/back knuckle, Front shoulder fake, Rear shoulder fake

Kicks- Axe kick, Round kick spin rear kick, Spin rear kick front kick with distance principle

Advanced Blocks- Parry blocks, Brush blocks, Crane blocks

5.9 Red Belt (1st kyu, red belt with black stripe)

Adult Red Belt 1 kyu- Minimum 136 classes

Kata- Amerikick Hand Set, Tiger Set

Techniques Multiple Attackers

Hands of Force- Defense against Double Shoulder Grab- far

Step to the right into a horse stance as right chop to throat, left hand and guard. Step to 10 o'clock with your right foot, as right slicing eye rake followed by left dragon palm to throat. Pivot left foot back and around to 10 o'clock into cat stance as right inward block to first opponent. Right front kick to first opponent landing forward. Left rear cross over into right back kick to second opponent. Right double cross out facing first opponent. Spin dragon tail sweep to first attacker. Guard.

Tiger Stretch- Defense Against Double Wrist Grab From the Sides

Right counter grab as a right rear cross over toward left. Right side kick two right opponent. Land in a right front cross over towards left opponent. Left knee kick to back of left opponents right leg. Left sidekick to opponents left knee. Land into left front cross over 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 two right opponent. Double cover out to 11 o'clock. Guard.

Bearhug and Punch- Defense Against Rear Bearhug and Front Right Punch

Right inward block to attackers right punch while you right front kick to the attackers groin. Land your right kicking leg to the right side landing into a horse square horse stance. Ask hands up and perform the technique circling elbows on the rear attacker. After your hammer fist to rear attacker, left front cross over toward front attacker. Right side kick to any available target on first attacker. Without dropping your right leg if possible right front kick to rear attacker to any available target. Cover out. Guard.

Double Wrap Around- Defense Against Double Shoulder Grab Close

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 fist to stomachs, step back, bring arms around smashing opponents heads together. Double chicken knee to face, step back and clear. Right then left round kicks legs. Cover out. Guard.

Double Rams- Defense Against Right Straight Punch from the Front and Rear Attack

Step forward left as you left inward and right outward block breaking arm. Whip through with a hammer fist to face of front attack or, 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, front facing front opponent as right front kick to front opponent, landing into left back kick to rear opponent. Double cover out to 3 o'clock. Guard.

Techniques- Ground Defense

Falling Heel - Attack from front while you are kneeling

fall sideways to right. Left roundhouse kick to groin. Reverse scissor takedown with left outward heel to groin. Get up and guard.

Hooking Heel - Attack from front while you are kneeling.

Fall sideways to right. Left roundhouse to groin. Left leg look into scissors takedown. 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 - Attack from front while on left knee

With your left knee on the ground and your right knee up downward forearm smash his thigh, right inward elbow point to the attackers inner thigh and your left hand checks. Right inverted upward hammer fist to attackers groin. Drop onto your left forearm as you right sidekick to attackers chest or face. Shoulder roll out towards 6 o'clock and recover in a sparring stance facing the attacker. Guard.

All Fours - Attack from rear while on all fours

Left rear kick, then use knee to shuffle forward to right rear kick. Right high cover as left punch to the groin. One leg takedown, left grabs ankle. Right elbow to inside of knee. Grab ankle and twist flipping attacker onto his belly breaking ankle. Stand up. Guard.

Defending Turtle - Attack while you're on your back

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 - Attacker straddles you while you are on your back

Cross block to protect face. Right punch to opponents groin. Closest hand hooks ankle. Right inward elbow strikes inner thigh. Continue rolling on to opponents ankle and leg, dropping attacker to the floor. Left downward elbow to groin. Repeat elbow. Roll back over opponents leg. Get up and stomp. Guard.

Spinning Alligator - attacker standing behind your head while you're on your back.

Bar block (arms in double upward block to protect face). 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 kick, 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 takedown, Reverse scissors takedown, Bottom arch kick, Knee kicks

Ground Attacks- Upward side punch, Upward elbow, Inside elbow, Outside elbow, Inside 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)

5.10 1st to 2nd Black Belt- Adult (1st dan-2nd dan)

Adult Black Belt 1st dan to 2nd dan- Minimum 2 years & 250 classes

Advanced Locks

Arch of Doom- Attack= stranglehold with back arched

roll your body off attackers hip into a side headlock. Perform headlock. Guard.

Striking Cranes- Attack= front bearhug, you are forced into backward arch

Step back into right horse stance. Protect face with right palm. Left chicken 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 - Attack= double front cross choke

Left-hand traps attackers hands. Step back left to straighten attackers arms. Turn into a 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 clear attacker's arms as left foot circles counterclockwise to 4 o'clock and drive a right hooking punch to attacker's left ribs into a right uppercut to attackers face. Guard.

Rocking Elbow - Attack= handshake

Counter grab attacker's right hand with your right hand and swing down to inside of attacker. Step with your left foot forward to 12 o'clock and left upward elbow break to attackers right elbow. Left hammer fist to groin. Left back knuckle to face as right pulls. Guard.

Reverse Hammerlock - Attack= right hammerlock

pin attackers hand by pressing it to your spine. Step with your right foot to 10 o'clock into a horse stance pulling attackers arm out straight. Left elbow to attackers left elbow. Left hammer fist to attackers groin. Left side kick to attackers left knee into right spin rear kick. Cover out.

Punch Defense from Angles

Back Break - Attack = right side punch

Step with your right leg towards 2 o'clock, slipping the attackers right punch, while your left hand parries, followed by your right-hand brush block. Step towards 2 o'clock 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 attackers shoulders and pulling them backwards. Right knee to attackers lower spine. Replant your right knee into a bow stance, pulling attacker down onto your left knee and holding him there. Break attackers neck. Right chop to attackers nose. Double back knuckle strikes to attackers clavicle. Double claws to attacker's 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. Cover out. Guard.

Rear Thrust - Attack = right or left punch from the rear

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 right downward side kick to attacker's left knee. Right back knuckle to the temple as you left side punch to attackers ribs. Left stomp. Cover out.

Eagle Spreads Wings - Attack = left straight wrist grab and attempted right punch

With the attacker grabbing your wrist and punching you, left rising chopping block to attackers right punch as left side kick to attackers right knee land forward in a horse stance as your left downward chop to attacker's left forearm as your right claws to face. Right in-step kick to the attackers left knee. Plant right foot down and left side kick to the attacker's left knee as you left back knuckle to the attackers left temple/jaw. Left cover out.

Defense with Objects

Hammering Defender - Attack from front

Object in your right hand. Step back left inward block. Shift forward, drive object into opponents solar plexus. Pivot and left hammer fist to opponent's 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 into a right close kneel stance. 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 - attack = knife attack from the front while holding a belt/rope

While in a sparring stance, grab the belt/rope with both hands and pull tight. Shuffle back and slap the belt down on the attackers 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 - attack= right front punch attack

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 sidekick to the back of the attackers right knee for a takedown and control. Guard.

Advanced Blocks

Snapping Twig - Attack = right front shoulder grab

Step back with your left foot into a horse stance as your left hand pins attacker's left hand to your shoulder and your right heel palms strikes attackers left elbow. Right crane hook down on attacker's left arm as your left palm heel strikes the jaw. Right inward hammer fist to attackers left temple into a right inward elbow smashed to the left side of the attackers face. Left front crossover to 12 o'clock as right hammer fist/forearm strikes attacker's groin

and left-hand checks high. Right obscure elbow under attacker's jaw. Unpivot clockwise into a sparring stance as you left dragon palm to the attackers throat. Right inverted punch to attackers stomach. Left back knuckle to attacker's temple. Right finger slice to attacker's eyes as you right slicing sidekick to attacker's right knee. Guard.

Crossing Chops (shield and sword) - attack= left step through punch

Step with your right foot to 2 o'clock into a bow stance as your left outward chopping blocks the attacker's left punch and right hand is high for a check. Pivot counterclockwise into a horse stance as you right inverted chop to the back of the attackers neck. Left inward elbow strike to attackers left ribs. Left waiter hand check as you right hammer fist strike attackers right kidney. Right wheel kick to the back of the attacker's left knee. Right shuffle side kick to attackers right knee. Left scoop kick to attacker's groin. Right side kick to attacker's back forcing the attackers face down. Left spinning lifting rear kick to the attacker's groin. Cover out. Guard.

Flashing Mace - Attack = right straight step through punch.

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

Shield and Mace - Attack = right straight step through punch.

Left step to 10 o'clock into a horse stance as your left hand parries the attackers right punch. Your right outward block will follow to check the attacker's punch as you simultaneously punch attacker's right rib with your left hand. Switch your stance to a soft bow/close kneel stance as you right hammer fist to attacker's kidney and your left hand checks. Right hand circles around an upward counterclockwise into a right inward claw to attackers face while your left hand pins attacker's hand down. Your right inward claw to the face will flow right into a right low chop/grab to the back of the attacker's right knee to buckle it. Right side kick to attacker's left knee and land forward into a horse stance with a right inward forearm and claw to attacker's face while your left checks the attacker's shoulders left. Left knee to attacker's kidney. Step back with your right foot as you snap attacker's neck. Right kick to any open target. Guard.

Unwinding Pendulum - Attack = right front kick followed by right punch

While in a sparring stance with your right leg forward, right rear cross over as your right outward blocks the attacker's kick. Unpivot clockwise into a horse stance as your left inward blocks the attacker's punch. Right in-step sweep to the attackers left knee landing

into a twist stance and right underhand claw to the attacker's groin. Right hook scoop kick to attacker's groin into a right leg buckle to the inside of attacker's right knee as your right palm heel strikes attacker's kidney. Switch your stance in place and left leg buckle to the inside of the attacker's left knee as you left elbow to attacker's side of the head and right palm heel to attacker's ribs. Left front cross out as you left outward cobra hand strike to attacker's face.

Sickle Right - Attack = straight punch

Step off left to 11 o'clock, and right vertical knuckle under attacker's right arm (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 opponent's thigh planting forward into right downward diagonal elbow to head/neck.

Parting the Waves - Attack = right straight punch

Step off left as left parries with right horizontal back block, right horizontal knuckle block under attacker's right arm. Right back fist to ribs. Step in right between attacker's legs as left pushes attacker's punch downward with right side elbow to the face. Buckle attacker's right leg with your right knee by twisting into a soft bow. Turn back clockwise with a rising in-step scoop to attacker's groin and outward claw with right-hand as left-hand still checks. Plant back right to 6 o'clock. Right front kick into left spinning rear kick.

Advanced Throws

Tripping Arrow - Attack = front bearhug, arms free

Left foot steps slightly to the left into a soft bow/close kneel stance as your left hand grabs and checks attacker's right shoulder down and your right palm strikes attacker's left ear. C step around and behind attacker's right leg with your right leg as your right palm slides around to the attacker's chin for a palm heel. Shoot your right leg back into a bow stance for a takedown as your right hand palm heels to attacker's chin and your left hand counter grabs attacker's right arm/wrist. With attacker on his back, counter grab attacker's right arm/wrist with both hands and pull up to dislocate the shoulder as your right heel stomps/strikes. Guard.

Bridge - Attack = rear choke

Step left into horse stance, as you grab both attacker's 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 attacker's elbow and breaking left elbow. Stomp. Guard.

Glancing Spear - Attack = straight wrist grab

Right counter grab, 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 opponents arm into right spear hand to eyes. Left front crossover sweeping opponents right leg. Pivot clockwise and right stiff leg sweep opponents right leg landing into a wide kneel stance. Right downward roundhouse kick. Guard.

Traps

Japanese Hand - Attack = cross push

Twist stance clockwise as your left arm traps the attacker's push. Counter grab the attacker's hand with both of your hands like holding a sandwich. Step back with your left foot and apply a wrist lock taking the attacker down to the ground (square off your circle driving opponent's fingers to his own eyes, gain more leverage by using left elbow against his bicep). Right downward round kick. Cover out and guard.

Japanese Finger Lock - Attack = cross push

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

Figure 4/Number 4- Attack = right high hook punch

Step forward with left foot. Left upward block. Right elbow to face. Left hand grabs opponent's wrist. Bring right arm under opponents arm and grab your wrist putting them into a lock, shuffle forward left and takedown. Guard.

Head Trap - Attack = right hook punch

Parry, trap, hit. Left hand grabs wrist as right hand guides attacker's head under your left arm. Loop attacker's 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 snapped neck. Guard.

Wing Block - Attack = right uppercut to body

Twist to left and execute a right wing block as left hand grabs attacker's wrist right uppercut into arm bar. Bend arm threading your right arm, reaching to grab attacker's hair. Step in front of attacker with left leg and lock in.

Spiraling Wrist - Attack = rear bearhug arms free attacker's right hand is on top

smash 2 eagle beak fists into the back of attacker's hand as you step right into a horse stance. Slide your right hand in and grab the attacker's hand at the wrist of attacker's top hand with your thumbs on top. Step left forward to 2 o'clock, then step spin out with right foot. Land in horse stance, rotate attacker's fingers toward their own wrist. Right front kick. Push attacker's wrist up and under his arm and pushed their elbow down against your rib bend wrist.

Center Lock Straight - Attack = straight grab two right wrist

Clap left hand on top of attacker's hand. Roll right hand counterclockwise and put on top of attacker's wrist or at bend of the elbow. Drop right foot back into soft bow, forcing attacker to their knees. Knee to face.

Center Lock Cross - Attack = cross grab to right wrist

Clap left hand on top of attacker's. Roll right hand clockwise and put on top of attacker's wrist. Drop right foot back into soft bow, forcing attacker to their knees. Knee to face.

Spin Trap - Attack = low shirt grab

Grab attacker's wrist with both hands. Spin under attacker's 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 - Attack = hair grab

Grab attacker's wrist with both hands. Spin under attacker's 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 - Attack = straight grab to left wrist

Turn your left palm up with slight step to left. Hook your right hand under attacker's right elbow

5.11 2nd to 3rd Black Belt- Adults (2nd dan to 3rd dan)

Adult Black Belt 2nd dan to 3rd dan- Minimum 3 years & 300 classes + Head Instructor Recommendation

Kata: Long 5, Japanese Advanced Kata, Kenpo Staff Set

Multiple Attackers with Weapons

Spinning Club- Attacker in front with club, another attacker behind you

Step left forward into a horse stance as X blocks the club continuing its path into attacker's knee. Step right foot to 11 o'clock as swing club upward. Pull club from attacker's grip and continue to 11 o'clock with rear leg crossover, pivot in place and strike club on first attacker's elbow as you pull with your left. As second opponent steps as second opponent attacks, step into him and strike three swords with the club. Left-hand check, slide left leg counterclockwise on second hit two-view first attacker. Cover out guard with club.

Weapons Bearhug- Attack= bearhug arms pinned as attacker in front attacks with weapon

Front thrust kick to front attacker or their weapon arm. Drop to 3 o'clock 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 palm heel into bladder.

Front Attacker Overhead Club

Pivot in place and drive a right forearm chop down on opponent's left side of neck. Grab attacker by back of the head as left leg circles to 3 o'clock and throw into other attacker. Step in and right outward heel stomp. Guard.

Front Attacker Side Club

Step to 1 o'clock with right foot. Double chops to arm and right chop to throat. Slide right-hand to left side of opponent's face and grab as you circle left leg to 4 o'clock and throw attacker into the other one. Stomp. Guard.

Front Attacker Upward Knife Thrust

Step back to 5 o'clock with right. Shuffle back to move your stomach out of the path of the attack and 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 attackers hand/knife with your left hand. Counter grab the attackers 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

Step with your left foot to 10 o'clock as you double block and parry the attack down and into the leg of the attacker while the left-hand checks the attacker. Right elbow to attackers face, standing the attacker up. Right downward claw to face. Slide right leg clockwise to 9 o'clock facing the other attacker as left lifting forearm contours up to strike chin. Double cover out to 9 o'clock. Guard.

Temple Attacker - Attacker in front intimidating as attacker behind attempts to strike overhead with weapon

Step in right to 12 o'clock with an upward forearm to throat. Circle left leg counterclockwise to 3 o'clock. Right hammer fist to groin, left cover. Slide right palms behind attacker and thrust forward as in Crossing Talon as the right leg straightens to take him down toward second attacker. Right kick. Left foot to 5 o'clock. X block for overhead weapon. Swing right leg around clockwise to 3 o'clock as you break elbow with downward forearm strike. Right knee to body, land forward. Push attacker to the other. Guard.

Spinning the Helmet - Front attacker side club with another attacker behind

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 chops to neck. Roll hands out into double thumb gouge to eyes forcing attacker back and down toward the one on the ground. Stomp each attacker. Guard.

Crossing the Warrior - Front strikes with a back swing club or knife, another attacker is behind

Step in left to 11 o'clock, double forearm block to weapons arm. Right grabs wrist as right foot circles clockwise to 9 o'clock. 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. Five Swords defense to rear attacker.

Repeating Attack - Menacing attackers in front and behind with weapons

Lead off rather than wait for them to strike. Shuffle to rear with a left competition side kick, turn and right front kick to rear attacker. Plant right foot, gauge distance and repeat on front attacker with shuffle right competition side and left front kick, cover out to 3 o'clock. Right foot back in guard. Right power roundhouse kick to rear attacker. Gauge distance and

move left foot to 6 o'clock. Left power roundhouse to front attacker.

Flying Attack - Very close menacing attackers in front and behind with weapons

Lead off rather than wait for them to attack. Left rear kick to rear attacker. Skip forward and right front kick to front attackers groin. Right upward elbow to the jaw, then left, Right side elbow to head. Grab this attacker by back of head and shoulders and pull him into left knee. Plant to 5 o'clock 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 away. Guard.

The Lance - Grab from rear as attacker in front thrusts with knife

Step left to 11 o'clock into left open hand inward block, and grab as you right outward hammer fist and block to rear attacker. Reach outside to inside with the right hand and strip knife from attackers hand thumb down and continue action, thrusting knife into rear attacker. Pivot forward and outward/across face of first attacker as left-hand checks arm down and to this inside. Pull the right foot into a cat stance and drive the knife down into the first attacker's shoulder. Pull knife out in the direction of the second attacker for a possible reverse slash him as right foot circles to 9 o'clock. Knife is in reverse grip. Guard.

Gun Tips:

- Don't look the attacker in the eye- he'll 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! The chance of being hit while you are running are less than 20%
- Learn the details and differences of various firearms

The Flaming Gun -(Clockwise) Attacker at front with gun at face or chest, another one behind to the right

Pivot in place clockwise as left-hand grabs gun and pulls it indirection of second attacker (gun discharges, so make sure you get your left arm out of the bullet's path). Note: right palm can strike low to second attacker on this move. Right hand comes back from inside and grabs gun barrel thumbs 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 o'clock to position yourself between attackers. Check gun. Guard.

The Flaming Gun -(Counter Clockwise) Attacker at front with gun at face or chest, another attacker behind to the left

Pivot in place clockwise as right-hand grabs gun and pulls it indirection of second attacker, gun discharges, so make sure you get your left arm out of the 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 o'clock with left foot. Rip gun from attacker as you circle around two 9 o'clock with right foot. Check gun. Guard.

Gun Strip - Gun at front pointing at 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 hostage bringing left 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 to into a number forelock. Step with left foot to 3 o'clock. Dislocate and take down.

The Robber - Gun at head, hands up

Both hands come up together and contour thumbs around barrel of gun and pushed 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 from breaking attackers finger. Cover out, check gun.

Praying for Life - Gun in attacker's right hand pointed at your forehead while you are on your 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 kick. Sidekick to opponents shin/body. Tuck and convert gun to right-hand. Check and point.

Cyclone Gun - Gun pointed in your ribs left side

Rotate body counterclockwise as left elbow bumps gun away and continues around and snakes under and up and around attackers right arm into crane 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 - (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 counterclockwise to left as you twist barrel out and back to attacker to disarm. Left arm 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 - (Counter Clockwise) Attacker in front with gun at lower belly

Pivot in place counterclockwise as right hand palms opponents arm to your left, as left-hand outward chopping block (Windmill block) right hand hooks attackers wrist from outside as left hand shifts to grab gun. Step back right to 5 o'clock as you strip gun from hand. Right hand comes back to your left to assist. Check gun and point.

Temple Gun - Gun in attackers right hand pointed at your left temple

Left foot to 8 o'clock 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 o'clock and twist gun back to attacker for disorder. Check and point.

Wing Block Gun - Attacker on your left side with gun in right hand in front of your elbow- your hands are 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 counterclockwise and shoot your right grabbing hand with the gun into the attackers face ripping gun from his hand as you slide your right leg counter clockwise to 5 o'clock as left hand unwraps and blocks attackers right arm down and away. Your left hand now assists your right hand to turn gun to point to attacker. Check gun.

Gun At Back Low - Gun from rear

Rotate and twist clockwise with your right waiter hand parries attackers right gun hand. Step to 6 o'clock with your left foot, behind attacker, as your left uppercut break to attackers arm. Your right maintains the hold. Left hammer fist 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 the end of the barrel is always pointing at the attacker. Hop to your left as you check attacker's arm down with the barrel of the gun. Right sidekick 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 rear at your head

Rotate and twist clockwise while your right hand outward chopping blocks attacker's right gun hand and step to 6 o'clock with your left foot, behind attacker, as your left inward block break to attackers arm as your right maintains the whole. 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 always points at attacker. Hop to your left as you check attacker's arm down with the barrel of the gun. Right sidekick to attacker's left knee. Cover out while repositioning the gun into a proper pistol grip and take aim at your attacker.

Hero Techniques- Defending others being attacked

Ridgehand 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 attacker spine. Choke with left arm, secure with right.

Turning the Handle - Offensive technique

With 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 counterclockwise. Left inward elbow to attackers face/head. Throw attacker down.

Gun Strip - Gun at front pointing to another's 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, the attackers fingers 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

5.12 3rd to 4th Black Belt- Adults (3rd dan to 4th dan)

Advanced Kenpo Techniques

- 1) Twist of Fate- 2 hand push or grab
- 2) Squatting Sacrifice- Rear bear hug arms free
- 3) Gripping Talon- Left to Right wrist grab
- 4) Circling the Horizon- Right straight punch
- 5) Taming the Mace- Right straight punch
- 6) Locked Wing- Right Hammerlock
- 7) Bow of Compulsion- Counter to a right grab
- 8) Darting Mace- Right double wrist grab
- 9) Twin Kimono- Double lapel grab
- 10) Swinging Pendulum- Right roundhouse kick
- 11) Heavenly Ascent- 2 hand front choke

Bando Knife K-1 Techniques

- 1) Cuts with Forward Grip (8)
- 2) Cuts with Reverse Grip (8)
- 3) Thrusts with Forward Grip (9)
- 4) Thrusts with Reverse Grip (9)
- 5) Self-Defense Techniques Knife against Knife (5)

6) Self-Defense Techniques Knife against Stick (5)

Advanced Arnis

- 1) Six Count Drill with applications and disarms
- 2) Ten Count Drill with applications and disarms
- 3) Twelve Strikes with flow, follow-up, locks, take-downs and disarms

Forms/Kata

- 1) Kenpo Form 5 or 6
- 2) Traditional Form/Pattern of Japanese, Korean or Chinese style black belt level
- 3) Arnis empty hand form
- 4) Arnis weapons form

Other

- 1) Four years of time in grade from last promotion and teaching experience
- 2) Master Instructor Recommendation
- 3) Physical Fitness Requirements, Sparring and Oral explanation of main theories and concepts

5.13 5th Black Belt and higher- Adults (5th dan)

At this level of Black Belt, the candidate will demonstrate knowledge and proficient skills in multiple styles including the Amerikick System, American Kenpo, Modern Arnis and one martial arts style of the candidates choice.

Amerikick System

- 1) Perform one high level form/kata and demonstrate the applications
- 2) Perform 5 self-defense techniques with demonstrations and applications
- 3) Explain and demonstrate 3 American Kenpo Theories
- 4) Create and perform five multiple attacker self-defense techniques using attackers

Modern Arnis

- 1) Perform one high level form/kata and demonstrate with applications
- 2) Demonstrate all twelve strikes with defenses and disarms, counters, traps/locks and takedowns
- 3) Perform five techniques including:
 - Knife against Stick
 - Knife against knife
 - Machete/short sword against stick
 - Machete/short sword against knife

Martial Art Style

- Choose one martial art of your choice (jiu-jitsu, Kung Fu, Tae Kwon Do, Shotokan, Goju, Judo etc.) and perform and demonstrate one form/kata with applications

- Perform five self-defense techniques with demonstrations and applications
- Demonstrate and explain the main principles of the style, a brief history and origins

Essay

Topic is “The art within the art”. Explain the similarities and differences between your two main styles of martial arts.

6 Katas in alphabetical order- Sets then Katas

6.1 Two Person set

Right Side

- With feet together, form a triangle with both hands, so index fingers and thumbs touch.
- Step back (left) to 4:30 into bow and do a right outward block with a left reverse punch to the head.
- Step (right) with a right front crossover to 7:30 as you do a right outward parry, and cock your left fist at the hip. Your right heel should be almost touching his right foot. Take an additional step (left) to 9:00, cock your right fist to your left ear. Pivot both feet into a horse stance facing 12:00 as you do a right back-knuckle to the kidney.
- Pull your right foot back into a cat as you do a left outward block from under his arm followed by a right front snap kick to the stomach.
- Pivot on your left foot (counterclockwise) and plant your right foot to 7:30 into a bow, as you bring your hands to your left hip in a cup & saucer.
- Step left to 7:30 in a left rear crossover as you do a left outward block, and immediately do a left side thrust kick (with the knife-edge) to the stomach. Land to 12:00 in horse facing 1:00 as you cock your left hand (spear hand with the palm out) overhead.
- Pivot low and to the left into a closed kneeling stance as you do a right scooping block a/k/a wing block. Pivot back into horse as you do a left chop to the temple.
- Step back right to 9:00, pull your left foot into a cat and do a left inward forearm block. Step left to 3:00 into a bow, just inside his left leg, as you do a 2 finger dart to the eye.
- Step slightly left to 3:00 in horse, deeper between his legs, as your right hand reaches up to grab your opponent’s arm. Do a left dagger elbow to the ribs as you pull your right hand back to the hip.
- Drop lower into the horse as your right hand (palm up) pushes his right hand up. Cock your left hand (palm open and upward) across your chest, and follow with a left chop to the ribs (palm down).
- Step slightly right to 9:00 and pull your left back into a cat as you do a left downward back knuckle to the forearm. Step (left) to 1:30 into a bow stance behind his right foot as you do a left top knuckle to the temple.
- Shift (left) slightly back to 9:00 as the right hand scoops overhead and down and outward while the left hand cocks back to the hip (palm open and up). Pivot to the right into a horse as you do a left palm strike (fingers pointing left) to the ribs.
- Step back left to 9:00 in horse, and do an right outward scooping block coming from

underneath his kick as you cock your left fist above and slightly to the left of your head. Shift your weight into a final bow stance.

Left Side

- With feet together, form a triangle with both hands, so index fingers and thumbs touch.
- Step right to 3:00 into a horse stance, just behind his left foot, as you do a back knuckle to the temple. The left hand cocks back to the hip.
- Step left to 10:30, and pivot on the right foot into a bow stance facing 7:30, as you do a right (upward and outward) chopping block. Immediately bring your right down into a chop to the neck.
- Step left to 3:00, and pivot, so you are in a bow stance facing 9:00, as you do an outward chopping block. Follow up with a reverse punch, as you harden and extend the bow stance.
- Shift back into a reverse bow stance as you do a right downward block, with your left fist cocked overhead.
- Do a left front crossover to 9:00 as your hands do Crossing Guard. Step right to 9:00 into a bow stance, slightly in front of him, and do a right back knuckle to the temple (left cocked at the hip).
- Step left slightly to 6:00, as you do a right downward block. Step left to 9:00 into horse stance between his legs as you do a left uppercut to the stomach and a right reverse punch to the chest.
- Do a right rising block, circle the arm behind your shoulder, and do a right hammerfist to the ribs as you shift into a bow stance.
- Shift back into a horse stance, as your right hand grabs his left arm. Follow with a left half-fist to the throat.
- Step right to 9:00, and do a right elbow strike to his forearm, as you pull your left foot back to 3:00 into a horse stance. Shift immediately into a bow stance, as you do a back knuckle to the temple.
- Shift left back to 1:30 into a horse stance as you do a right inward block. Shift into a forward bow stance as you do a right horizontal elbow strike to the upper ribs.
- Shift left slightly to 6:00, maintaining the bow stance, as you do a left inward parry and cock your right hand back to the hip (hand open and palm up). Do a right palm heel strike to the ribs as you extend the bow stance.
- Step left to 4:30 into a reverse bow as you do a right downward block with the left arm cocked above the head. Follow with a right side kick to 9:00.
- Pivot 180 degrees on the left foot (keeping your right foot in the air as you do the turn), and finish in a reverse bow stance facing 12:00, with both hands in spears. The right hand should be overhead, while the left arm is down and parallel to your left leg.

Another way of looking at it: After the salutation-

- L) R step, R BK
- R) R out block, L high punch
- L) R out chop block, R chop
- R) L parry, R BK to ribs

- L) R out chop block, L punch
- R) Cat up w/R, W/L out chop block & R front kick
- L) R down block
- R) rotate 180°
- L) L front cross over, R down block
- R) R rear cross over w/L out chop block, L side kick
- L) R down block
- R) rotate 90° to horse
- L) L step in, R high U punch
- R) R inward wing block, L down chop
- L) R rising block, R hammer kidney
- R) L cat, down L elbow, L dart
- L) R grab, L ½ fist
- R) R grab, L inward elbow
- L) R out elbow, R high BK
- R) R rising palm, L dragon palm
- L) R inward block, R step behind w/R outward elbow to ribs
- R) L down BK, L top knuckle
- L) L parry, R dragon palm to ribs
- R) R inward sweep block, L palm
- L) R down block, R side kick, rotate 180° off block
- R) R down block w/L step back/R step back

6.2 Two Person Sword Set



Number 1 strike – overhead strike from right side of head, right foot forward



Number 2 strike – diagonal downward strike from right to left, right foot forward



Number 3 strike – diagonal downward strike from left to right, left foot forward



Number 4 strike – circular horizontal strike right to left



Number 5 strike - circular horizontal strike left to right



Number 6 strike – diagonal rising strike from right to left, right foot forward



Number 7 strike - diagonal rising strike from left to right, left foot forward



Number 8 strike – thrusting stab, right foot forward. Reverse Number 8 stabs behind, under your left arm.



Number 9 strike – stab straight down



En Garde- Hands together or apart



Right side Roof Block



Left side Roof Block



Left Side Wing Block

Kata Details

Opponent A on the viewers left side and Opponent B on the viewers right side

Each person stands about 4 foot apart facing forward and bow.

Turn toward each other and draw the sword from the sheath or scabbard and raise the sword crossing swords in an "X" pattern. The B opponent attacks moving forward stepping (beginning with the Left foot) with each strike, execute in this order Strikes #2, #3, #2, #3 Opponent A blocks with retreating steps Strike #2, #3, #2, #3.

Without stepping forward B delivers a #1 Strike (his right foot forward) A blocks with a Right Roof Block.

A delivers 4 strikes, stepping forward with each strike beginning with the Right foot- #3, #2, #3, #2.

Without stepping forward A delivers a #1 Strike (his Left foot forward) A blocks with a Right Roof Block.

Opponents attack each other with High/Low, High/Low #2, #3, #6, #7 crossing swords on each strike.

Opponents strike each other with #2 strike crossing swords high. Both opponents spin in place clockwise and deliver a #3 strike, crossing swords high. Both opponents spin counterclockwise dropping to the Right knee delivering a #2 strike crossing swords high. Both opponents spin clockwise dropping to the Left knee delivering a #3 strike. Both spin counterclockwise one step away bringing the swords to the right side En Garde position facing each other.

Both opponents step forward alternating Left then Right with #6, #7, #6, #7 strikes. They then cross swords high with a #2 strike.

Opponents attack each other with High/Low, High/Low #2, #3, #6, #7 crossing swords on each strike.

B steps forward with Right delivering a #8 strike, A defends with a Right to Left Wing Block. A delivers a #8 strike from his left side, B defends with a Right side Wing Block. B with Right foot forward delivers a #1 strike, A defends with a Right side Roof Block. Both do Right front crossover circling clockwise with a #3 strike crossing swords low, Both step out with the Left still circling delivering #2 strikes crossing swords low. Both step away Right (A to 6 o'clock, B to 12 o'clock) into Right En Garde position. Both step out Left with hopping spin into each other delivering a #2 strike crossing swords high.

B steps back right A steps forward Left delivering a #6 strike then a #7 strike (B is in En Garde). A delivers a #2 strike with B defends with a Right side Roof Block. A drops to Left Knee and delivers a #5 strike to B's leg, B lifts Right leg to avoid. A delivers a #1 strike with Right leg forward, B defends with a Right Roof Block, Right leg forward.

B delivers a #7 strike (Right leg forward) then a #6 strike (A is in En Garde). B delivers a #2 strike with A defends with a Right side Roof Block. B drops to Left Knee and delivers a #5 strike to A's leg, A lifts Right leg to avoid. B delivers a #1 strike with Right leg forward, A defends with a Right Roof Block, Right leg forward.

B spins counterclockwise while A spins clock wise both re-sheathing swords. They wind up in original position Grasping the sheath with the Left and Right fists forward low. Attention Stance and bow.

6.3 Blocking Set

Bow
Horse Stance
Right inward block
Left inward block
Right outward block
Left outward block
Right rising (upward) block
Left rising block
Right downward block
Left downward block
Right reverse punch
Left reverse punch
Fist and cover
Bow

6.4 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

6.5 Finger Set

Hand only part of the Kenpo Salutation

- 1- Right hand spear to the eyes
- 2- Left hand spear to the eyes
- 3- Right hand spear to the Solar Plexus
- 4- Left hand spear to the Solar Plexus
- 5- Right hand spear to the throat
- 6- Left hand spear to the throat
- 7- Left elbow with right eye jab over left shoulder
- 8- Right elbow with left eye jab over right shoulder
- 9- Double finger flicks to the eyes
- 10- Double darts to both eyes
- 11- Double horizontal darts with wrists crossed (right over left)
- 12- Roll the wrists counter-clockwise into thumb jabs to both eyes
- 13- Right vertical outward block with 2 fingers/left arm supports right elbow
- 14- Left vertical outward block with 2 fingers/ right arm supports left elbow
- 15- Right downward block with 2 fingers/left fingers touching right elbow
- 16- Left downward block with 2 fingers/right fingers touching left elbow
- 17- Right finger flick to the eyes, followed by a right palm heel to chin/left fingers touching right elbow
- 18- Left finger flick to the eyes, followed by a left palm heel to chin/right fingers touching left elbow
- 19- Right 2 finger flicks to the eyes/left fingers touching right elbow
- 20- Left 2 finger flicks to the eyes/right fingers touching left elbow
- 21- Double butterfly palms to bladder
- 22- Double butterfly palms to throat/chin
- 23- Right web hand to the throat with left claw to the groin
- 24- Left web hand to the throat with right claw to the groin
- 25- Right inward finger hook to the eyes with left fingers touching right elbow
- 26- Left inward finger hook to the eyes with right fingers touching left elbow

Hand only part of the Kenpo Salutation

6.6 Hand Set

From horse stance shift to left bow, right dragon palm, left upward palm. Shift to right bow, right rear downward palm to the bladder.

Left inverted chop with Kia. Horse stance, right ridge hand, wing block into cobra hand. Left low palm cover. Roll both wrists into 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 stance, right whirling fist, left hand on hip. Right spear hand, left hand remains on hip.

Right outward crane neck, left back slap left shoulder, shift into right bow stance, left half fist, Kia. Right half fist, Kia.

