

Triangle Family Karate



American Kenpo

Concepts, Basics, Techniques, Forms, & Sets
For Junior Ranks

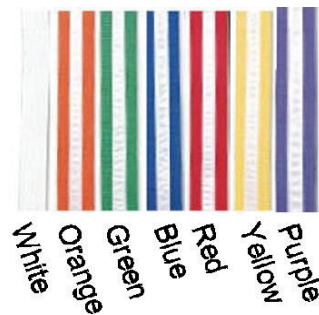
(To Purple Belt)

Notes

This manual shows only the materials to Junior Purple Belt (My highest Junior student to date). As the students progress, materials will be added, eventually completing all required materials for all rank/belt levels. (note that the Adult Manual is complete to Black Belt).

The Children's Junior Program (ages 7-13) varies from the Adult program only in how much is taught at each belt level, and how they progress within each level. The content is the same regardless of age. Two (2) additional Stripes are added at each Children's and Junior belt level to allow students to progress in smaller increments while still giving them recognition of the progress they are making, and to help keep them motivated.

In the Younger Children's (Tiger) grouping, ages 4 to 6, we Do Not teach the formal Self defense Techniques until after they earn their "Lifetime Fitness Children's Yellow" which has a White Strip in the middle. This is to allow them to mature and gain a level of "Self Control" while still advancing. For this age group I do give out what are called "Power Stripes" to denote such things as; Good Punching, Good Kicking, Good Power, Good Discipline, ... Note that the Color progression for the Younger Tiger program is different and follows the "Lifetime Fitness Tiger" Progression of:



At which point the Child should be prepared to enter the Junior Program at of around age 7

Typical Testing and Progression schedule.

An important thing to note is that Testing and Belt Progression IS NOT AUTOMATIC. Stripes and Belts are "truly earned" by the student, and students are only tested when I feel they are ready, and have a good chance of passing. Students do occasionally not pass a test. That said, assuming good attendance and effort, testing in the beginning usually takes place every 2 months, typically taking 4 to 6 months for a student to earn their Yellow belt, and another 2 to 4 for them to earn their Orange belt. Once they achieve Orange belt, the period between testing increases because the content increases (More self defense techniques and more forms/katas), and they also need to remember everything they previously have learned. The following chart lists the general requirements for Rank progression.

General Requirements

Belt / Stripe	Kenpo Juniors - Core Belt / Stripe Requirements	Typical Time to achieve
All Stripes & Belts	First and Foremost - Attendance, Behavior, Desire, and Listening Ability Warm Up / Stretch, Obstacle Course, Knowledge, Everything, from Previous Belts/Stripes	
White	Proper / Good hand usage - Fist, Palm heal, Hammer fist , and Chop (Hand Sword)	Approximately 2 months
	Proper / Good "Horse Stance"	
	Proper / Good Blocks - (Upward, Inward, Outward, Downward, Pushdown)	
	Blocking Set One (The above in sequence,with elbow after downward - Left , Right, and both sides)	
	Technique 1 - Sword and Hammer (defense for a right side shoulder grab)	
	Board Break with a hammer fist	
White	Practice / Improve on All Previous - Good Balance on one foot - both sides	Approximately 1 months
	Proper / Good Neutral Bow (Fighting Stance both left and right sides)	
	Proper / Good Front Kicks - both feet	
	Proper / Good hand usage - Half Fist, Tiger Claw (raking + Thrusting), Middle Knuckle	
	Technique 2 - Delayed Sword (defense for a front left shoulder grab)	
Yellow	Board Break with a front kick	Approximately 2 months
	Proper / Good Cat and Crane stance (both left and right sides)	
	Proper / Good hand usage - Tigers mouth, ridge hand, Cranes beek	
	Proper / Good Round House(Instep) and Side(bottom of foot) Kicks - both feet	
	Technique 3 - Sword of Destruction (defense against a left round house punch)	
Yellow	Short Form One (their First Kata) in a straight line - Block while moving backward	Approximately 2 months
	Board Breaks - Instructor chooses the strikeand board (Palm Heal, Hammer, Front kick or Side kick)	
	Proper / Good Forward Bow Stance -	
	Proper / Good hand strikes from a Neutral Bow (Fighting Stance)	
	Technique 4 - Alternating Maces (defense against a front low push)	
Yellow	Technique 5 - Mace of Aggression (defense against a 2 handed lapel/chest grab)	Approximately 1 months
	Board Break - Palm Heal, Hammer, Front kick or Side kick - Both Left and Right	
	Proper / Good Back/Rear Kick & Crescent Kick (inside and Outside)	
	Technique 6 - Attacking Mace (defense against a right step thru punch)	
	Board Break - Students choice/Instructor OK - Both Left and Right	
Orange	Short Form One - Block while moving backward in all 4 directions - one side (second side optional) - Review with video on our Web Site - www.TriangleFamilyKarate.com	Approximately 2 months
	** Help in class by demonstrating to others and helping with Warmups **	
	Proper / Good hand usage - Back fist - Horizontal & Vertical	
	Board Break - Students choice/Instructor OK - both sides	
	Technique 7 - Clutching Feathers (defense against a front left handed hair grab)	
Orange	Technique 8 - Triggered Salute (defense against a front right handed left shoulder push)	Approximately 2 months
	Technique 9 - Lone Kimono (defense against a right front / left handed shoulder grab)	
	Proper / Good Elbow Strike (inward & upward)	
	Long Form One - first half (same as Short one, but adds Punches after the blocks) Review with video on our Web Site - www.TriangleFamilyKarate.com	
	Technique 10 - Thrusting Salute (defense against a right front kick)	
Orange	Technique 11 - Deflecting Hammer (defense against a right front kick)	Approximately 2 months
	Technique 12 - Captured Twigs (defense against bear hug from the rear - arms pinned)	
	Proper / Good Axe Kick & Hook Kick	
	Technique 13 - Grip of Death (defense against a left side headlock)	
	Technique 14 - Five Swords (Defense against a right step through or round house punch)	
Purple	Salutation - (used before and After Forms/Katas - Review with video on our Web Site - www.TriangleFamilyKarate.com)	Approximately 3 months
	Front and Rear Twist Stances	
	Long Form One - All (Adds second half - Review with video on our Web Site - www.TriangleFamilyKarate.com)	
	Technique 15 - Shielding Hammer (front hooking left punch - aka Left roundhouse punch)	
	Technique 16 - Glancing Salute (front right hand cross (right) shoulder push)	
Purple	Technique 17 - Repeating Mace (front left hand cross (left) shoulder push)	Approximately 3 months
	Technique 18 - Locking Horns (front head lock)	
	Finger Strikes - Whips & Pokes	
	Technique 19 - Evading the Storm (Right overhead club/stick attack)	
	Technique 20 - Checking the Storm (Right overhead club/stick attack)	
Purple	Technique 21 - Crashing Wing (Rear bear hug, arms free)	Approximately 3 months
	Technique 22 - Gift of Destruction (Hand Shake or cross wrist grab)	
	Coordination Set 1 - Block - Punch - Punch - Kick & Punch - Punch - (Left & Right - all all 4 directions) Review with video on our Web Site - www.TriangleFamilyKarate.com	
	Technique 23 - Obscure Wing (Right Flank, Left hand shoulder grab)	
	Technique 24 - Reversing Mace (Front straight left punch)	
Blue	Technique 25 - Buckling Branch (Left front kick)	Approximately 3 months
	Technique 26 - Spiraling Twig (Rear Bear Hug, Arms Free)	
	Stance Set 1	
	Techniques 27 to 32 and Half of Striking Set 1	
	Techniques 33 to 38 and Second Half of Striking Set 1	
Blue	Techniques 39 to 42 and Short Form 2 (Note that this is the same as Adult Purple Belt)	Approximately 4 months
	Techniques 43 to 48 and Finger set 1	
	Techniques 49 to 54 and Striking set 1	
	Techniques 55 to 58 and Long Form 2 (Note that this is the same as Adult Blue Belt)	
	Techniques 59 to 66, & Coordination Set 2	
Brown 1	Techniques 67 to 74, & Short Form 3 (Note that this is the same as Adult Green Belt)	Approximately 5 months
	Techniques 75 to 94 Blocking Set 2, and Long Form 3 (Note that this is the same as Adult 1st Brown Belt)	
	Techniques 95 to 114, and Stance set 2 (Note that this is the same as Adult 2nd Brown Belt)	
	Techniques 115 to 134 Striking set 2, and Long Form 4 (Note that this is the same as Adult 3rd Brown Belt)	