Left two finger pluck, turn into left bow, right top knuckle eagle beak, high left cover. Downward Kung Fu back knuckle roll hand down into left outside pinky gouge, right dart left low cover, two 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 counterclockwise, step forward with left foot into butterfly palms, Kia.

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 overhead and hits left-hand in a downward back knuckle as you bring your feet together.

Roll into a fist cover double. Double hammer fist down with tension into a natural stance

6.7 *Knee Set*

Bow

Right inward knee, Left inward knee

Right rear crossover knee, Left rear crossover knee

Right outward knee, left outward knee

Right upward knee, Left upward knee

Step forward left foot right downward knee,

Switch stance into left kneel and palm

Bow

6.8 *Amerikick 1*

Horse stance.

Step back with right leg into sparring stance as left downward block.

Right reverse punch switching to a forward bow stance.

Right front kick advancing.

Right cross behind sidekick advancing, land into a sparring stance with a right outward block.

Right foot steps to 3 o'clock as right back knuckle - left reverse punch to side on an angle.

Left foot steps to 9 o'clock as left back knuckle - right reverse on an angle.

Left punch towards one o'clock while dropping down on the left knee.

Step back with the right foot into a sparring stance.

Right leg roundhouse kick.
Right back knuckle.
Drop onto left knee as left reverse punch.
Right reverse punch.
Stand up into your horse stance with a fist and cover.
Bow
Amerikick team salute

6.9 Amerikick 2

Horse stance.
Step forward with the right foot into sparring stance as right inward block. Right chop. Step forward with left foot into a sparring stance as left inward block. Left chop.
Step back with the left foot bring your feet together and turn sideways.
Right high chop. Right side kick advancing and landing into a sparring stance with right outward chopping block.
Step back with your right foot into a reverse bow stance and double palms high and low.
Step back with your left foot into reverse bow and double palms high and low.
Left reverse punch in a soft bow stance.
Chicken kick- left/right. Spin around into a left chop to 12 o'clock (front). Right reverse punch dropping down onto right knee. Stand up and high X block.
Drop into a horse stance with double downward blocks.
Right reverse punch to left angle turning into a bow stance.
Left reverse punch to right angle turning into a bow stance.
Step forward with your left foot into a forward bow stance with a right reverse punch.
Horse stance/fist cover.
Bow.
Amerikick team salute.

6.10 Amerikick 3

Horse stance. Turn into left side bow stance and right downward palm. Touch your shoulder. Right outward chop.
Turn into right side bow stance and left outward palm. Touch your shoulder. Left outward chop.
Step forward with your left foot into a forward bow and right reverse punch.
Slide your left foot back to your right foot with body facing 3 o'clock (sideways) and bring both hands to your right hip (cup and saucer position).
Left foot steps forward and left back knuckle.
Right foot steps through as right punch.
Spin around into a left back knuckle.
Right punch landing into forward bow stance.
Open your right hand and right outward Crescent kick slapping your hand.
Left back into a reverse bow and left downward block.
Step to left with left foot and left rising block.

Right reverse punch. Right outward chop block.
Right leg three kick combination (wheel kick, side kick, round kick). Land your right leg forward and right back knuckle.
Drop onto your left knee and left reverse punch.
Turn and right dropkick. Come up on your left knee and left ridge hand all the way touching your right shoulder.
Left chop. Right punch.
Stand up and finish.
Bow.
Amerikick team salute.

6.11 Amerikick 4

X block, into a natural stance.
Left foot steps to 9 o'clock into bow stance as left-hand chops, right reverse punch.
Right foot steps to 3 o'clock into bow stance as right-hand chops, left reverse punch. Return to natural stance. Step back with right foot into forward bow stance as you X block high above head chop position.
Bring chops down to sides. Right front kick to 12 o'clock. Chicken kicked to 12 o'clock left foot kicks first.
Forward roll and get up onto left knee facing 12 o'clock. Left punch followed by right punch.
Slow tension Crane strike low to high into slow tension tiger claw high to low with right-hand.
Turn into a sparring stance facing 6 o'clock as left chop block. Right roundhouse kick advancing to 6 o'clock.
Right step behind hook kick two 6 o'clock. Land into a sparring stance facing the front 12 o'clock position.
Right side thrust kick forward landing into a sparring stance. Left spinning hook kick landing into a reverse bow stance with a right outward chopping block.
Left foot steps to 9 o'clock into sparring stance, left rising block, right reverse punch into forward bow stance.
Right-hand outward block, left reverse punch into forward bow stance. Left foot crosses in front of the right foot one step, flying sidekick.
Land into a horse stance as right outward block.
Turn into a forward stance facing 7 o'clock with a left downward block. Right hammer fist parry into a left rising block. Right reverse punch. Right roundhouse kick into a tornado kick. Land into a side bow stance with the left leg back as right side punch and left Dragon Palm.
Step up with the left foot and high X block into double downward palms to sides.
Amerikick team salute

6.12 Amerikick 5

Step forward with the left as left chops followed by a right drop punch towards the ground dropping onto the right knee.

Step back with the right leg into a reverse bow stance as left high chop. Turn into forward bow stance as the right high reverse punch.

Right downward chop. Right front kick. Right shuffle front kick landing into a left twist stance with double downward blocks.

Turn around to 3 o'clock into bow stance as left chop. Right reverse punch.

Step up with right foot as right high chop.

Step out with right foot into bow stance as left reverse punch. Right shuffle wheel kick.

Land into a horse stance with double downward blocks.

Turn into a bow stance facing 9 o'clock as left chop. Right reverse punch.

Step up with the right foot as right high chop.

Step out with the right foot into bow stance as left reverse punch. Left roundhouse kick landing into a horse stance with double downward blocks facing 12 o'clock.

Turn facing 6 o'clock bringing the right foot back to the left foot, with feet together as right high chop.

Right side kick landing into sparring stance facing 6 o'clock.

Step back with the right foot into a natural stance as double palms strike out to the sides.

Circle hands up with slow tension into a triangle.

Step out with the left foot to 6 o'clock as left chop and right side punch with left low palm.

Right front kick into right jumping front kick. Land into a sparring stance facing 12 o'clock with double side punches towards 12 o'clock.

Right leg rear axe kick advancing into a right jump spinning crescent landing into a sparring stance, left leg forward and left inward block.

Turn into a forward bow stance as left high block and right reverse punch.

Stand up into X block position.

Bow

Amerikick team salute.

6.13 Amerikick 6

Start from X block position. Step back with left foot into twist stance as left outward blocks with tension.

Step forward with the left foot into forward bow stance as left chop followed by right reverse punch.

Right twist kick landing forward into a right jump front kick. Land facing 6 o'clock into fighting stance.

Left chop followed by right reverse punch into forward bow stance into a left downward block switching into a horse stance.

Right spinning kick into a right jump spinning hook kick landing into a horse stance facing 6 o'clock. Right reverse punch as left high palms block in a forward bow stance.

Left shuffle front kick to 6 o'clock into a right roundhouse kick to 6 o'clock into a right tornado kick to 6 o'clock landing into a forward bow stance and right reverse punch facing 6 o'clock.

Step up with your right foot so your feet are together as right outward block high and you left downward block facing 12 o'clock.

Step with left into forward bow as left chops. Right reverse punch. Left reverse punch as you switch step landing your right leg forward and left leg back.

Right inverted chop as you spin around counterclockwise facing 12 o'clock. Left chop right punch landing in a forward bow stance.

Slide left leg back as left high chops. Left switch step axe kick into split kick.

Right punch turning into a left side bow facing 12 o'clock.

Drop onto your left knee with a left side punch and right overhead Palm.

Bow.

Amerikick team salute

6.14 Amerikick 7

Opening Set

1. Right foot steps to the right with double spear hand strikes straight to 12:00.
2. Right foot steps back slightly and on an angle with double chops, arms locked and fully extended.
3. From the double chop position, slowly circle your arms into a full circle stopping into double palm positions at hip level.
4. Left foot steps slightly forward as you right punch to 10:00 on the angle.
5. Right foot steps slightly forward as you left palm to 2:00 on the angle.
6. Whirling arms into a right forearm landing into a left side bow stance. Left hand is chambered.
7. Circle your arms into a right outward ridge hand facing 2:00 and maintaining the left side bow stance. Left hand is in a palm position by your left shoulder facing down towards the ground.

Hand Set

1. Left punch towards 2:00 shifting into a forward stance. Left foot steps slightly forward and on the angle as right spear hand to 10:00.
2. Right chop left punch combination to 2:00 switching your stance to a right side bow stance.
3. Drop onto your right knee with a right downward diagonal ridge hand. Left hand is chambered.
4. Turn towards 3:00 with a right crane strike left palm strike combination while shifting into a right side bow stance.
5. Right crane stance (stand on your right leg with your left knee up) and right dragon punch (right inverted punch) combination towards 3:00 with a left cover hand. Land your left leg back into a right side bow stance with a left palm to 3:00.
6. Step with the right foot straight ahead towards 12:00 and spin with a right inverted chop and continue spinning counter clockwise and left outward chop towards 12:00 into a right roundhouse kick tornado kick combination.
7. Land onto your right knee facing 11:00 with a right downward inverted spear hand and left cover hand.

Ground Set

1. Switch knees with a right rising block, left punch to the right
2. Slide forward and switch knees again with a right punch
3. Spin to the right into a chop punch, then turn back in the opposite direction with double back fists to the sides
4. Forward roll and stand up in a drop stance (or reverse bow stance) with your right leg back and a high right palm and a low left palm (palms to the ceiling)
5. Right leg forward broom sweep and pin all the way around landing right leg back in a forward bow stance with two punches straight ahead
6. Right leg reverse broom sweep right into a left leg drop side thrust kick
7. Turn to your right side (flip over) and do a right leg side thrust kick
8. Kick up into a horse stance (right leg back) with a left downward block or just stand up in a horse stance with a left downward block

Kicking Set

1. Put both feet together and do a right hand inward block, then downward block
2. Right leg double low wheel kick to opposite corners followed by an outward crescent kick right into a 360 spin hook kick landing with a left hand punch
3. Going in the opposite direction, 360 spin hook kick with the opposite leg right into a right leg roundhouse kick landing facing the back corner with a downward block
4. Chop punch into a right leg shuffle front kick into a jump front kick land facing the front in a reverse bow stance and an outward chopping block with the left hand.

Wushu Set

1. From the outward chopping block go right into a slap fist landing with both feet together facing the left side
2. Step back with the right foot into a bow stance with a right punch then step behind with the left into a dancer step with a left palm facing 3:00
3. Going towards 3:00, do a tornado kick and slap your foot. Land in either a bow stance or a split with the left leg in front and double palms 9:00
4. Slap fist and land with both feet together facing 9:00 this time
5. Step back with the right leg into a bow stance with a right punch, then step back with the left into a dancer step with a left palm
6. Next, butterfly kick or butterfly twist landing in a bow stance with the left in front facing 3:00 with a right side fist
7. Punch with the left hand, then back fist over your head with the right hand slapping it into the left.
8. Whirling arms facing the front landing in a drop stance while the right hand slaps the floor.
9. From there, go right into a slap fist followed by a slap kick towards 12:00. Step up with both feet together, the right punches up and the left does a palm down at stomach level.

6.15 Amerikick Staff

Salutation, Natural Stance

Left to 9 o'clock- bow stance while blocking with the staff vertically with tension (Right high on the staff, left low)

Return to Natural Stance

Right to 3 o'clock into bow stance while blocking with the staff vertically with tension (left high on the staff, right low)

Return to Natural Stance

Back right leg to forward bow while blocking with the staff high above your head (horizontally)

Right front kick into forward roll, come out of roll on left knee and thrust the staff to 12 o'clock

Circle staff (small circles at 12 o'clock) clockwise 3X and thrust to 12 o'clock

Turn into horse stance while blocking with the staff down and to the right side (staff in right hand) while left chops

Right roundhouse kick to 6 o'clock, right shuffle hook kick to 6 o'clock, right shuffle side kick to 6 o'clock

Land in horse stance while blocking with the staff down and to the right side (staff is in the right hand) while left chops

Natural Stance facing 12 o'clock

Left "Crane on the Rock" while left vertical block (right hand high)

Right "Crane on the Rock" while right vertical block (left hand high)

Natural Stance

Step left to 9 o'clock while thrusting to 9 o'clock dropping into bow stance

Left side staff strike, right side staff strike

Step right to 3 o'clock while thrusting to 3 o'clock dropping into bow stance

Right side staff strike, left side staff strike

Step back right into reverse bow stance with high tension block with staff (staff is on slight angle)

Bring feet together and raise staff high in vertical position

Drop into horse stance with downward strike with staff into ground

Bring feet together and turn staff with right hand toward 2 o'clock (staff is pointing high in the air)

Right front kick to 2 o'clock, left/right chicken kick to 2 o'clock, land into bow stance while thrusting toward 2 o'clock

Drop into horse stance while blocking with the staff down and to the right (staff in right hand) while left chops

Right roundhouse kick to 8 o'clock, double crescent kicks to 8 o'clock

Land on right knee with downward block with staff in horizontal position

Left twist strike, right twist strike, downward block with staff in horizontal position

Step back right into reverse bow with left downward block parallel to left leg, right hand above head.

Bow, closing salutation

6.16 Amerikick Sword 1

Attention stance. Sword in left hand on the left hip.

Step forward with the right foot as right spear hand to angle. Right tension ridge hand and grab sword.

Right draw cut with the sword while left-hand chops to the left to the left side. Half cut while in a ready stance.

Step forward with your left foot and right horizontal cut.

Step forward with your right foot and left downward diagonal cut. Forward thrust finishing in a forward bow stance.

Left foot steps forward into a twirl full cut. Left foot steps back, reverse bow, with an angled block.

Right foot steps back, horse, with a right low block. Left foot steps back, horse with a left high block.

Right foot steps back to a ready stance, square horse and half cut. Figure 8.

Right foot steps forward with a left horizontal cut. Right thrust.

Right foot steps back into a reverse bow with an angled block. Left reverse diagonal upward cut.

Right horizontal cut while dropping to the left knee. Twirl into half cut returning to a ready stance, square horse.

Sheath the sword.

Bow

6.17 Arnis Katas & Drills

10 Part Drill

Side 1

#12 strike

Reinforced # 1 block

#8 strike

Wing block

#12 strike

then do side 2

Side 2

Umbrella block step right

#1 strike

Back right elbow block, downward strike on stick

#5 strike

across body slant block

then do side 1

Kata #1

Step forward with 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 reinforced block

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

Step back with right foot and umbrella block

Step back with your left foot and zero strike over head in to a left low block

Step back with your right foot and right low block

Step forward with your right foot - feet together

Salute

Strikes- stick in right hand

- #1- Right forehand to head
- #2- Left side backhand to head
- #3- Right side forehand to midsection
- #4- Left side backhand to midsection
- #5- Thrust to midsection
- #6- Palm out overhand thrust to upperbody from right
- #7- Palm in reverse overhand thrust to upperbody from left
- #8- Back hand from left to legs
- #9- Forehand from right to legs
- #10- Palm out overhand thrust to eyes from right
- #11- Palm in reverse overhand thrust to eyes from left
- #12- Overhand strike down on head

Blocks

Inward stick block w/left hand backup, left grabs attacking stick+rotates defending stick skims off hand. Outward stick block w/left backup, left waiter hand dives over+circles attacking arm, pinning to your upper body, hammer upper arm

Inward stick block w/left backup, left circles over attacking arm disarming and pinning arm, #2 strike. Outward stick block w/left backup, parallel the sticks w/2 hands pinning thumb, clockwise circle w/inside end of sticks

Left back w/wing block, left grasps stick w/hammer down then #2 strike

Inward stick block, left grasps both sticks, pomel under/over clockwise

Outward stick block, left grab end of opponents stick-pull down while your right uppercuts, disarming. Right outward downward, grab both sticks- wrist to wrist, circle clockwise w/pommel Inward downward to stick while left leg back and left hand hits opponents wrist

Inward stick block, ridge hand snake under clockwise and hug yourself

Outward stick block, press stick while ridge hand dives over and hug your self

Rising block horizontal+pommel downward strike on wrist

12 Elbow Kata (right side written here- do both sides)

Right leg back fighting stance

Rt steps forward with rt horizontal elbow (left hand checks low) - thru

Right elbow comes back thru (left to right)

Left hand checks high w/shuffle elbows repeat low thru and back

Shuffle rising elbow, shuffle dropping elbow

1/2 step forward shift slightly right and drop elbow on hip

Shuffle horizontal elbow to chest

Shuffle downward elbow to bladder

Rising elbow to chin

Right reverse cups head + pulls into right horizontal elbow

Shuffle drop elbow down on hip to your left.

Sinawale 2 sticks

Right leg back fighting stance
Left stick under right arm, right out
To left-right/left/right,
right stick ends under left arm- left out
to right- left/right/left,end original position
repeat in tight circular motion
parry/block/check

Kata #2

Left forward to 11, low crossing knife sweeps,
left low chop block, right punch.
right to 1, knife sweep, chop, right punch
left to 1 Crossing Talon lock, R/L punch
right to 11 Crossing Talon lock, L/R punch
left to 1 Crossing Talon lock, R/L punch
right to 11 w/R inward block, R rear elbow
R rear cross, R hammer down, R rear kick
Set down back to 6 w/2X outward chops
R sweep to 6 w/2X outward chops
L sweep to 6 w/2X outward chops
R sweeps to 6 w/R inward, R rear elbow
L to 8 R circles over w/left down push, R/L
R to 4 w/ R downward block
Left step through lunge punch
Left giant step back, salute to 12

Club #2 strike- Right backhand to head Left steps in w/double chopping blocks
A) left hand hooks elbow, right hand grips wrist. Drive elbow high with wrist lock into armpit. Reverse wrist and elbow- left hand underneath takes wrist lock push elbow back to left kidney. .
B) left hand hooks elbow, right hand grips wrist in lock high/elbow low. Bring wrist straight down and rotate elbow up in forward motion to throw opponent
C1) Left hooks elbow, right drives wrist lock into armpit, then rotate counterclockwise, reverse hands- your right hand threads between bicep (insert C2 here) and wrist then takes wrist into figure 4- left wraps head and draws back arching opponents back.
C2) right threads through and grasps windpipe or nerve center by ear- can drive head to ground.
D1) Right takes wrist, left inward on elbow, rolling it over and driving him down (crossing talon) lock him in by stepping on foot
D2) right takes wrist and place it on your left bicep, right grasps hair- rip up then reach down for his left arm, bring it up to your left- lock the 2 arms together.
E) right takes wrist, left arm goes over opponents arm and grasp your own right wrist- hug yourself. Back into him put your butt crack on his right leg. Increase wrist lock and drive arm up while backing into him driving him into the ground- keep your legs spread.

6.18 Bok

Some mistook this to be Book Set, also known as Panther Set or Leopard Set. Panther Set was coined by Tracy's karate. The term Book Set, some say, was an informal name given because Mr. Parker was going to include this kata in his second book.

It has been said that Mr. Parker "borrowed" this kata from Jimmy Woo.

The Chinese name for this kata is Bun Gei - also know as Gei Bun and Ji Ben. Translated it means "Basic Training". Panther and Leopard are equivalent in Chinese.

- 1 do the kung fu salutation
- 2 in a tension move, move left arm out and up (palm up) to shoulder level then continue to full circle. Flip to palm down then do a reverse circle and swing arm out to side.
- 3 left Tiger claw with your first finger extended. Pull the arm into your body so your hand is at shoulder level, and then extend the arm downward and then upward and forward, palm outward until the arm is at shoulder level. Repeat twice more, pull the hand back, and extend the arm outward in a spear hand strike (palm down) at shoulder level.
- 4 bring the left arm back to the waist (fist cocked), as the right arm extends in a tension move, move right arm out and up (palm up) to shoulder level then continue to full circle. Flip to palm down then do a reverse circle and swing arm out to side.
- 5 right Tiger claw with your first finger extended. Pull the arm into your body so your hand is at shoulder level, and then extend the arm downward and then upward and forward, palm outward until the arm is at shoulder level. Repeat twice more, pull the hand back, and extend the arm outward in a spear hand strike (palm down) at shoulder level.
- 6 in four moves- shift into a horse stance: pivot the feet outward on the heels, pivot outward on the balls of the feet, pivot outward again on the heels, and then finally, pivot outward on the balls of the feet. In concert with the foot movements, dual left reverse punch (shoulder height), a right punch, drop both hands (palms up, fingers pointing in) to groin level, and then raise them quickly in front of your body (up, not outwards), until they are fully extended upwards.
- 7 bring both fists to waist level. Extend double leopard claws straight out three times as in 3 and 5 above after bringing the arms back from the third extension, do a double reverse punch to the shoulder height.
- 8 quickly raise both fists straight up, until they are fully extended above you, and then drop them to the groin.
- 9 cross your arms on your chest, left over right, with their hands and leopard claws. Extend your left out to 9 o'clock, in a U - shaped move, while placing your right at your right shoulder.
- 10 cross your arms on your chest, right over left, with the hands in leopard claws. Extend the right out to 3 o'clock, in a U-shaped move, while placing your left at your left shoulder.
- 11 cross your arms on your chest, left over right with your hands in leopard

- clause. Extend the left claw out to 9 o'clock, in AU shaped move, shift your left foot back slightly to 6 o'clock, and do a left outward block with a right reverse punch.
- 12 pivoting to 9 o'clock, do a right broom sweep, followed by a right outward block/left reverse punch combination.
 - 13 pivoting to 9 o'clock, do a left broom sweep, followed by a left outward block/right reverse punch combination.
 - 14 turn 180° to 3 o'clock, and do a right outward block/left reverse punch combination.
 - 15 pivoting to 3 o'clock, do I left broom sweep, followed by a left outward block/right reverse punch.
 - 16 pivoting to 3 o'clock, do a right broom sweep followed by a right outward block/left reverse punch.
 - 17 move the right foot forward slightly to return to horse stance, as you do a right punch. You should be centered.
 - 18 do a C-step backwards to 3 o'clock, and then step to 12 o'clock into a horse facing 3 o'clock, while doing a left side fist.
 - 19 do a C - step to 12 o'clock, and then step to 3 o'clock into a horse stance facing 12 o'clock, while doing a right reverse punch.
 - 20 do a C-step backwards to 3 o'clock, and then step to 12 o'clock into a horse facing 3 o'clock, while doing a left side fist. do a C - step to 12 o'clock, and then step to 3 o'clock into a horse stance facing 12 o'clock, while doing a right reverse punch.
 - 21 do a C - step to 9 o'clock, and then step to 6 o'clock into a horse stance facing 3 o'clock, while doing a left side fist.
 - 22 do a C - step to 12 o'clock, and then step to 9 o'clock into a horse stance facing 12 o'clock, while doing a right reverse punch.
 - 23 do a C - step to 9 o'clock, and then step to 6 o'clock into a horse stance facing 3 o'clock, while doing a left side fist., do a C - step to 12 o'clock, and then step to 9 o'clock into a horse stance facing 12 o'clock, while doing a right reverse punch.. You should now be centered.
 - 24 do a right C - step, and end in a horse stance facing 9 o'clock, while doing a right uppercut with the left as a cover.
 - 25 step to 9 o'clock with the left into a horse stance facing 12 o'clock, while doing a right extended outward chopping block.
 - 26 do a right C - step, and end in a horse stance facing 9 o'clock, while doing a right uppercut with the left as a cover.
 - 27 do a right backwards C - step, and in a horse stance facing 12 o'clock, while doing a right extended outward chopping block.
 - 28 do a left C - step, and then a horse stance facing 9 o'clock, while doing a right uppercut with the left as cover.
 - 29 do a right backwards C - step, and end and a horse stance facing 12 o'clock, while doing a right extended outward chopping block. You should now be centered.
 - 30 with the left, step two 12 o'clock ending in a horse stance facing 3 o'clock. As you step, circle your hands counterclockwise to waist level palms up in

- spears.
- 31 moving the left slightly to 9 o'clock, move into a bow stance, and circle the hands clockwise for a full turn, ending with the left rising block, and a right inverted punch to the jaw.
 - 32 step to 12 o'clock with the right still in a bow stance, and circle the hands counterclockwise for a full turn, ending with the right rising block, and a left inverted punch to the jaw.
 - 33 step to 12 o'clock with the left still in a bow stance, and circle the hands clockwise for a full turn, ending with the left rising block, and a right inverted punch to the jaw.
 - 34 do a left dancer step to 6 o'clock with a right hammer fist to the groin, and the left our block. Both heels should point to 6 o'clock.
 - 35 do a right dancer step to 6 o'clock with a left hammer fist to the groin, and a right downward block.
 - 36 do a left dancer step to 6 o'clock with a right hammer fist to the groin, and the left our block. Both heels should point to 6 o'clock. You should now be centered.
 - 37 moving the left foot to 9 o'clock, step into a soft bow stance facing 9 o'clock and do a right hammer fist.
 - 38 moving the right foot to 3 o'clock, step into a soft bow stance facing 3 o'clock and do a left hammer fist.
 - 39 step to 12 o'clock with the left into a horse stance facing 3 o'clock, and place the hands in a cup and saucer on your right side.
 - 40 Arc the left-hand overhead and down in a back knuckle strike. As you arc your right-hand overhead and down, in a hammer fist strike. As your hands move, bring your right foot forward and around your left foot, pivot 180° facing 9 o'clock, and plant your right leg crossed in front of your left leg. After your foot is planted, swing both arms in front of your body clockwise to 12 o'clock ending with inverted fists.
 - 41 Arc the left-hand overhead and down, and a back knuckle strike, as your right-hand arcs overhead and down, and a hammer fist strike. As soon as the right-hand strikes, cross your hands in front of your body Windmill Guard style, and finish with a right sweeping downward block and left punch. The final stance is a wide bow stance to 1:30, but with the trunk turned to 12 o'clock.
 - 42 do a right punch, a left punch, and a right punch. As your left steps to 12 o'clock into a horse stance, do a left punch.
 - 43 do a universal block with open claws to 3 o'clock. Do a universal block with open claws to 9 o'clock.
 - 44 pull both hands to your left hip wrists together in butterfly palms, do a right C - step to 1:30 a forward bow stance, and do a butterfly palms strike to the midriff to 1:30.
 - 45 pull both hands to your right hip wrists together in butterfly palms, do a left C - step to 10:30 a forward bow, and do a butterfly palms strike to the midriff to 10:30.
 - 46 as you pull your right foot back, to a cat stance facing 1:30, do a left circular

- claw clockwise a right circular claw clockwise and do a left claw to the face, with your right palm supporting your left elbow.
- 47 step right to 12 o'clock, pivot into a horse stance facing 9 o'clock, and do a right elbow to 12 o'clock.
 - 48 stepping to 6 o'clock right crosses in front of left, do a right side fist to 12 o'clock. Pivot 90°, face 12 o'clock, bring both fists to your waist, and strongly plant your left foot next to your right.
 - 49 do a right kick, with a left punch step left to 12 o'clock into a bow stance, as you do a right punch.
 - 50 do a right kick with a left punch. Step left to 12 o'clock bow stance, as you do a right punch.
 - 51 do a right C - step to 1:30 into a bow stance, and do a right rising block with the left side fist.
 - 52 do a left C - step to 10:30, and do a left rising block with a right side fist.
 - 53 do a right dancer step, pivot to face 7:30, and do a right rising block with a left side fist.
 - 54 do a right C - step to 4:30 into a bow stance, and do a right rising block with the left side fist.
 - 55 pull your left foot up to your right foot, stand straight, and cross your arms (hands in fist) across your chest you should now be centered.
 - 56 raise both hands upwards in a full nelson (in fists), do a left dancer step to 6 o'clock, bring the arms down, pivot to a reverse bow stance facing 12 o'clock, and do a right downward block, while keeping the left hand and a spear overhead.
 - 57 shift to bow stance, and do a right rising block with a left uppercut.
 - 58 step with the left to 12 o'clock into a bow stance, and do a left rising block with a right uppercut.
 - 59 step to 12 o'clock into a bow stance the right, and do a right rising block within uppercut fist.
 - 60 do a right knuckle strike to your shoulder, a right back knuckle to the face, and a left punch shoulder height.
 - 61 step to 6 o'clock into a bow stance with the right foot.
 - 62 do a left knuckle strike to your shoulder, a left back knuckle to the face, and a right punch.
 - 63 step left to 6 o'clock into a bow stance with the left.
 - 64 do a right knuckle strike to your shoulder, a right back knuckle to the face, and a left punch shoulder height.
 - 65 pull the right foot to 6 o'clock into a cat stance, cup and saucer on the left, step right into a bow stance facing 3 o'clock, and do a right back knuckle followed by a left punch. Step left to 3 o'clock into a cat stance cup and saucer on the right, step into a bow to 3 o'clock and do a left back knuckle followed by a right punch. Step right to 3 o'clock into a cat stance, cup and saucer on the left, step right into a bow stance to 3 o'clock into a right back knuckle and then a left punch.
 - 66 pull the left back into a cat stance pivot to face 9 o'clock cup and saucer on the right step to 9 o'clock with the left bow stance, and do a double hammer

- fist right high left low.
- 67 step right to 9 o'clock into a cat stance the right in front facing 9 o'clock cup and saucer on the left. Step two 9 o'clock with the right into a bow stance and do a double hammer fist left high right low.
 - 68 step to 9 o'clock into a cat stance left in front facing 9 o'clock, cup and saucer on the right. Step to 9 o'clock into a left bow stance and do a double hammer fist right high left low.
 - 69 pull the right to 9 o'clock into a cat stance cup and saucer on the left, step into a bow stance facing 3 o'clock, and do a low double claw to 3 o'clock.
 - 70 pull the left to 3 o'clock into a cat stance cup and saucer on the right, stepping into a bow stance facing 9 o'clock, and do a low double claw to 9 o'clock.
 - 71 pull the left into a cat stance facing 12 o'clock, place the right hand over your head from the back, in a spear, with the left held in a spear at mid chest level.
 - 72 bring the right fist down and to the front in the Kenpo greeting and do the last half of the kung fu salutation and bow.

6.19 *Gojushiho Dai*- Advanced Japanese/Okinawan Traditional Kata

Gojushiho was developed by one of the Okinawan karate master, "Sokon Matsumura" and named it as "Uesheishi" under the fluency of Chinese Kung Fu. In some styles of karate, there are two versions of this kata - Gojūshiho Shō and Gojūshiho Dai. An advantage of the two versions of the kata is to better master the difficult techniques presented therein, but not without facing some confusion, for many sequences are the same and others only slightly different. Gojūshiho Shō begins straight off with a wide variety of advanced techniques and, as such, is highly recommended for study. Gojūshiho Dai consists of many advanced open-handed techniques and attacks to the collar-bone.

Gojushiho movement is quite similar with Aikido grappling technique in terms of flowing knife hand or "Tate-shuto-uke" or vertical knife hand block. "Tate-shuto-uke" does not resemble other shuto uke which resemble as "block technique". Rather it was throwing technique in "aiki-jujutsu". Another "shuto" technique as "shuto-nagashi-uke" or "knife-hand-flowing-block" has become the unique characteristic of Gojushiho because of flowing movement which is not merely interpreted as "block", but "throw".

Gojūshiho Shō and Gojūshiho Dai are two versions in Shotokan of the same, single Shōrin-ryū kata called Useishi (54) or Gojūshiho. Originally, the names were reversed so that Dai was called Shō, and Shō was called Dai. The name change seems to have happened sometime in the 1960s or 1970s when a high-ranking JKA instructor announced 'Gojūshiho Dai' and then performed Gojūshiho Shō at the All-Japan Karate Championships. Due to his high rank, nobody dared question him about this hence why all Shotokan Karate Schools who Originate from the JKA use the reversed names.

Within the Shotokan Karate-dō International Federation of Kanazawa Hirokazu, the "Dai" and "Shō" forms are kept to their original names to coincide with 'Dai' meaning 'Major' and 'Sho' meaning Minor. This is also because master Kanazawa is a higher ranked instructor and refuses to change the original names. This kata is also practiced in Tang Soo Do and is

called O Sip Sa Bo in Korean. Due to its difficulty, this kata is often reserved for advanced students, usually for those who are 6th degree black belts and above.

Bow

Left arm tension in front of body landing on right foot in front as you deliver a right back knuckle with your left hand at your right elbow.

Look to the left and step with double punches. Look to the right, double step (left, right) double punch.

Look to the left, cross step (right left) as left hand slow tension chop, right punch, left kick. Land back to stance with right punch. Look to right, cross step (left right) as right hand slow tension chop, left punch, right kick. Land back to stance with left punch.

Step right forward/right upward elbow. Take 2 steps, deliver right spear. Left cat as left chops. Right C step, cat stance, step right left, right spear.

Take 2 steps, deliver left spear. right cat as right chops. Left C step, cat stance, step left right, left spear.

Left Dancer step, right punch, left angle chop block. Right crossover step punch left, right angle chop block. Left crossover, circle, left right punch, repeat chop, spear hands.

Turn right, underhand spear, step right with right outward block, then left underhand spear. Step left with left outward block. Bring block down, step right forward with right crane hand to eyes and right uppercut. Left hammer, left kick, land back. Left elbow, right hammer fist. Repeat 1,2 spear, chop, cat, 3 spears.

Left dancer, punch right then left angle chop block. Right crossover, left parry, right punch. Punch left then right angle chop block. Left crossover, right parry, left punch. Step right forward with right back knuckle with left punch at elbow. Slow right downward block, step back right as left slow tension outward block. Step right forward, right punch. Step right to side, throw off 1,2. Repeat 1,2 spear, chop, C step to cat, 3 spears then turn right hand to high spear chop, lean back left spear to right elbow with right in the air.

6.20 *Koryo (High and Beautiful) Advanced Korean Kata-*

Also spelled Goryeo and Koryeo and is the ancient name for Korea. An older, deprecated poomsae (form) called Original Koryois also considered by some Tae Kwon Do clubs/associations to be one of the Yudanja (Black Belt) forms, but it isn't considered so by the Kukkiwon (for gradings or the Master Instructor Course) or by the WTF (for the World Poomsae Championships).

Each of the yudanja forms has a floor pattern that traces out a Chinese character. Each character is said to represent a characteristic that should be exhibited by a taekwondo master: wise, unbreakable, spiritual, peaceful, long-lived, pious, adaptable, etc. For Koryo the floor pattern symbolizes "seonbae", which means "learned man." The name of this poomsae memorializes the Koryo Dynasty (918 C.E. - 1392 C.E.) and reflects the indomitable will of the Korean people in the face of extreme adversity.

Salutation

Look left and step to 9 o'clock into back stance, left outward chopping block. Right hand inverted chop.
 Left side cup and saucer.
 Right side thrust kick, land in horse stance.
 Right chop, left punch, right inward block.
 Turn, look right, right foot steps to 3 o'clock into back stance. Right outward chopping block, left inverted chop.
 Right side cup and saucer.
 Left side thrust kick, land into a horse stance.
 Left chop, right punch, left inward block.
 Left foot steps back to 12 o'clock. Left downward block, right web hand, right front kick.
 Right downward block, left web hand, left front kick.
 Left downward block, right web hand, right front kick, left palm low.
 Turn 180 degrees around in cat stance, double outward blocks, left front kick, right downward palm with left arm cover.
 Cat stance, double outward blocks.
 Step back right to 3 o'clock with left outward chop, right fist on hip.
 Hook left hand and punch with right, front crossover, left side kick.
 Turn other side, left downward spear palm.
 Clear downward right palm bringing right foot to left into natural stance.
 Left steps around left forearm, right steps forward right outward elbow.
 Right chopping block, back stance, hook right hand, punch hand with left, front crossover, right side kick, and land.
 Turn right, right downward spear palm, left downward palm.
 Clear downward left palm bringing left foot to right into natural stance.
 Right steps around right forearm.
 Left steps forward, left left outward elbow.
 Slow tension hands overhead, feet together, left hammer fist.
 Right leg back into reverse bow, left chop, right fist on hip.
 Step right foot forward, right inward block, then right downward block.
 Step left, left inward block then left downward block.
 Step right, right inward block then left downward block.
 Step forward left, left high palm, right fist on hip.
 Turn 180 degrees to front and repeat salutation.