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CONCEPTS / BASICS

THE PHASES OF LEARNING

Techniques are taught in a three phase formula where the student learns the technique as written, then go on to play with the possibilities. The Three Phases are:

Primitive (embryonic) - stage of learning where moves are crudely executed

Mechanical (by the numbers) - stage of learning where movements are clarified and defined.

Spontaneous (instinctive) - Stage of learning where the student's reactions are natural.

THE THREE-PHASES OF TECHNIQUES

Techniques are taught in a three phase formula where the student learns the technique as written, then go on to play with the possibilities. The Three Phases are, in order, the following:

Ideal Phase - the student learns the technique "by the book". This means the attack is specified, the defense is applied and the attacker's reaction is known.

What-If Phase - the student(s) experiment with different possible scenarios for the attack and attackers reactions.

Formulation Phase - the student tears apart the technique, explores its principles and develops alternate, spontaneous, reactions all with the aid the following equation formula.

THE EQUATION FORMULA

The Equation Formula allows students to build/design logical and practical fighting techniques. For any move or technique, one may modify them as follows:

Alter the target area, weapon, or both.

Prefix a strike or block with an off angle body positioning

Suffix your strike with one or several more.

Rearrange the order of a technique - Instead of block-chop-punch, block-punch-chop.

Insert a move, perhaps simultaneously, such as a check of another weapon.

Delete a move to prevent unwanted injury or save time.

Adjust the range or angle of the weapon.

Regulate your weapons speed or force.

RANGES OF CONTACT

A student can be in four stages of range in reference to their opponent;

1. Out of Contact

2. In Contact

3. Contact Penetration

4. Contact Manipulation

RANGES OF WEAPONS

Legs are for Long Range - Hands are for Medium Range - Elbows and Knees are for Short Range

TYPES OF ATTACK

There are three distinct types of attacks;

Dead - grabs, chokes, guns

Semi-alive - pushes

Alive - kicks, punches, clubs, knives, elbows, knees.

PRINCIPLES OF FORCE / POWER PRINCIPLES / TYPES OF BODY MOMENTUM

Each technique is based on one or more of these principles. Often several of these principles are used in a technique, but there is always one that stands out as the dominant one.

Torque (Width) –Rotational momentum used to create power (i.e. rotation of the arm in a punch). In general, torque refers to rotating on an axis which runs from the top of the head, and down the spine. This vertical axis should be kept perpendicular to the ground.

Marriage of Gravity (Height) - This is the force we apply when we go in favor of gravity, that is, vertical momentum, and downwards. All the mass of the body is involved.

Back Up Mass (Depth) - Moving the body directly toward the target allows the weight of the body to be added to the energy of the strike. It is similar to marriage of gravity, but when moving the body in a straight line, in a horizontal plane (horizontal momentum).