6.21 Little Dragon

Horse Stance

Look to right and right outward block. Right shuffle wheel kick. Land and block.
 Look to left and left outward block. Left shuffle wheel kick. Land and block.
 Bring hands and feet together with high " X " block.
 Step to right into a horse stance with a right chop.
 Bring hands and feet together with the high " X " block.
 Step to left into a horse stance with the left chop.
 Left drop side thrust kick. Kneel up onto a right knee. Left back knuckle, right punch.
 Right foot step up into a horse stance.

Bow

Amerikick Team Salute

6.22 Long 1

This form takes the major movements of Short Form 1 (12-9-3-6) and adds a counter strike after all but one of the blocks in a retreating pattern. Although it is still a retreating kata it is the first kata where we see a counter attack. It also adds two other features, a transitional cat stance and elbow strike and overhand backknuckle strike. Most of Mr Parkers katas introduce a new concept or two or a look at something new that will be taught in more detail in future katas. It is said that Mr. Parker inserted one mistake into each Kenpo kata- where is the mistake in Long form 1?

Do reverse Long 1, backwards Long 1, reverse backwards Long 1

Stances- Horse stance for blocks (1 exception) that turn to Forward Bow with counter punch. First use of cat stance- both as a transition stance and for an inward block- this exception is both a transition and a block to adjust to a left side block. Cat stance also accentuates the use of the C-step.

This kata also features the first attack (elbow) not preceded by a block- it can be said this is a defensive elbow, but a non-block attack none the less.

Long Form 1 details:

Start the form in a horse stance with a fist cover.

Attack from 12 o'clock-Left steps back 45°(hips facing NW) into a right forward Horse stance with a right inward block (left fist in at the left side ribs in a palms up fist- called chambered position). Left reverse punch is delivered while the right hand is retracted to the chambered position, *also interpreted as a rearward right elbow* - stance pivoting into right forward bow with the punch.

Right foot draws back into a right foot forward cat stance with the left hand returns to chambered position while right inward blocks. *Some interpret this as one of the "mistakes" in the kata- the first move was a right block and left counter strike, this cat stance and block is necessary to complete the movement on the left side.*

Attack from 12 o'clock-Right steps back 45°(hips facing NE) into a left forward Horse stance with a left inward block with your right hand in chambered position. Right reverse punch is delivered while the left hand is retracted to the chambered position, *also interpreted as a rearward left elbow* - stance pivoting into left forward bow with the punch.

Attack from 9 o'clock-Right foot to 12 o'clock (hips 45°facing NE) and deliver a left outward block, right hand in chambered position. Right reverse punch is delivered while the left hand is retracted to the chambered position, *also interpreted as a rearward left elbow* - stance pivoting into left forward bow with the punch.

Attack from 9 o'clock-Left steps back 45°(hips facing SW) into a right forward Horse stance with a right outward block left fist to chambered position. Left reverse punch is delivered

while the right hand is retracted to the chambered position, *also interpreted as a rearward right elbow* - stance pivoting into right forward bow with the punch.

Attack from 9 o'clock- Look over left shoulder, Left arm rises slightly as right hand reaches under left arm to grab opponent as right steps to 7:30 (hips facing SE) and you deliver a left rear high elbow, then into a left rising block to 9 o'clock, right reverse punch is delivered while the left hand is retracted to the chambered position, *also interpreted as a rearward left elbow* - stance pivoting into left forward bow with the punch- *The elbow/rising block may be interpreted as another mistake in the kata however it is not as the elbow when fully delivered creates enough chamber to fully deliver the rising block.*

Attack from 9 o'clock- Left steps back to 3:00 (hips facing NE) and execute a right rising block with the left hand moving to the chambered position. Left reverse punch with the right hand moves to the chambered position *also interpreted as a rearward right elbow* - stance pivoting into right forward bow stance with the punch..

Attack from 6 o'clock- Left steps over to 1:30 (hips facing SE) and deliver a right downward block while the left hand is retracted to the chambered position. Left reverse punch is delivered while the right hand is retracted to the chambered position, *also interpreted as a rearward right elbow* - stance pivoting into right forward bow with the punch.

Attack from 6 o'clock- Right steps back to 10:30 (hips facing SW) and deliver a left downward block with the right hand to the chambered position. Right reverse punch is delivered while the left hand is retracted to the chambered position, *also interpreted as a rearward left elbow* - stance pivoting into left forward bow with the punch.

Pivot clockwise back to square horse stance facing 12:00 moving your left leg into a fist cover

Bow

Natural Stance

6.23 Long 2

Analysis:

- You are advancing against an attack similar to what was done in Short two, however you are attacking with 4 strikes. The strikes are inward block, outward chopping block, both same hands. Following with an opposite hand four finger poke to the eyes then back with the original hand with a vertical spear hand attack to the center line or solar plexus. We are taught four hand attacks, rotating hands, and two new attacks, four finger poke and a spear hand attack.
- We are taught to punch and kick with the same side to an attacker. In addition, this is the first form where kicks are introduced.
- We are taught to use a universal blocking pattern for the first time.
- We are taught that an upper rising block and a hammerfist simultaneously is now introduced.

- Multiple back knuckle attacks and claw to the face is now introduced.
- A downward block and with the same hand a corkscrew punch is introduced.
- A kick and punch with opposite hand and foot pattern is introduced.
- A side punch is now introduced for the first time
- Front and rear crossover steps are introduced.
- Overhand looping downward punch is introduced.
- Two finger darts to the eyes
- Twist stance is introduced
- Palm heel strike is introduced
- Different Elbow strikes are introduced
- Overhead punch to the rear with an opposite hand rear elbow is introduced
- This form shows advancing and retreating whereas Short 2 is all advancing.
- Methods of executing punches are added- snapping punches, looping elbows, thrusting eye pokes, hammering claws.

Details of Long Form 2:

Start the form from a horse stance.

Step forward with your right foot into a neutral bow stance and execute a right inward block with the left hand at your left side in a fist. Next immediately snap into a right outward chopping block to the neck area. Next shift into a forward bow stance and execute a left hand horizontal finger thrust to the eyes as your right hand pulls back and cocks back to your right hip. Then a right vertical hand spear to the solar plexus.

Left leg steps forward into a neutral bow stance as you execute a left inward block with your right hand at your right side in a fist. Immediately snap into a left outward chopping block to the neck area. Next shift into a forward bow stance and execute a right hand horizontal finger thrust to the eyes with your left hand pulling back and cocks to the left hip. Then execute a left vertical hand spear to the solar plexus.

Slide the left foot back into a transitional cat stance facing 12:00 with both hands at your right hip in a cup and saucer position.

Step out with your left foot to 9:00 into a left forward bow stance facing 9:00 as you execute a left outward block and a right reverse punch.

Shift back into a left neutral bow stance and execute a left back knuckle to the face and a right reverse punch.

Pull left back into transitional cat stance facing 9:00.

Left front kick followed by a left side punch. Land in a bow stance facing 9:00 with hands in a cup and saucer position on your left hip.

Rotate or turn toward 3:00 in a right forward bow stance and execute a right outward block and left reverse punch. Shift back into right neutral bow stance and execute a right back knuckle to the face and a left reverse punch.

Pull back into a transitional cat stance facing 3:00. Next execute a right front kick followed by a right side punch.

Land in a forward bow stance facing 3:00. Left rear crossover step facing 6:00 in a fighting stance.

Universal block with right inward and left down block. Next execute right hammer fist and left upper rising block.

Roll the left upper rising block into a downward claw to the face as you execute a right back knuckle.

Roll into a left back knuckle and then a right back knuckle. Rotate toward 12:00 and execute a universal block with left inward and right downward block.

Left hammer fist and a right upper rising block.

Roll the right upper rising block into a right claw to the face and a left back knuckle.

Roll into a right back knuckle and left back knuckle.

Right foot steps around to 10:00 into a horse stance as you execute a left downward block facing 4:30.

Left corkscrew punch to the side of the head and a right reverse punch.

Left reverse punch and simultaneously a right front snap kick landing with a right forward and execute a right side punch to the body.

Right foot steps to 7:30 in a horse stance as you execute a right downward block facing 7:30 then a right corkscrew punch to the side of the head and a left reverse punch.

Right reverse punch and simultaneously a left front snap kick landing with the left forward and execute a left side punch to the body.

Left front crossover to 2:00 as your left does a left overhand punch to the head. Step through with the right landing in a horse stance as the right executes a right upper rising block toward 2:00.

Left/right/left dart to the eyes. Next execute a right front crossover step toward 10:00 as you execute a right overhand punch to the head. Step through with the left landing in a horse stance as the left executes a left upper rising block toward 10:00.

Execute a right/left/right dart to the eyes

Left rear crossover as the left executes a left downward and inward block facing 10:00. Unwind into a horse stance with a right side punch.

Right rear crossover as the right downward/inward block facing 10:00. Unwind into horse stance and execute a left side punch.

Step back with the right to 8:00 into a fighting stance as you execute a left downward forearm block then rotate into a left uppercut punch.

You should be facing 2:00.

Step back with the left to 8:00 into a fighting stance as you execute a right downward forearm block and then rotate into a right uppercut punch.
 You should be facing 2:00
 Turn into a bow stance facing 2:00.
 Right downward palm block and your left hand is on your left hip in a fist.
 Step forward with the left into a horse stance as you execute a double downward heel palm claws strike facing 2:00.
 Turn into bow stance facing 2:00 and the right executes a left downward palm block and your right hand is on your right hip in a fist.
 Pivot into bow stance and execute a right reverse punch facing 2:00
 Execute a left inward elbow as you pivot into fighting stance facing 2:00
 Step back with the left into a fighting stance facing 9:00 and execute a right downward elbow.
 Step back with the right into a fighting stance facing 7:00 as you execute a left downward elbow.
 Step back with the left to 9:00 into a square horse stance, facing 12:00, as you execute a right inward elbow smash, followed by double elbow strike, then a right reverse punch and simultaneous left straight back elbow to target behind Next a left uppercut behind the head with a simultaneous right straight back elbow strike to the rear, followed by a fist cover.
 Salutation.

6.24 Long 3

Long 3 is the first form to show category completion, and it is also the first technique kata. It is a strong side kata- meaning that since most are right handed, each technique is done on the strong/right side first. You'll see top of the circle and category completed with the bottom of the circle. Note the weak double inward blocks as a foundational element and not a practical self-defense move.

3 extended finger show- left then right. Kung Fu salute.

Destructive Twins- right then left

Right foot forward to forward bow to 1 with left high U punch, left outward block to 12 shift into neutral bow, shift back to right forward bow with left eye spear to 11, shift to left forward bow with right punch to midsection. Right rising waiter hand (to break grip on wrist grab) then sweep hand down (to your right back pocket) immediately return with punch to face. Right fist goes to left shoulder to again break wrist grab, and immediately returns BK to face.

Return to attention, fists at hips, knees bent.

Left foot forward to forward bow to 1 with right high U punch, right outward block to 12 shift into neutral bow, shift back to left forward bow with right eye spear to 1, shift to right forward bow with left punch to midsection. Left rising waiter hand (to break grip on wrist grab) then sweep hand down (to your right back pocket) immediately return with punch to

face. left fist goes to right shoulder to again break wrist grab, and immediately returns BK to face.

Left draws back to horse stance to 12.

2 hands piano fingers to eyes, right leg extends to super horse stance w/both elbows driving back at the hips.

Left foot C-steps, left elbow back then right hammers down. Left reverses C-step, left downward elbow then extended claws, pivot right into bow while “throwing” opponent with left.

Right adjusts back up to normal horse, double punch down, back to hips, double uppercuts, back to hips.

2 hands piano fingers to eyes, left leg extends to super horse stance w/both elbows driving back at the hips.

Right foot C-steps, right elbow back then left hammers down. Right reverses C-step, right downward elbow then extended claws, pivot left into bow while “throwing” opponent with right.

Left adjusts back up to normal horse, double punch down, back to hips, double uppercuts, hands wrap around waist and “wipe off” back to hips.

Right foot draws up to attention, hands out in front palms toward face right over left. Right leg steps back toe to heel w/double outward chopping blocks. Right chops low, left chops high/right draws back, right middle knuckle uppercut w/left low cover.

Right foot draws up to attention, hands out in front palms toward face left over right. Left leg steps back toe to heel w/double outward chopping blocks. Left chops low, right chops high/left draws back, left middle knuckle uppercut w/right low cover.

Bring right up under left(openhand) for butterfly, right leg back reverse bow, coming around w/ left elbow, left drops down for cover while right spearhand thrusts forward for

Glancing Spear.

Right over left for butterfly, left leg back reverse bow, coming around w/right elbow, right drops down for cover while left spearhand thrusts forward for **Glancing Spear.**

Right back to horse while right hand circles forward/downward elbow to side/right uppercut to side.

Left hand circles forward/downward elbow to side/left uppercut to side.

Right hand circles back clawing eyes to side, wrap around uppercut break, BK to midsection.

Left hand circles back clawing eyes to side, wrap around uppercut break, BK to midsection.

Both hands circle forward, downward elbows to sides, double uppercuts to sides.

Double backward claws to sides, wraparound uppercut breaks, double BKs to midsections.

Left hand extends, **Crossing Talon**-Left hand enters toward opponents eyes, countergrabbing and pulling back with right leg steparound in front of opponent w/right upward then downward elbow breaking opponents elbow driving him down.

Right swings back to horse.

Right hand extends, **Crossing Talon**-Right hand enters toward opponents eyes, countergrabbing and pulling back with left leg steparound in front of opponent w/left upward then downward elbow breaking opponents elbow driving him down.

Left swings back to horse facing 12.

Right swings around front to right forward bow stance facing 7.

Thrusting Wedge- wedge hands forward defending push, right rising elbow/dropping

claw.

Right swings back to horse.

Left swings around front to left forward bow stance facing 5.

Thrusting Wedge- wedge hands forward defending push, left rising elbow/dropping claw.

Left swings back to horse.

Right leg forward bow toward 11,

Blinding Sacrifice- wedge hands sweep outside (driving pushing arms outward) circling back up to double claw groin, double chicken necks to kidneys/draw up to rt forward cat.

Piano fingers to eyes, double BKs to mastoids, double hammers to sides of head, hands grab head driving it into rising left knee.

Right leg swings back to horse.

Left leg forward bow toward 1,

Blinding Sacrifice- wedge hands sweep outside (driving pushing arms outward) circling back up to double claw groin, double chicken necks to kidneys/draw up to left forward cat.

Piano fingers to eyes, double BKs to mastoids, double hammers to sides of head, hands grab head driving it into rising right knee.

Left leg swings back to horse.

Silkwind- Right claws back to groin, left thumb gouge to groin, right leg kicks at knee while right shoulder rises spinning counterclockwise, right upprcut break in horse facing 12- left fist at hip. Spin clockwise to return to horse stance.

Silkwind- Left claws back to groin, right thumb gouge to groin, left leg kicks at knee while left shoulder rises spinning clockwise, left upprcut break in horse facing 12- right fist at hip. Spin counterclockwise to return to horse stance.

Scraping Hoof- from horse double punch back to head, left extends for super horse/double elbows back. Pivot right foot to T stance, right heel kick to knee, right stomp/pivot left to T stance, left heel kick to knee, left stomp.

Left draws up to attention.

Left hand to right shoulder, right fist out, left foot steps to 12, change stance to forward bow toward 6 with right elbow to 6 and left punch to 12.

Left draws back to attention.

Right hand to left shoulder, left fist out, right foot steps to 12, change stance to forward bow toward 6 with left elbow to 6 and right punch to 12.

Right draws back to attention.

Left hand out w/right over in butterfly, right steps forward to 12/hands draw back toward 6, right BK(high)/left punch(low).

Right returns to attention.

Right hand out w/left over in butterfly, left steps forward to 12/hands draw back toward 6, left BK(high)/right punch(low).

Left returns to attention.

Kung Fu Salute, bow.

6.25 Long 4

This form is often called “The Heart of Kenpo”. This is the form that Senior Grandmaster Edmund K. Parker states involves all of his kenpo principles. It is the longest and most

difficult form in the Kenpo Karate system. This is a techniques form with the self-defenses being performed on both sides.

Techniques in the form

Protecting fans, Darting Leaves, Unfurling Crane (Drums of Manchu), Destructive Kneel (Sowing the seeds), Flashing Wings, Gathering Clouds (Parting Waves), Circles of Protection, Dance of Darkness, Thundering Hammers, Unwinding Pendulum, Reversing Circles, Snaking Talon, Circling Fans, Circling Windmills, Defensive Cross, Bowing to Buddha, Prance of the Tiger, Shield and Mace, Five Swords, Twirling Hammers

Details of each technique:

Protecting fans-Left right punch

The left foot steps to 11:00 o'clock as you execute a left inward block or parry to the right punch attack, your right hand is cocked at your right side. You then execute a right outward chopping block to the right punch attack while your left hand cocks at your left hip. As your chop block you then grab the opponents arm with a frictional pulling of the opponents left punch toward your right hip as your left hand executes a left horizontal finger poke to the eyes. Simultaneously a right front snap kick is executed to the opponents groin. The right punch over the left shoulder to the attacker and left elbow strike to attacker that is behind. Next a left punch over the right shoulder and a right elbow strike to the attacker that is behind. Next the right hand executes a horizontal spear to the eyes of the attacker in front and a left knife hand chop to the groin of the attacker from behind. Next, left hammer fists the attacker head in front and a right hammerfist to the groin of the attacker from behind. Next both hand punch upward in a break motion and then circle in front in a gathering motion (with left over right)

Protecting fans- Right-left punch

The right foot steps to 2 o'clock as you execute a right inward block or parry to the left punch attack, your left hand is cocked at your left side. You then execute a left outward chopping block to the left punch attack while your left hand cocks to your right hip. As your chop block you then grab the opponents arm with a frictional pulling of the opponents right punch toward your left hip. Next as your right hand executes a right horizontal finger poke to the eyes of the attacker in the front.. Simultaneously a left front snap kick is executed to the opponents groin. Next, left punches over the right shoulder to the attacker's head that is behind as the right elbow attacks the ribs of the opponent from behind. Next, right hammer fists over the left shoulder to the attacker from behind as the elbow attacks the ribs of the attacker from behind. Next, execute a left horizontal eye spear to the opponents eyes in the front as you execute a right knife hand chop to the groin of the attacker that is behind. Next execute a right hammerfist attack to the opponent head in the front and a left hammerfist to the groin of the opponent that is behind. Punch upward in a breaking motion.

Darting leaves- right punch

After the break, pull the right foot into a cat stance facing 1:00 as you execute a left inward block. Simultaneously, your right hand cocks to your right hip, then with a threading motion, the right hand executes a one or two finger eye poke.

Darting leaves- left punch

Shift weight to the right leg and the left leg pulls into a cat stance facing 11:00 as you execute a right inward block to your opponents left arm. At the same time your left hand

cocks to your left hip. With a threading motion, the left hand executes a one or two finger eye poke.

Unfurling Crane (Drums of Manchu)-right then left punch combination

Move right foot back to 4:00 o'clock and move into a neutral bow stance, facing 11:00, and execute a universal block (with left inward block and right downward block). As opponents left punch occurs, step drag or shuffle facing 12:00 and execute a right outward block and a left downward block. From this position, execute a a right claw to the face and a left rolling vertical back knuckle to the nose.

Unfurling Crane (Drums of Manchu)- left the right punch combination

Move your left foot to 7:00 to a right neutral bow stance, (facing 1:00) as you execute a right outward block to opponents left punch and left downward block to the groin (universal block). Next, shuffle forward to 1:00 step deliver a left overhead claw followed by a right rolling vertical back knuckle to the nose.

Destructive kneel (sowing the seeds)- Right punch

Move right foot back to 6 o'clock facing 12:00.Both hands are up and execute double outward chopping blocks. (about the width of your shoulders). The left is converted to a grab. As the right punch comes in, parry with your right hand as you follow his force toward 6 o'clock you use your left hand to attack with a palm heel strike to the opponents elbow pulling him backwards. At the end of his force, pivot to a left reverse closed kneel stance to buckle the back of his right knee with your left knee. Pivot your stance while your left hand circles under his right arm and grabs his right arm with your left hand. Pivoting in a closed kneel stance facing 12:00 as your track back up his right arm with your right arm while pressing and right hand claws the face and the left hand back knuckles the stomach. Continue this motion to deliver a right back knuckle to the lower spine and a lower left vertical punch to the upper spine (left over right). Left knee should be pressing or checking.

Destructive kneel (sowing the seeds)- Left punch

Move left foot back to 6:00 o'clock to a neutral bow stance facing 12:00. Both hands are up and you execute double outward chopping blocks. (about the width of your shoulders). The right is converted to a grab. As the left punch comes in, parry with your left hand as you follow his force toward 6:00 you use your right hand to attack with a palm heel strike to the opponents elbow pulling him backwards. At the end of his force, pivot to a right reverse closed kneel stance to buckle the back of his left knee with right knee. At the same time have your left hand grab the opponents left wrist and deliver a left palm strike to the opponent's left elbow. While the opponent is on his left knee, pivot to a right closed kneel stance while facing 12:00 and deliver a right outward back knuckle to ribs and a left palm or claw strike to the face. Finish with dropping your weight and left knee onto his left ankle causing fracture. Pivot clockwise into a left closed kneel stand toward 7:00 as you simultaneously execute a left back knuckle to the lower spine and a right vertical punch to the upper spin (right over left). Right knee should be pressing or checking.

Flashing wings- right punch

Move the right foot into a front cross over into a right front twist stance and execute a right extending outward block of the opponents right punch. Next step forward to 11:00 with the

left foot into a left forward bow while executing a right inward horizontal elbow to the ribs that bypasses his ribs. (cutting or scraping through) Double elbow strikes (flashing the wings) while the left hand checks his shoulder. At the same time your left knee checks your opponents right knee. Pivot clockwise into a left reverse closed kneel stance and deliver a right outward chop to the back of your opponents neck. While checking the shoulder, then deliver a second chop to the back of the opponents neck with the left hand. Pivot counterclockwise into a closed kneel stance. As your left hand slides past and pins his right hand to his body, and deliver a dragon palm or upward palm strike to the throat.

Flashing wings- left punch

Execute a left rotating twist stance by having your left foot do a front cross over to 1:00 and turning counterclockwise. Next deliver a left extended outward block. Step up with the right foot to right inward block in a right neutral bow stance facing 12:00 attacking your opponents left punch. Left hand is cocking to your left hip. Your right knee is now checking your opponents left knee. Pivot into left forward bow as you execute a left inward elbow strike to your opponents ribs. This strike continues through (cutting or scraping through). Double elbow strikes (flashing the wings) Your right hand checks the left shoulder. Pivot counterclockwise into a horse stance as you claw the opponents face. Next pivot into a right reverse closed kneel stance as you deliver a left outward chop to the back of your opponents neck. With a continued motion follow through with the right hand delivering a second chop to the back of the neck. Pivot clockwise into a closed kneel stance as your right hand slides down past your opponents left shoulder. Your right hand slides down to check his shoulder as your left hand deliver a dragon palm (upward palm strike) to the throat.

Gathering Clouds-(Parting waves)- right punch

Move your left foot to 9:00 o'clock to horse stance and parry the right punch with the left hand as you simultaneously strike with the middle knuckle to the opponents ribs. (move your head off line at the same time) This attack should go through the ribs in a ripping motion and come back with the right hand with reverse motion and execute a right chop to the lower ribs. Next step forward with the right leg into a forward stance and at the same time have the forward movement of the right leg land checking the inside of the opponents right leg. Your left hand is checking the right arm above the elbow and deliver a right inward elbow to the ribs. Next execute a left rear crossover. (you should be facing 9:00)

Gathering Clouds- (Parting waves)-left punch

Right steps to 10:00 as you execute your right hand parry the opponents left punch. Execute a left middle knuckle strike to the opponents ribs. This attack should go through the ribs with a ripping motion and then come back with a left chop to the ribs. Simultaneously, the right hand should be checking the shoulder. Step forward in a forward bow and check or attack the opponents left knee. Step forward toward 9:00. Your right hand is checking the left arm above the elbow and deliver a left horizontal elbow to the ribs. Check with your right.

Circles of Protection-right punch

Left foot moves to 9:00 as you execute a right upper rising block to the overhead strike from your opponent. Guide the strike with both hands over your head as you circle around and strike and grab the groin with your right hand. Next execute a left back knuckle. Next execute a left front crossover and land in a neutral bow stance facing 9:00

Circles of Protection- left punch

Execute a left upper rising block as you step forward with your right facing forward (12:00). As the overhead punch from your opponents left comes, guide it with both hands overhead and strike the groin with your left hand and then back knuckle with the right.

Dance of Darkness- right kick and right punch combination

Move your right foot behind your left foot in a twist stance facing 6:00. As you execute a right brushing block or parry to the opponents outside of his right kick attack. Your left hand is checking at the solar plexus. As the right punch to the head comes from the opponent, step forward in forward bow with the right foot to 6:00 to a right neutral bow as the right blocks the punch with a parry or brushing block. Step behind opponent (now facing 9:00) in a horse stance with your hands in a cup and saucer position on left hip). Double back knuckle strikes with the left on top of the right. Next the left claws the face and the left rolls into a back knuckle to the face. Next the right converts to a two finger eye poke. Next, execute a front cross over step as the left hand does an eye strike, Then turn facing 12:00. (with the left hand up and right hand in cover position)

Dance of Darkness- left kick and left punch combination

Left foot back in rear cross over step as you simultaneously do a left parry or downward brushing block. Next step forward with a left parry or upper brushing block. (hands in cup and saucer position on right hip). Next turn facing 9:00 and double back knuckle strikes (with right on top left on bottom). Next execute a right claw and a left back knuckle. The right converts to a right 2 finger eye poke. Next, right front cross over as you look to 12:00 and right strikes the eyes with a two finger as you step out with the left. The left should step towards 9:00 in a left neutral bow stance.

Thundering Hammers- right punch

Move the left foot to 9:00 into a left neutral bow stance facing 9:00 as you execute a left inward block to the opponents right punch. The right arm is hanging almost invisible to your opponents line of sight. At the same time your checking the opponent's right leg with your left leg. Push drag or shuffle forward to 9:00 o'clock as you move into a left wide kneel stance and strike with right horizontal inward forearm while cocking your left fist to your ear. Next roll the strike over to a check. Pivot clockwise as you drop into right closed kneel stance facing 1:00 while buckling or checking the opponents right knee with your left knee. Strike the opponent's left kidney with a left downward hammer fist. Your right hand is cocked high near your ear. Pivot counterclockwise into a left wide kneel while attacking or buckling the opponents right knee with your right knee. Your left hand shifts to a left horizontal forearm check on top of his right shoulder. Simultaneously execute a right downward hammerfist to the back of his neck. Move into a right neutral bow stance facing 9:00. As you switch execute a right downward back fist strike to the right temple of your opponent. As you settle into the right neutral bow stance, reverse the motion of the right hand and execute a right upward lifting stiff arm and heel palm to the opponents face. At the same time the left hand should be checking the right shoulder in a downward movement.

Thundering Hammers- left punch

Pivot counterclockwise facing 3:00, as you execute a universal block (right inward block to the left punch and the left low in a down back). Right steps to 3:00 as you execute a right

inward block to the outside of the left punch attack (above the elbow). Left arm is down in a more hidden position. The right leg is checking the opponents left leg. Push drag or shuffle forward to 3:00 into a right wide kneel stance buckling the outside of the opponents left knee with your left knee. Strike with a left horizontal inward forearm strike to the stomach or ribs while cocking the right fist to your ear. Pivot counterclockwise as your drop into a left closed kneel stance facing 7:00. At the same time buckling the opponents left knee with your right knee. Simultaneously, strike your opponents right kidney with a downward right hammerfist as the left fist cocks near the ear. Pivot clockwise into a wide kneel stance facing 3:00 while buckling opponents left knee with your left knee. Right hand should be checking the opponents left shoulder. At the same time deliver a left downward hammerfist to the back of his opponents neck. Switch into a left neutral bow facing 9:00, right foot moves to the left foot. As you switch the stance, execute a left downward back fist strike to the opponents left temple. Next reverse the motion of the left hand and convert it to a stiff arm lifting heel palm to the opponents face. Simultaneously, the right hand checks the left shoulder.

Unwinding pendulum- (right kick and right punch combination)

Move back with the left foot into a rear cross over (twist stance), and execute a right downward block to the outside of the opponents right leg. The left hand should be cocked with a half fist and ready to deliver a left inward block to the outside of the right arm, the right hand does a hammerfist behind. Next execute a right front crossover then right inward sweeping kick to the his left knee. Next, execute a right under monkey hand or inverted crane to the groin. As you strike check the arms with your left hand.

Unwinding pendulum- (left kick and left punch combination)

Move your left foot back to 10:00 into a right twist stance facing 4:00. As you change stances execute a left downward block to the outside of the opponents left leg. Simultaneously the right hand should be cocked and readied for an right half fist. As the left punch is delivered, unwind or pivot counterclockwise into a right neutral bow stance facing 4:00 o'clock. Execute a right inward block to the opponent's left arm. Next execute a left front crossover sweeping kick to the back of the right knee. Move the left foot forward into a front twist stance and you execute a left monkey hand or inverted crane strike to the groin. The right hand is checking the opponent's arms.

Reversing circles-(left roundhouse kick and left punch combination)

Move right foot to 7:00 o'clock into a right neutral bow stance as you execute a universal block (right downward and left inward block) to the inside of your opponents left kick strike. As the opponents plants his left leg after the kick and attempts to punch, pivot into a right forward bow stance facing 7:00 o'clock . Execute a right upward block and simultaneously a left thrusting palm or dragon palm strike to the ribs of the opponent. Pivot into a right neutral bow as you reverse the motion of your left hand and convert it into a left upward block under your opponent let arm. Simultaneously, reverse the motion of the right and convert it into a right thrusting heel palm or dragon palm strike to the ribs. Upon completing the left heel palm into a grab to your opponents wrist.

Reversing circles-(right roundhouse kick and right punch combination)

Move your left foot to the right foot and step out to 4:00 o'clock into a left neutral bow stance. Execute a universal block (left downward and right inward block) to the inside of

your opponents right leg. As your opponent plants his right leg after the kick and attempts to punch, pivot into left forward bow stance facing 4:00 o'clock . Execute a left upward block and simultaneously deliver a right thrusting palm or dragon palm to the ribs of your opponent. Pivot into a left neutral bow stance as you reverse your motion of your right hand and convert it into a right upward block under your opponents right arm to his ribs. Simultaneously, reverse the motion of the left and convert into a left thrusting heel palm or dragon palm strike to the ribs. Upon completing the right upper block grab the opponents right wrist.

Snaking Talon- Two hand push

Move the left foot back and the right pulls into a cat stance facing 9:00 o'clock . Once in the cat stance, the left hand checks near the right side of your face and the left hand is in a checking position at knee level with complementary angles to the foot position. Move the right hand in a figure "8" movement. This movement begins with a right extended inward chop block to the outside and on top of the opponents arm. This continues to flow into a right extended outward chop still on the outside of the opponents right arm. (This action is checking and crisscrossing the opponents arms) While in this motion, the right hand pulls the opponents right arm toward you as you execute a right front snap kick to the his groin.

Snaking Talon- Two hand push

Move your right foot back toward 3:00 o'clock into a left cat stance facing 3:00 o'clock. Once in the cat stance, the right hand checks near the right side of the face and the left hand is in the checking position at the face level with complementary angles to the foot position. Move the left hand in a figure "8" movement. This movement begins with a left extended inward chop block to the outside and on top of the opponents arm. This continues to flow into a left extended outward chop still on the outside of the opponents left arm. (This action is checking and crisscrossing the opponents arms) While in this motion, the right hand pulls the opponents left arm toward you as you execute a left snap kick to his groin.

Circling fans- (left – right punch combination from the right side)

Move your left foot back to 6:00 o'clock in a horse stance facing 6:00 o'clock . At the same time, cock your left hand on your left hip. As your opponent attacks from the right side, move into a right cat stance facing 9:00 o'clock . As you turn redirect the left punch with a right push down parry or block and then a left push parry or block to the opponents right punch. Simultaneously, with your right hand at your hip clenched in a fist, execute a right snapping front or ball kick to the opponents groin. Plant into a horse stance and execute a right uppercut to the opponents face.

Circling fans- (right – left punch combination from the left side)

Move the left foot into a left cat stance facing 3:00 o'clock. At the same time, cock your right hand on your right hip. As your opponent attacks from the left side, move into a left cat stance facing 3:00 o'clock . As you turn redirect the right punch with a left push down parry or block and then a right push down or block to the opponents left punch. Simultaneously, with your left hand at your hip clenched in a fist, execute a left snapping front or ball kick to the opponents groin. Plant your left foot toward 3:00 o'clock into a horse stance and execute a left uppercut to the opponents face.

Circling windmills- right punch

Move to a horse stance facing 6:00 o'clock. Execute a right upward or right extended outward block to the outside of the right punch attack. At the same time the left hand executes a left heel palm or dragon palm to the solar plexus. While in the horse stance windmill your left hand in a counterclockwise motion to the opponents face. (left arm remains in the upward block position to check right arm). Simultaneously, execute a right clockwise hammerfist strike to the opponents left floating ribs. Next, your right hand move clockwise in a windmill movement. As it travels up and under the attackers right arm, it converts to a right upward parry. At the same time, execute a left counterclockwise inward hammerfist to the right floating ribs. Next, the left hand reverses (in a clockwise motion) and checks opponents right arm down toward his body. Execute a right inward hammerfist strike down and on the bridge of the nose. Execute a right outward horizontal finger slice across the eyes and then another right inward finger slice and then another right outward finger slice to the eyes. The right pulls back to the right hip with a crane hand. Execute a left inward raking back knuckle to the bridge of the nose as your right hand checks the opponents right arm. Execute a left outward horizontal finger slice to the opponents eyes, followed by a left inward horizontal slice and then a left outward horizontal finger slice to the eyes. Your left hand is now chambered at your hips in a crane shape. Execute both hands whipping two finger overhead strike to the eyes. Torque your hands in towards each other and execute a two finger thrusts to the eyes. Torque your palms together and roll both thumbs into the eyes. Reverse the motion of your hands, torquing the palms towards you and put both hands little fingers in the eyes. Again torque your palms toward the face as you execute two downward heel palm claws to the opponents face.

Defensive cross- (right front snap kick)

As the right kick occurs, step back with your right foot toward 12:00 o'clock as you move into a forward bow stance facing 6:00 o'clock. At the same time, execute an "X" block (right hand over left) on top of the opponent's right ankle. Next have your left hand convert a crane and hook the opponent's right foot. In a pulling motion with your right hand on top of his ankle and your crane shaped left hand under his ankle guide the leg past your left hip pulling him off balance. His body movement will be going towards you. Continue to orbit your hands in an overhead striking position to the opponents face with your right hand striking his face and the left following in a circular pattern. The right hand continues after the strike to the face toward your right hip. The left hand is converted to an inward overhead heel palm strike to the jaw of the opponent. The left hand is converted to a hair grab at the back of his head as you execute a right snapping ball kick to the groin. As you replant your right foot, simultaneously execute a right upward lifting stiff arm and back knuckle to the face as your sandwich his head with the left hand which is still in a hair grab.