RULES FOR DEFENDING AGAINST A WEAPON

There are four rules to keep in mind when defending against a weapon:

Divert - Seize - Control - Disarm

TYPES OF SPEED

There are three types of speed in Kenpo:





Physical - Mental – Perceptual





METHODS OF EXECUTION



The way a blow is delivered from point of origin to the target
(*point of origin essentially means not going back to go forward, or up to go down with a strike*)

Snapping - Thrusting –Whipping – Slicing – Hammering – Raking - Poking

STANCES

Name	Description	Graphic
<p>Attention Stance</p>	<p>Used for receiving instructions and to begin and end formal exercises or class, and is done with Heels together, hands at sides.</p>	
<p>Horse Stance</p>	<p>Used to isolate the upper body to practice blocks, hand strikes, and other upper body movements. Your feet line up just outside shoulder width, knees bent, hands at side bent, fists in at waist, knees out and over ankles.</p>	
<p>Neutral Bow (Fighting Stance)</p>	<p>A 50/50 weight-balanced stance, and is the main stance used in forms, techniques, basics, and sparring. Feet are at 45 degrees, and front toe is in line with rear heel.</p>	
<p>Forward Bow (Front Stance)</p>	<p>A 60/40 weight-balanced stance (weight forward) used to extend reach, give greater power, and brace against an attack. Turn rear foot to face front, rear foot flat, rear leg straight, front knee bent.</p>	

<p>Reverse Bow</p>	<p>A Forward Bow with your head looking backwards. A 40/60 weight-balanced stance (weight on rear leg) used to create distance by pivoting away, increase power by rotating into the stance, or help buckle or sweep an opponent.</p>	
<p>Cat Stance</p>	<p>A 10/90 weight-balanced stance (weight on rear leg, front foot on your toe) used as a transition for a kick off the front leg, or to minimize the opponent's ability to sweep or attack your front leg - Used to create distance.</p>	
<p>Twist Stance</p>	<p>Used to implement the power principle of torque (twisting) without using distance, or as a retreating step. There are 3 ways to enter into a Twist stance, stepping up into, stepping back into, or pivoting up into</p>	
<p>Wide Kneeel</p>	<p>Transitions from a neutral Bow by bending the rear knee and staying up on ball of rear foot. Dropping height gives power through "marriage of gravity"</p>	





<p>Close Kneel</p>	<p>Same execution and benefit as a wide kneel except the transition is from a forward bow.</p>	
<p>Crane</p>	<p>A defensive stance which moves the front leg up and in, out of harm's way, and helps protect your center line.</p>	





FOOT MOVEMENTS

Name	Description	Use
Step - Drag	From a left or right neutral bow, step forward with front foot, and then drag rear foot up to neutral bow.	To close the distance
Drag - Step	From a left or right neutral bow, slide/drag rear foot forward almost to front foot then step forward with front foot.	To close the distance
Push - Drag	Push forward with rear foot. Front foot comes slightly off the ground to move forward and rear foot slides on the ground forward.	To more quickly close the distance
Step Thru	Move rear foot forward to front of front foot, ending in opposite neutral bow (i.e. Right Neutral Bow stepping through to a Left Neutral Bow).	To close the distance and change from a left to right, or right to left facing stance
Cover Step	From a Neutral Bow, move your front foot in front of and across the other foot and turn body so we end up in the opposite neutral bow facing the new direction.	To change direction
Front Cross in front	From a Neutral Bow, front foot steps in front of and past rear foot (going in reverse) then your rear foot moves out along the same path as the front foot settling into a Neutral Bow	To create distance
Front Cross Behind	From a Neutral Bow, front foot steps behind and past rear foot into a transitional Rear Twist stance, then your other foot either: 1. stays in place as you pivot/turn into a neutral bow, or 2. moves back along the same path as the front foot, settling into a Neutral Bow	To create distance
Jump Switch	Jump of ground (just barely leaving the ground!), and rotate 180 degrees	To Quickly change stance from left to right, or right to left
Front to Back Switch	Front leg comes back to rear leg, and then rear leg moves to the front as you rotate 180 degrees.	To change stance from left to right, or right to left
Back to Front Switch	Rear leg comes up to front leg, and then front leg moves to back as you rotate 180 degrees.	To change stance from left to right, or right to left

BLOCKS

Blocks are executed with a closed hand, while parries use an open hand. Blocks meet force with force to stop or redirect an attack. Parries deflect force of an attack to redirect it, and require significantly less power on the part of the defender.





<p>Upward Block</p>	<p>Push upward (like an uppercut punch) and rotate hand so palm is away from face raising arm above head, keeping elbow at 45 degrees.</p>	
<p>Inward Block</p>	<p>Arm between 45 and 90 degrees moving at a 45 degree angle across and away from body</p>	
<p>Outward Vertical Block</p>	<p>Arm at 90 degrees (bent at elbow), pushed from inside body to outside stopping at shoulder, palm towards your face. (This is a weaker block than the following Outward Extended!)</p>	
<p>Outward Extended Block</p>	<p>Starts as outward vertical then arm bends to 45 degrees (bent at elbow) pushing from inside body to outside body stopping just outside shoulder palm towards your opponent</p>	

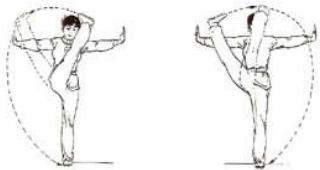


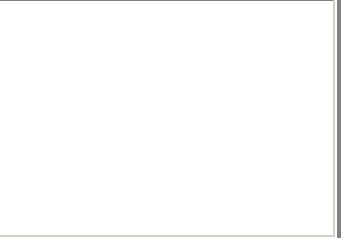
<p>Downward Block</p>	<p>Arm circles downward (inside to outside) to almost full extension, swinging out just past leg, keeping elbow slightly bent.</p>	
<p>Inward Downward (Palm down)</p>	<p>Arm swings in front and across of you body (outside to inside with palm facing down/in) stopping at other side of body.</p>	
<p>Pushdown</p>	<p>Arm pressed downward to almost full extension, hand flat, palm down.</p>	
<p>Universal Block</p>	<p>From a neutral bow, front arm does an inward block while the rear arm moves straight down covering your centerline.</p>	
<p>Inward Parry</p>	<p>Hand open, palm in, starts from same side as parry hand, moves across and away from body at a 45 degree angle then straight back to opposite side ear. Forms right triangle with chest.</p>	
<p>Outward Parry</p>	<p>Hand open, palm in, starts from opposite of parry hand, moves across body at 45 degree angle then straight back to ear on the same side as parry hand. Forms right triangle with chest.</p>	
<p>Outward Hooking Parry</p>	<p>Hand open, palm in, starts from opposite of parry hand, moves across body at 45 degree angle then straight back to ear on the same side as parry hand with your palm up (like a waiter carrying a tray).</p>	

Inward Downward Parry	Hand open, palm up, starts from same side as parry hand and moves up and inward from body at a 45 degree angle then down and back to opposite side ear. Forms a tilted right triangle with chest.	
Outward Downward Parry	Hand open, palm in, starts from opposite of body from parry hand, up high and swings down at an angle to the outside of the leg on the same side as the parry hand.	
Leg or Knee Block	Used against roundhouse kick to the legs, or a straight or scoop kick toward the groin. It is executed by lifting the front foot off the ground (bending the knee) and moving the leg as it is being lifted perpendicularly, in the direction of the incoming kick.	










KICKS


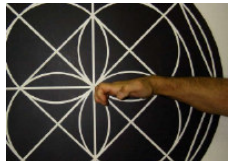



Below are the main kicks employed in Kenpo as well as most martial arts. This is not a complete list, and variations of most exist that add jumping and / or spinning to further embellish.


<p>Front Kick</p>	<p>Kick is performed with the ball or heel of the foot by lifting the knee of the kicking leg, pointing the knee at the target, and thrusting or snapping forward. Kick can be done with either the front or rear leg (Rear leg has more power)</p>	
<p>Side Kick</p>	<p>Kick is performed with the heel or blade of foot thrusting out sideways, and can be executed as a <u>Slide-Up</u> side kick, <u>Step-Thru</u> side kick, <u>Rear Crossover</u> side kick, or <u>Jump/Hopping</u> side kick</p>	
<p>Roundhouse Kick</p>	<p>Kick is performed with either the instep or the ball of the kicking foot, and is executed by bring the kicking leg up while pivoting on other foot so we are sideways to attacker, and snapping the foot into the opponent. Kick can be done with either the front or rear leg (Rear leg has more power)</p>	
<p>Rear Kick</p>	<p>Kick is performed with the heel of the foot, and is executed by raising the kicking leg up, glancing backwards, and thrusting the foot backwards.</p>	

<p>Crescent Kick</p>	<p>An inward crescent kick is performed by making an outside to inside arc with your leg and striking your opponent with the bottom or inside of your foot.</p> <p>An outward crescent kick is done by making an inside to outside arc with your leg and striking your opponent with the outside of your foot.</p>	
<p>Hook Kick</p>	<p>Kick is performed by performing an "off target" Sidekick, followed by hooking the leg back to the thigh and striking with the heel of the foot.</p>	
<p>Axe Kick</p>	<p>Is performed similar to an crescent kick, except that when the foot reaches the 12 o'clock high position, instead on continuing the arc, the heel of the foot is brought straight down, The target is usually the shoulder.</p>	
<p>Scoop Kick</p>	<p>Front kick is executed as a front instep groin kick, followed by pulling the foot upward and back towards you (the scoop)</p> <p>Rear kick is executed by striking backwards and upwards with the heel into the attacker's groin, followed pulling the heel up and back towards yourself.</p>	

HAND & ARM STRIKES

<p>Horizontal Punch</p>	<p>Punch straight out with fist, knuckles up</p>	
<p>Vertical Punch</p>	<p>Punch straight out with fist, knuckles to outside of body.</p>	
<p>Uppercut</p>	<p>Beginning with hand at your side, punch upward and away from you, stopping at the height of your lower chest.</p>	
<p>Hammer Fist</p>	<p>This strike is done in numerous directions and at numerous angles. In general, you are striking with the bottom of your fist (outside the little finger).</p>	
<p>Hand Sword (Chop)</p>	<p>This strike is done in numerous directions and at numerous angles. In general, you are striking with the bottom / meaty part of your hand (outside the little finger).</p>	
<p>Palm Heel</p>	<p>Push arm/hand out striking the opponent. This strike can be executed in multiple directions and to multiple angles, but we always strike with the lower part of our open hand (the palm) with the fingers tightly together, and preferably bent downward</p>	
<p>Claw</p>	<p>Essentially the same as a Palm Heel, but finger are bent (like a claw) and rake across the target. This strike is mainly used on the face.</p>	
<p>Finger Poke</p>	<p>Using first 2 or 3 fingers slightly bent. Fingers must line up or they get broken.</p>	
<p>Ridge Hand</p>	<p>Hold hand flat and palm down, striking with thumb and forefinger. Can be executed by either Swinging the arm from outside body to inside body, or thrusting outward</p>	

<p>Middle Knuckle</p>	<p>Vertical or horizontal punch, but extend middle knuckle slightly so it's the contact point.</p>	
<p>Half Fist</p>	<p>Horizontal fist position, unroll fist one knuckle's length.</p>	
<p>Back Fist</p>	<p>This strike is done in many directions and too many angles. Strike with the knuckles using the back of the hand in a snapping motion</p>	
<p>Inward Elbow</p>	<p>Pull fist into my chest, pushing elbow into attacker. Can be performed with either the front or rear elbow,</p>	
<p>Upward Elbow</p>	<p>Pull fist to my ear, pushing elbow upward to the attacker</p>	
<p>Overhead Elbow</p>	<p>Raise arm around the back, over head and straight up, then drive elbow down onto attacker.</p>	
<p>Obscure Upward Elbow</p>	<p>Start with arm fully extended downward (i.e. arm hanging at side) then drive vertically upward with elbow. This is almost always used to strike an attacker under the chin.</p>	

Rear Elbow	Move arm straight out in front of body then back behind body. Bend arm at elbow as it moves back behind body.	
Side Elbow	Move arm across body and strike back to original side. Bend arm at elbow as it moves across.	