Defensive cross- (left front snap kick)

As the left kick occurs. Right steps up and then step back with your left foot toward 12:00 o'clock as you move into a forward bow stance facing 6:00 o'clock. At the same time, execute an "X" block (left hand over right) on the top of the opponent's left ankle. Next have the right hand convert to a crane and hook the opponent's left foot. In a pulling motion with your left hand on top of his ankle and your crane shaped right hand under his ankle guide his leg past your right hip pulling him off balance. His body movement will be going towards you. Continue to orbit your hands in an overhead striking position to the

opponents face with your left hand striking his face and the right following in a circular pattern. The left hand continues after the strike to the face toward your left hip. The right hand is converted to a inward overhead heel palm strike to the jaw of the opponent. The right hand is converted to a hair grab at the back of his head as you execute a left snapping ball kick to the groin. As you replant your left foot, simultaneously execute a left upward lifting stiff arm and back knuckle to the face as you sandwich his head with right hand which is still in a hair grab.

Bowing to Buddha- (right round kick)

As the right kick is delivered, drop down on the left knee as you execute a right diagonal sweeping down block followed by a right inward elbow strike to right leg as you shuffle forward on your knee. Next left claw strike to groin with the right hand as your back knuckle with your left hand. (in a sandwich motion to the groin)

Bowing to Buddha- (left round kick)

As the left kick is delivered, drop down on the right knee as you execute a left downward block followed by a left inward elbow strike to the left leg as you shuffle forward on your knee, claw strike to the groin with the left hand as you back knuckle with the right hand. (in a sandwich motion to the groin)

Prance of the Tiger-right uppercut punch from the right side

Stand up with the right foot back and left pulls into a cat stance facing 6:00. Simultaneously right upward rising block and left claw to the face. Next left leg executes an inward sweep and right arm does a down block followed simultaneously with right back knuckle and right side kick.

Prance of the Tiger-left uppercut punch from the left side

Left rising block and right claw to the face facing 6:00. Next right inward sweep and left arm does a down block followed by a simultaneous left back knuckle and left side kick. Spin clockwise so you are now facing 1:00 o'clock and land in a horse stance.

Shield and Mace- Right step through punch

Left parries as you execute a Right outward block to the right punch and left reverse punch to the ribs. Next convert to the right horizontal forearm strike to the ribs with the left checking. Next execute right claw to the face and continue the motion to the leg as your right executes a knife hand strike to the leg and a left cover. Stand up and right side kick with left hand in cover position. Spin all the way around 360 degrees counterclockwise and should be facing 12:00 o'clock .

Shield and Mace- left step through punch

Right parries as you execute a Left outward block and right reverse punch to the ribs. Next convert to a left horizontal forearm strike to the ribs with the right checking. Next execute left claw to the face and continue the motion to the left as your left executes a knife hand strike to the leg and right cover. Stand up and left side kick with right hand in cover position.

Five Swords-right punch

From a horse, the right punch comes in, right leg steps in and right inward blocks the punch followed by a right chop to the neck. Next you execute a left horizontal eye spear followed

by a right reverse punch to the ribs. The left leg does a rear cross over. The left parries and the right chops the neck.

Five Swords- left punch

From this stance, left inward block the incoming left punch followed by a left chop to the neck. Next you execute a right horizontal eye spear followed by a left reverse punch to the ribs. The left leg does a front cross over.

Twirling Hammers- left punch

From this front cross over facing 12:00 o'clock as you execute left outward block to the incoming left punch. Next you execute a right looping overhead back knuckle to the right mastoid. Next you execute a left horizontal elbow strike to the ribs. Next a left waiter hand check and a right hammer strike to the kidney. Right front cross over facing 12:00 o'clock .

Twirling Hammers- right punch

From the front cross over facing 12:00 o'clock as you execute a right outward block to the incoming right punch. Next execute a left looping overhand back knuckle to the left mastoid. Next a left horizontal elbow strike to the ribs. Next execute a right waiter hand and left hammer strike to the kidney.

Left front over, step out with the right. Bring right foot up in a one legged crane stance. The right hand is up near your right ear in a clenched fist and the left is in a cover position in front. Hold this stance for a second then land in a horse stance with fist cover and complete the salutation.

6.26 Long 5

This kata makes use of- takedowns, surprises, use of fulcrums, counterbalancing, point of origin, parallels, and accents the hands. There is a pattern of claw, back knuckle and pushdown using alternating hands.

Techniques in the form

Destructive fans, Dance of Death, Leap of Death, Back breaker, Hopping Crane, Sleeper, Brushing the storm, Falling falcon, Circling the Horizon, Leaping crane

Principles being taught with this form

- 1.The parry sequence with the start of the kata is reversed from long 4. The first technique, Destructive fans, uses the rear or back hand to do the parry versus the front hand used in the first technique of long 4, Protecting fans .
- 2.This form includes counterbalancing of the hands, crossovers of the foot patterns and using opposing hands and hands in the crossovers. It also shows multiples types of take downs by a various strikes. It also enhances the marriage of gravity. Back up mass is shown in most of the techniques with the twisting or counterbalancing. These show the loading before the next explosive movements.

3. In the take downs in this form they are accomplished in these techniques by taking out the top half of the body while the lower is stationary, taking out the bottom while the top half is stationary and both taken out simultaneously.

4. This is a killing or devastation form. Most of these techniques would kill the attacker if done completely. There are examples of smashing the spine, breaking the back, bruised kidneys, cracked skulls, punctured lungs and torquing the neck or breaking it all yielding a death blow.

Details of each technique

Destructive fans- right step through punch coming from the left side

The left steps to 7:30 in a horse stance, left parry, right rising block which circles clockwise to a hammerfist to the solar plexus. The left leg sweeps to 3:00 with a front crossover and with double back knuckles to 9:00. Spin clockwise on left with back knuckle to 9:00. The left hand grabs and presses and right hand threads over the left with a right punch.

Destructive fans- left step through punch coming from the right side

The right steps to 2:00 with a right parry and a left rising block, with a right hand parry and a left rising block (circling counter clockwise) in a horse stance with the left hand striking the solar plexus. The right sweeps to 9:00 with a right front crossover with double back knuckles to 3:00. Spin counter clockwise with a left back knuckle. The right hand presses or grabs as the left hand threads over the right wrist with a punch and should end with a forward stance.

Dance of Death-right kick punch combo

The right draws up into a cat stance with a left downward block at 12:00. The right steps to 6:00 in a horse stance with left inward block and right ridge hand to groin at 12:00. The right hand executes a right elbow to ribs or midsection as your left hand grabs the leg pressing tightly against your left hip. Execute back knuckles to his left inner thigh and then the right inner thigh in a figure 8 pattern, followed by a right hand sword chop to the groin. Take the leg over to the right hip rolling him over on his stomach. Left leg stomp on his spine, followed by right leg stomps on his ribs. Spin counter clockwise with right knee to his neck or collarbone as you execute a right chop to the neck. The left step over and right palms the back of the head with face going into the ground and left chop to the side of the neck. Right front crossover

Dance of death- left kick punch combo

Left pulls up into a cat stance to 6:00 and then a left downward block and executes a right inward block or parry and a left ridge hand to the groin. The left leg steps to 6:00 and executes a left elbow to the ribs or midsection, as your right hand grabs their right leg pressing tightly against your right hip. Execute left back knuckles to the inner thigh of the right and then the left thigh in a figure 8 pattern followed by a chop to the groin. Re-grab the leg with both hand and roll him onto stomach. Step right to 6:00 with a right heel stomp to his spine and then left to 1:00 scraping his ribs with the right heel stomp. Spin clockwise with left knee striking his collarbone and left chop to the side of his neck and then a left stomp to the neck and right step over and left stomp or side thrust kick to the side of his head. Execute a front crossover to 7:00

Leap of Death- right step through punch

Step with right to 3:00 and execute double outward chopping blocks which is blocking a right punch. After the block, counter grab with the right hand and strike with a left elbow or scraping back knuckle to the ribs followed by a left forearm or back knuckle to the stomach. Adjust stance as you attack the right elbow with your left inward block thus throwing him to the ground. Leap on his back with both feet in a pigeon toed position thereby scraping both sides of the ribs. Palm the back of his head forcing his face into the ground, reach under the chin with both hands and pull up and then twist the neck to the right and then execute a chop to the bridge of the nose with the right hand. Kneel on him with your left knee as you do a palm strike to the back of the head and force the face into the ground. In a counter clockwise spin and ball kick the head. Right step over and pick up the left punch.

Leap of Death- left step through punch

As the right picks up the left punch with double outward chopping blocks, then the right rips through the ribs with a back knuckle or claw and attacks back with an elbow. Then a palm strike to the back of the elbow and a grab and throw to the ground. Leap on his back with both heels scraping down his ribcage. Execute a double palms to the back of the head forcing face into the ground then both hands contour head and chin pulling and twisting upwards to the left. Strike with a left chop to the bridge of the nose. Kneel on his back with your right knee and chop to the left side of the neck with the right hand. Step over to his left side and execute a left downward wheel kick to the side of his head. Next a left front cross over step.

Back breaker-right step through punch from 4:00

This is a three step movement. First step over to 4:00, then right to 3:00, then back to 3:00. Right steps to 4:00 with a brushing block and the left step around and get behind your attacker. The right grabs his right shoulder and the left grabs his left shoulder all from behind, at the same time stepping back with the left foot into a fighting stance. While grabbing his shoulders strike his back with your right knee. Pull him back into your left knee attacking his lower back. The right hand contours his forehead and left grabs his chin. With a twisting motion snap the neck to his right. Release the hands after the neck snap and execute a right chop the bridge of the nose. Next execute double hammer fists to both collarbones followed by two tiger claws to the face. At the same time ripping to the face left steps back into a wide kneel stance. Execute a right front crossover and a left downward wheel kick. In a three step motion right to 9:00, left to 9:00, then right to 9:00 should end with left leg at 7:30

Back breaker- left step through punch from 4:00

With the left leg at 7:30 in a fighting stance and a left brushing block step behind the attacker and right grabs his right shoulder and left grabs his left shoulder from behind. Pull his shoulders into a left knee strike. Then step back with the left leg and pull him down further into your right knee and support him on your right knee as your right grabs his chin and the left contours his forehead and twist to the chin and twist snapping his neck to the left and execute a left chop to the bridge of the nose. Next execute double hammer fists to the collarbones, then right steps back into a wide kneel stance as double claws to the face.

Hopping Crane-attacker on the ground

Next a left front crossover to 4:00, with cupped hands to the left side with the right over the left. Then with all weight in a one legged stance hop forward toward 12:00 (gaining distance toward your downed attacker) then execute double back knuckles and right sweep and then right side kick. (this acts as a counter balance or if the attacker is getting up, will attack his chest). Retract your kick and do a front cross over to 9:00 as your hands go into a cup and saucer position to the right side with left over right.

Hopping Crane- attacker on the ground

Take step to the right and hop to the right with double back knuckles to the Left sweeps to the 12:00 to 6:00 line. Retract or chamber and then place the left to 1:30 with hands in a stacked or cup and saucer position on the left side with right over left. Pivot to 6:00 into a right cat stance, hands are in a left cover and right hand in a down block position both in the same contour as the right leg. Stomp the right heel down and step through with the left to 6:00.

Sleeper- right step through punch

With left leg forward execute a left inward block or parry. The right foot c steps behind to 6:00 and the left grabs your right hand to add more pressure with a choke. Execute a left rear crossover to 6:00 throwing opponent on the ground while at the same time a left claw and a right back knuckle to the face. Then a left push down to end this side.

Sleeper- left step through punch

Step back with the right and then the left steps to 6:00 and pull into a right cat stance with a universal block with right hand high. Step right to 12:00 with a right parry or inward block and left ridge hand to the side of the neck. The left foot c steps behind as your right hand grabs your left to add more pressure and chokes. Execute a right rear crossover throwing the opponent. At the same time as the throw a right claw and left back knuckle to the face and a right push to the floor are completed.

Brushing the storm- right overhead club

From a horse stance, parry with the left and right palm strike to jaw. Right steps to 6:00 and left to 6:00 in a closed kneel stance with a right downward elbow to the chest and continues to a down claw to the groin. Execute a right rear crossover to 6:00 and pivot to face 12:00. Pull back into a left cat stance, execute a right front snap kick at 6:00 then a right rear crossover to 3:00 and into a horse stance.

Brushing the storm-left overhead club

From the horse stance right parry or inward block and left palm strike the jaw. The left steps to 12:00 and right steps to 12:00 in a closed kneel stance and executes a downward elbow strike to the chest, continues to a claw to the groin. A left rear crossover and pivots to face 6:00. The right pulls back into a right cat stance and executes a right front snap kick to 6:00. Execute a right rear cross over to 9:00.

Falling Falcon- right lapel grab

Step right to 9:00 with a left downward elbow to pin and right inward block to the top of the arm-shoulder insertion. At the same time you are stepping your right leg behind his right leg. This takes the opponent to the ground. While still maintaining the hold of his right arm, which exposes his elbow, the right snakes or slips to take wrist and left strike to the elbow. Left side kick to neck and left snakes to take wrist and right strikes elbow. The

right kick the elbow, rear heel kick to the kidneys and a right downward heel kick to solar plexus. Right foot does a front crossover to 3:00

Falling Falcon- left lapel grab

Step left to 3:00 while pinning his hand with your left hand. Pivot or twist to the left or 9:00 and execute a left inward block to the top of the shoulder –upper arm insertion. At the same time stepping behind his left leg. This will take him to the ground. While pinning his arm while he is falling attack the elbow with a right palm heel strike to the opponent elbow. Execute a right side thrust kick to his neck and plant back to 9:00. The right hand snakes around the wrist and then the left palm strike to the exposed elbow. The left kick to the elbow, a left rear heel kick to the kidneys and a left downward heel kick to the solar plexus. Left foot does a front cross over to 9:00

Circling the Horizon- right step through punch

While facing at 12:00 and in a right cat stance you execute a right overhand back knuckle and a left claw to the face. The right foot steps to 12:00 in a forward bow stance and strikes the side of the head with a right side fist. Pull your right hand back and execute right elbow to the ribs. Go down on the left knee and attack the opponents back of the forward (probably the right) knee with a hammerfist or knife hand chop. Then sweep your right foot aggressively and attack his chest with a right palm or dragon hand. The opponent falls on his left side. Attack with the right heel stomp to his ribs or groin(while you are on your left knee) depending on his position and height. Drag your right leg back and stand in a rear twist stance. Hands should be at the right side in a cup and saucer for counterbalance.

Circling the Horizon-left step through punch

Pivot so you are in a left cat stance and execute a left overhand back knuckle and a right claw to the face. The left foot steps to 6:00 in a forward bow stance and strike the side of the head with a left side fist. Pull your left hand back and strike again with an elbow strike to the ribs. Go down on your right knee and aggressively sweep the left foot and strike his chest with a left palm strike or dragon palm strike. This should send him down on his right side and attack with a left heel stomp to his ribs or groin. Stand in a twist stance with hands at your left side in a cup to disc for counterbalance.

Leaping crane- right punch

As he punches with the right you leap or hop on one foot to the left while executing a left inward block or parry and a middle knuckle raking downward strike to his ribs. Chamber your right leg and immediately deliver a right snap kick to his knee. This causes his knee to buckle. As you land with the right foot between his legs deliver a right back knuckle to his kidney. Then execute a right elbow to the head and a sandwiching left heel palm to the side of his head. Reach downward with the right hand and grab the chin. Rip upwards breaking the neck and execute a fast chop with the right hand to the side of his neck. A right scoop kick then a left front kick with hands moving to the left hip in a cup and saucer for counterbalance. Land in a left front crossover.

Leaping crane – left punch

As he punches with the left you leap or hop on one foot to the right while executing a right inward block or right parry and a middle knuckle raking downward striking his ribs. Chambering your left leg and immediately deliver a left snap kick to his knee. This causes his knee to buckle. As you land with the left foot between his legs deliver a left back knuckle

to his kidney. Then execute a left elbow to the head and a sandwiching right palm heel strike to the side of his head. Reach downward with the left hand and grab his chin. Rip upwards breaking the neck and execute a fast chop with the left hand to the side of his neck. A left scoop kick and then a right front kick, with the hands moving to the right hip in a cup and saucer for counterbalance. Hop on the left to 7:00 bring the right foot into a crane and plant the right foot to 3:00 in a horse stance.

Close the kata with the salutation.

6.27 Long 6

Long 6 is known, alternately, as the Weapons form, the continuous motion form, or the figure-8 form. Throughout the form, the hands should be in continuous motion, even during the transitions between techniques.

- Do the full Kenpo salutation, up to the prayer hands. Reverse the close into a pushdown, for purposes of category completion.
- **Glancing Lance**, for a right knife from 12:00. Notice the condensing circles.
 - a.1. Step back with the right foot to 5:30 in a left neutral bow with a right inward-outward parry and a left inward parry.
 - a.2. Do a right front kick to 12:00 to the groin, and land forward with a right eyepoke.
 - a.3. Pull the right foot back into a left crane stance as the right hand circles inward and downward to clear the knife and the right foot side kicks his knee.
 - a.4. The right foot lands to 12:00 in a right neutral bow as the right heelpalm (with an anchored elbow) hits the face.
 - a.5. Do a left middle knuckle to the temple as the right hand checks. The left hand checks as the right arm rolls into an inward horizontal elbow to the temple.
- Bring the left foot up to the right in attention stance as the hands clear downward, outward, and then into a pushdown.
- **Glancing Lance**, for a left knife from 12:00. Notice the condensing circles.
 - a.6. Step back with the left foot to 6:30 in a right neutral bow with a left inward-outward parry and a right inward parry.
 - a.7. Do a left front kick to 12:00 to the groin, and land forward with a right eyepoke.
 - a.8. Pull the left foot back into a right crane stance as the left hand circles inward and downward to clear the knife and the left foot side kicks his knee.
 - a.9. The left foot lands to 12:00 in a left neutral bow as the left heelpalm (with an anchored elbow) hits the face.
 - a.10. Do a right middle knuckle to the temple as the left hand checks. The right hand checks as the left arm rolls into an inward horizontal elbow to the temple.
- **Unfurling Lance**, for a right poking knife from 3:00. This is based on Unfurling Crane, and also shows Glancing Lance, using reverses and opposites.
 - a.11. Pull the right foot to 9:00 in a cat facing 3:00 as the right hand does a right

- a.12. Do a right front kick to the groin, and land forward to 3:00 in a right neutral bow with a right middle knuckle to the temple or armpit.
 - a.13. Shuffle forward with a right inward horizontal elbow as the left hand waiter checks.
 - a.14. Do a left downward claw to the face with a right vertical back knuckle to the face.
 - a.15. Bring the left foot up to the right as you do a right downward hammerfist to the groin.
 - a.16. As the right foot scoops up do a right upward elbow, and then do a right side kick to the knee with a right hammerfist to the collarbone.
- Unfurling Lance, for a left poking knife from 9:00.
 - a.17. Pull the left foot to 3:00 in a cat facing 9:00 as the left hand does a left inward parry and the right hand does a right outward parry.
 - a.18. Do a left front kick to the groin, and land forward to 9:00 in a left neutral bow with a left middle knuckle to the temple or armpit.
 - a.19. Shuffle forward with a left inward horizontal elbow as the right hand waiter checks.
 - a.20. Do a right downward claw to the face with a left vertical back knuckle to the face.
 - a.21. Bring the right foot up to the left as you do a left downward hammerfist to the groin.
 - a.22. As the left foot scoops up do a left upward elbow, and then do a left side kick to the knee with a left hammerfist to the collarbone.
- Plant the left foot in a square horse stance facing 12:00.
- **Clipping The Lance** - for a poking knife from 1:30. This is a variation of Clipping the Storm, although the interior of the technique is really Parting Wings.
 - a.23. Do a right rear crossover to 7:30 with a right outward downward block (palm down) as the left hand cocks high.
 - a.24. Untwist clockwise into a left neutral bow with a left downward chop as the right hand cocks high.
 - a.25. Shift into a left forward bow with a right chop to the arm.
 - a.26. Shift into a left neutral bow with a left chop to the throat.
 - a.27. Shift into a left forward bow with a right eyepoke as the left hand covers horizontally.
 - a.28. Do a right front crossover to 1:30 with a left middle knuckle to the armpit.
 - a.29. Pivot counter-clockwise into a right neutral bow with a right heelpalm to the face.
- Clipping The Lance - for a poking knife from 10:30.
 - a.30. Do a left rear crossover to 4:30 with a left outward downward block (palm down) as the right hand cocks high.
 - a.31. Untwist clockwise into a right neutral bow with a right downward chop as the left hand cocks high.
 - a.32. Shift into a right forward bow with a left chop to the arm.
 - a.33. Shift into a right neutral bow with a right chop to the throat.
 - a.34. Shift into a right forward bow with a left eyepoke as the right hand covers

horizontally.

- a.35. Do a left front crossover to 10:30 with a right middle knuckle to the armpit.
- a.36. Pivot clockwise into a left neutral bow with a left heelpalm to the face.
- **Thrusting Lance:** for a thrusting knife from 12:00.
 - a.37. Pull the left foot back to the right in a cat with a left inward block.
 - a.38. Step with the left foot to 6:00 in a right neutral bow with a right inward block. (For a and b, this is the other side of Long 1, and the fists travel a figure-8.
 - a.39. Shuffle to 12:00 into a right close kneel with a headbutt and a left heelpalm to the groin as the right hand checks horizontally.
 - a.40. Shift into a right neutral bow (making a triangle on your left hip with the fingers). Step back with the right foot to 6:00 into a left neutral bow, with the triangle in front.
 - a.41. Pull the hands down, and do a front-leg chicken kick, landing with the right foot to 12:00.
 - a.42. In a right neutral bow, do a right upward vertical back knuckle to the chin, a right downward vertical back knuckle to the face, and then do an x-raking motion (right to left and left to right) as the left hand pins the wrist to your chest.
- **Thrusting Lance:** for a thrusting knife from 12:00.
 - a.43. Pull the right foot back to the left in a cat with a right inward block.
 - a.44. Step with the right foot to 6:00 in a left neutral bow with a left inward block. (For a and b, this is the other side of Long 1, and the fists travel a figure-8.
 - a.45. Shuffle to 12:00 into a left close kneel with a headbutt and a right heelpalm to the groin as the left hand checks horizontally.
 - a.46. Shift into a left neutral bow (making a triangle on your right hip with the fingers). Step back with the left foot to 6:00 into a right neutral bow, with the triangle in front of you.
 - a.47. Pull the hands down, and do a front-leg chicken kick, landing with the left foot to 12:00.
 - a.48. In a left neutral bow, do a left upward vertical back knuckle to the chin, a left downward vertical back knuckle to the face, and then do an x-raking motion (left to right and right to left) as the right hand pins the wrist to your chest.
- **Raining Lance:** for an overhead knife attack from 9:00.
 - a.49. Pull the left foot back to 6:00, and pivot into a cat facing 9:00, and then step with the left foot to 9:00 into a left neutral bow as the left hand does an overhead downward parry (mirroring Thrusting Lance) to touch the right bicep.
 - a.50. Slide to 9:00 with a left chop\push.
 - a.51. Shuffle to 9:00 with a right inward horizontal elbow to the face.
 - a.52. Pivot clockwise into a right reverse bow facing 1:30 as the right hand checks and the left hand does an inverted crab hand to the throat and the left knee checks.
 - a.53. As the left hand checks, pivot counter-clockwise into a left forward bow facing 9:00 as the right hand circles outward, upward, and then downward into a right chop which becomes a rolling claw.

- Raining Lance: for an overhead knife attack from 3:00
 - a.54. Pull the left right back to 6:00, and pivot into a cat facing 3:00, and then step with the right foot to 3:00 into a right neutral bow as the right hand does an overhead downward parry (mirroring Thrusting Lance) to touch the left bicep.
 - a.55. Slide to 3:00 with a right chop\push.
 - a.56. Shuffle to 3:00 with a left inward horizontal elbow to the face.
 - a.57. Pivot counter-clockwise into a left reverse bow facing 10:30 as the left hand checks and the right hand does an inverted crab hand to the throat and the right knee checks.
 - a.58. As the right hand checks, pivot clockwise into a right forward bow facing 3:00 as the left hand circles outward, upward, and then downward into a left chop which becomes a rolling claw.
- **Capturing The Storm:** for a right step-through overhead club from 12:00. This is similar to the hand motion of Raining Lance.
 - a.59. As the left foot steps to 12:00 do crossed upward blocks to 1:00, as you grab the right wrist and roll it downwards. Step with the right foot to 12:00, and then with the left foot counter-clockwise to 11:00, as the right hand grabs the club, and strikes the right elbow. Be sure to get in a left knee check (or buckle) as you roll the club forward.
 - a.60. After breaking the arm, the right hand strikes the mastoid, and the front of the right knee.
 - a.61. As you do a right front crossover to 6:00, the right hand strikes the back of the right knee before circling up to strike the face.
- Capturing The Storm: for a left step-through overhead club from 6:00. This is similar to the hand motion of Raining Lance.
 - a.62. As the right foot steps to 6:00 do crossed upward blocks to 7:00, as you grab the left wrist and roll it downwards. Step with the left foot to 6:00, and then with the right foot clockwise to 5:00, as the left hand grabs the club, and strikes the left elbow. Be sure to get in a right knee check (or buckle) as you roll the club forward.
 - a.63. After breaking the arm, the left hand strikes the mastoid, and the front of the left knee.
 - a.64. As you do a left front crossover to 12:00, the left hand strikes the back of the left knee before circling up to strike the face.
- **Circling The Storm:** for a right step-through overhead club. This illustrates an important checking principle, known in the Filipino martial arts as the third-hand principle. Note that this technique can be used for a man from behind you who is turning you into a punch.
 - a.65. Step with the left foot to 12:00 in a left neutral bow with a left inward block.
 - a.66. Step with the right foot to 11:30 in a right front twist stance as you do a right inward hammerfist to the right face.
 - a.67. Pivot counter-clockwise to 6:00 in a left neutral bow as the left arm strikes the right armpit with a right hand check.
 - a.68. Hop back to the center line on your left foot as the right foot kicks the back of his left knee.

- a.69. Plant the right foot to 6:00 as the right outward crane beak strikes the groin from behind. As the left hand checks his left shoulder, bring your right arm up so your right elbow checks his right shoulder as your right hand circles in front of his face into a claw. This show the checking principle).
- a.70. The right hand comes back to horizontally check both shoulders as the left foot does a left front crossover to 6:00, (sweeping his leg) while the left crane beak descends to strike his groin.
- Circling the Storm: for a left step-through overhead club.
 - a.71. Step with the right foot to 12:00 in a right neutral bow with a right inward block.
 - a.72. Step with the left foot to 1:30 in a left front twist stance as you do a left inward hammerfist to the left face.
 - a.73. Pivot clockwise to 6:00 in a right neutral bow as the right arm strikes the left armpit with a left hand check.
 - a.74. Hop back to the center line on your right foot as the left foot kicks the back of his right knee.
 - a.75. Plant the left foot to 6:00 as the left outward crane beak strikes the groin from behind. As the right hand checks his right shoulder, bring your left arm up so your left elbow checks his left shoulder as your left hand circles in front of his face into a claw. (This shows the checking principle).
 - a.76. The left hand comes back to horizontally check both shoulders as the right foot does a right front crossover to 6:00, (kneeing his groin and sweeping his leg) while the right crane beak descends to strike his groin.
- **Escape From The Storm:** for a right step-through overhead club. The technique is really a play on Brushing the Storm.
 - a.77. Jump on the left foot, and step with the right foot to 3:00 in a right neutral bow as you do a left inward parry with a right heelpalm to the jaw.
 - a.78. Step with the left foot to 3:00, pivot clockwise to face 9:00 in a right neutral bow as the left hand checks.
 - a.79. The right foot steps back to 3:00 in a long left neutral bow as the right hand tracks down the leg.
 - a.80. Do a right front crossover to 9:00 (under his knee) as both elbows come down on his calf and thigh (breaking the knee).
 - a.81. The left hand circles up and then down to slap the leg away (to 12:00).
 - a.82. The right hand does an inward underhand crane strike to the groin.
 - a.83. Pivot counter-clockwise into a right reverse bow as the right hand continues the circle into an outward underhand crane strike to the groin.
 - a.84. Do a right scooping heel kick to the groin.
 - a.85. Do a left front crossover to 9:00 into a left front twist stance as the left hand does an inward underhand crane strike to the groin, followed by a right knee to the groin to 9:00.
- Escape from the Storm: for a left step-through overhead club.
 - a.86. Jump on the right foot, and step with the left foot to 9:00 in a left neutral bow as you do a right inward parry with a left heelpalm to the jaw.
 - a.87. Step with the right foot to 9:00, pivot counter-clockwise to face 3:00 in a left neutral bow as the right hand checks.

- a.88. The left foot steps back to 9:00 in a long right neutral bow as the left hand tracks down the leg.
- a.89. Do a left front crossover to 3:00 (under his knee) as both elbows come down on his calf and thigh (breaking the knee).
- a.90. The right hand circles up and then down to slap the leg away (to 6:00).
- a.91. The left hand does an inward underhand crane strike to the groin.
- a.92. Pivot clockwise into a left reverse bow as the left hand continues the circle into an outward underhand crane strike to the groin.
- a.93. Do a left scooping heel kick to the groin.
- a.94. Do a right front crossover to 3:00 into a right front twist stance as the right hand does an inward underhand crane strike to the groin.
- **Entwined Lance:** for a right step-through knife.
 - a.95. Pivot counter-clockwise to face 12:00 as the left foot does a left front crossover to 12:00, with the toes pointing to 10:30. The left hand does a waiter-hand check as the right hand covers horizontally across the chest.
 - a.96. Step with the right foot to 12:00 in a right neutral bow with a right outward horizontal chop.
 - a.97. Do a right backward sweep to his right knee, to 6:00 as the left hand spears the eyes and the right hand checks. The sweep cocks the foot in front for the knife edge kick, where Scraping Hoof cocks the foot in the rear.
 - a.98. Do a right knife edge side kick to his left knee, and plant to 12:00 in a right neutral bow with a right back knuckle to the chest.
- Entwined Lance: for a left step-through knife.
 - a.99. The right foot pulls back slightly to 6:00 in a right front crossover to 6:00, with the toes pointing to 1:30. The left hand does a waiter-hand check as the left hand covers horizontally across the chest.
 - a.100. Step with the left foot to 12:00 in a left neutral bow with a left outward horizontal chop.
 - a.101. Do a left backward sweep to his left knee, to 6:00 as the right hand spears the eyes and the left hand checks. The sweep cocks the foot in front for the knife edge kick, where Scraping Hoof cocks the foot in the rear.
 - a.102. Do a left knife edge side kick to his right knee, and plant to 12:00 in a left neutral bow with a left back knuckle to the chest.
- **Capturing The Rod:** for a right hand pistol from 3:00.
 - a.103. Step with the right foot to 3:00, in a right neutral bow with a left outward parry and a right hand grab from above.
 - a.104. Shift into a right forward bow with a left hand slice to the eyes.
 - a.105. Shift back into a right neutral bow as you regrab with the left hand.
 - a.106. Step back to 9:00 with the right foot into a left forward bow with the pistol in front.
 - a.107. Do a right front kick, pulling the pistol to the right hip.
 - a.108. Plant the right foot to 3:00 in a right neutral bow, with a right upward back knuckle to the face.
- Capturing the Rod: for a left hand pistol from 9:00.
 - a.109. Step with the left foot to 6:00, in a left neutral bow with a right outward parry and a left hand grab from above.

- a.110. Shift into a left forward bow with a right hand slice to the eyes.
- a.111. Shift back into a left neutral bow as you regrab with the right hand.
- a.112. Step back to 3:00 with the left foot into a right forward bow with the pistol in front.
- a.113. Do a left front kick, pulling the pistol to the left hip.
- a.114. Plant the left foot to 9:00 in a left neutral bow, with a left upward back knuckle to the face.
- **Broken Rod:** for a pistol from behind (4:30 in the form).
 - a.115. Step with the right foot to 4:30, and turn clockwise with a right outward block.
 - a.116. Step with the left foot to 4:30 into a left neutral bow with a left uppercut to break the arm, followed by a left hammerfist to the groin. Have the left hand continue the circle upward to check the shoulder from the outside. The break here matches the break in Wings of Silk, and uses the opposite hand position of Lone Kimono.
 - a.117. Step with the right foot to 4:30 into a right neutral bow as the right hand pulls the pistol to the right hip.
 - a.118. Do a right upward vertical back knuckle to the face, rotate into a horse, and do an orbital switch to deliver a right inward horizontal back knuckle to the sternum.
- **Broken Rod:** for a pistol from behind (7:30 in the form).
 - a.119. Step with the left foot to 4:30, and turn counter-clockwise with a left outward block.
 - a.120. Step with the right foot to 7:30 into a right neutral bow with a right uppercut to break the arm, followed by a right hammerfist to the groin. Have the right hand continue the circle upward to check the shoulder from the outside. The break here matches the break in Wings of Silk, and uses the opposite hand position of Lone Kimono.
 - a.121. Step with the left foot to 7:30 into a left neutral bow as the left hand pulls the pistol to the left hip.
 - a.122. Do a left upward vertical back knuckle to the face, rotate into a horse, and do an orbital switch to deliver a left inward horizontal back knuckle to the sternum.
- **Defying The Rod:** for a pistol from the front, 1:30 in the form.
 - a.123. Do a left rear crossover to 1:30, turn counter-clockwise into a left neutral bow with a left outward chop.
 - a.124. Do a right front kick to 1:30, a right eyepoke, and plant to 1:30 in a right neutral bow with a right downward forearm to break his pistol arm. Bring your right elbow up to his chin.
 - a.125. Do a right rear crossover to 7:30 as both hands raise his arm straight up. Your left hand is at his wrist, and your right hand is on his tricep.
 - a.126. The right hand comes upward to disarm and the does a downward vertical back knuckle to the face, which circles backward and upward into an overhead downward hammerfist with a right knee. Plant the right knee to 1:30 in a right neutral bow.
- **Defying the Rod:** for a pistol from the front, 1:30 in the form.

- a.127. Do a right rear crossover to 10:30, turn clockwise into a right neutral bow with a right outward chop.
- a.128. Do a left front kick to 10:30, a left eyepoke, and plant to 10:30 in a left neutral bow with a left downward forearm to break his pistol arm. Bring your left elbow up to his chin.
- a.129. Do a left rear crossover to 4:30 as both hands raise his arm straight up. Your right hand is at his wrist, and your left hand is on his tricep.
- a.130. The left hand comes upward to disarm and the does a downward vertical back knuckle to the face, which circles backward and upward into an overhead downward hammerfist with a left knee. Plant the left knee to 10:30 in a left neutral bow.
- **Twisted Rod:** for a right pistol from the side (3:00 in the form).
 - a.131. Do a left rear crossover to 4:30 with a right outward chopping parry.
 - a.132. Step with the right foot to 4:30, with the toes pointing to 4:30 as the left hand grabs the pistol from above, and then step with the left foot to 3:00 in a left neutral bow.
 - a.133. Step with the right foot to 3:00, pivot counter-clockwise into a left neutral bow with a right inward horizontal elbow to the jaw to take him down.
 - a.134. The right foot skips on his right ribs, stomps on his left clavicle, and then kneels on his chest with a right downward eyepoke. You are in a left close kneel, facing 6:00.
- **Twisted Rod:** for a left pistol from the side (9:00 in the form).
 - a.135. Do a right rear crossover to 4:30.
 - a.136. Step with the left foot to 7:30, with the toes pointing to 7:30, with a left outward chopping parry, and then step with the right foot to 9:00 in a right neutral bow as the right hand grabs the gum from above.
 - a.137. Step with the left foot to 9:00, pivot clockwise into a right neutral bow with a left inward horizontal elbow to the jaw to take him down.
 - a.138. The left foot skips on his left ribs, stomps on his right clavicle, and then kneels on his chest with a left downward eyepoke. You are in a right close kneel, facing 6:00.
- **Hand Isolation:**
 - a.139. Do a left rear crossover to 7:30, and step with the right foot to 3:00 into a horse, with the fists cocked at the hips.
 - a.140. Do a right inward-outward parry with a left inward parry. Do a right inward eyepoke with a left outward parry. Do a right outward hooking parry with a left hand claw.
 - a.141. Do a left inward-outward parry with a right inward parry. Do a left inward eyepoke with a right outward parry. Do a left outward hooking parry with a right hand claw.
 - a.142. Drop the right hand outward and downward (i.e., clockwise) to get the circle. Do a right outward vertical chop as the left hand comes over the top. Do a right inward horizontal sandwiching elbow.
 - a.143. Drop the left hand outward and downward (i.e., counter clockwise) to get the circle. Do a left outward vertical chop as the right hand comes over the top. Do a left inward horizontal sandwiching elbow.