Yellow Belt Requirements

Besides basics such as the various strikes and stances, to reach yellow belt, students will learn 1 set and 1 form (also known as kata), both of which are a combination of movements. They will also learn three (3) self defense techniques

White Belt – First Yellow Stripe

BLOCKING SET 1

Start from a horse stance facing 12:00.

1. Do a right upward block.
2. Do a right inward block.
3. Do a right extended outward block.
4. Do a right outward downward block.
5. Do a right back elbow.
6. Do a right push-down block
7. Do a left upward block.
8. Do a left inward block.
9. Do a left extended outward block.
10. Do a left outward downward block.
11. Do a left back elbow.
12. Do a left push-down block.
13. Do a double overhead block (x-block).
14. Do a double inward (face level – looking through your fists)
15. Do a double outward block.
16. Do a double outward downward block.
17. Do a double back elbow.
18. Do a double push-down block – and Kiai

Technique 1 - DELAYED SWORD (front right lapel/shoulder grab)

1. With your feet together Grab the opponents right hand with you left hand, step back with your left foot into a right neutral bow stance, facing 12:00, and do a right inward block to the right wrist or arm of your opponent.
2. Do a right kick to your opponent's groin or knee.
3. Land back on your right foot into a right neutral bow stance, facing 12:00, as you do a right outward hand sword (chop) to your opponent's neck. Immediately slide your right hand (after the strike) down the arm of you opponent as a precautionary check.

White Belt - Second Yellow Stripe***Technique 2 - SWORD AND HAMMER (right side- left hand shoulder grab)***

1. While standing naturally, your opponent (standing to you right) grabs your right shoulder with his left hand. Grab your opponent's left hand with your left hand as you step to your right with your right foot into a horse stance (maybe even stepping on the foot), while striking your opponent's throat with a right upward hand sword (chop), sliding up the body so as not to be seen
 2. As your opponent reacts to your hand sword strike and bends backward, do a right hammer fist strike to your opponent's groin.
-

Yellow Belt***Technique 3 - SWORD OF DESTRUCTION (left straight or round house punch from the front)***

1. Standing naturally, step back with your left foot into a right neutral bow stance as you simultaneously do a right outward block to the left wrist of your opponent's left punch. Your left hand should be protecting/covering your chest.
2. Do a right front kick to your opponent's groin.
3. Settle your right foot forward into a right neutral bow, and do a right inward hand sword (chop) to your opponent's neck.
4. Bring your right hand back to act as a check.

SHORT FORM 1 (in line) - Blocking while retreating

Is totally defensive, and teaches us to block while retreating (going backwards), while looking at our opponent. It does contain one type of strike, a back elbow done with the non-blocking arm.

Start from a horse stance facing 12:00 with left hand covering the right fist

1. Step your left foot back into a right neutral bow while doing a right inward block and a left back elbow strike.
2. Step your right foot back into a left neutral bow while doing a left inward block and a right back elbow strike.
3. Step your left foot back into a right neutral bow while doing a right outward block and a left back elbow strike.
4. Step your right foot back into a left neutral bow while doing a left outward block and a right back elbow strike.
5. Step your left foot back into a right neutral bow while doing a right upward block and left back elbow strike.
6. Step your right foot back into a left neutral bow while doing a left upward block and a right back elbow strike.

7. Step your left foot back into a right neutral bow while doing a left high inward block followed by a right upward block and left back elbow strike.
8. Step your right foot back into a left neutral bow while doing a right outward downward block and left back elbow strike.
9. Step your left foot back into a right neutral bow, while doing a left downward outward block and right back elbow strike.
10. Step your right foot back into a horse stance, returning to the starting position (Left hand covering right fist)

Orange Belt Requirements

Besides improving their basics such as the various strikes and stances, to reach orange belt, students will learn 1 new form (also known as kata). They will also learn three (3) more self defense techniques.

Yellow Belt - First Orange Stripe

Technique 4 - ALTERNATING MACES (front- two-handed push)

1. Standing naturally, and as your opponent pushes you, step back with your left foot into a right neutral bow stance while doing a right inward/downward block to your opponent's arms while your left hand is ready to strike from your waist.
2. Do a left punch to your opponent's chest.
3. Move your left hand (after the punch) on top of both your opponent's arms while having your right hand do a back knuckle strike your opponents head.

Technique 5 - MACE OF AGGRESSION (front- 2-hand lapel grab - pulling in)

1. While standing naturally, your opponent grabs your lapel with both of his hands, while pulling you in and toward him.
2. Grab you opponent's hands with your left hand and step forward with your right stepping on your opponent's right foot, at the same time striking down across your opponent's nose with a right inward downward back-knuckle strike, continuing down and striking both of your opponent's arms.
3. Immediately do a right inward horizontal elbow strike to your opponent's left jaw. Immediately return with a right outward elbow strike to the jaw of your opponent.

Yellow - Second Orange Stripe

Technique 6 - ATTACKING MACE (front - right step through straight punch)

1. Standing naturally, move your right foot back into a left neutral bow stance as you do a left inward block to your opponent's right punch.
2. Immediately turn into a left forward bow stance as you do a right punch to the right lower ribcage of your opponent. Make sure that your left hand is open as it checks your opponent's right elbow.
3. Pull your right hand back along your opponent's right arm stopping at your opponent's wrist which you grab onto. Pull your opponent toward you as to do a right roundhouse kick to the stomach or groin.
4. Land forward into a right neutral bow while doing a left vertical punch to your opponent's right kidney (side).