Ending: as the left inward elbow strikes, pull it back into the first move of the full Kenpo salutation. Remember to close downward, to match the beginning.

6.28 Long 7

Salutation

1. From an attention stance while holding both clubs near the end with your left hand, which is hanging at your side. Execute the full salutation. Following is the description.
2. Step your right foot forward into a right twist stance as you cock your right clenched fist near your right ear. Simultaneously have the clubs come across your body to the point that your left hand and clubs touch your right fist.
3. As you step your left foot to the cat stance, bring your right fist and left hand (with clubs, which are still touching your right hand) to the front.
4. Step your left foot to 6 o'clock as you pull your hands back. [The backs of your hands should be touching your chest as your left foot settles.]
5. Step your right foot back to be in line with your left foot as you simultaneously circle your right hand clockwise to stop at your right hip, fist clenched, palm up as your left hand positions the clubs vertically against your solar plexus .
6. Place the bottom ends of the clubs against your upper abdomen and tilt the tops of the clubs forward as your left hand followed by your right directly slides to the bottom of each of the clubs (left to left, right to right).
7. Slide your left foot to 9 o'clock into a horse stance facing 12 o'clock as your left club circles clockwise and right circles counterclockwise. Have the tops touch each other to form the triangle just above the level of your forehead.
8. Cross both clubs on each other at the midpoint as they are lowered to a level slightly below your chin.
9. Without loss of motion, place clubs on a vertical plane (just like praying) as they are lowered to the level of your solar plexus.
10. As you bring your left foot to your right have both clubs circle from the outside in (right hand counterclockwise, left hand clockwise) crossing them at your belt level. The tops of the clubs should be pointing down and to 12 o'clock at a 45 degree angle.

Set 1: Five Storms (Right Step-Through Roundhouse Punch)

1. An attacker at 12 o'clock comes at you with a right step-through roundhouse punch.
2. Step your left foot back to 6 o'clock into a right neutral bow facing 12 o'clock as you simultaneously execute a right inward club strike to the inside of your attacker's right

forearm with a left outward downward club strike to the inside of your attacker's right knee. (Note the universal block here used as an offensive defense).

3. Execute a right outward club strike to the right side of your attacker's neck while your left club positionally checks low and begins starting on its upward path.

4. Pivot into a right forward bow facing 12 o'clock as you thrust the tip of your left club into your attacker's solar plexus. [Your right club will pass over the left club on its path to your right hip, your palm up.]

5. Have your left club lock-out at your attacker's solar plexus to check their depth zones. Using your left club as a guide, execute a right club thrust to your attacker's solar plexus as you pivot back into a right neutral bow facing 12 o'clock. [Your left club should go to your right bicep, palm up.]

6. Step your left foot to 4:30 into a right forward bow as you simultaneously execute a left outward club strike to the left side of your attacker's neck with a right outward downward club strike to your attacker's left arm.

7. Step your right foot to 7:30 into a right front crossover as you use your left club on your attacker's left shoulder as a pressing check to cancel out the height, width, and depth zones. As you settle into your stance, execute a right inward overhead club strike to the back of your attacker's neck. Note: This inward overhead strike employs grafted methods of execution; with your elbow anchored, use a fused method with your arm to residually whip the club at your attacker.

8. Step your left foot to 7:30 into a right neutral bow facing 12 o'clock, clubs positioned as a universal block (right as inward, left as a downward).

Set 2: Five Storms (Left Step-Through Roundhouse Punch)

1. An attacker comes at you from 12 o'clock with a left step-through roundhouse punch.

2. Step your right foot back to 6 o'clock into a left neutral bow facing 12 o'clock as you simultaneously execute a left inward club strike to the inside of your attacker's left forearm with a right outward downward club strike to the inside of your attacker's left knee. (Note the universal block here used as an offensive defense).

3. Execute a left outward club strike to the right side of your attacker's neck while your right club positionally checks low and begins starting on its upward path.

4. Pivot into a left forward bow facing 12 o'clock as you thrust the tip of your right club into your attacker's solar plexus. [Your left club will pass over the right club on its path to your left hip, your palm up.]

5. Have your right club lockout at your attacker's solar plexus to check their depth zones. Using your right club as a guide, execute a left club thrust to your attacker's solar plexus as you pivot back into a left neutral bow facing 12 o'clock. [Your right club should go to your

left bicep, palm up.]

6. Step your right foot to 7:30 into a left forward bow as you simultaneously execute a right outward club strike to the right side of your attacker's neck with a left outward downward club strike to your attacker's right arm.

7. Step your left foot to 4:30 into a left front crossover as you use your right club on your attacker's right shoulder as a pressing check to cancel out the height, width, and depth zones. As you settle into your stance, execute a left inward overhead club strike to the back of your attacker's neck. Note: This inward overhead strike employs grafted methods of execution; with your elbow anchored, use a fused method with your arm to residually whip the club at your attacker.

Set 3: Reversing Storm (Left Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a left step-through straight punch.
2. Step your right foot to 1 o'clock into a right neutral bow facing 12 o'clock as you execute a right inward parry followed by a left outward parry to the outside of your attacker's left arm.
3. Continuing the counterclockwise motion of your right club, convert your right parry into a right outward club strike to your attacker's left ribs as your left foot steps to 4:30.
4. As your right club passes through your attacker's ribs, continue its counterclockwise motion to check your attacker's left arm diagonally down. As you press your attacker's arm down, execute a left diagonally upward club strike to your attacker's face (with the length of the stick, not the tip).
5. Step your right foot to 7:30 into a front crossover as your left club tracks down your attacker's arm to act as a pressing check. As you settle into the crossover, execute a right inward overhead club strike to the back of your attacker's neck. Note: This employs the same grafting methods as previously used. The fused method with the residual whip.

Set 4: Reversing Storm (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right step-through straight punch.
2. Step your left foot to 11 o'clock into a left neutral bow facing 12 o'clock as you execute a left inward parry followed by a right outward parry to the outside of your attacker's right arm.
3. Continuing the clockwise motion of your left club, convert your left parry into a left outward club strike to your attacker's right ribs as your right foot steps to 7:30.
4. As your left club passes through your attacker's ribs, continue its clockwise motion to check your attacker's right arm diagonally down. As you press your attacker's arm down, execute a right diagonally upward club strike to your attacker's face (with the length of the

stick, not the tip).

5. Step your left foot to 4:30 into a front crossover as your right club tracks down your attacker's arm to act as a pressing check. As you settle into the crossover, execute a left inward overhead club strike to the back of your attacker's neck. Note: This employs the same grafting methods as previously used. The fused method with the residual whip.

Set 5: Repeating Storm (Left Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a left straight low punch.
2. Step your right foot to 1 o'clock into a right neutral bow facing 12 o'clock as you execute a left outward parry (waiter hand) to the outside of your attacker's left arm. As you settle into your right neutral bow, execute a right inward club strike to your attacker's left kidney.
3. After your club has passed through your attacker's left kidney, execute a right outward club strike to to the front of your attacker's left ribs. [Your left club and arm is maintaining the check on your attacker's left arm.]
4. As your right club passes through your attacker's ribs, continue its counterclockwise path of travel to check your attacker's left arm diagonally downward as you simultaneously execute a left diagonally upward strike with the long end to your attacker's throat.
5. Reverse the motion of your clubs so your left club returns to check your attacker's left arm while your right club executes a right outward strike to your attacker's face.
6. Step your right foot to 7:30 into a right front crossover as your left club pivots on your attacker's left arm to act as a pressing check and your right club goes through their face and continues to strike down through their left kidney.
7. As you settle into your stance, have your left club torque outward so the long end is up and press on your attacker's left elbow as you simultaneously execute a right outward club strike to your attacker's left ribs.

Set 6: Repeating Storm (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right straight low punch.
2. Step your left foot to 11 o'clock into a left neutral bow facing 12 o'clock as you execute a right outward parry (waiter hand) to the outside of your attacker's right arm. As you settle into your left neutral bow, execute a left inward club strike to your attacker's right kidney.
3. After your club has passed through your attacker's right kidney, execute a left outward club strike to to the front of your attacker's right ribs. [Your right club and arm is maintaining the check on your attacker's right arm.]
4. As your left club passes through your attacker's ribs, continue its clockwise path of travel to check your attacker's right arm diagonally downward as you simultaneously

execute a right diagonally upward strike with the long end of your club to your attacker's throat.

5. Reverse the motion of your clubs so your right club returns to check your attacker's right arm while your left club executes a left outward strike to your attacker's face.

6. Step your left foot to 4:30 into a left front crossover as your right club pivots on your attacker's right arm to act as a pressing check and your left club goes through their face and continues to strike down through their right kidney.

7. As you settle into your stance, have your right club torque outward so the long end is up and press on your attacker's right elbow as you simultaneously execute a left outward club strike to your attacker's right ribs.

Set 7: Clashing Storm (Right Kick / Punch Combination)

1. An attacker at 12 o'clock comes at you with a right front kick followed by a right punch.

2. Step your right foot back to 6 o'clock into a left neutral bow facing 12 o'clock as you simultaneously execute a right outward strike to the outside of your attacker's right leg with a left inward parry to the outside of your attacker's right arm.

3. Step your right foot to 12 o'clock into a right neutral bow facing 12 o'clock as you reverse your right club's motion and execute a right strike below your attacker's right shoulder blade simultaneous with a left outward strike to your attacker's face.

4. Step your left foot to 12:30 into a transitional left neutral bow facing 1:30 as you execute a right rolling check down your attacker's back and left kidney. Simultaneous to this motion, have your left club loop clockwise over your head in preparation.

5. Slide your right foot to 10:30 into a left neutral bow facing 4:30 as you execute a left inward club strike to the back of your attacker's left elbow. Simultaneous with this motion, have your right club start a clockwise circle that acts as a sliding check along the right side of your attacker's body.

6. Pivot into a right rear rotating twist stance to 1:30 as your left club contours your attacker's back and acts as a pressing check on their right arm. As you settle into the twist stance, execute a right inward overhead club strike to the back of your attacker's neck.
Note: This employs the same grafting methods as previously used: the fused method with the residual whip.

Set 8: Clashing Storm (Left Kick / Punch Combination)

1. An attacker at 6 o'clock comes at you with a left front kick followed by a left punch.

2. Step your left foot back to 12 o'clock into a right neutral bow facing 6 o'clock as you simultaneously execute a left outward club strike to the outside of your attacker's left leg with a right inward parry to the outside of your attacker's left arm.

3. Step your left foot to 6 o'clock (outside your attacker's leg) into a left neutral bow facing 6 o'clock as you reverse your left club's motion and execute a left strike below your attacker's left shoulder blade simultaneous with a right outward strike to your attacker's face.

4. Step your right foot to 5:30 into a transitional right neutral bow facing 7:30 as you execute a left rolling check down your attacker's back and left kidney. Simultaneous to this motion, have your right club loop counterclockwise over your head in preparation.

5. Slide your left foot to 6:30 into a right neutral bow facing 11:30 as you execute a right inward club strike to the back of your attacker's right elbow. Simultaneous with this motion, have your left club start a counterclockwise circle that acts as a sliding check along the left side of your attacker's body.

6. Pivot into a left rear rotating twist stance to 5:30 as your right club contours your attacker's back and acts as a pressing check on their left arm. As you settle into the twist stance, execute a left inward overhead club strike to the back of your attacker's neck. Note: This employs the same grafting methods as previously used: the fused method with the residual whip.

Set 9: Gathering Storms (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right straight punch.

2. Step your left foot to 10:30 into a horse stance facing 1:30 as you execute a left inward parry to the outside of your attacker's right arm simultaneous with a right inward horizontal club slice to your attacker's ribs.

3. Without hesitation, reverse the motion of your right club; execute a right outward horizontal club strike to your attacker's right kidney as your left club maintains its check on your attacker's right arm.

4. Execute a quick clockwise circle with your right club to check on top of your attacker's right arm as your left club travels the reverse of that motion and executes a left inward strike to your attacker's kidney.

5. Contour your left club up your attacker's back to act as a pressing check on your attacker's right arm as your right club tracks up your attacker's right and strikes in their face.

6. Step your left foot to 4:30 into a left front crossover as your right club contours your attacker's right arm to act as a pressing check. As you settle into your stance execute a left inward overhead club strike to the back of your attacker's neck. Note: This employs the same grafting methods as previously used: the fused method with the residual whip.

Set 10: Gathering Storms (Left Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a left straight punch.

2. Step your right foot to 1:30 into a horse stance facing 10:30 as you execute a right inward parry to the outside of your attacker's left arm simultaneous with a left inward horizontal club slice to your attacker's ribs.

3. Without hesitation, reverse the motion of your left club; execute a left outward horizontal club strike to your attacker's right kidney as your right club maintains its check on your attacker's left arm.

4. Execute a quick counterclockwise circle with your left club to check on top of your attacker's left arm as your right club travels the reverse of that motion and executes a right inward strike to your attacker's kidney.

5. Contour your right club up your attacker's back to act as a pressing check on your attacker's left arm as your left club tracks up your attacker's left and strikes in their face.

6. Step your right foot to 7:30 into a right front crossover as your left club contours your attacker's left arm to act as a pressing check. As you settle into your stance execute a right inward overhead club strike to the back of your attacker's neck. Note: This employs the same grafting methods as previously used: the fused method with the residual whip.

Set 11: Flashing Storms (Right Step-Through Punch)

1. An attacker at 9 o'clock comes at you with a right straight punch.

2. Step your left foot to 9 o'clock into a left neutral bow as you deliver a left inward block to the outside of your attacker's right arm at the elbow. Simultaneous with the block, cock your right club above your right shoulder (palm facing 9 o'clock) to strike the inside of your attacker's right wrist. [This should break your attacker's right arm; your left knee should also be checking your attacker's right knee.]

3. Step to 8:30 with your right foot into a right inverted neutral bow (heel-toe alignment) as you deliver a right inward diagonal club strike across your attacker's face as you have your left first act as a positional check, then as a sliding check to help drive your attacker back.

4. Immediately pivot counterclockwise into a left neutral bow as you execute a left outward horizontal club strike to your attacker's right ribs. Simultaneously have your right club act as a inward bracing angle check against your attacker's upper arm.

5. Follow up with a left upward hooking check (waiter's hand) on top of your attacker's right arm as you simultaneously drop into a left wide kneel stance and continue the motion of your right club; your right hand circles counterclockwise and executes a right overhead club strike to your attacker's face.

6. Pivot clockwise as you drop your right foot to 1:30 into a right reverse bow and buckle the back of your attacker's right knee. [Your attacker and you are now back to back.] Simultaneous with this buckle, execute a right diagonally downward strike to the back of your attacker's right leg as your left clubs positionally checks the outside of your attacker's

right arm.

7. Execute a right front snap kick to the inside of your attacker's left knee.

8. Land in an right inverted neutral bow (heel-toe) towards 9 o'clock as you execute a right inward horizontal club strike across your attacker's face. [Your left club acts as a sliding check along the outside and the top of your attacker's right arm.]

9. Pivot into a left forward bow facing 3 o'clock as you simultaneously execute a right inward club strike to your attacker's arm with a left diagonally downward club strike to your attacker's right leg.

Set 12: Flashing Storm (Left Step-Through Punch)

1. An attacker at 3 o'clock comes at you with a left straight punch.

2. Step your right foot to 3 o'clock into a right neutral bow as you deliver a right inward block to the outside of your attacker's left arm at the elbow. Simultaneous with the block, cock your left club above your left shoulder (palm facing 3 o'clock) to strike the inside of your attacker's left wrist. [This should break your attacker's left arm; your right knee should also be checking your attacker's left knee.]

3. Step to 3:30 with your left foot into a left inverted neutral bow (heel-toe alignment) as you deliver a left inward diagonal club strike across your attacker's face as you have your right club first act as a positional check, then as a sliding check to help drive your attacker back.

4. Immediately pivot clockwise into a right neutral bow as you execute a right outward horizontal club strike to your attacker's left ribs. Simultaneously have your left club act as a inward bracing angle check against your attacker's upper arm.

5. Follow up with a right upward hooking check (waiter's hand) on top of your attacker's left arm as you simultaneously drop into a right wide kneel stance and continue the motion of your left club; your left hand circles clockwise and executes a left overhead club strike to your attacker's face.

6. Pivot counterclockwise as you drop your left foot to 10:30 into a left reverse bow and buckle the back of your attacker's left knee. [Your attacker and you are now back to back.] Simultaneous with this buckle, execute a left diagonally downward strike to the back of your attacker's left leg as your right clubs positionally checks the outside of your attacker's left arm.

7. Execute a left front snap kick to the inside of your attacker's right knee.

8. Land in a left inverted neutral bow (heel-toe) towards 3 o'clock as you execute a left inward horizontal club strike across your attacker's face. [Your right club acts as a sliding check along the outside and the top of your attacker's left arm.]

9. Pivot into a right forward bow facing 9 o'clock as you simultaneously execute a left inward club strike to your attacker's arm with a right diagonally downward club strike to your attacker's left leg.

Set 13: Whirling Storm (Left Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a left straight punch.
2. From your right forward bow facing 9 o'clock, step your left foot to 6 o'clock into a right neutral bow facing 12 o'clock as you execute a right inward club strike to the outside of your attacker's arm followed by a left outward parry to your attacker's arm. Continue your right club's motion and execute a right downward club strike to your attacker's left knee that hooks back up and executes a right hooking club strike to the back of your attacker's head. (Your left parry should be a check at your attacker's left arm.)
3. Have your right club pass through your attacker's head and check on top of your attacker's left arm while your left club strikes up to his face.
4. Execute a right outward strike to your attacker's face as your left club returns to check on top of your attacker's left arm.
5. Step your right foot to 7:30 into a right front crossover as you execute a right downward club strike to the back of your attacker's left knee.
6. As you settle into the stance, execute a right outward club strike to your attacker's face. Note: The final position of this has your left club outside your attacker's arm and your right club on the inside.

Set 14: Whirling Storm (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right straight punch.
2. Step your left foot to 6 o'clock into a right neutral bow facing 12 o'clock. Immediately step your right to 6 o'clock into a left neutral bow facing 12 o'clock as you execute a left inward club strike to the outside of your attacker's right arm followed by a right outward parry to your attacker's arm. Continue your left club's motion and execute a left downward club strike to your attacker's right knee that hooks back up and executes a left hooking club strike to the back of your attacker's head. (Your right parry should be a check at your attacker's right arm.)
3. Have your left club pass through your attacker's head and check on top of your attacker's right arm while your right club strikes up to his face.
4. Execute a left outward strike to your attacker's face as your right club returns to check on top of your attacker's right arm.
5. Step your left foot to 4:30 into a left front crossover as you execute a left downward club strike to the back of your attacker's right knee.

6. As you settle into the stance, execute a left outward club strike to your attacker's face. Note: The final position of this has your right club outside your attacker's arm and your left club on the inside.

Set 15: Destructive Storm (Right Step-Through Punch)

1. An attacker at 9 o'clock comes at you with a right straight punch.
2. Step your right foot 4:30 into a transitory left neutral bow bow facing 10:30. Instantly slide your left foot to 8 o'clock into a horse stance facing 11 o'clock as you execute a right outward parry followed by a left inward parry to the outside of your attacker's arm. Your right club continues its clockwise circle and executes a right inward hammering club strike to your attacker's right ribs. (Your left club remains at your attacker's right elbow as a bracing angle check.)
3. Step your left foot to 1:30 into a front crossover to begin the process of sweeping your attacker's leg.
4. From your twist stance, pivot clockwise and turn your rotational force into linear as you execute a right outward club strike (with the butt of the club) followed by settling into your right reverse bow by driving your right foot to 1:30 into a right reverse bow. Simultaneous with the buckle, execute a right downward club strike to your attacker's right leg. (Your left remains as a check at your attacker's right arm.)
5. Execute a right knife-edge kick to the back of your attacker's left knee.
6. Land your right foot to 9 o'clock into a right inverted neutral bow (heel-toe alignment) as you execute a right inward horizontal club strike across your attacker's face. (Your left club acts as a sliding check.)
7. Step your left foot to 9 o'clock into a right forward bow facing 3 o'clock as you execute a right inward club strike to your attacker's right arm simultaneous with a left downward diagonal club strike to your attacker's right leg.

Set 16: Destructive Storm (Left Step-Through Punch)

1. An attacker at 3 o'clock comes at you with a left straight punch.
2. Step your right foot 4:30 into a horse stance facing 1 o'clock as you execute a left outward parry followed by a right inward parry to the outside of your attacker's arm. Your left club continues its clockwise circle and executes a left inward hammering club strike to your attacker's left ribs. (Your right club remains at your attacker's left elbow as a bracing angle check.)
3. Step your right foot to 10:30 into a front crossover to begin the process of sweeping your attacker's leg.
4. From your twist stance, pivot counterclockwise and turn your rotational force into

linear as you execute a left outward club strike (with the butt of the club) followed by settling into your left reverse bow by driving your left foot to 10:30 into a reverse bow. Simultaneous with the buckle, execute a left downward club strike to your attacker's left leg. (Your right remains as a check at your attacker's left arm.)

5. Execute a left knife-edge kick to the back of your attacker's right knee.

6. Land your left foot to 3 o'clock into a left inverted neutral bow (heel-toe alignment) as you execute a left inward horizontal club strike across your attacker's face. (Your right club acts as a sliding check.)

7. Step your right foot to 3 o'clock into a left forward bow facing 9 o'clock as you execute a left inward club strike to your attacker's left arm simultaneous with a right downward diagonal club strike to your attacker's left leg.

Set 17: Shielding Storms (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right straight punch.

2. Step your left foot to 11 o'clock into a left neutral bow facing 12 o'clock and pivot to your right into a horse stance as you execute a right vertical outward club strike to the outside of your attacker's right arm as you simultaneously execute a left inward hammering club strike to your attacker's lower ribs.

3. Pivot into a left close kneel stance as you drop your right club down on top of your attacker's right kidney while your left club tracks along the side of your attacker's body to become a bracing angle check.

4. Circle your right club counterclockwise striking your attacker's face and continue to strike down on your attacker's right hip.

5. Execute a left downward club strike to the back of your attacker's right knee. (Your right club will now positionally check at your attacker's right arm.)

6. Execute a right downward club strike to the back of your attacker's right knee. (Your left club will now positionally check at your attacker's right arm.) Without raising your body, execute a right knife-edge kick to your attacker's left knee.

Set 18: Shielding Storm (Left Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a left straight punch.

2. From the point of your right kick, plant your right foot to 12 o'clock into a right neutral bow facing 12 o'clock and pivot to your left into a horse stance as you execute a left vertical outward club strike to the outside of your attacker's left arm as you simultaneously execute a right inward hammering club strike to your attacker's lower ribs.

3. Pivot into a right close kneel stance as you drop your left club down on top of your

attacker's left kidney while your right club tracks along the side of your attacker's body to become a bracing angle check.

4. Circle your left club clockwise striking your attacker's face and continue to strike down on your attacker's left hip.

5. Execute a right downward club strike to the back of your attacker's left knee. (Your left club will now positionally check at your attacker's left arm.)

6. Execute a left downward club strike to the back of your attacker's left knee. (Your right club will now positionally check at your attacker's left arm.) Without raising your body, execute a left knife-edge kick to your attacker's right knee.

Set 19: Twisting Storm (Right Front Kick; Right / Left Punch Combination)

1. An attacker at 6 o'clock comes at you with a right front kick followed by a right punch.

2. From your left kick, cover into a right neutral bow facing 6 o'clock as you execute a right outward downward club strike to the outside of your attacker's right leg. As the punch comes in, execute a left inward club strike to the outside of your attacker's arm.

3. Your attacker throws a left punch at your head.

4. Reverse the motion of your left club strike and execute a left outward block to the outside of your attacker's left arm. Follow this immediately with a right inward block that checks your attacker's body diagonally down to your left.

5. Execute a right outward club strike to your attacker's neck.

6. As your right club passes through their neck, have it flow past your right hip as you execute a left front kick to your attacker's groin.

7. Land forward into a left neutral bow facing 6 o'clock as you execute a left inward downward club strike to the right side of your attacker's neck. [Your left club will strike through your attacker's neck and remain as a horizontal check at waist level for the remainder of this technique.]

8. Pivot counterclockwise into a twist stance as you execute a right inward downward strike to the left side of your attacker's neck.

9. Pivot clockwise back into a left neutral bow as you reverse the motion of your right club and execute a right outward downward club strike to the right side of your attacker's neck.

10. As your club passes through the target and past your right hip, execute a right front kick to your attacker's groin.

11. Plant your right foot forward into a right inverted neutral bow (heel-toe alignment) as you execute a right inward downward club strike to the left side of your attacker's neck.

Note: This club strike will pass through the target and become the first move of the next technique.

Set 20: Twisting Storm (Left Front Kick; Left / Right Punch Combination)

1. An attacker at 6 o'clock comes at you with a left front kick followed by a left punch.
2. From your right neutral bow, step your right foot to 12 o'clock into a left neutral bow facing 6 o'clock as you execute a left outward downward club strike to the outside of your attacker's left leg. As the left punch comes in, execute a right inward club strike to the outside of your attacker's arm.
3. Your attacker throws a right punch at your head.
4. Reverse the motion of your right club strike and execute a right outward block to the outside of your attacker's right arm. Follow this immediately with a left inward block that checks your attacker's body diagonally down to your right.
5. Execute a left outward club strike to your attacker's neck.
6. As your left club passes through their neck, have it flow past your left hip as you execute a right front kick to your attacker's groin.
7. Land forward into a right neutral bow facing 6 o'clock as you execute a right inward downward club strike to the left side of your attacker's neck. [Your right club will strike through your attacker's neck and remain as a horizontal check at waist level for the remainder of this technique.]
8. Pivot clockwise into a twist stance as you execute a left inward downward strike to the right side of your attacker's neck.
9. Pivot counterclockwise back into a right neutral bow as you reverse the motion of your left club and execute a left outward downward club strike to the left side of your attacker's neck.
10. As your club passes through the target and past your left hip, execute a left front kick to your attacker's groin.
11. Plant your left foot forward into a left inverted neutral bow (heel-toe alignment) as you execute a left inward downward club strike to the right side of your attacker's neck.

Set 21: Twirling Storms (Right Step-Through Punch)

1. An attacker at 3 o'clock comes at you with a right straight punch.
2. Step your right foot to 9 o'clock into a left neutral bow facing 3 o'clock as you execute a right outward parry followed by a left inward parry to the outside of your attacker's right arm. As your left parry is finishing, step your right foot to 3 o'clock into a transitory right

neutral bow facing 3 o'clock as you execute a right inward club strike to your attacker's ribs.

3. Step your left foot forward into a transitory left neutral bow. As you do so, have your club check down on the back and outside of your attacker's right hip (palm up) while your left club begins to circle clockwise over your head.

4. Step your right foot to 1:30 behind your left so you are facing 7:30. First, torque your palm down to give added push to the check. As you pivot, execute a left round kick to the back of your attacker's left knee. Land in a left neutral bow as you execute a left inward downward strike across the left side of your attacker's neck.

5. Pivot into a left forward bow as you execute a right inward club strike to the right side of your attacker's neck. (Your left club will check horizontally across your attacker's back.)

6. Drag your right foot to your left as you cock your left knee for a knife-edge kick while your left club cocks over your head. (Your right club will check horizontally across your attacker's back and continues to do so through the next move.)

7. Execute a left knife-edge kick to the back of your attacker's left knee.

8. Land forward into a left neutral bow facing 7:30 as you execute a left inward downward club strike to your attacker's neck.

9. Execute a right front crossover as you slide the tip of your left club under the left side of your attacker's chin and slide the right club under your left club and onto your attacker's left shoulder. Pry down using your attacker's left shoulder as a fulcrum point to put pressure under your attacker's jaw. Execute a left knee kick to your attacker's tailbone.

10. Land forward into a left neutral bow facing 9 o'clock as you cross check and push your attacker down.

Set 22: Twirling Storms (Left Step-Through Punch)

1. An attacker at 9 o'clock comes at you with a left straight punch.

2. Step your left foot to 3 o'clock into a right neutral bow facing 9 o'clock as you execute a left outward parry followed by a right inward parry to the outside of your attacker's left arm. As your right parry is finishing, step your left foot to 9 o'clock into a transitory left neutral bow facing 9 o'clock as you execute a left inward club strike to your attacker's ribs.

3. Step your right foot forward into a transitory right neutral bow. As you do so, have your club check down on the back and outside of your attacker's left hip (palm up) while your right club begins to circle counterclockwise over your head.

4. Step your left foot to 10:30 behind your right so you are facing 4:30. First, torque your palm down to give added push to the check. As you pivot, execute a right round kick to the back of your attacker's right knee. Land in a right neutral bow as you execute a right

inward downward strike across the right side of your attacker's neck.

5. Pivot into a right forward bow as you execute a left inward club strike to the left side of your attacker's neck. (Your right club will check horizontally across your attacker's back.)

6. Drag your left foot to your right as you cock your right knee for a knife-edge kick while your right club cocks over your head. (Your left club will check horizontally across your attacker's back and continues to do so through the next move.)

7. Execute a right knife-edge to the back of your attacker's right knee.

8. Land forward into a right neutral bow facing 4:30 as you execute a right inward downward club strike to your attacker's neck.

9. Execute a left front crossover as you slide the tip of your right club under the right side of your attacker's chin and slide the left club under your right club and onto your attacker's right shoulder. Pry down using your attacker's right shoulder as a fulcrum point to put pressure under your attacker's jaw. Execute a right knee kick to your attacker's tailbone.

10. Land forward into a right neutral bow facing 3 o'clock as you cross check and push your attacker down. Note: Your clubs will end crossed at about neck level.

Set 23: Criss-Crossing Storms (Two-Hand Low Push)

1. An attacker from 1:30 comes at you with a low two-hand push.

2. Shift your right foot to 7:30 into a left neutral bow as you have your clubs (crossed at neck level) strike down down and below waist level to block the two-hand push.

3. Execute a left front kick to your attacker's groin. Circle both clubs from the outside in and as you land forward into a left neutral bow, execute double inward club strikes to both side of your attacker's neck [right to left and left to right.] (The right club is crossing on top of the left.) Cross the action of the clubs and follow through to waist level.

4. Execute a right step-through front kick. As you land, execute two outward strikes to both sides of your attacker's neck [right to right, left to left.]

5. With your left club acting as an outward check, step your left foot to 2:30 into a rear crossover. Step your right leg to 2:30 into a right reverse bow in order to buckle out the inside of your attacker's left knee while you simultaneously execute a right downward club strike to your attacker's groin.

6. Step your right foot in a short step to 8 o'clock as you simultaneously execute a right vertical club strike to the right side of your attacker's face.

7. Without hesitation shift your right foot to 10:30 as you shoot a left reverse bow to and through your attacker's right inner knee. Simultaneous to this motion, turn your upper body counterclockwise as you execute a left downward club strike to your attacker's groin

as you execute a right inward club strike to the left side of your attacker's head.

8. Pivot counterclockwise into a rotating twist stance as you execute a left outward club strike to the left side of your attacker's neck followed by a right inward club strike through the same spot.

9. Pivot clockwise out of the twist stance as you execute a right outward club strike to the right side of your attacker's neck followed by a left inward strike through the same spot. Step your left foot back a short step as your left club checks horizontally against your attacker's shoulders.

10. Execute a right step-through front kick. As you land into a right neutral bow execute a right diagonal overheard club strike to the left side of your attacker's head.

Set 24: Criss-Crossing Storms (Left Low Front Kick)

1. An attacker from 10:30 comes at you with a low two-hand push.

2. Shift your left foot to 4:30 into a right neutral bow as you have your clubs (crossed at near neck level) strike down down and below waist level to block the two-hand push.

3. Execute a right front kick to your attacker's groin. Circle both clubs from the outside in and as you land forward into a right neutral bow, execute double inward club strikes to both side of your attacker's neck [right to left and left to right.] (The left club is crossing on top of the right.) Cross the action of the clubs and follow through to waist level.

4. Execute a left step-through front kick. As you land, execute two outward strikes to both sides of your attacker's neck [right to right, left to left.]

5. With your right club acting as an outward check, step your right foot to 9:30 into a rear crossover. Step your left leg to 9:30 into a left reverse bow in order to buckle out the inside of your attacker's right knee while you simultaneously execute a left downward club strike to your attacker's groin.

6. Step your left foot in a short step to 4 o'clock as you simultaneously execute a left vertical club strike to the left side of your attacker's face.

7. Without hesitation shift your left foot to 11:30 as you shoot a right reverse bow to and through your attacker's left inner knee. Simultaneous to this motion, turn your upper body clockwise as you execute a right downward club strike to your attacker's groin as you simultaneously execute a left inward club strike to the right side of your attacker's head.

8. Pivot clockwise into a rotating twist stance as you execute a right outward club strike to the right side of your attacker's neck followed by a left inward club strike through the same spot.

9. Pivot counterclockwise out of the twist stance as you execute a left outward club strike to the left side of your attacker's neck followed by a right inward strike through the same

spot. Step your right foot back a short step as your right club checks horizontally against your attacker's shoulders.

10. Execute a left step-through front kick. As you land into a left neutral bow execute a left diagonal overhead club strike to the right side of your attacker's head.

Set 25: Thundering Storms (Right Front Kick / Punch Combination)

1. An attacker at 1:30 comes at you with a right kick followed by a right punch.

2. Step your right foot back to 7:30 into a left front twist stance. Pivot out of the stance with a right outward downward club strike to the back of your attacker's right knee as you simultaneously execute a left inward club strike to your attacker's right arm. Without hesitation, execute a left downward diagonal round kick to the back of your attacker's right knee.

3. Plant your left foot to 1:30 into a left wide kneel as you maintain your left check and execute a right inward diagonal club strike through your attacker's right ribs.

4. Check your attacker's right shoulder blade with your right club as you drop into a right close kneel stance and execute a left downward club strike to your attacker's kidney.

5. Circle your left club clockwise and check your attacker's right arm as you shift into a left wide kneel and execute a right overhead club strike to the back of your attacker's neck.

Set 26: Thundering Storms (Left Front Kick / Punch Combination)

1. An attacker at 10:30 comes at you with a left kick followed by a left punch.

2. Step your left foot back to 4:30 into a left rear crossover as execute a left outward downward club strike to the back of your attacker's left knee as you simultaneously execute a right inward club strike to your attacker's left arm. Without hesitation, execute a right downward diagonal round kick to the back of your attacker's left knee.

3. Plant your right foot to 10:30 into a right wide kneel as you maintain your right check and execute a left inward diagonal club strike through your attacker's left ribs.

4. Check your attacker's left shoulder blade with your left club as you drop into a left close kneel stance and execute a right downward club strike to your attacker's kidney.

5. Circle your right club counterclockwise and check your attacker's left arm as you shift into a right wide kneel and execute a left overhead club strike to the back of your attacker's neck.

Set 27: Leaping Storm (Right Step-Through Punch)

1. An attacker at 12 o'clock comes at you with a right step-through punch.

2. Leap to 9:30 into a left one-legged stance as you simultaneously execute a left inward

club strike to the outside of your attacker's arms with a right inward horizontal club strike to your attacker's right ribs.

3. Execute a right knife-edge kick to the back of your attacker's right knee. Plant your foot to 1 o'clock into a right neutral bow as you execute a right horizontal outward club strike to your attacker's right kidney.

4. Step to 12 o'clock with your left foot into a right neutral bow while checking your attacker's back with your right club.

5. Step your right foot back to 12 o'clock into a left neutral bow (circling clockwise) as you execute a left inward diagonally downward club strike to the left side of your attacker's neck.

6. Rotate into a left front twist stance as you execute a right inward club strike to the right side of your attacker's neck while your left club checks.

Set 28: Leaping Storm (Left Step-Through Punch)

1. An attacker at 6 o'clock comes at you with a left step-through punch.

2. Leap to 8:30 into a right one-legged stance as you simultaneously execute a right inward club strike to the outside of your attacker's arms with a left inward horizontal club strike to your attacker's left ribs.

3. Execute a left knife-edge kick to the back of your attacker's left knee. Plant your foot to 5 o'clock into a left neutral bow as you execute a left horizontal outward club strike to your attacker's left kidney.

4. Step to 6 o'clock with your right foot into a left neutral bow while checking your attacker's back with your left club.

5. Step your left foot back to 6 o'clock into a right neutral bow (circling counterclockwise) as you execute a right inward diagonally downward club strike to the right side of your attacker's neck.

6. Rotate into a right front twist stance as you execute a left inward club strike to the left side of your attacker's neck while your right club checks.

Closing Movements:

1. Slide your left foot to your right and out to 9 o'clock into a horse stance facing 12 o'clock as you execute a left outward downward club strike to the inside of a right kick simultaneous with a right inward club club strike to the inside of a right punch.

2. Execute a right outward downward club strike to the inside of a left kick simultaneous with a left inward club strike to the inside of a left punch.

3. Execute a left outward club strike to the inside of a right punch as you execute a right inward downward (palm up) club strike to the inside of a right kick.

4. Execute a right outward club strike to the inside of a left punch as you execute a left inward downward (palm up) club strike to the inside of a left kick.

5. Execute a left upward outward club strike that circles counterclockwise followed by a right inward downward circular club strike that loops clockwise.

6. Continue this path as you execute a right upward circular club strike that loops clockwise followed by a left inward downward circular club strike that loops counterclockwise.

7. Simultaneously execute a right and left inward club strike followed by a right and left outward club strike.

8. Simultaneously execute a right and left inward downward (palm up) club strike followed by a right and left outward downward club strike.

9. Tuck the upper ends of both clubs under their respective armpits and pin your clubs under your arms.

10. Regrab the ends of your clubs with both palms up. Have both of your hands pull the clubs out, remaining horizontal to the ground. Slide your hands down both clubs towards you. Release your right hand.

Salutation

1. Step your right foot forward into a right front twist stance as you cock your right fist near your ear. Simultaneously have your left hand and clubs touch your right fist.

2. Step your left foot out into a left cat stance as you bring your clenched fist and your sticks to the front.

3. Step your left foot back to 6 o'clock as you pull with both hands back to back. Have your right foot step back in line with your left as you have your right hand circle clockwise and draw to your right hip (fist clenched, palm up). Your left hand positions the clubs vertically against your solar plexus .

6. Place the bottom ends of the clubs against your upper abdomen and tilt the tops of the clubs forward as your left hand followed by your right directly slides to the bottom of each of the clubs (left to left, right to right).

7. Slide your left foot to 9 o'clock into a horse stance facing 12 o'clock as your left club circles clockwise and right circles counterclockwise. Have the tops touch each other to form the triangle just above the level of your forehead.

8. Cross both clubs on each other at the midpoint as they are lowered to a level slightly

below your chin.

9. Without loss of motion, place clubs on a vertical plane (just like praying) as they are lowered to the level of your solar plexus. Have your left hand take control of both clubs.

10. As you bring your left foot to your right into an attention stance, your left hand is holding the clubs downward.

11. Bow.

6.29 Long 8

Kenpo Double Daggers

- Begin with the formal salutation.

Section 1 — Isolation Set 1 A

- Step to 9:00 with your left foot to form a training horse stance facing 12:00.
- Deliver a right fanning upward block and slice.
- Your left hand covers low.
- Deliver a left fanning upward block and slice.
- Deliver a right inward horizontal slice.
- Deliver a right fanning upward block and slice.
- Deliver a left inward horizontal slice.
- Deliver a left fanning upward block and slice.
- Deliver a right inward downward diagonal slice.
- Your left hand cocks at your hip.
- Deliver a left inward downward diagonal slice.
- Your right hand cocks at your hip.
- Deliver a right inward downward diagonal slice.
- Your left hand cocks at your hip.

Section 2 — Transition 1

- Slide your left foot beside your right foot to form a modified attention stance facing 12:00.
- Change the blades to reverse position.

Section 3 — Isolation Set 1b

- Step to 3:00 with your right foot to form a training horse stance facing 12:00.

- Deliver a left fanning upward block and thrust.
- Your right hand covers low.
- Deliver a right fanning upward block and thrust.
- Deliver a left inward horizontal slice.
- Deliver a left fanning upward block and thrust.
- Deliver a right inward horizontal slice.
- Deliver a right fanning upward block and thrust.
- Deliver a left inward downward diagonal thrust.
- Your right hand cocks at your hip.
- Deliver a right inward downward diagonal thrust.
- Your left hand cocks at your hip.
- Deliver a left inward downward diagonal thrust.
- Your right hand cocks at your hip.

Section 4 — Transition 2

- Slide your right foot beside your left foot to form a modified attention stance facing 12 : 00.
- Change the blades to forward position.

Section 5 — Isolation Set 2a

Part A

- Step to 9 :00 with your left foot to form a training horse stance facing 12: 00.
- Deliver a right horizontal thrust (long range).
- Your left hand cocks at your hip.
- Deliver a left horizontal thrust (long range).
- Your right hand cocks at your hip.

Part B

- Deliver a right vertical thrust (middle range).
- Your left hand cocks at your hip.
- Deliver a left vertical thrust (middle range).
- Your right hand cocks at your hip.

Part C

- Deliver a right upward thrust (close range).
- Your left hand cocks at your hip.

- Deliver a left upward thrust (close range).
- Your right hand cocks at your hip.

Part D

- Deliver a right over the shoulder thrust.
- Deliver a left rear elbow strike.
- Deliver a left over the shoulder thrust.
- Deliver a right rear elbow strike.

Part E

- Deliver a left outward overhead elbow strike.
- Deliver a right inward overhead elbow strike.
- Deliver right and left upward thrusts (palm up).
- Execute a right over left scissor thrust .

Part F

- Deliver a left vertical thrust punch.
- Cock your right hand in a vertical position near your right shoulder.
- Your left hand covers below your right elbow.
- Deliver a right vertical thrust punch.
- Immediately deliver a right inward block and slice.
- Deliver a right extended outward block and slice.
- Cock your left hand in a vertical position near your left shoulder.
- Your right hand covers below your left elbow.
- Deliver a left vertical thrust punch.
- Immediately deliver a left inward block and slice.
- Deliver a left extended outward block and slice.

Part G

- Cock your right hand at your hip.
- Your left hand covers above your right arm.
- Deliver a right uppercut punch.
- Immediately follow with a right inward downward palm up block and slice.
- Deliver a right outward downward block and slice.
- Cock your left hand at your hip.
- Your right hand covers above your left arm.

- Deliver a left uppercut punch.
- Immediately follow with a left inward downward palm up block and slice.
- Deliver a left outward downward block and slice.

Part H

- Deliver a right inward horizontal slice.
- Your left hand cocks at your hip.
- Deliver a right outward horizontal slice.
- Deliver a left inward horizontal slice.
- Your right hand cocks at your hip.
- Deliver a left outward horizontal slice.

Part I

- Deliver a right inward horizontal thrust.
- Your left hand cocks at your hip.
- Immediately follow with a right inward horizontal slice.
- Deliver a right outward horizontal thrust.
- Immediately follow with a right outward horizontal slice.
- Deliver a left inward horizontal thrust.
- Your right hand cocks at your hip.
- Immediately follow with a left inward horizontal slice.
- Deliver a left outward horizontal thrust .
- Immediately follow with a left outward horizontal slice.

Part J

- Deliver a left rear hammerfist strike.
- Deliver a right inward overhead hammerfist and slice.
- Deliver a right rear hammerfist strike.
- Deliver a left inward overhead hammerfist and slice.

Part K

- Deliver a left rear hammerfist strike.
- Deliver a right front underhand thrust.
- Deliver right rear hammerfist strike.
- Deliver a left front underhand thrust.

Part L

- Deliver a right front underhand thrust.
- Deliver right and left outward upward diagonal slices.
- Immediately follow with right and left outward overhead slices.

Part M

- Deliver a right thrust and return with a right inward slice.
- Deliver a left thrust and return with a left inward slice.

Section 6 — Transition 3

- Slide your left foot beside your right foot to form a modified attention stance facing 12 : 00.
- Change the blades to reverse position.

Section 7 — Isolation Set 2b

Part A

- Step to 3: 00 with your right foot to form a training horse stance facing 12 : 00.
- Deliver a left horizontal reverse thrust (long range).
- Your right hand cocks at your hip.
- Deliver a right horizontal reverse thrust (long range).
- Your left hand cocks at your hip.

Part B

- Deliver a left vertical reverse thrust (middle range).
- Your right hand cocks at your hip.
- Deliver a right vertical reverse thrust (middle range).
- Your left hand cocks at your hip.

Part C

- Deliver a left upward reverse thrust (close range).
- Your left hand cocks at your hip.
- Deliver a right upward reverse thrust (close range).
- Your right hand cocks at your hip.

Part D

- Deliver a left over the shoulder reverse thrust.
- Deliver a right rear elbow strike.

- Deliver a right over the shoulder reverse thrust.
- Deliver a left rear elbow strike.

Part E

- Deliver a right outward overhead elbow strike.
- Deliver a left inward overhead elbow strike.
- Deliver left and right upward reverse thrusts (palm up).
- Execute a left over right scissor thrusts.

Part F

- Cock your left hand in a vertical position near your left shoulder.
- Your right hand covers below your left elbow.
- Deliver a left vertical thrust punch.
- Immediately deliver a left inward block and thrust.
- Deliver a left extended outward block and thrust.
- Cock your right hand in a vertical position near your right shoulder.
- Your left hand covers below your right elbow.
- Deliver a right vertical thrust punch.
- Immediately deliver a right inward block and thrust.
- Deliver a right extended outward block and thrust.

Part G

- Cock your left hand at your hip.
- Your right hand covers above your left arm.
- Deliver a left reverse uppercut thrust.
- Immediately follow with a left inward downward palm up block and thrust.
- Deliver a left outward downward block and thrust.
- Cock your right hand at your hip.
- Your left hand covers above your right arm.
- Deliver a right reverse uppercut thrust.
- Immediately follow with a right inward downward palm up block and thrust.
- Deliver a right outward downward block and thrust.

Part H

- Deliver a left inward horizontal slice.
- Your right hand cocks at your hip.

- Follow with a left outward horizontal slice.
- Deliver a right inward horizontal slice.
- Your left hand cocks at your hip.
- Follow with a right outward horizontal slice.

Part I

- Deliver a left inward horizontal thrust.
- Your right hand cocks at your hip.
- Immediately follow with a left inward horizontal slice.
- Deliver a left outward horizontal thrust.
- Immediately follow with left outward horizontal slice.
- Deliver a right inward horizontal thrust.
- Your left hand cocks at your hip .
- Immediately follow with a right inward horizontal slice.
- Deliver a right outward horizontal thrust.
- Immediately follow with a right outward horizontal slice.

Part J

- Deliver a right rear hammerfist thrust.
- Deliver a left inward overhead hammering thrust.
- Deliver a left rear hammerfist thrust.
- Deliver a right inward overhead hammering thrust.

Part K

- Deliver a right rear hammerfist thrust.
- Deliver a left front underhand reverse thrust.
- Deliver left rear hammerfist thrust.
- Deliver a right front underhand reverse thrust.

Part L

- Deliver a left front underhand reverse thrust.
- Deliver left and right outward upward diagonal thrust.
- Immediately follow with left and right outward overhead thrusts.

Part M

- Deliver a left vertical reverse thrust and return with a left inward hooking thrust.

- Deliver a right vertical reverse thrust and return with a right inward hooking thrust.

Section 8 — Transition 4

- Slide your right foot beside your left foot to form a modified attention stance facing 12: 00.
- Change the blades to forward position.

Section 9 — Destructive Lance A

- Step to 6 :00 with your left foot and pivot clockwise to form a right forward bow stance facing 12:00.
- Deliver a right uppercut thrust.
- Deliver a left overhead thrust.
- Slide your right foot to 6: 00 and pivot counterclockwise to form a left forward bow stance facing 12: 00.
- Deliver a left uppercut thrust.
- Deliver a right overhead thrust.
- Step toward 12 : 00 with your right foot and pivot clockwise to form a right forward bow stance.
- Deliver a right uppercut thrust.
- Deliver a left overhead thrust.

Section 10 — Transition 5

- Step toward 12 : 00 with your left foot to form a modified attention stance facing 12 : 00.
- Change the blades to reverse position.

Section 11 — Destructive Lance B

- Step to 6:00 with your right foot and pivot counterclockwise to form a left forward bow stance facing 12:00.
- Deliver a left uppercut reverse thrust.
- Deliver a right overhead reverse thrust.
- Slide your left foot to 6 : 00 and pivot clockwise to form a right forward bow stance facing 12:00.
- Deliver a right uppercut reverse thrust.
- Deliver a left overhead reverse thrust.
- Step toward 12:00 with your left foot and pivot counterclockwise to form a left

forward bow stance.

- Deliver a left uppercut reverse thrust.
- Deliver a right overhead reverse thrust.

Section 12 — Transition 6

- Step toward 12:00 with your right foot to form a modified attention stance facing 12:00.
- Change the blades to forward position.

Section 13 — Shield and Lance A

- Step toward 10:30 with your left foot to form a left neutral bow stance facing 12:00.
- Deliver a right outward parry.
- Deliver a left horizontal thrust.
- Pivot counterclockwise to form a left forward bow stance facing 12:00.
- Deliver a right inward upward diagonal slice.
- Your left hand covers low.
- Slide your left foot toward 4:30 to form a right front twist stance.
- Deliver right and left outward downward diagonal slices.

Section 14 — Shield and Lance B

- Step toward 1:30 with your right foot to form a right neutral bow stance.
- Deliver a left outward parry.
- Deliver a right horizontal thrust.
- Pivot clockwise to form a right forward bow stance facing 12:00.
- Deliver a left inward upward diagonal slice.
- Your right hand covers low.
- Slide your right foot toward 7:30 to form a left front twist stance.
- Immediately slide your left foot toward 10:30 to form a horse stance facing 1:30.
- Deliver left and right outward downward diagonal slices.

Section 15 — Flashing Lance A

- Step toward 9:00 with your right foot to form a left neutral bow stance facing 3:00.
- Deliver a right outward parry.
- Deliver a left inward parry.
- Deliver a left outward horizontal slice as you settle into your stance.
- Step toward 3:00 with your right foot to form a right neutral bow stance.

- Deliver a right inward horizontal slice.
- Slide your left foot toward 3:00 and pivot counterclockwise to form a right neutral bow stance facing 9 : 00.
- Deliver a left outward horizontal slice.
- Follow with a right inward horizontal slice as you settle into your stance.
- Slide your left foot forward to form a left front twist stance facing 9: 00.
- Deliver a left inward downward diagonal thrust.
- Cover low with your right hand.

Section 16 — Flashing Lance B

- Step toward 3 : 00 with your left foot to form a right neutral bow stance facing 9 : 00.
- Deliver a left outward parry.
- Deliver a right inward parry.
- Deliver a right outward horizontal slice as you settle into your stance.
- Step toward 9:00 with your left foot to form a left neutral bow stance.
- Deliver a left inward horizontal slice.
- Slide your right foot toward 9 : 00 and pivot clockwise to form a left neutral bow stance facing 3 : 00.
- Follow with a right outward horizontal slice.
- Deliver a left inward horizontal slice as you settle into your stance.
- Slide your right foot forward to form a right front twist stance facing 3:00.
- Deliver a right inward downward diagonal thrust.
- Cover low with your left hand.

Section 17 — Snaking Lance A

- Step toward 10:30 with your left foot to form a right 45 degree cat stance facing 4:30.
- Deliver a left inward downward diagonal slice.
- Your right hand cocks at your hip.
- Follow with a left outward downward diagonal slice.
- Deliver a right inward downward diagonal slice.
- Your left hand cocks at your hip.
- Follow with a right outward downward diagonal slice.
- Deliver a left horizontal thrust.
- Deliver a right front snapping ball kick.
- Plant toward 4: 30 to form a right neutral bow stance.

- Deliver a right vertical thrust.
- Deliver a left vertical thrust.
- Deliver a right vertical thrust.

Section 18 — Snaking Lance B

- Step toward 7:30 with your right foot and form a left 45 degree cat stance facing 1 : 30.
- Deliver a right inward downward diagonal slice.
- Your left hand cocks at your hip.
- Follow with a right outward downward diagonal slice.
- Deliver a left inward downward diagonal slice.
- Your right hand cocks at your hip.
- Follow with a left outward downward diagonal slice.
- Deliver a right horizontal thrust.
- Deliver a left front snapping ball kick.
- Plant toward 1 :30 to form a left neutral bow stance.
- Deliver a left vertical thrust.
- Deliver a right vertical thrust.
- Deliver a left vertical thrust .

Section 19 — Snaking Lance C

- Change the blades to reverse position.
- Execute a right retreating rear cover to face 7:30 in a right 45 degree cat stance.
- Deliver a left inward downward diagonal thrust.
- Your right hand cocks at your hip.
- Follow with a left outward downward diagonal thrust.
- Deliver a right inward downward diagonal thrust.
- Your left hand cocks at your hip.
- Follow with a right outward downward diagonal thrust .
- Deliver a left horizontal reverse thrust.
- Deliver a right front snapping ball kick.
- Plant toward 7 :30 to form a right neutral bow stance.
- Deliver a right vertical reverse thrust.
- Deliver a left vertical reverse thrust.
- Deliver a right vertical reverse thrust.

Section 20 — Snaking Lance D

- Step toward 4:30 with your right foot and pivot counterclockwise to form a left 45 degree cat stance facing 10 : 30.
- Deliver a right inward downward diagonal thrust .
- Your left hand cocks at your hip.
- Follow with a right outward downward diagonal thrust.
- Deliver a left inward downward diagonal thrust.
- Your right hand cocks at your hip.
- Follow with a left outward downward diagonal thrust.
- Deliver a right horizontal reverse thrust.
- Deliver a left front snapping ball kick.
- Plant toward 10:30 to form a left neutral bow stance.
- Deliver a left vertical reverse thrust.
- Deliver a right vertical reverse thrust.
- Deliver a left vertical reverse thrust.

Section 21 — Isolation Set 3

- Slide your left foot toward 4 : 30 to form a right front twist stance.
- Change the blades to forward position.
- Slide your right foot toward 3 :00 to form a training horse stance facing 12:00.
- Deliver right and left outward downward diagonal parries.
- Deliver right and left inward downward diagonal slices (right over left).
- Follow with right and left outward downward diagonal slices (right over left) and end in a cocked position at your hips (palm up).
- Deliver left and right inward downward diagonal slices (left over right).
- Follow with left and right outward downward diagonal slices (left over right) and end in a cocked position at your hips (palm down).
- Change the blades to reverse position.
- Deliver right and left inward downward diagonal thrusts (right over left).
- Follow with right and left outward downward diagonal thrusts (right over left) and end in a cocked position at your hips (palm up).
- Deliver left and right inward downward diagonal thrusts (left over right).
- Follow with left and right outward downward diagonal thrusts (left over right) and end in a cocked position at your hips (palm down).
- Change the blades to forward position.

Section 22 — Slicing Lance A

- Slide your left foot toward 4:30 to form a right front twist stance facing 10 :30.

- Deliver right and left outward downward diagonal parries.
- Pivot counterclockwise to form a right neutral bow stance facing 10 : 30.
- Deliver a right vertical thrust.
- Pivot clockwise to form a right forward bow stance facing 10:30.
- Deliver a left upward thrust.
- Immediately follow with a left front snapping ball kick.

Section 23 — Transition 7

- Plant your left foot toward 9:00 to form a horse stance facing 12:00.
- Deliver right and left outward horizontal slices.

Section 24 — Slicing Lance B

- Slide your right foot toward 7 : 30 to form a left front twist stance facing 1 :30.
- Deliver left and right outward downward diagonal parries.
- Pivot clockwise to form a left neutral bow stance facing 1 :30 .
- Deliver a left vertical thrust.
- Pivot counterclockwise to form a left forward bow stance facing 1 : 30.
- Deliver a right upward thrust.
- Immediately follow with a right front snapping ball kick.

Section 25 — Transition 8

- Plant your right foot toward 3:00 to form a horse stance facing 12 : 00.
- Deliver left and right outward horizontal slices.
- Change the blades to reverse position.

Section 26 — Deceptive Lance A

- Step toward 12: 00 with your right foot to form a right forward bow stance.
- Deliver right and left inward horizontal slices (right over left).
- Immediately follow with right and left outward horizontal thrusts.
- Slice your left foot toward 1 : 30 to form a left rear twist stance.
- Immediately leap toward 12 : 00 to form a right front one legged stance facing 6:00.
- Step toward 6 : 00 with your left foot and pivot counterclockwise to form a left forward bow stance.
- Deliver a right outward upward diagonal slice.
- Deliver a right front snapping ball kick.
- Deliver a left vertical reverse thrust.

- Your right hand cocks at your hip.
- Plant toward 7:30 with your right foot to form a right neutral bow stance.
- Deliver a right vertical reverse thrust.
- Pivot clockwise to form a right front rotating twist stance.
- Deliver right and left inward horizontal slices (right over left).
- Pivot counterclockwise to form a right neutral bow stance facing 7:30.
- Pivot clockwise to form a right front rotating twist stance.
- Deliver right and left inward horizontal slices (right over left).
- Pivot counterclockwise to form a right neutral bow stance facing 7:30.

Section 27 — Deceptive Lance B

- Step toward 6:00 with your left foot to form a left forward bow stance.
- Deliver left and right inward horizontal slices (left over right).
- Immediately follow with left and right outward horizontal thrusts.
- Slice your right foot toward 4:30 to form a right rear twist stance.
- Immediately leap toward 6:00 to form a left front one legged stance facing 12 :00.
- Step toward 12:00 with your right foot and pivot clockwise to form a right forward bow stance.
- Deliver a left outward upward diagonal slice .
- Deliver a left front snapping ball kick.
- Deliver a right vertical reverse thrust.
- Your left hand cocks at your hip.
- Plant toward 10 :30 with your left foot to form a left neutral bow stance.
- Deliver a left vertical reverse thrust.
- Pivot counterclockwise to form a left front rotating twist stance.
- Deliver left and right inward horizontal slices (left over right).
- Pivot clockwise to form a left neutral bow stance facing 10 :30.
- Pivot counterclockwise to form a left front rotating twist stance.
- Deliver left and right inward horizontal slices (left over right).
- Pivot clockwise to form a left neutral bow stance facing 10 :30.

Section 28 — Transition 9

- Slide your right foot toward 7:30 and pivot clockwise to form a left neutral bow stance facing 3 :00.
- Change the blades to forward position.

Section 29 — Deceptive Lance C

- Step toward 3 : 00 with your right foot to form a right forward bow stance.
- Deliver right and left inward horizontal thrusts (right over left).
- Immediately follow with right and left outward horizontal reverse thrusts.
- Slice your left foot toward 4:30 to form a left rear twist stance.
- Immediately leap toward 3:00 to form a right front one legged stance facing 9:00.
- Step toward 9:00 with your left foot and pivot counterclockwise to form a left forward bow stance.
- Deliver a right outward upward diagonal slice.
- Deliver a right front snapping ball kick.
- Deliver a left vertical thrust.
- Your right hand cocks at your hip.
- Plant toward 10:30 with your right foot to form a right neutral bow stance.
- Deliver a right vertical thrust.
- Pivot clockwise to form a right front rotating twist stance.
- Deliver right and left inward horizontal slices (right over left).
- Pivot counterclockwise to form a right neutral bow stance facing 10 : 30.
- Pivot clockwise to form a right front rotating twist stance.
- Deliver right and left inward horizontal slices (right over left).
- Pivot counterclockwise to form a right neutral bow stance facing 10:30.

Section 30 — Deceptive Lance D

- Step toward 9:00 with your left foot to form a left forward bow stance.
- Deliver left and right inward horizontal thrusts (left over right).
- Immediately follow with left and right outward horizontal thrusts.
- Slice your right foot toward 7 : 30 to form a right rear twist stance.
- Immediately leap toward 9:00 to form a left front one legged stance facing 3 : 00.
- Step toward 3 :00 with your right foot and pivot clockwise to form a right forward bow stance.
- Deliver a left outward upward diagonal slice.
- Deliver a left front snapping ball kick.
- Deliver a right vertical thrust.
- Your left hand cocks at your hip.
- Plant toward 1 :30 with your left foot to form a left neutral bow stance.
- Deliver a left vertical thrust.
- Pivot counterclockwise to form a left front rotating twist stance.
- Deliver left and right inward horizontal slices (left over right).
- Pivot clockwise to form a left neutral bow stance facing 1 : 30.

- Pivot counterclockwise to form a left front rotating twist stance.
- Deliver left and right inward horizontal slices (left over right).
- Pivot clockwise to form a left neutral bow stance facing 1 : 30.

Section 31 — Isolation Set 4

Part A

- Step toward 3 : 00 with your right foot to form a training horse stance facing 12 : 00.
- Change the right blade to reverse position.
- Deliver a right outward hooking parry.
- Deliver a left vertical thrust.
- Deliver a left outward horizontal slice.
- Follow with a left inward horizontal slice.

Part B

- Change the left blade to reverse position.
- Change the right blade to forward position.
- Deliver a left outward hooking parry.
- Deliver a right vertical thrust.
- Deliver a right outward horizontal slice.
- Follow with a right inward horizontal slice.

Section 32 — Protecting Lance A

- Execute an exchange.
- Step toward 12 : 00 with your right foot to form a right forward bow stance.
- Deliver a left outward upward diagonal slice.
- Pivot counterclockwise to form a right neutral bow stance facing 12 : 00.
- Deliver a right outward upward diagonal thrust.
- Pivot clockwise to form a right forward bow stance facing 12: 00.
- Deliver a left inward horizontal slice.
- Follow with a left outward upward diagonal slice as you settle into your stance.
- Your right hand cocks at your hip.

Section 33 — Protecting Lance B

- Execute an exchange.
- Step toward 12: 00 with your left foot to form a left forward bow stance.
- Deliver a right outward upward diagonal slice.

- Pivot clockwise to form a left neutral bow stance facing 12:00.
- Deliver a left outward upward diagonal thrust .
- Pivot counterclockwise to form a left forward bow stance facing 12:00.
- Deliver a right inward horizontal slice.
- Follow with a right outward upward diagonal slice as you settle into your stance.
- Your left hand cocks at your hip.

Section 34 — Thrusting Lance A

- Execute a right retreating rear cover to form a right reverse bow stance facing 6:00.
- Deliver a right outward downward block and slice.
- Slide your left foot toward 6:00 to form a left 45 degree cat stance.
- Deliver a right outward horizontal slice.
- Follow with a left vertical upward slice.
- Immediately step toward 6:00 with your left foot to form a left forward bow stance.
- Deliver a left hammering thrust.
- Deliver a right vertical thrust .

Section 35 — Thrusting Lance B

- Execute an exchange.
- Step toward 6:00 with your right foot and pivot counterclockwise to form a left reverse bow stance facing 12 : 00.
- Deliver a left outward downward block and slice.
- Slide your right foot toward 12 : 00 to form a right 45 degree cat stance.
- Deliver a left outward horizontal slice.
- Follow with a right vertical upward slice.
- Immediately step toward 12: 00 with your right foot to form a right forward bow stance.
- Deliver a right hammering thrust.

Section 36 — Twisting Lance A

- Step toward 1 :30 with your left foot.
- Execute an exchange.
- Immediately slide your right foot toward 1 : 30 to form a left front twist stance facing 7: 30.
- Deliver a left outward hooking parry.
- Your right hand covers low.

- Pivot clockwise to form a left neutral bow stance facing 7:30.
- Deliver a right upward block and slice.
- Pivot counterclockwise to form a left front rotating twist stance facing 7:30.
- Deliver a left outward hook.
- Deliver a right uppercut thrust.
- Step toward 12 : 00 with your right foot to form a left forward bow stance.
- Deliver a right outward horizontal slice.

Section 37— Twisting Lance B

- Execute an exchange.
- Immediately slide your left foot toward 10 :30 to form a right front twist stance facing 4:30.
- Deliver a right outward hooking parry.
- Your left hand covers low.
- Pivot counterclockwise to form a right neutral bow stance facing 4 : 30.
- Deliver a left upward block and slice.
- Pivot clockwise to form a right front rotating twist stance facing 4:30.
- Deliver a right outward hook.
- Deliver a left uppercut thrust.
- Step toward 12: 00 with your left foot to form a right forward bow stance.
- Deliver a left outward horizontal slice.

Section 38— Leaping Lance A

- Step toward 7: 30 with your left foot.
- Execute an exchange.
- Slide your right foot toward 6: 00 to form a twist stance.
- Leap toward 7:30 to form a left front one legged stance facing 12: 00.
- Your left hand cocks high.
- Your right hand covers low.

Section 39— Leaping Lance B

- Leap toward 4 :30 with your right foot to form a right front one-legged stance facing 12: 00.
- Execute an exchange.
- Your right hand cocks high.
- Your left hand covers low.

Section 40— Crossed Lance A

- Step toward 12: 00 with your left foot to form a left neutral bow stance.
- Turn your right blade to forward position.
- Deliver a right outward parry.
- Deliver a left vertical thrust.
- Pivot counterclockwise to form a left close kneel stance.
- Deliver a right downward hammer to execute a left downward vertical slice.
- Turn your left blade $\frac{1}{2}$ turn counterclockwise.
- Pivot clockwise to form a left neutral bow stance.
- Deliver a right outward hook to execute a left inward horizontal slice.

Section 41— Crossed Lance B

- Pivot counterclockwise to form a left front rotating twist stance facing 12:00.
- Step toward 12:00 with your right foot to form a right neutral bow stance.
- Deliver a left outward parry.
- Deliver a right vertical thrust.
- Pivot clockwise to form a right close kneel stance.
- Deliver a left downward hammer to execute a right downward vertical slice.
- Turn your right blade $\frac{1}{4}$ turn clockwise.
- Pivot counterclockwise to form a right neutral bow stance.
- Deliver a left outward hook to execute a right inward horizontal slice.

Section 42— Isolation Set 5

- Step forward with your left foot to form a training horse stance facing 12:00.
- Deliver right and left inward upward diagonal thrusts.
- Follow with right and left outward upward diagonal thrusts.
- Finish with right and left inward upward diagonal thrusts (overhead).
- Deliver right and left inward horizontal slices.
- Deliver right and left over the shoulder thrusts (same shoulder).
- Deliver right and left vertical thrusts toward 12:00.
- Deliver right and left horizontal thrusts toward 12:00.
- Deliver right and left vertical outward block thrusts (toward 3 :00 and 9:00).
- Deliver right and left vertical thrusts (toward 3:00 and 9:00).
- Deliver right and left horizontal thrusts (toward 3 :00 and 9:00).
- Deliver a right over left clear.
- Deliver a left over right clear.

- Deliver a right under left clear.
- Deliver a left under right clear.
- Cross your right blade over your left blade.

Closing

- Finish with the formal salutation.

6.30 Mantis

1. Start form from natural stance. Punch straight up with fists clenched.
2. Pull fists back as you step left to 9:00 into a horse stance and punch straight down with both fists. Then the right fist cocks back as the left fist punches straight up. Then the left fist cocks back as you pivot into a fighting stance facing 9:00 and punch with the right fist to 12:00
3. Pull the fists back together, and punch straight down with both simultaneously. As the right punches up, cock the left fist. Pivot to face 3:00 into a fighting stance. Cock the right fist and punch with the left to 12:00.
4. Draw both fists back, and then punch straight down with both fists. Cross your fists (right over left) and bring the right foot to the left in an attention stance facing 3:00
5. Step the left to 12:00 and punch to 12:00 and punch to 12:00 with both fists. Pull the left foot back into a crane as the left arm executes a down blocks in of the of the groin. The right fist cocks. Step with the left to 12:00 and execute hammer fists overhead to 12:00. Step immediately with the right to 12:00 into a horse stance facing 9:00 as the hammer fists now become double downward blocks.
6. Pivot to face 12:00 and execute double punches to 12:00. Pivot to face 6:00 and execute a horizontal left elbow to 6:00. Execute a right rear crossover to 6:00 as you execute a left horizontal chop to 6:00. Keep right hand near face as a check or guard. Pivot to face 12:00 as you a right horizontal chop. Spin 180 degrees to face 3:00 with arms fully extended side wards.
7. Bend the knees, as the left foot moves to the right. The fists cock and then execute a left uppercut and then a right uppercut. The right then becomes an upper rising block. Rotate to face 12:00, execute a left upper rising (while the right is still high). Next execute a left front leg snap kick to 12:00 which then becomes a left heel stomp, followed by a right descending back knuckle. Next execute a right front snap kick to 12:00 which then becomes a right heel stomp as both fists do descending back knuckles to 12:00. Step back with the right to 6:00 into a horse stance look to 9:00 and cock fists.
8. While in horse stance execute a left reverse punch to 9:00. Pull the left arm back into a vertical outward block as you simultaneously right palm moves in front of the elbow. Execute a left reverse punch to 9:00 with the right in cover position near the face. Execute a left elbow to 9:00 and then a left back knuckle to 9:00
9. Pull the left foot back into a crane stance and execute a left down block. Step left to 9:00 in a horse stance and execute a high left back fist to 9:00. Step right to 9:00 into a horse

stance facing 6:00. As the left arm pulls down and the right reverse punches up. Next execute a right downward block with the left as a cover near the face.

10. Cross the fists over the chest with the left on top. Next shift into a bow stance facing 9:00, and execute a right back knuckle to 9:00, and then execute a left back knuckle to 3:00. Step right to 12:00 into a horse stance while looking at 6:00. Both fists cock and repeat #9 above while facing 6:00

11. Pull the left foot back into a crane stance with the right fist cocked and the left across the chest. Pivot the left foot to 6:00, and execute a left horizontal back fist to 6:00. Step the right to 6:00 and execute a right downward overhead back knuckle as the left arm rises overhead. Cross hands over your chest. Next execute a right upward rising block to 6:00 and left downward punch to 12:00.

12. Pivot to 12:00 and repeat step #11

13. Pivot to 12:00 and repeat step #11 and use opposite arms and legs

14. Pivot to 12:00 and repeat #11

15. Pivot to 6:00 and pull into right crane stance with both arms trailing to 12:00. Plant to the left and step right to 6:00 in a horse stance facing 3:00. Execute double downward blocks. Next shift into neutral bow stance facing 6:00 and execute double reverse punches at 6:00

16. Pull into left crane stance and repeat step #15

17. Pull into left crane stance and repeat step #15

18. Pivot to face 12:00 and repeat #8

19. Pull the left foot back into left crane stance and execute a left downward block. Plant the left to 12:00 and pivot into horse stance facing 12:00. Step right to 12:00 while facing 9:00 while in a horse stance with hands crossed (right on top of left). Execute a right front crossover facing 6:00 as the right reverse punches to 12:00, left is a cover hand near the face. Pivot 180 degrees to face 3:00 as you execute a left palm strike to 12:00 and the right fist cocks. Step right to 12:00 as the right hammerfist comes overhead and left fist cocks.