Orange Belt***SHORT FORM 1 (one side) - Blocking while retreating in 4 directions***

The second/other side is Optional but must be completed when and if the Child moves to the Adult Level

Start from a horse stance (Dragon over the Tiger).



1. Step your left foot back into a right neutral bow while doing a right inward block and a left back elbow strike.



2. Step your right foot back into a left neutral bow while doing a left inward block and a right back elbow strike.



3. Turn to face your next imaginary opponent to the Left. Step forward with your right foot while turning to your left into a left neutral bow. At the same time do a right inward block followed by left outward block and a right back elbow strike.



4. Step back with your left foot into a right neutral bow while doing a left inward block followed by a right outward block and a left back elbow strike.



5. Move your right foot forward and to your left as you turn completing around to face you next imaginary opponent Settle into a left neutral bow while doing a right high inward block followed by a left upward block and right back elbow strike.



6. Step your left foot back to a right neutral bow while doing a left high inward block followed by a right upward block and left back elbow strike.



7. Turn to face your next imaginary opponent to the Right. Step forward with your left foot while turning to your right into a right neutral bow. At the same time do a right downward block and left back elbow strike.



8. Step your right foot back into a left neutral bow, while doing a left downward outward block and right back elbow strike.



9. Step clockwise (to your right) with your left foot returning to the starting horse stance with Dragon over the Tiger



Purple Belt Requirements

Besides basics such as the various strikes and stances, and previous forms and sets, to reach Purple belt, students will learn 1 new form (Long One) as well as nine (9) additional self defense technique

Orange Belt – First Purple Stripe

Technique 7 - CLUTCHING FEATHERS (front left hand hair grab)

1. Standing naturally, step straight back (to 6 o'clock) with your left foot, simultaneously pin opponent's left hand with your left as you deliver a right vertical middle finger fist to opponent's left armpit pivoting into a right neutral bow in the process.
2. While in a neutral bow, strike inside of opponent's left arm with a right vertical outward block.
3. Shift into a right forward bow as you deliver a left heel palm thrust to opponent's jaw while switching your right vertical outward block into a right extended outward block, keeping it in place for protection as well as in position for the next move.

Technique 8 - TRIGGERED SALUTE (front right hand direct push)

1. Standing naturally while opponent pushes your left shoulder with his right hand, step forward and to your left with your right foot to 11 o'clock (into a right neutral bow) to buckle on the inside of opponent's right knee. Simultaneously pin opponent's right hand with your left (against your left shoulder) and strike opponent's chin with a right forward palm heel strike.
2. Immediately shift your right hand to 11 o'clock forming the shape of the crane (anchor elbow) and hook opponent's right arm at the elbow, and move your right arm to your right hip (to snap the elbow), and deliver a right inward horizontal elbow strike to opponent's solar plexus.
3. After following through with first elbow shot, deliver a right outward horizontal elbow strike to opponent's right floating ribs (palm down).
4. Without hesitation, follow-through with a right horizontal back knuckle strike to opponent's right floating ribs or kidney and immediately cock your right fist to your right hip.
5. Without any loss of motion execute a right uppercut up and under opponent's chin while your left hand remains pinning your opponent's right hand against your left shoulder.

Technique 9 – Lone Kimono (Right Front Shoulder grab (w left hand))

1. Standing naturally, step back (to 6 o'clock) with your left foot when your opponents grab your lapel with his left hand. Simultaneously pin his left hand to your chest with your left hand and deliver a right upward strike against his left elbow just above the joint causing the elbow to break as you settle into a right neutral bow.
2. Circle your right arm over and down (counter clockwise) with an inward-downward strike against opponent's arm. Make sure that your opponent's left arm is driven down and diagonally to your left.
3. Deliver a right outward chop to the right side of opponent's neck; stance throughout is still a right neutral bow. Bring your left hand to your solar plexus, ready to check if needed.

LONG FORM 1 - 1st Half - Blocking & countering while retreating

The first half of Long Form 1 builds on Short Form 1 by focusing on shifting from a neutral bow to a forward bow while reverse-punching after each block.

First Half - Start from a meditating horse stance facing 12:00.

1. Step your left foot back into a right neutral bow while doing a right inward block and a left back elbow strike
2. Pivot into a right forward bow toward 12:00 as you execute a left reverse punch toward 12:00.
3. Have your right foot slide into a right transitional cat stance while executing a right inward block. Complete your right step through by having your right foot plant back toward 6:00 into a left neutral bow. As you settle into your left neutral bow simultaneously execute a left inward block.
4. Pivot into a right forward bow toward 12:00 as you execute a left reverse punch to 12:00.
5. Turn to face your next imaginary opponent to the Left. Step forward with your right foot while turning to your left into a left neutral bow. At the same time do a right inward block followed by left outward block and a right back elbow strike.
6. Pivot into a left forward bow toward 9:00 as you execute a right straight punch to 9:00.
7. Step back with your left foot into a right neutral bow while doing a left inward block followed by a right outward block and a left back elbow strike.
8. Pivot into a right forward bow toward 9:00 as you execute a left reverse punch to 9:00.
9. Move your right foot forward and to your left as you turn completing around to face you next imaginary opponent Settle into a left neutral bow while doing a right high inward block followed by a left upward block and right back elbow strike.
10. Pivot into a left forward bow toward 3:00 as you execute a right straight punch to 3:00.
11. Step your left foot back to a right neutral bow while doing a left high inward block followed by a right upward block and left back elbow strike.
12. Pivot into a right forward bow toward 3:00 as you execute a left straight punch to 3:00.
13. Turn to face your next imaginary opponent to the Right. Step forward with your left foot while turning to your right into a right neutral bow. At the same time do a right downward block and left back elbow strike.
14. Pivot into a right forward bow toward 6:00 as you execute a left straight punch to 6:00.
15. Step your right foot back into a left neutral bow, while doing a left downward outward block and right back elbow strike.
16. Pivot into a left neutral bow toward 6:00 as you execute a right straight punch to 6:00.

End of First half

Orange Belt – Second Purple Stripe***Technique 10 - THRUSTING SALUTE (front straight right kick)***

1. While standing naturally with feet together, step back with your right foot (to 4 o'clock) into a left neutral bow as you deliver a downward block to the inside of opponent's right leg.
2. Kick forward with the ball of your right foot to opponent's groin or knee while your left hand stays up to protect your head
3. As you plant your right foot forward (between opponent's legs and into a right neutral bow), deliver a right Palm Heal thrust to opponent's jaw while your left hand checks/guards your ribs.

Technique 11 - DEFLECTING HAMMER (front- right front thrust kick)

1. With your feet together step back with your left foot toward 7:00 into a right neutral bow (to move out of the Line of Attack), while executing a right downward block, against the outside of your opponent's right kicking leg. Your left hand checks at your solar plexus (chest).
2. While still in your right neutral bow, shuffle forward as your left hand checks inward and toward your opponent's biceps, and you execute a right inward horizontal elbow strike to your opponent's face.

Technique 12 - CAPTURED TWIGS (rear-bear hug - -arms pinned)

1. With your feet together and your opponent's arm around you, step off toward 9 o'clock with your left foot into a horse stance, facing 12:00, as you simultaneously pin your opponent's hands (to your body) with your left hand. Just as your weight settles into your horse stance execute a right back hammer fist strike to your opponent's groin.
2. Immediately bring your right foot into a right cat stance (turning 90 degrees while facing 3 o'clock) as your left hand releases the pin, clears your opponent's left arm and covers the front of your face as a check if needed. Simultaneous with the action of your left arm have your right hand cover your groin and proceed to clear opponent's right arm.
3. Does a right heel stomp to your opponent's right instep. Slide your right foot back toward 3:00 into a horse stance, facing 12:00. Immediately have your right forearm contour up the middle of your opponent's body as you execute a right vertical obscure elbow strike to the underside of your opponent's chin. Have your right arm snap back after the strike and cover your groin

Purple Belt***Technique 13 - GRIP OF DEATH (left flank - right arm headlock)***

1. With opponent applying a head lock from your left side, step forward and to your left (to 10 o'clock) with your right foot while turning your head to the left and tucking your chin against your chest. Simultaneously deliver a right hammer fist to opponent's groin and a left hammer fist to opponent's kidney.

2. As you pivot into a left neutral bow facing 6 o'clock, have the fingers of your left hand press under opponent's nose or, depending upon the circumstances, have your left hand grab opponent's hair to force opponent's head back.
3. Immediately follow-up with a right palm heel thrust to opponent's chin as you pivot into a left forward bow.

Technique 14 – FIVE SWORDS (front - right roundhouse punch)

1. While standing naturally with feet together, step forward and slightly to your left (to 11 o'clock) with your right foot (to a neutral bow) and deliver a right inward strike to inside of opponent's right punch using your left hand to check.
2. Immediately strike to opponent's right neck with your right outward chop.
3. Left palm heel or left finger thrust (palm down) to opponent's eyes as your right hand circles (small) to your right hip, slicing the eyes and acting as a guard against a left punch as it travels to the hip. This is done while you pivot into a right forward bow.
4. With left hand now guarding horizontally and open (palm down), deliver a right uppercut to opponent's solar plexus as you pivot to a right neutral bow.
5. (Next moves are optional for Junior ranks) - Immediately have your left foot slide counter clockwise (to 4 o'clock) into a right forward bow as you left outward hand sword to the left neck of opponent. Without hesitation and while shifting into a right neutral bow have your left hand hook and pull opponent's head down as you deliver a right overhead downward hand sword to back of opponent's neck.

LONG FORM 1 – 2nd Half - Blocking & countering while retreating

The second half of Long Form 1 focuses on shifting from a neutral bow to a forward bow while doing four (4) sequences of 3 blocks (one sequence in each direction), ending up facing forward with three sequences of three new blocks (inward downward, outward downward, and push down), and finishing with 2 punches forward, 1 on each diagonal, and 1 to each side , and ending with 2 uppercuts

17. (a): Pivot back to a left neutral bow facing 6:00 while simultaneously executing a left thrusting inward block. (b): Execute a right inward block. (c): Execute a left inward block.
- 18.(a): Your left foot steps back toward 12:00 into a right neutral bow, facing 6:00 while simultaneously executing a right inward block. (b): Execute a left inward block. (c): Execute a right inward block.
- 19.(a): Cover (by moving your left foot toward 3:00) into a right neutral bow facing 9:00, while simultaneously executing a right outward block. (b): Execute a left outward block. (c): Execute a right outward block.
- 20.(a): Your right foot drops back toward 3:00 into a left neutral bow facing 9:00 while simultaneously executing a left outward block. (b): Execute a right outward block. (c): Execute a left outward block.
- 21.(a): Cover (by moving your left foot toward 9:00) into a right neutral bow facing 3:00, while simultaneously executing a right upward block. (b): Execute a left upward block. (c): Execute a right upward block.
- 22.(a): Your right foot drops back to 9:00 into a left neutral bow facing 3:00, while simultaneously executing a left upward block. (b): Execute a right upward block. (c): Execute a left upward block.