20. Repeat #8 while facing 6:00. Pull the left foot into a crane with a left downward block

21. Pull the left foot to 6:00 and step right to 6:00 position in a horse stance facing 3:00. Next execute a left downward palm and a right uppercut. As you shift into a left reverse bow stance, execute a right downward block and a left cover near the face. Pivot to face 6:00

22. Left scoop kick followed by a right front kick to 6:00 as the right rises to the left palm. Move the right foot to 6:00 in a horse stance facing 3:00 and execute a right reverse punch and the left hand cocks. Step left foot to 6:00 in a neutral bow and the left chops to 6:00 and the left hand chambers

23. Pull the right foot into a right crane stance. Next shift into a right forward bow stance facing 12:00 and execute a left overhand punch. Next a right rising palm heel strike toward 12:00 and a left rising crane's beak to 6:00.

24. Drop the right hand into a right crane's beak and slide the left hand on top of the right elbow. Next step left to 12:00 and raise the right foot in a crane and execute a left palm heel strike to 12:00. Simultaneously execute a right crane's beak to 6:00

25. Pull the right foot to 6:00 as the left fist cocks or chambers. The right palm circles overhead down and then up to the right and overhead to the left. Then a left reverse punch to 12:00.

26. Pull the left to the right and face 12:00. The hands sweep against the legs with the palms open. The palms circle up and out. This ends in double fist strikes behind the ears and press strongly downward.

Analysis:

This is a form that is considered a form for stretching or getting ready for your normal work out. It is an exercise form.

6.31 Mass Attacks

This kata is short in time but it requires a very intricate series of moves. Like Short 3, the kata is composed of self-defense techniques (10), but contains defenses for seven different types of attacks. This has been taken from the Tracy's system when Ed Parker allowed the Tracys and some other of his black belts to develop a kata for competitions. It was considered an "unauthorized" kata performed in competition that eventually became a requirement for the Tracy System

Salutation, then hands at 45 degrees out from the sides of your body, perform right outside crescent kick, then left outside crescent kick (hakama clear) ending in horse stance. Bring hands together in a triangle, raise them overhead, then bring them down to your sides as you come to attention.

Technique 1: Flowing Hands (Double Shoulder Grabs)

[similar to Falcons of Force]

Right step to 3 o'clock with Right chop, turn to face 9 o'clock, Right eye rake then Left high check with Right front crossover to 3 begin Right inward block to 4 o'clock while left steps back to 10 o'clock- finish inward block with Left high cover. Right cats up to Left, Right first chicken kick to 4 o'clock

Technique 2: Whirling Blades (Right punch/rear shoulder grab)

[similar to The Ram and the Eagle]

As your Left sets down, scimitar block- left to 4 o'clock, Right to 10 o'clock. Left downward smother block, Right front crossover to 4 o'clock with Right knuckle eye rake. Spin counterclockwise to 10 o'clock in horse stance chambering left chop to Right shoulder, finish Left chop to ribs.

Arching Blades: extension to Whirling Blades

Right inward block with Right front kick to second opponent at 10 o'clock set down forward in horse stance hips facing 7 o'clock with Right then Left downward chops to back of neck, Right rising elbow, Right downward tiger claw all to 10 o'clock.

Technique 3: Thrusting Limb / Attacking Crane (opponent at 7 o'clock grabs your kick)

Right front kick to 7 o'clock (kick is grabbed), grab opponent's shoulders and do a Right

front thrusting kick- land forward toward 7 o'clock.

Technique 4: No Name (kick and punch from 2 o'clock)

Pivot head to face 2 o'clock with Right downward block, Right front kick with Left outward block/Right reverse punch.

Technique 5: Crossing Hammers (Left Punch)

[similar to Shield and Sword]

Pivot on Left foot to 12 o'clock with Double hammers to 3 and 9, Bring arms in to cross and do double outward blocks. Turn left to 9 o'clock into a soft bow, Left low dragon palm/Right downward back knuckle to face, shift back to Right with Left high check, shift forward to Left forward bow with Right middle knuckle glancing punch through with Left high cover.

Technique 6: Two Man Swinging Gate (Front lapel Grab at 9 o'clock and Rear Attacker at 3 o'clock)

Left pin and Left steps back to 3 o'clock, with and Right rising block arm break.
Left dancer step toward 9 o'clock with Left hammer to 3 o'clock
Pivot into horse stance to 3 o'clock with Right inward block (retain pin)
Right chop to 6 o'clock, Right front kick Left outward chopping block to 2 o'clock. As the Right leg rechambers, hold the leg in the air briefly then plant forward to 3 o'clock in horse stance with Right upper cut/Left high cover, swing Left to 6 o'clock in horse stance, Right hammer to groin (looks like a downward block to 12 o'clock).

Technique 7: Folding Wings (Double Shoulder Grabs)

[similar to Snakes of Wisdom]

Right to 9 o'clock into Left forward bow, hands form a triangle with your thumbs and index fingers and step Right toward 3 o'clock with double wrap around (arms crossed in front) Right over Left. Go down to a Left down close kneel stance with down double back knuckles to shins grab opponents' pant legs, Right steps back toward 3 o'clock pulling opponents back, slap hands together smashing the two heads together. Left C steps to 6 o'clock (to horse stance facing 9 o'clock with double outward back knuckles (to opponents' heads)).

Technique 8: Knee Sweep (Double wrist grab)

[similar to Courting the Tiger]

Counter grab with right, Right dancer step to 6 o'clock pulling right opponent, Left side fist to 6 o'clock

Chamber Right fist pulling opponent in Right side thrust kick to 12 o'clock, Right front crossover to 6 o'clock with hands en garde

Left knee sweep then Left side thrust kick to 6 o'clock

Pivot clockwise and land in horse stance facing 12 o'clock, fists out/down in double wrist

grab

Technique 9: Kung Fu Wrist (Double wrist grab 3 o'clock and 9 o'clock)

Look right, pull Left foot toward Right, Right cats up to Left. Right front kick to 3 o'clock with Right punch to 3 o'clock.

Left counter grab opponent at 9 o'clock. pivot counter clockwise on Left foot to horse stance facing 6 o'clock with Right downward forearm smash to break arm

Pivot clockwise on Right foot to horse stance facing 12 o'clock, hands chambered at ribs.

Technique 10: Stone Warrior- (Double shoulder grabs)

Thrust hands high and drop into double downward elbows (palms facing you)

Double uppercuts to 3 o'clock and 9 o'clock

Twist to 9 o'clock Left forward bow, Right claw high forward/Left claw low rear

Twist to 3 o'clock Right forward bow, Left claw high forward/Right claw low rear.

Attention, triangle salute, Kung Fu salutation

6.32 Short 1

This is the first form in the adult curriculum and is the basis for all the other forms. The form is completely defensive, moves back/away from the attack. Do reverse Short 1, backwards Short 1, and reverse backwards Short 1. This form teaches four major blocks which are done on both sides *while retreating*, all 4 blocks have first been taught in Blocking Set- Inward, Outward, Rising Downward. There is a single attack featured in this kata - a straight, step through punch from the forward hand. Attacks are from the 4 points of the compass NWES or 12 o'clock, 9 o'clock, 3 o'clock and 6 o'clock - the stances are at 45° to the attack. The kata features one stance- horse stance- which can translate to Toe to Heel fighting stance since the shoulders are square.

The principles taught are:

Back up mass with your hips and shoulders turning as you execute your blocks and Marriage of Gravity as your block occurs at the moment you drop into your stance after transitioning/moving from previous stance. It also shows direct torque as your upper body or shoulders turn into the block and your lower body and hips turn simultaneously as you block

Salutation-Right fist vertical at chin covered with left hand in horizontal spear.

Repeat "Amerikick Short 1"- go to fist cover horse stance.

Attack from 12 o'clock, left foot steps back into 45 ° horse stance/toe to heel fighting stance to 12:00 as right inward blocks. Right foot steps back into fighting stance as left inward blocks.

Attack from 9 o'clock, right foot steps over to 2 o'clock as the left traditional outward block to 9 o'clock, left foot steps back to 4 o'clock as right outward block to 9 o'clock

Attack from 3 o'clock right foot steps over to 7 o'clock as left rising block to 3 o'clock, left foot steps back to 10 o'clock as right rising block to 3 o'clock.

Attack from 6 o'clock left foot steps over to 2 o'clock as right downward block to 6 o'clock, right foot steps back to 11 o'clock as left downward block to 6 o'clock.

Left foot swings around into a horse stance facing 12 o'clock, bow, natural stance.

6.33 Short 2

Short form two is the first form teaching moving forward or advancing as you block. It also shows multiple movements with the same hand.

There are a number of changes seen in this form. The form shows multiple strikes and blocks with the same hand. It shows a cup and sauce transition position multiple times in the form. There are a number of transitional cat stances throughout the form.

You see from the form that in the first part of the form you are blocking and striking with the same hand.

You see a downward middle knuckle strike added with a blocking pattern for the first time on both sides. This downward middle knuckle is seen as a "mistake" in the kata- a middle knuckle is a weapon that moves along a line, however it is delivered in the kata along a path.

You see a palm strike following a block on each side for the first time.

You see a complex cat stance with a block with the opposite hand followed by a second block and a half fist strike. This is a complex striking pattern with a transitional cat stance, two blocks and a striking pattern with a half fist for the first time on each side. This half fist is delivered without any back up mass- independent of any other movement.

We have also seen that in addition to the blocks and stepping pattern in a plus shape we have now seen the angles or the diagonal or corners introduced. We have also seen the cover hand introduced or the back up weapon.

Attacks are from NEWS and 45°

Short form 2 details:

Move from your Attention stance/fist cover with your left foot into a horse stance facing 12:00. This is a "weak side" movement.

Step forward with your right leg into a horse stance to 45°, executing a right inward block and then right outward chopping block, your left hand is near your face in a cover position.

Step forward with your left leg into a horse stance to 45°, executing a left inward block and then left outward chopping block, your right hand is near your face in a cover position.

Slide your left leg back into a left transitional cat stance facing 12 o'clock and move hands into a left over right cup and saucer position on your right hip.

Left leg steps to 9:00 into a left leg forward bow stance and you execute a left hand outward block with a simultaneous right hand punch at 9:00 .

Slide the right leg back into a cat stance facing 12 o'clock and place hands in a right over left cup and saucer on your left hip.

Left leg steps to 3:00 into a left leg forward bow stance and you execute a right hand outward block with a simultaneous left hand punch at 3:00 .

Slide left leg into a cat stance and turn facing 6:00 with your hands in a cup and saucer position on your right hip.

Step forward into left forward close kneel stance and begin counter clockwise right hand vertical middle knuckle raking downward, when right is at the top of its circling motion execute a left rising block simultaneously.

Pivot into a right forward cat stance facing 12:00 Step forward into right forward close kneel stance and begin counter clockwise left hand vertical middle knuckle raking downward, when left is at the top of its circling motion execute a right rising block simultaneously.

Pivot your left leg into a cat stance facing 5:00 with your hands in a cup and saucer position on your right hip. Step left to 5:00 to a forward bow with a left downward block and the right hand is held on your right hip with a left. Next step right forward to 5:00 to a forward bow (along the same diagonal), and execute a right high palm strike to the chin as your left moves into a cover position covering your face.

Pivot your right leg into a cat stance facing 7:00 with your hands in a cup and saucer position on your left hip. Step right to 7:00 to a forward bow with a right downward block and the left hand is held on your left hip. Next step left forward to 7:00 to a forward bow (along the same diagonal), and execute a left high palm strike to the chin as your right moves into a cover position covering your face.

Pivot toward 1:00 and slide the right leg into a cat stance facing 1:00 and execute a left inward block facing 1:00. Next almost simultaneously you execute a right hammer outward block as your left hand does a high half fist to the neck. Pivot toward 11:00 and slide the left foot into a cat stance and execute a right inward block. Almost simultaneously you execute a left outward block and execute a right high half fist to the neck.

Step up with your right foot into a squared off horse stance facing 12:00 with a fist cover.

6.34 Short 3

Formal Salutation

Set 1: Destructive Twins (Front- Two-Hand Choke)

1. Step your right foot forward into a right neutral bow as you execute a 'U' punch towards 12 o'clock. [Your left hand should be striking at your attacker's face and your right hand striking at the groin.]
2. Shift your right foot towards 1:00 as you execute a left outward block and chamber your right hand.
3. Execute a left hand spear towards your attacker's eyes.
4. Execute a right reverse punch as you shift into a horse stance facing 10:30.
5. Pull your right foot to your left in a cat stance facing 12 o'clock as you execute two thumb pokes to their eyes as in the beginning of Thrusting Wedge. (Essentially, you are chambering your hands in preparation of Crashing Wings.

Set 2: Crashing Wings (Rear Bear Hug; Arms Free)

1. Step your right foot to 3 o'clock into a horse stance as you send two outward overhead elbows down into your attacker's elbows. (These strikes will be close to your body.)
2. Pull your left foot to your right into a transitional cat stance facing 12 o'clock. Step your left foot towards 7:30 behind your attacker using your left knee to buckle their right.
3. Shift into a left forward bow as you execute a left outward elbow and follow with a right hammerfist that comes over and down onto their groin.

Set 3: Twirling Wings (Right Flank)

1. Place your hands at your left hip, left fist palm up and right fist on top in vertical fashion. Cover with your right foot by moving it to 4 o'clock.
2. Turns towards 3 o'clock into a right forward bow as you execute a right outward block and a left inward elbow. (The left fist should touch the right elbow.)
3. Step your left foot to 3 o'clock into a left forward bow as you execute a right hand rake across your attacker's eyes (moving from right to left) and execute a left back knuckle strike to your attacker's ribs (also moving from right to left). Stop this motion at your left hip; left palm up, right on top. Essentially this is to cock for the next move.

Set 4: Circling Wing (Two-Hand Rear Shoulder Grab)

1. Turn towards 9:00 in a right forward bow as you execute a right outward overhead elbow and a left closed two-finger spear to their eyes.
2. Execute a right upward elbow strike as you shift into a right neutral bow.
3. Pivot into a right reverse bow as you execute a right back hammerfist to their groin.

Set 5: Crossing Talon [Fulcrum version] (Cross Right Wrist Grab)

1. With an attacker grabbing your right wrist; use your left hand to pin theirs.
2. Step towards 1:30 with your left foot into a front twist stance. Unwind as you use the pressure of your left elbow against their right elbow joint to push them over.
3. Execute a left outward elbow to their temple as your right hand pulls them into the strike.
4. Reach down and claw their face; as you pull up, loop your arm clockwise so you execute a left inward overhead elbow down onto their back.

Set 6: Scraping Hoof (Full Nelson)

1. Pull your feet to about half-a-shoulder width apart as you push down with your arms and send your head back to break their attempted full nelson.
2. Execute a right rear kick into their left knee.
3. Execute a right knife-edge kick to their right knee.
4. Scrape down their shin and stomp on their right foot.

Set 7: Fatal Cross (Two-Hand Push)

1. Pull your right foot to a cat stance as you execute two downward crane parries to the inside of your attacker's wrists.
2. Reverse that motion. AS you step your right foot to 10:30 into a right neutral bow and execute two middle knuckle strikes, palm up, to your attacker's solar plexus. (You will also lead in with your head for a possible front head butt.
2. Loop your hands in and then strike out with two scissoring backfists to your attacker's face.
3. Pull back and rebound as you execute two scissoring one-finger pokes to your attacker's eyes.

Set 8: Grip of Death (Side Headlock)

1. Step forward with your left foot towards 10:30 and simultaneously execute a right hammerfist to your attacker's kidneys and a left hammerfist to your attacker's groin.
2. Reach over and grab your attacker's face (nose, mouth, or hair) with your right hand.
3. Pull back on your attacker's face and execute a left palm strike to their face as you pivot into a right forward bow facing 4:30.

Set 9: Locked Wing (Hammer Lock)

1. Move your right arm around behind your back as if you have been put in a hammerlock.
2. Step to 4:30 with your left foot into a rear crossover as you execute a left outward elbow strike to your attacker's head.
3. Unwind so you are facing your attacker at 7:30 as you claw your attacker's face and loop your left arm under their right arm with a punch.
4. Step back with your right foot towards 4:30 into a left neutral bow facing 10:30 as you break your attacker's elbow.

5. Execute a right knee strike to your attacker's midsection as you execute a right inward overhead chop down on to their neck.
6. Land in a right neutral bow facing 10:30 as you push your attacker away.
7. As you step forward with your left foot to 10:30 into a left neutral bow, your arms go back as if an attacker has grabbed them.

Set 10: Crossed Twigs (Rear Wrist Grab)

1. Pull your hands forward as your left foot settles and regrab your attacker's wrists.
2. Pivot into a right forward bow facing 4:30 as you execute a right outward elbow strike to your attacker's temple.
3. Pull on your attacker's right arm with your right to double them over. Continue the counterclockwise circle.
4. Shift back into a right neutral bow facing 4:30 as you execute a right inward overhead elbow strike on your attacker's spine.
5. Shift and execute a left knee strike to their midsection with double palm strikes to your attacker's kidneys; land back in a horse stance.

Set 11: Wings of Silk (Attempted Bear Hug)

1. An attacker grabs your arms behind you.
2. Bring your right foot up into your attacker's groin as you push down with your left hand.
3. Turn and step counterclockwise (to 10:30) with your right foot in a short step.
4. Complete the twirl by circling counterclockwise still with your left foot. As you land in a horse stance facing 1:30, execute a right vertical punch to your attacker's elbow.

Set 12: Conquering Shield (Left Stiff-Arm Lapel Grab)

1. An attacker from 1:30 grabs your lapel with their left arm.
2. Simultaneously pin your attacker's left arm with your left hand as you execute a right vertical forearm strike to your attacker's left elbow to break and execute a right front snap kick to the inside of your attacker's right leg.
3. As you land, plant your right foot to 1:30 into a right neutral bow as you have your right arm glance up from its forearm strike and then strike down with a right outward overhead elbow to your attacker's left forearm.
4. Execute a right upward elbow strike to your attacker's chin.
5. Follow-up with a right overhead claw to your attacker's face.

Set 13: Striking Serpent's Head (Front Tackle)

1. An attacker grabs you from 1:30.
2. Step back with your right foot to 7:30 as you execute a left inverted back knuckle strike to their head and pull back on their hair, exposing their throat.
3. Execute a right half-fist to your attacker's throat.
4. Step your right foot to your left, facing 12 o'clock in an attention stance.

Closing:

1. Formal Salutation

6.35 Starblock

Up, In, Out, Touch, Down, Back, Double Palms, t KIAA!

Up = rising block, In = inward block, Out = outward block, Touch = cross arms on your chest, Down = downward block.

6.36 Tiger and Crane

The manner of performing any Chinese fighting art is usually, though not always, associated with the fighting actions of animals. All ancient Chinese regarded what is beyond man's ability with tremendous awe. They developed great systems of thought based on the powers of nature. Included in their philosophies was a high regard for animals, which, though non-rational creatures, were nevertheless believed to be guided by the invincible forces of nature. The earliest Chinese Fighting men paid particular attention to the ways in which animals fight, and devised methods of combat based entirely on such observations. The tiger, the leopard, the monkey, the white crane, the snake, the bear, the bull, the eagle, the ram, and even the mythological dragon are beasts whose actions became the technical bases for various fighting systems. Similarly, an insect, the praying mantis, is the inspiration for other systems.

One of the most vigorous and powerful forms of Chinese combat is found in the Shaolin derived system that was developed in China. Known as the Tiger style, this system of fighting is centuries old. The Tiger style fighting art combines the internal and external principles. The soft principles are characterized in the system by light, evasive actions, and stand in sharp contrast to the hard principles, which are heavier more direct applications of force. When applying the soft principles, the exponent of the Tiger style seeks to avoid his enemies focus of power, choosing rather to blend with it, misdirect, and greatly reduce its intended effect. When applying the hard principles, the same exponent engages in harsh actions that intercept the power of the enemy, withstand, and return an even more powerful force to subdue the assailant.

All Chinese hand to hand systems regardless of their purpose make use of certain hand signs or gestures. Each style has its own special hand sign, each is recognized as being a sign and countersign of the style. The hand sign symbolizes many different concepts, some of which include complex religious or political set significance. The hand sign of the Tiger style is made by bringing the open left-hand, palm downward, over the clenched right fist, holding the arms bent and parallel to the ground in front of the body at chest level. The use of this hand sign at specific times illustrates various meanings inherent in the spirit of the tiger style. The following meanings may be revealed:

1- a sign of respect from the exponent making it to the founder and past masters of the art, to all those who have practiced the art, to all those who currently practiced the art, to those who watch his performance, and to Chinese Wushu in general.

2- A philosophical symbol: the open hand represents Yin the passive, negative, female principle of the universe: the clenched fist represents Yang, the active positive male principle. These principles are complementary and balance each other as is physically depicted by the hands sign.

3- An academic interpretation: the open hand stance for academic learning, the clenched fist for martial prowess. The composite hand sign thus declares that arts, painting, music and letters and the fighting martial arts are mutually supporting aspects of human endeavor and are not to be separated. In order that the balances so created may bring stability to society.

Grand Master Tosten learned the Tiger Set form in 1968 from Michael Chung, a Master in the Tiger System. He continued under the direction of Sensei Ray Klingenberg. Later in 1975 he had the pleasure of training with Sifu Yu Young who immigrated to the United States after escaping from communist China. Later he trained with Dr. Sun- Master of the Sil Lum Kung Fu style.

Tiger and Crane the kata

White Crane Kung Fu kata showing the merge of hard and soft.

Salutation From attention, left foot out to 9 straight / right leg bent. Right overhead/left chop to 9. Right foot cats to 9 w/fist cover. Right leg shoots back straight/left bent, right fist sweeps down to side/left chop sweeps down to side at the same time. Pivot clockwise to 3, right cat stance w/fist cover, then return to 12, feet together legs bent and fists at ribs. Perform Kung-Fu salute (don't bring left back to meet the right).

Fists at ribs, right open hand over left, right ridge hand inward sweep, tiger claw to 9 over left then right push to 9, claw sweeps forward to 12, three downward tiger claws then sweep claw down and back/bounce back with spear to eyes, wrist only three eye rakes. Right fist to ribs and left cover- repeat previous moves on left side.

When completed left BK/right punch while thrusting heels out. Right BK/left punch while thrusting out toes. Settle into horse stance with double uppercuts to above eyebrows. Hands down- back of hands hit inside thighs and come up to double tiger claws from behind ears. Double tiger claws to 12 three times, sweep back up to three times eye rakes from wrist. Double claws to right looking, double claws to left looking, then claws out to sides. Cross hands high, circle down to double spears to midsection. Double claws in forward bow right, double claws in forward bow left. In horse stance to 12, double claws in front of face in opposing circles. Bring hands to ribs, knees bent, feet together.

Toward 1, left sweep/right front kick- land in right forward bow. Left downward palm, bring left tiger claw to right shoulder, clear to 1, three downward claws, sweep up to three wrist eye rakes. Reverse the bow stance w/right outward chop to 1, reverse your bow, left reverse punch to 1. Sweep downward right palm. Right rising block, circle it down to palm up claw groin, reverse position of hand, grip and rip- bring fists to ribs. Perform same to 11.

Left front cross over w/umbrella blocks, right stomps down. Right front kick, left first chicken kick. Set down in right forward bow, wedge block, head butt, grip and draw back to attention with right BK hitting left palm in front of forehead. Set down in horse stance to 12 w/left outward chop-right palm up chop to 9. Right reverse punch to 9. Right step around w/ right palm up chop. Grip, left rear dancer, left hand goes forward, right hand comes back in throwing motion. Right punch, left steps around to 3 w/left palm up

chop, left steps back to 9, hands circle in throwing motion- left fist forward. Right punch, left punch, right punch w/left low cover.

Right bow to 9, right downward palm, bring claw to left shoulder, clear to 11. Reverse the bow to 3, left downward palm, bring tiger claw to right shoulder, clear to 1.

To finish Tiger set- bring up right to horse stance w/ right upward elbow, downward right elbow w/right tiger claw. Come to attention and perform kung-fu salute.

To continue into Crane- From horse stance, left "C" steps to forward into front stance w/right reverse punch.

Right rising hammer w/left downward hammer as stance twists into reverse bow, right circles down into uppercut as right does rising block as stance returns to front stance. Right comes forward into cat stance as right hand does downward crane beak. Left does downward crane beak. Right does downward crane beak as left comes forward into left cat stance. Left downward beak, right downward beak as right leg lifts behind left into figure 4, left crane, right crane and hold for a second, drop right into horse that goes into left forward bow with "U" punch to 9. Stance twists to right forward bow- right rises and circles into uppercut w/left rising block.

Left draws up to attention w/fists crossed in front of face (right in front). Left shoots back into right forward bow w/right forefist and left rearward hammer. Draw up to attention, fists crossed (left forward). Right shoots to 3 in left forward bow, w/left forefist to 9 and right rearward hammer to 3. Right downward palm, claw to left shoulder, clear, reverse the bow w/left downward palm, bring claw to right shoulder, clear.

"C" step to left forward stance to 12 w/right reverse punch. Punch turns out to block, hands go to ribs, right does side snap kick land forward, left sweep to 12 hopping into right front kick- perform this move three times, land in right forward bow w/right inward elbow turning down to right groin hammer to 12. Right reverses back up to BK to face followed through with left spear to eyes. Stance becomes horse to 9 w/fists at ribs.

Together right rising block/left low open hand cover, return fists to ribs. Pivot 180° counter-clockwise on left, right rising block/left low open hand cover, return fists to ribs. Pivot 180° counter-clockwise on right, right rising block/left low open hand cover, return fists to ribs. Pivot 360° counter-clockwise on left into kneeling stance that faces 9, while you look over right shoulder to 3 performing rearward downward hammerfist with left cover. Pivot to 12 clockwise on left coming to attention, hands at ribs, knees bent. Immediately left steps out to horse stance with "U" punch to 9. Right downward palm, claw to left shoulder, clear, reverse the bow w/left downward palm, bring claw to right shoulder, clear. "C" step to left forward stance to 12 w/right reverse punch. In the air- left punch/right front kick-right punch/left front kick. Land in left rear bow with right downward block

Option 1- Draw up right to attention facing 3 w/right over left cup and saucer. Look over left shoulder, perform double spinning crescent kicks to 12. Land in right front crossover twist stance facing 3 with double BK's to 12. Pause, look to 6, drop on right side with left upward side thrust kick from ground. Look to 12, spin and rise to left front stance facing 12 with left downward block.

Option 2- Left slides back to 6 as right circles behind to high overhead claw/left leg draws up off ground bent with left low claw just above knee. Set down left, right slides back to left forward stance with left downward block.

Right stepping through sweep, right punch, left stepping through sweep with left

punch. Left high claw to 1/right low rearward claw to 7. Right high claw to 1/left low rearward claw to 7. Right draws up to cat stance, left circles to claw to 1 supported by right. Right steps around to 12 into horse stance w/right horizontal elbow to 12. Right front crossover to 6 with double BK's to 12, left comes around to attention to 12 with fists at ribs. Right front kick/left punch, set back in right rear bow with left over right cup and saucer. Right sweep toward 12 follow through to front crossover with double BK's to 12. Adjust left as dancer step unwind into left forward stance with left BK then right punch to 12. Left draws back into cat w/right high/left low claws. Go into fist cover, finish with kung-fu salute.

6.37 Tiny Tiger

Double Star Block

Step back with the right foot into a sparring stance and left outward chop block.

Right reverse punch pivoting into a forward bow stance.

Right front kick advancing. Left roundhouse kick advancing.

Left downward chop pivoting into a reverse bow stance.

Right reverse punch. Right foot step up into horse stance.

Bow.

Amerikick Team Salute

7 Advanced Techniques

7.1 2Headed Serpent- front 2 hand choke

R to 1 o'clock in a forward bow- U punch, L hand sweeps down to clear with a R scoop kick to groin, as R sets down R palm up spear to the throat.

7.2 7 Swords- right punch

Right step in with R inward Block. R chop to throat, L palm to chin. R inverted spear to solar plexus, L 2 finger eye rake with crane neck across gut. L pushes left shoulder down/R downward chop to back of neck, advancing reverse bow with upward ridge hand to throat (or drive chop to head).

7.3 9 Swords- right punch

Add- R rear scoop kick to groin, R side thrust kick to right knee.

7.4 11 Swords- right punch

Add- L first chicken kick

7.5 13 Swords- right punch

Add- L front crossover to rear of opponent, then unwind with downward R wheel kick to back of leg, R side thrust kick to back of right leg. R rear scoop kick to groin, L side thrust kick to head or back.

7.6 Bowing to Buddha- right roundhouse knee while you are kneeling on L knee

L low universal block, L blocking arm sweeps attacking leg to your rear with R upward elbow to the groin, L rip-out claw to groin with R downward BK to the claw. Hop-switch from L knee to R knee with L elbow to his left inner thigh with R grab of left leg. Pull the leg in with L elbow to bladder driving him to the ground. Rise to your feet, L hand to heel/R hand to toes (thumbs up). L foot to 7 o'clock in forward bow turning his foot (and his body) over. R steps next to L your back to opponent, R shoots to groin breaking leg across your thigh. Switch stance, L rear kick to groin, cover out.

7.7 Broken Gift – Handshake- There is a application for this with a knife at the belly

Check with left, pull hand down and right “across the table” step in left with your rising left elbow to break his elbow, your left hammer to the groin, switch your hands gripping from right to left-step in right pulling down on arm into right inward and outward and rising elbows, then turned elbow up and bring your right elbow down on his elbow to break, reach down for wrist lock (your thumb on back of his hand as in Japanese hand) step back into left forward cat – hands going clockwise, left front kick, sidekick to front leg, set down, left rising kick.

7.8 Calming the storm-side club, with empty hand application

Right foot forward, left blocks club with right punch, right pushes/checks shoulder, left punches over right (angle of deflection angle of incidence), right back knuckle through, left turns elbow down right breaks elbow, right back knuckle to kidney looping overhead right hammer and right knee.

7.9 Chinese Junk- High bearhug from behind, right punch from front

Simultaneous L inward block to punch, R downward hammer to groin and R front kick. L checks punching arm, R claws front face while R rear kick man behind- double cover out.

7.10 Circling Fans- right punch

L step off 45° with parry chopping block. R checks arm with R front kick and L spear to eyes. Set R down with knee check and R elbow to jaw and L arm check. R scoop lick to groin with R 2 finger eye rake and L chop to sternum. Cover out to 5.

7.11 Circles of Glass with extension- left/right punch

L foot back around to 7 with sweeping R inward block. L back to around 5 with another sweeping R inward block. Step up L with R downward forearm chop. R brings head up in

figure 8 snaking hand around making the face circle left completing with R elbow to head, R hammer to groin- R rear kick.

7.12 Circles of Protection- right punch

Step off left w/umbrella block (R drives punch while L chops throat). L wraps up arm while R clockwise circles down to claw groin. Rip groin back with L BK. L step back/R hammer to chest then while L controls arm, R smashes upward on elbow. L front crossover sweep to right knee, R forearm smash to head, R side kick to left knee, L rear kick to spine.

7.13 Circling the Horizon- Shaolin Warrior- Right Punch

Move head and step to 10 o'clock then C step in with forefist to head- check punch down/across. Settle down with leg check/Right inward elbow to ribs. Circle up eye rake, circle down BK to back of right knee. Rising ridge hand to groin or head.

7.14 Circling Serpent – step through right punch

A- Parry, trap, right kick, land right foot turn foot, left roundhouse- chicken kick move.
B – Parry, trap, right kick, land with left palm to jaw, left leg sweeps leg forward with left arm sweeping back throwing attacker to ground, gauging left foot, right rear to attacker on ground.

7.15 Circling the Storm- overhead club

Step off L with double X block that directs club down into his knee, follow through while disarming and return club strike to back of his knee. L front crossover with a rising club strike to back of head. Unwind clockwise with a downward club strike to head.

7.16 Clutching Feathers- Hair grab with his left hand

L pins hand, L foot steps back causing wrist lock. R middle knuckle punch to tricep, R outward block clearing the grab with L palm to the face. R hammer rake to face to hammer groin, R scoop kick to groin.

7.17 Conquering Shield- 2 hand lapel grab-

Left pins hands, right middle knuckle to solar plexus right steps forward (knee check), right inward hammer to jaw and breaks elbow, right returns w/chop to neck, left forefist to solar plexus, right hand drops down, right then rising back knuckle up to chin and then turn his head to your right, step back right with downward sweeping hammer to head, right scoop kick to groin.

7.18 Corkscrew- 90° right punch to right side

Right turning twist stance with 2 hand clockwise sweep driving the punch downward. Unwind with R forearm strike to chest/neck, control right arm with takedown, R stomp.

7.19 Crashing Wings- right punch

R back with double outward chopping blocks. R chop neck- L chop chambers, L chop neck, R upward middle knuckle strike to solar plexus with L downward check. R eye rake in to a

L forward cat stance. R first chicken kick. When landing R, downward R hammer rake to head. L rear crossover with R BK to head. Unwind with L BK to head. R knee then R uppercut.

7.20 Crossing Talon – right wrist cross grab

A – circle his wrist with your hand clockwise, driving your fingers to his eyes, squaring off the circle. You will be diagonally crossing from zone of sanctuary for two zones of sanctuary, so you must first cross with your weapon – left inward block to his elbow, then left C step in front of attackers right leg, set down breaking arm and right leg. Left outward elbow to temple, left forearm slam with claw tearing up and back, left elbow rakes down spine, rise up and bring left elbow down breaking spine. Right knee to face and pushed down on shoulders.

Extension- Lock arm down with belly, grab hand (thumbs on back of hand) drive his fingers to his eyes (like Japanese hand) taking him down. R downward wheel kick, circle his arm clockwise with L palm breaking at elbow, stretch out the arm with a L side thrust to head.

B – With attacker also behind – performed technique, but after left steps in front, right performs rear crossover putting attacker between you and rear attacker. Finish technique by pushing first attacker into second.

C – Either the good guy or bad guy is sideways

First move is your left hand covering/securing attackers hand, aiding on secure wrist lock – complete the technique.

7.21 Dance of Darkness with Extension- right punch and kick

R back with L downward block, R forward with R brush block, L forward with R forward elbow to ribs. Twist clockwise with R BK to kidney and L punch to back of neck. L grabs right shoulder and R BK to head, R eye poke. R slides down arm with L eye poke and L sweeps. R shoots back taking man down. R front scoop, switch to L side thrust to head.

7.22 Darkness- right punch

Head slips left with R outside brush block. R front crossover stepping behind with R 2 finger eye rake with L palm to kidney. Unwind to R forward bow stance. R side thrust kick to back of left knee. Slap ear with left palm bringing him into a R elbow to head.

7.23 Defensive Cross- front kick

Simultaneously drive your butt back out of the kick's range with a R over L downward X block. Your L immediately goes back while your L snakes down around ankle and both hands sweep the kicking leg back to your left (your snaking hand cranes to your left rear pocket), continue the circle of your hands bringing down a R chop to the neck and L palm/claw to the head/face. R knees head or sternum and continues to kick groin. R sets down, L checking shoulder/head while R brings rising BK. R sets back into L forward cat stance. L front snap kick, R outward crescent kick, R shuffle downward wheel kick.

7.24 Defying the storm – side club – with empty hand application

Right steps in, double chops, right chop to neck, right hooks arm and right knee to head, cup head with right, spin right rising kick, left back kick, spin right inward crescent kick.

7.25 Destructive Twins-2 hand front choke

Right steps forward bow stance/left over right U punch, right steps over rearward bow-left down/right up clearing the choke, shift weight to left forward bow with left checking arms then spears eyes, right comes up to close kneel/torqueing right punch to ribs, your right steps over toward attacker, left grasping arm your right comes up breaking arm at elbow, draw up your left/ right scoop kick to groin, your right wraps behind his head/left bends his arm/right leg shoots back as you throw him down, advance with your right dropping your left knee on him, left front crossover, spin counterclockwise with right front kick to groin, drop knee on him with right punch to head, right heel scrape up chest to head, right stomp head, right steps off/left rear kick to clavicle, left rear cross to counterclockwise spin/right scrape across face-continue spin so that he is behind you, left rear kick to top of head-double cover out.

7.26 Fallen Cross- 2hand choke from behind-

step right with grasp wrists break thumbs, step around right + shuffle back to straighten arms, right front kick to groin- knee breaks elbows, bring right elbow around back forcing opponent down face down, bring arm to head lifting off back to break, right knee to head, hopping left round kick to head.

7.27 Fatal cross – 2 hand push

Right leg forward with double crane hooks down to your rear pockets. Double uppercut middle knuckles to midsection. Double (right over left) back knuckles to neck or temple, double (right over left) 2 finger eye pokes. Left-hand drops down to grasp left shoulder or shirt while right cups chin/jaw. Left pulls/right pushes turning attacker. Straight grab shoulders facing his back, pull down bending him backwards while right leg sets back. Drive step through right knee to spine, then left knee to spine, downward left sidekick to back of right knee. Cover out.

7.28 Heavenly Ascent- 2 hand choke from front-

Grasp your hands, Step forward into horse with right-drive up through opponent's arms (right elbow up, back knuckle down), Left claw/eye rake then right claw/eye rake, right forearm strike under chin, dropping into right downward chop to neck/clavicle.

7.29 Lone Kimono- left grabs right lapel

L eye rake continues to pin hand, step back L. Rising arm (thumb up) to break elbow, BK to midsection, palm to face, Hammer to face, side thrust to right knee.

7.30 Obscured Claws- Rt Shoulder Grab- Close –

Step rt back wrap around step forward. Unwrap with right punch to mastoid/left palm to midsection, right inverted middle knuckle punch to sternum. Twist stance sweeping back double claws to face, unwind twist stance with right slicing kick to knee and right punch to jaw hooking and turning the head and throwing him to the ground follow spin through to left forward cat stance, right power round kick to back of knee.

7.31 Raining Claws- Right Upper-cut-

Step right with right hammer block to punch and left claw to face. Draw right back to chest to deliver rolling back knuckle to face with left check of the punch. Left claw to face/right check of punch, left checks punching arm/right delivers inverted half fist to throat. (as in 5 swords) left eye rake while your right clears his left arm. Your right arm snakes under his left- if his arm stays straight perform shoulder lock and break elbow, if his arm bends bring it around to his back- grab his arm lock with both hands, step left in front of him then step back right, lift his hand off his back bringing it toward his head breaking the arm- push him to his knees- your right knee/left knee to his head- step off a bit and left round house or stomp kick to his head.

7.32 Raking Mace- 2 Hand Lapel Grab-

Left hand pins hands, right steps into horse w/top knuckle strike to solar plexus, right hammerfist to face (up the circle) clears arms, right elbow to head, left/right eye rake, dropping into right forward cat stance, right front kick to groin, drop into chop to sternum, left power roundhouse kick to his leg.

7.33 Securing the Storm-side club, with empty hand application

Left foot forward, left blocks/right punches, left snakes around attacking arm, right steps back and you “sit down”, right palm to head, right hand cups head with a right knee.

7.34 Shield- right punch

Right cuts the circle up to block, Right hammers across face to 11:30 (check the right from further punching) while settling into a horse stance facing 9 o'clock with Right outward elbow.

7.35 Shield and Mace- right punch

Move head, step to 10 into forward bow, rotate clockwise with a Right outward block/Right punch to midsection. Left checks punch down with Right BK to kidney. Right circles up to eye rake, circles down to BK the back of the right knee. Right side kick to left knee/Left checks shoulder while Right circles up to claw/palm face. Left knees back, sets down Right steps back with neck break, Right front kick to back or roundhouse to head. Double cover out.

7.36 Shielding Hammer- left hook

Right cuts the circle up to block, Right hammers across face to 11:30, Right BK to midsection with Left eye rake. Right circles down to hammer groin. Double cover out.

Extension for a left/right- Right cuts the circle up to block, Right hammers across face to 11:30 extends to block the right, continues down to hammer groin, obscure elbow up, rear scoop kick to groin, double cover out.

7.37 Sleeper Part B

Left parry, right ridge hand, C step right, with the left grab your right arm wedging, bring down to your level.

7.38 Snapping Twig-

Right front shoulder grab- back left/pinning hand with your left/right elbow break. Right crane hooks and pulls down arm as left palm to face. Right hammer to temple, right elbow to jaw, left crossover with right hammer to groin then right obscure elbow to jaw. Left sidekick to his left knee/dragon palm to face, then right slicing kick to his right knee/with right 2 finger eye rake- double cover out.

7.39 Taming the Mace – space your back against the wall step through punch

L foot to 11 o'clock, L Parry punch, R inward block to bicep compounding move, R back knuckle to Temple, L dancer with R elbow to face reversing him, slamming his back/head into wall, R knee.

Knife at left of throat application- L grabs hand, R attacks bicep, disarm and slice

Knife at right of throat application- L parries knife away, R attacks bicep, disarm and slice, or Figure 4, or reverse knife and stab.

7.40 Triggered Push- straight push to L shoulder (holds pushing hand) w/extension

Twist stance left with R palm to face/L pins hand. R step in, double action hammer down on elbow, Inward then outward R elbow, R uppercut, your hands grab pushing hand as in Japanese hand, bring hand around clockwise squaring off the circle- you can knee or kick, or take the man down to floor.

7.41 Triggered Salute- straight push to L shoulder (this technique lets go of pushing hand)

Twist stance left with R palm to face/R pins hand. R step in, double action hammer down on elbow, Inward then outward R elbow, L palm to face, R uppercut, L rear step, R thrusts back to attack left leg, R knee to right inner thigh, double cover out.

7.42 Twirling Wings – 2 hand rear choke

Right cup and saucer. Left rear crossover attacking right leg. Left arm blocks (halfway between outward block and rising block), right inward elbow to left side ribs. Left drives to 7 o'clock attacking left leg, with left inward elbow to left side ribs, with right check. Left knee attacks left inner thigh, sets down. Right leg rear rising scoop kick with right upward sweeping back knuckle.

7.43 Windmill Guard Original

L outside parry, R spear to the eyes, right kick, right hand waits the attacking arm, left knee high – stomps down with arm break.

8 Ground Fighting

Basic falls

- 1 - Forward roll
- 2 - Back fall
- 3 - Side fall

Protective Positions

- 1 - Back position
- 2 - Side position

Defenses from Back Position

- 1 - Double Mule kick
- 2 - Front thrust
- 3 - Front thrust into throw
- 4 - Crescent kicks a inside b outside
- 5 - Kick blocks
- 6 - Body shifting
- 7 - Use of the hands and elbows
- 8 - Joint locks
- 9 - Chokes
- 10 - Pressure points and nerve centers

Defenses Front Side Position

- 1 - Top leg side thrust
- 2 - Top leg hook kick
- 3 - Top leg wheel kick
- 4 - Pump parallel sidekick
- 5 - Crescent kicks A) inside B) outside
- 6 - Bottom leg pump parallel sidekick
- 7 - Wheel kick
- 8 - Hook kick
- 9 - Use of hands and elbows A) blocks B) strikes C) to assist in body shifting
- 10 - Scissor kick and or take down
- 11 - Spinning kicks from ground- A) Hook- also Dragon Tail Sweep, B) Side Thrust, C) Parallel Side Kick
- 12 - Change Side Kicks- A) side thrust, B) parallel side kick, C) Hook, D) Crescent Kick, E) Scissor kick and/or takedown
- 13 - Foot Sparring
- 14 - Ground Rolling

9 Monk Staff System Basics

The Monk Staff system is completely defensive system with no kill strikes.

Rules- Never kill your opponent, Help heal your opponent, Offer friendship with humility

The staff is 5-6 feet long, made of tightly knotted bamboo, root or ironwood. It can endure the weight of 3 men. It is used as a walking stick, digging stick, lifting stick, carrying stick, climbing stick and other survival functions.

Thrusts- Hits with the end of the staff (aim for “pockets”) 6 thrust points

Strikes- Hits with the flat or length of the staff, 6 strike points

Blocks- 6 blocking patterns

Grips- overhand, underhand, combo- front, mid, rear

Traps- 6 trapping techniques

Trips- 6 tripping or lifting methods

Salute-

Thrust 1- Right forward bow, right hand on top thrusts forward, left hand steadies staff under arm

Thrust 2- Right rear bow, right hand high sweeps high rearward, thrust bottom end low at opponent

Thrust 3- Left forward bow, left thrusts forward, right steadies staff under right arm

Thrust 4- Right forward bow, right thrusts up under right arm

Thrust 5- Right forward bow, right grips top of staff thumbs down, right flips staff up and thrust bottom end at opponent

Thrust 6- Right steps around to 5, bottom rearward to opponent

Strike 1- Right forward bow, sweep bottom end to knee or mid-section, both hands brace at hip

Strike 2- Left forward bow, right hand sweeps back and high, then overhead for a #12 strike

Strike 3- Lean on staff left. Step right forward bow, sweep top of staff from 9 to 12

Block 1- Rotate body counter-clockwise while leaning staff left to block

Block 2- Step right forward to zone of sanctuary, raise staff high left, inside of elbow against head, left hand grasps bottom of staff

10 Combat Knife Fighting

Basic safety principles- safety draws, safety holds, safety stances, safety zones, safety cuts/thrusts/stabs/slashes, safety throws

Thrusting- initiated with the tip of the knife usually targeting soft targets

Stabbing- also initiated with the tip of the knife usually directed towards hard targets

Slashing- initiated with the sharp lip of the knife targeting skin, muscles, ligaments nerves etc

Cutting- initiated with the belly of the knife targeting both hard and soft targets
Butting- initiated with the handle of the knife targeting skull, neck, face, spine etc
Throwing- overhand, underhand and sidehand. Done only within 3-6 steps away from intended target

The Blade must be held firmly at the handle, must be in front of limbs and body, and the blade must always point at the intended target.

The empty hand is the “alive hand” and keeps you alive by covering up the vital organs. It can block, parry, trap, grab, hold, punch, strike, push

Holds- Front blade hold, back blade hold, Mid/side blade hold

After every thrust or stab it must be followed by 1) rotation after it leaves the target, 2) flight- a slashing draw of the knife 3) run or moving the knife back and forth. The purpose of these is to 1) to enlarge the wound, 2) secure & retrieve the knife 3) set up the next move

General defense against a knife- Pick up things you can throw, grab any object you can use to shield with and hold anything you can strike with.

Never give your opponent an advantage- equalize your chances.

11 Joe Lewis Fighting Seminar

Rock back on the jab

Ride the BK back in to hit the ribs

Jab, withdraw hand halfway, as rear foot backs off angle, jab

Shuffle in jab high- retreat, shuffle in jab low (don't punch down, bend knees and punch from the shoulder)- retreat, shuffle jab high- side kick to the ribs

Gain distance w/right leg back- from a fairly closed stance both feet go out and back in a couple of times, then split out the rear leg not the front leg then bring the rear leg back up

4 methods of containment:

- 1- head rhythm- upper body moves, feet do not
- 2- foot rhythm- body movement using foot movement
- 3- Fake
- 4- Jab

3 C's- Commit, Contain, Convince

Setups:

Set yourself up physically and mentally- raise your energy level, Use sparring partner for timing and distance, practice external focus

Set up opponent verbally- confuse him, psyche him out

Set up your opponent through body language- mislead him, frighten him

Positioning:

Position for mobility- keep in mind Constant Forward Pressure, be capable of moving offensively or defensively

Position for distance- Keep in mind your opponent's critical distance line when positioning, be able to bridge the gap effectively from your position

Position for best defensive capability- Keep in mind your defensive choices, keep all vital areas covered constantly

Position for best offensive capability- Keep in mind your line of attack, be in relaxed state that you can explode out of

Position with the right psychological attitude- be assertive, be active or passive according to how you want to set him up

Independent movement- Strike move independent of body, and body follows, No telltale leading centers, keep in mind relaxation versus tension, keep in mind initial speed and direct angle of attack, independent movement should be used with a 5 primary techniques

Initial speed- Relax then explode, more important that timing speed or natural speed (MPH)

Critical Distance Line- Your opponent's effective killing range is the critical distance line, your ability in bridging the gap will determine where you position yourself in relation to your opponent's critical distance line

Line of Attack- Inside, Outside, Middle

Bridging the Gap- Initial speed and proper footwork are the two most important principles involved in bridging the gap, Keep in mind critical distance line, keep in mind extensions, hyper-extension and double hyper-extension, keep In mind half commitment, full commitment and extension commitment

5 Primary Techniques, Side fist or back fist (leading side), inverted close punch (leading side), reverse punch (rear side), side kick or wheel kick (leading side), spinning rear kick (rear leg)- most of the techniques come off the leading side

Economy of Motion- keep in mind straight line versus curved line, Keep in mind leading side versus rear side, concentrates on the direct angle of attack because economizes on movement and lessens the time commitment

Relaxation versus Tension- Initial speed increases, time commitment is less with fast initial speed, conserves energy, more deceptive with less leading centers

Theory of Broken Rhythm:

Change the target (low, low high)

Change body rhythm (active active passive)

Change body motion (forward backward forward)

Change speed (fast to slow to fast)

Change movement (stop, go)

Change angle of attack
Change techniques
Change positioning and set him up
Change patterns of any sort
Change attitude (aggressive, passive)
Change defensive choice
Change your footwork
Change your commitment
Change your line of attack (inside inside outside)
Be unpredictable

12 Min Zin Yoga Staff Stretching

Basic elements of the human body- 9 major joints, fluids, nerves, skin, bones, muscles, organs, energy zones.

Martial arts seek to disrupt these systems, Min Zin seeks to protect them.

- 1) Stand up straight with your feet together and hands out in front of you stomach high grasping the staff vertically. Using the staff for support, bend at the waist to stretch upper and lower back. Try to bend enough that your head goes through your arms. All stress is taken by the support of the staff allowing muscles to stretch. Hold for a count of 6.
- 2) The Warrior- Get into a right forward bow stance with the right toes pointing in. Put the staff on the inside of your foot and outside your knee. Keep your back straight upright and your hips and shoulders facing forward, right hand high, left low. Continue dropping lower into your stance, stretching legs and groin, using the staff for support. Hold for a count of 6 and perform on the left side.
- 3) The Archer- Begin in the same stance as the Warrior (right forward bow with staff inside foot) right hand horizontal grasping the staff and left hand high. Push outward with the right hand causing a pull on the left hand stretching from the hand to the hip. Hold for a count of 6 and repeat on the left side.
- 4) Feet together, grasp staff horizontally across your lower back/hips- palms down. Slide the staff down along the backs of your legs to below your calves. Pull your head in toward your knees for a count of 6. To return up, place the staff back onto your hips and support your rise back up. Repeat Palms up.
- 5) Place the staff horizontally across your neck and shoulders, with your feet a shoulder width and a half apart, arms wide. Push the extra staff out toward your left hand, turn toward the right placing the end of the staff you pushed out by your right foot, look up at your high hand. Hold for a count of 6. Repeat on the left side.
- 6) Sit with your legs wide, toes up with the staff on the soles of your feet. Pull your chest over the staff- head staying up- hold for a count of 6, work your way to your left leg, pull your chest over your knee- heads up, work your way back to center and pull your chest further over the staff for a count of 6, work your way down to your right leg pulling your chest over your knee, then one more time over center.
- 7) While sitting, right leg straight out in front the left is pulled in to a figure 4. Lay the staff front to back inside your foot, over your shin, along your side. Left grasps staff behind, right grasps staff in front. Push with your right and pull with your left to twist to your left and

look over your left shoulder for a count of 6. Relieve the twist by twisting the other way for a moment and then push pull again for a count of 6. Perform on the other side.

8) Following the previous stretch, take the left leg and swing it around behind you, open the right leg up slightly about 45 degrees. Hold the staff upright with your left hand and bring your chest over your shin. You should feel the stretch in your back pocket- hold for a count of 6 and repeat on the other side.

13 Women's Self-Defense

13.1 9 Crucial Tips

The following tips were written by a police officer, according to <http://www.tickld.com/x/9-crucial-tips-written-by-a-cop-this-might-save-someones-life>:

Everyone should take 5 minutes to read this. It may save your life or a loved one's life. In daylight hours, refresh yourself of these things to do in an emergency situation... This is for you, and for you to share with your wife, your children and everyone you know.

After reading these 9 crucial tips, forward them to someone you care about. It never hurts to be careful in this crazy world we live in.

1. The elbow is the strongest point on your body.

If you are close enough to use it, do!

2. If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM.

Toss it away from you....

Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION!

3. If you are ever thrown into the trunk of a car...

...kick out the back tail lights and stick your arm out the hole and start waving like crazy.

The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to...

...get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. DON'T DO THIS!) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.

a. If someone is in the car with a gun to your head DO NOT DRIVE OFF.

Repeat: DO NOT DRIVE OFF!

Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage...

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs.

Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!

7. If the predator has a gun and you are not under his control, ALWAYS RUN!

The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely WILL NOT be a vital organ. RUN, Preferably in a zig-zag pattern!

8. As women, we are always trying to be sympathetic: STOP.

It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well-educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point

Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, DO NOT open the door."

The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, DO NOT open the door." He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

Please pass this on and DO NOT open the door for a crying baby — This e-mail should probably be taken seriously because the Crying Baby theory was mentioned on America's Most Wanted this past Saturday when they profiled the serial killer in Louisiana. I'd like you to forward this to all the women you know. It may save a life. A candle is not dimmed by lighting another candle. I was going to send this to the ladies only, but guys, if you love your mothers, wives, sisters, daughters, etc., you may want to pass it onto them, as well.

13.2 Don't be a Victim

Pay attention

Do not carry yourself as a victim

Look around this week- see who's not paying attention

You are most likely to be attacked between 5:30 Am and 8 AM

You are most likely to be attacked in a parking lot, grocery store, parking garage and public bathroom- but also walking trail, driveway, mall

Have security walk you to your car

If someone wants your purse, throw it in the opposite direction and run the other way

Park in well lighted areas

Have your keys in your hand

Don't get in your car and do distracted things (text, email etc)

Carry a whistle and/or a flashlight
Your bag can be a weapon
Only use the drive-up ATM's
Do whatever you need to do to get home tonight
If you are accosted- yell something like FIRE- everybody will look
Practice yelling so that you are not self-conscious

Techniques:

Palm strikes-

Make sure you curl your fingers under
Don't think you will be able to strike in the nose and drive the bone to the brain to kill
Instructor hold the hand shield and have each woman palm strike the shield and yell something, go around the whole group twice
Form a technique line and have the group palm strike the standing bag with a yell

Knee strike-

Don't try to knee to groin- men will protect that area
Drive your knee into the quad muscle to cause a dead leg
Rock your hips forward to drive it in
You should try to use the area just above your kneecap
Instructor go around the group with a shield
Line up on the standing bag and grab the top pulling it into you as you knee into it
While on the standing bag, palm strike and inward knee

Elbow strike-

Teach outward elbow, take a hand shield around the group, let them strike
Line up on standing bag, deliver outward elbow with a yell, go around 4X- 2X on each side

Combinations-

On the standing bag, have the women combine

Palm & elbow

Palm & knee

Elbow & knee

Talk about Personal Space and violations of personal space

Teach getting into the ready position, then morph to:

2 hand front choke-

Bring hands up (in between his arms) into ready position, with step back to strike the choke away

Or, Step back and sweep away the choke from the outside

Explain most attackers do not have a weapon- they know an attack with a weapon will bring more jail time. However, if they say they have a weapon, believe them and act accordingly

Most attackers look for clothes that are easy to get off; a hair bun or ponytail

Technique- instructor come up behind and grab hair/bun/ponytail- woman turn and deliver a palm strike, then have them do it on the standing bag

Hand Choke from front-

Teach the pinch to the skin of the triceps for when you can't step back

Teach the turn with downward sweep away of the choke, then return with an outward elbow

Have them do it on the hand shield

Then on the standing bag

Snap, Crackle, Pop- 2 hand choke from behind

Stomp down on foot- stay on foot and push over breaking the ankle and popping the knee
 Heads and tails- Bearhug from behind
 Drive your head back for head butt
 Push your rear end back while throwing your hands up and forward
 Partner up and practice the Bearhug from behind
 Teach the buck and roll for when he is on top while woman is on her back
 Have women on ground on their backs practicing the buck and roll
 Talk about the knee to the spine
 Go to a wall and teach a 2 hand choke from front with your back to a wall- one arm up and one arm down to roll him off
 Apply this principle to being on your back on the ground

14 Leadership- Instructors

14.1 18.5 *Secrets of Success - by Jeffrey Gitomer*

- Believe you can- Have the mental posture for success. Believe you are capable of achieving it.
- Create the work environment- Is everyone's attitude conducive to your success?
- Have the right associations- Hang around other successful people. Stay away from the poison people. Have a mentor or three.
- Expose yourself to what's new- If you are not learning everyday, then your competition is. How much time do you spend training in teaching, sales, martial arts and fitness?
- Plan for the day- Since you don't know on which day success will occur, you'd better be ready every day. Education and goals. Are your goals in front of your face everyday?
- Become valuable- The more valuable you become, the more the marketplace will reward you. Your value is linked to your knowledge and willingness to help others.
- Have the answers your prospects and customers need- Prospects don't want facts, they want answers. In order to have those answers you must have superior knowledge and explain it. What are prospect's wants, needs, goals and how can Amerikick help?
- Recognize opportunity- Stay alert for the situations that can create successful opportunities. The little known key is to get and maintain a positive attitude. Attitude allows you to see the possibilities when opportunity strikes, because it often shows up in the form of adversity.
- Take advantage of opportunity- First recognize it. Second act on it. Very few can see it. Some people fear it because it involves change.
- Take responsibility- We all blame others to a degree. Blame is tied to success in reverse order. The lower the degree of blame the higher the degree of success. Get the job done yourself no matter what. Successful people take responsibility for everything they do and everything that happens to them.
- Take action- Just do it (Nike) was the expression of the 90's. Actions are the only

way to bridge plans and goals with accomplishments. Are you action or BTNA (big talk, no action)

- Make mistakes- The best teacher is failure. Don't think of them as mistakes, think of them as learning experiences not to be repeated.
- Willing to risk- The most crucial factor in successful people. No risk- no reward is the biggest understatement in the business world. It should be stated- no risk/no nothing! The real reason people won't risk is that they lack the preparation and education that breeds the self-confidence to take a chance. Risk is the basis of success.
- Keep your eyes on the prize- Post your goals. Stay focused on your dreams and they will become reality. Too many foolish diversions will take you off the path.
- Balance yourself- Your physical, spiritual and emotional health is vital to your success quest. How balanced are you.
- Stick to it until you win- Most people fail because they quit too soon. Don't let that be you. Make a plan and see it through no matter what. How many projects do you abandon before they're completed?
- Develop and maintain a positive attitude- Developing a positive attitude make achieving success much easier and more fun. How positive is your attitude?
- Ignore idiots and zealots- Also known as pukers, these people will try to rain on your parade (discourage you) because they have no parade of their own.

18.5 The person who will emerge victorious most of the time is the person who wants it the most. Victory does not always go to the swift (tortoise and the hare), victory does not always go to the powerful (David and Goliath), and victory does not always go to the lowest price (Yugo and Mercedes). The victory we all call success goes to the best prepared, self-believing, right associated, self-taught, responsible person who sees the opportunity and is willing to take a risk to seize it- sometimes a big risk. Is that you?

14.2 Class Format by Sensei Chris Millares

Class formats should vary in order to disguise repetition and maintain student excitement. Every time our Amerikick clients walk through the door, their experience should be organized, structured, new, fun and innovative.

Class Format "A" Classic

Part 1- Warm Up

Class begins with the students facing the mirrors in even, spread out lines. Ask the students to make sure that they are at least an arm's length away from the person next to them. All of the warm up exercises are done facing the mirrors in a disciplined fashion. The atmosphere should be that of a traditional martial arts class. Students are structured and controlled.

Part 2- Drill

Have the class sit against the mirrors as the leadership team members create 3-6 teams on the floor facing the mirrors (the number of teams will vary depending on the class size).

Students should then be organized into even teams. Once organized, the drill can be executed.

Part 3- Break Up

At this point during the class, the students are broken up into their belt groups for required material practice and learning. Each group should be run as a miniature version of class and emphasize teaching in a pyramid fashion in order to maximize student learning.

Part 4- Wrap up

Huddle the students around in front of the parent area and review what was taught in class. This re-affirms the goals of the class and provides a guideline for “at home” practice. Next, review the announcements with the parents. Lastly, have the students put their hands in the center of the huddle and finish with a positive, enthusiastic cheer.

Class Format “B” Instructor Rotation

Part 1- Fast Warm Up

Class begins with a quick, high energy, fast paced warm up that is filled with excitement and enthusiasm. For example, instructors might implement jumping drills, moving drills and drills that include students changing direction. This part of class lasts 5 minutes.

Part 2- Instructor Rotation

In order to run instructor rotation, there must be 3 instructors on the floor. One instructor is assigned to basics, one is assigned kata and the third is assigned self-defense techniques. The head instructor breaks the class into 3 groups and the learning begins. Each instructor is given 10 minutes to work with their group. After 10 minutes is up, the head instructor calls the class to attention and the groups rotate to the next instructor. After another 10 minutes, attention and the groups rotate again. After the next 10 minutes is up, the instructor commands the class to rotate one last time. If the instructor rotation drill is run properly, the students will have practiced kata, self-defense and basics in an organized timely fashion.

Part 3- Conditioning Drills

Organize class in lines and in a manner that allows the students to use the length of the floor. At this point, have students perform conditioning exercises: sprints, frog jumps, side shuffles, pushups down the line, spring step drills, etc.

Part 4- Wrap Up

Gather the students near the parent area and review the lesson plan of the day. Read any special announcements for the day, week and/or month.

Class Format “C” Obstacle Course

Part 1- Obstacle Course

Before class begins, set up the obstacle course of your choice. Use bags, mitts, shields, ropes, belts, cones and hurdles to create an exciting, innovative obstacle course. In order to ensure an organized drill, assign assistant instructors to monitor certain checkpoints on the floor. Make small alterations to the obstacle course to keep the drill fun and exciting.

Part 2- Group Review

Group review consists of kata, self-defense or basics practice. Practice step by step. Make sure the students demonstrate proper form and technique.

Part 3- Break Up

This is time to practice specific material that the students will need for their belt testing. Practice with partners, on the martial arts equipment and in the mirror to ensure that the students have learned the material. Remember, there is a difference between memorizing and learning.

Part 4- Wrap Up

Gather the students near the parent area and review the lesson plan of the day. Read any special announcements for the day, week and/or month.

14.3 Classroom Mechanics

1) Create an exciting line up.

- a) Run, clap, high fives
- b) Create different ways to line up class. Circle, face each other, create energy

2) Student Creed

- a) Creeds are an affirmation of what Amerikick teaches
- b) Creeds resell the character development aspects of the curriculum
- c) Review the student creeds and implement them into your lesson plan

3) Pre-frame your class

- a) Tell your students what they are going to learn in the class
- b) Sell your curriculum. Example: "Today in class we are going to learn take downs"
- c) Make it like a movie trailer

4) Warm Ups

- a) Should include 4 parts:
 - Aerobic- jogging, jumping jacks
 - Core training- horse stance punching
 - Flexibility- lunges, splits
 - Strength Training- pushups, abs
- b) Keep warm ups fresh and non-repetitive
- c) Warm ups should not exceed 5 to 7 minutes in a 45 minute class

5) Use the Amerikick weekly themes

- a) Focus, speed, Power, Intensity

6) Walk the lines

- a) Use the floor. In front of class, behind the class, in between the lines, etc.
- b) the 4 dreaded instructor positions:

Arms crossed
Grabbing your belt
Leaning on the wall-foot on the wall
Hands behind your back

7) Use Names

- a) Use student names, not just buddy, champ, big guy etc. Students feel a part of the team when
- b) Give everyone attention and don't play favorites
- c) Try to use everyone's name 3X during the class 3X3 rule
- d) You build relationships through the use of names

8) Motivation

- a) Motion creates emotion. Create emotion by becoming animated
- b) Clap, walk, snap, vary voice inflection
- c) The floor is not about you. The floor is about your students. Teach that way

9) Have a Critical Eye

- a) Catch things immediately and fix them- example, front kick drill
- b) Parents will catch mistakes before you do
- c) The stages of learning:
 - Visual
 - Auditory
 - Kinesthetic
- d) PCP- praise/correct/praise
- e) PAP- praise/ask for permission/praise

10) One minute praise of a student

Get the student's attention. Use their name. "Hey Johnny"
Be specific about praise. "Your stances in the Amerikick kata looked fantastic"
Let them know the future if they keep that action up. If you keep that action up you will make black belt in no time.
Tell them how you feel. "I am very proud to have you as a part of our super demo team"

11) Listening positions

Sit, stand, kneel
This keeps students focused

12) Follow the class plan

Have an instructor lesson plan
Hang up a lesson plan, visible to parents and check off during class
Keep parents informed and educated- this sells your program
A/B days
Kata and basics on Monday, Tuesday and Friday
Self-defense and sparring on Wednesday Thursday and Saturday

13) Use assistants/leadership team

Give your assistants specific assignments
Use hand signals
Show respect to your assistants. Don't over rule them
Praise them in public / reprimand them in private

14) Class wrap up

Bring everyone together for a review

Tell students what they learned in class, preferably in front of parents
This resells the program

15) Lessons/Quote of the week/Huddle discussion

Do at the end of class when more parents are present
Reaffirm the benefits of the martial arts

16) Prep students/remind students

Talk about stripe testing and attendance
Tell them why they need to be in class next week
This sets goals and creates retention for them to come back to class
Always tell the students they are up for some kind of promotion/test soon

17) Announcements

Have an announcement board
Hand out newsletter
Announce at the end of class
Email students updates

18) 3 Key instructor positions

Floor- One instructor policing the floor
Parent area- One instructor building rapport with parents and fishing for upgrades, referrals, compliments and body language
Door. One instructor to meet and greet

19) Good job notes

Hang a student roster every 3 months
Have staff members complete good job notes weekly

20) The good, the bad, the ugly

Do not allow any student to leave your school with a bad feeling or experience
Watch body language for distress signals
Set a plan of action to rectify the situation
Example- a student did not make stripe testing
It takes one bad class to allow a student to quit

14.4 Instructor's manual- Kicks and Punches

Wheel Kick and Roundhouse Kick Drills (10 on each side)

- 1- Start on floor, 4 count, work pointed toes and ankle/foot position. Hold foot at full extension.
- 2- On floor- 3 count snap kick with kia.
- 3- Standing- Step in knee up and hold for a 5 count. Knee hip and foot level. Emphasis on supporting leg locked and fully turned.
- 4- 4 Count kick.
- 5- 3 Count kick.
- 6- Kick over rope.
- 7- Kick x-ray film.
- 8- Kick still paddle, moving paddle.
- 9- One direction, then the other. 1-2 Left kick/right kick.
- 10- Standing still with posture. Slow and fast. Double kick, triple kick, quadruple kick etc.

- 11- Marching or moving forward kicks.
- 12- Hop kicks down the floor or in a circle. 2 then 3 then 4 etc.
- 13- Retreating kicks and jump to the side and kick.
 - A) Jump- no kick
 - B) Jump with knee
 - C) Spin only
 - D) Spin with knee
 - E) Jump with knee
 - F) Jump kick
- 14- Add combinations without and then with multiple bags.
- 15) Machine gun kicks in a circle- start with 2 then 3 then 4.
- 16) Switch kicks.
- 17) Jump up and to the side with wheel kick.
- 18) Block then kick.
- 19) Slip then kick.

Side Kick

- 1- Start on floor bottom of foot facing the mirror. Pump kick out, hold leg out full extension.
- 2- Switch sides on floor, thrust out kick. Tuck in the rear foot.
- 3- On floor kick shield with heel.
- 4- Standing- pull knee to chest. See bottom of foot in the mirror, no shin visible in the mirror.
- 5- Thrust out kick full extension. Pull knee back all the way. Start by holding on to the wall, then advance to not holding on.
- 6- 4 count kick.
- 7- Full kick on both sides.
- 8- Stepping in and kick the shield.
- 9- Stepping in and kick shield twice, then 3 times., putting foot down between each kick.
- 10- Retreating 3 times and with kick.

Front Kick

- 1- Sit on floor, hold foot position. Ankle straight, toes bent back, accentuate the ball of the foot.
- 2- Balance with knee up.
- 3- Snap, balance with knee up.

Hook Kick

- 1- Start as side kick on the floor.
- 2- Point toes.
- 3- Knee, foot and hip at the same level.
- 4- Pull thigh across.
- 5- Stretch wide motion.

Kick Drills

- 1- Facing mirror
- 2- Lined up.

- 3- Facing partner.
- 4- Holding the wall.
- 5- Team up holding hands- slow kicks.
- 6- Line 1, Line 2.
- 7- Paper break.
- 8- WaveMaster.
- 9- Balance beam.

Punches

Jab

- 1- Straight wrist.
- 2- Accentuate top 2 knuckles.
- 3- Shoulder, elbow and fist level.
- 4- Shoulder square (learn length of arm) then shoulder extended.
- 5- Drop weight and shift to rear foot.
- 6- Hip turn.
- 7- Chin tuck.
- 8- Roll shoulder.
- 9- Rear hand high.

Cross

- 1- Straight wrist
- 2- Drop weight
- 3- Shift weight to front foot.
- 4- Punch with hip and not shoulders.
- 5- Back straight.
- 6- Elbow close to your body.
- 7- Chin tucked.

Hook

- 1- Straight wrist.
- 2- Accentuate top 2 knuckles.
- 3- Shoulder, elbow and fist are level.
- 4- Drop weight and shift to opposite foot.
- 5- Hip turn.
- 6- Chin tucked.
- 7- Punch in toward target, not brushing/glancing off.
- 8- Roll the punch.

Uppercut

- 1- Straight wrist
- 2- Keep elbows close to your body.
- 3- Use legs for power.
- 4- Punch with hip power, not arm power.

14.5 What the Best Instructors Do

- 1- Show up early and leave late.
- 2- Fix things, Pick things up, Make things better.

- 3- Teach themselves constantly- new weapons, new moves etc.
- 4- Do it on their own, without being told.
- 5- Acts the same when supervisor is there and when they are not.
- 6- Knows everybody's name. Treats everyone with equal respect. Is obligated to the students and the school.
- 7- Supports all events- in their uniform.
- 8- Is proud of themselves- remember that every student is watching everything you say and every thing you do.
- 9- Always brings a good attitude to Amerikick no matter what else happened in their day.
- 10- Loves Martial Arts- loves to learn, loves to help other instructors, loves to teach and loves to help Amerikick grow.

14.6 Code of Conduct

- 1- I will begin each day with a positive smile
- 2- I will greet everyone with a friendly smile and a friendly greeting everyday
- 3- I will strive to always be honest in everything I do
- 4- I will take pride in being respectful to everyone and using good manners
- 5- I will be compassionate towards those who are less fortunate than I
- 6- I will cooperate with others and compete only against myself
- 7- I will take responsibility for my actions and not make excuses
- 8- I will show respect for my own and other's property
- 9- I will always be on time and be prepared to do whatever I have to do
- 10- I will work toward my dream and I will encourage others to follow their dreams

Establishing your own personal code of conduct will give you a well-defined list of your own expectations of how you will live and get along with other people. Constantly refer to your Code of Conduct and you will have a visual reminder to always be on your best behavior.