- 23.(a): Cover (by moving your right foot to a side cat stance, then toward 6:00) into a left neutral bow facing 12:00, while simultaneously executing a left downward block. (b): Execute a right downward block. (c): Execute a left downward block.
- 24.(a): Your left foot drops back toward 6:00 into a right neutral bow facing 12:00, while simultaneously executing a right downward block. (b): Execute a left downward block. (c): Execute a right downward block.
- 25.(a): Recover by first dragging your left foot your right foot and then moving it out toward 9:00 into a horse stance, facing 12:00. This maneuver is simultaneously done it while executing a left inside downward block palm down- bottom fist. (b): Execute a right inside downward block (palm down). (c): Execute a left inside downward block (palm down).
- 26.(a): Execute a right inside downward block palm up -hammer fist -simultaneously with a left back elbow strike. (b): Execute a left inside downward block palm up simultaneously with a right back elbow strike (c): Execute a right inside downward block palm up simultaneously with a left back elbow strike.
- 27.(a): Execute a left push-down block simultaneously with a right back elbow strike. (b): Execute a right push-down block simultaneously with a left back elbow strike. (c): Execute a left push-down block simultaneously with a right back elbow strike.
- 28.(a): Execute a right straight punch to 12:00 simultaneously with a left back elbow strike.
(b): Execute a left straight punch to 12:00 simultaneously with a right back elbow strike.
(c): Execute a right inward diagonal punch simultaneously with a left back elbow strike.
(d): Execute a left inward diagonal punch simultaneously with a right back elbow strike.
(e): Execute a right hook punch to 9:00 simultaneously with a left back elbow strike.
(f): Execute a left hook punch to 3:00 simultaneously with a right back elbow strike.
(g): Execute a right upper cut punch to 12:00 simultaneously with a right back elbow strike.
(h): Execute a left upper cut punch to 12:00 simultaneously with a left back elbow strike.
29. Close with meditative horse stance.

Blue Belt Requirements

Purple Belt – First Blue Stripe

Technique 15 – SHIELDING HAMMER (Front hooking left punch)

1. Standing naturally with feet together, step back with your left foot to 6 o'clock into a right neutral bow as you deliver a right extended outward block to the inside of opponent's left hooking punch at his forearm as your left hand guards your right ribcage.
2. Immediately deliver a right inward /downward raking back knuckle strike to opponent's nose.
3. Shuffle forward while continuing the counter clockwise motion of your right hand and follow-up with a right horizontal outward elbow strike to opponent's solar plexus as your left hand checks high.

Technique 16 – GLANCING SALUTE (Front right shoulder push)

1. Standing naturally while opponent pushes your right shoulder with his right hand, step forward and to your left to 11 o'clock with your left foot (into a left neutral bow) immediately pivot to your right (to 3 o'clock) into a right horse stance as your right arm pins opponent's right wrist to your right chest and your left forearm strikes out and against the joint of your opponent's right elbow to cause a break.
2. Pivot to your left (to 12 o'clock) into a left forward bow as your left hand pins opponent's right arm down to his body and your right palm heel strikes to opponent's jaw.
3. Hook the back of opponent's neck with your right hand as it forms the shape of the crane. Pull opponent's neck down (having your right elbow hug your right ribcage in the process) as your right knee kicks to opponent's stomach.
4. Settle forward into a right neutral bow as you deliver a right horizontal inward elbow to the opponents head.

Technique 17 – REPEATING MACE (Front left cross push)

1. Standing naturally with feet together, have your left foot slide back to 4 o'clock into a right neutral bow. Simultaneously have your left hand hook (left palm is up) outside of opponent's left wrist as you deliver a right inward raking hammer fist to opponent's left kidney followed by a right back knuckle to opponent's left ribcage as you settle.
2. Immediately shift your weight onto your left leg and deliver a right downward round- house kick (utilizing the right instep) to the top of opponent's left calf in back of the knee.
3. Right front crossover and cover out to 4 o'clock.

Technique 18 – LOCKING HORNS (Front Head Lock)

1. With your body bent forward, step forward with your right foot toward 11 o'clock and deliver a right upward vertical reverse hand sword (ridge hand) to opponent's groin while simultaneously having your left hand check opponent's right thigh just above the knee and your chin turned in such a position so as to keep your breathing constant
2. Immediately follow-up with a right vertical obscure elbow strike to opponent's jaw while keeping in a low right neutral bow.
3. After snapping the elbow to opponent's jaw, loop your right elbow around and strike again (shuffling forward if needed) having it drive from 1 o'clock down to 7 o'clock to the left side of opponent's jaw as your left palm heel hooks in and strikes opponent's right jaw, causing a sandwiching effect (i.e. "Elbow Sandwich")

Purple Belt – Second Blue Stripe***Technique 19 - Evading the Storm (Right overhead club/stick attack)***

1. Standing naturally with feet together, move your left foot to 10 o'clock into a left forward bow stance.
2. As your right extended outward blocks and grabs outside of opponent's right wrist, immediately deliver a right roundhouse kick to opponent's groin. (Left hand checking at chest.)
3. Plant your right foot (toward 1 o'clock) into a right neutral bow as your right hand pulls opponent's right wrist down and past your right hip and your left hand punches to opponent's right ribs. This is done as you pivot into a right forward bow.

Technique 20 - Checking the Storm (Right overhead club/stick attack)

1. Standing naturally with your feet together, as your opponent swings his club in an overhead fashion, quickly step off to your right with your right foot toward 3:00. Simultaneously drag your left foot toward your right foot as you form a cat stance facing 10:30. Without a break in the flow, execute a right inward hand parry followed by a left extended outward block to the right inner wrist of your opponent's right arm (you may not actually make contact). During the natural flow of your motion have your right hand stop, hand open, to act as a check in front of your solar-plexus.
2. Immediately execute a left front snap ball kick to your opponent's groin.
3. Plant your left foot (toward 10:00) as you deliver a right snapping side kick to the inside of the opponent's right knee.

4. Plant your right foot toward 10:00 into a right neutral bow, and execute a right outward back knuckle to the left temple, as your left hand checks at the solar-plexus.

Technique 21 - Crashing Wing (Rear bear hug, arms free)

1. Step to your right (to 3 o'clock) with your right foot and drop into a horse. Simultaneously strike down with both of your elbows against opponent's forearms (after having raised your elbows).
2. Have your left foot meet your right foot (close cat) as your left and right arms cock to the right side of your waist (right palm up and left palm facing down).
3. Have your left foot then go around and behind opponent's left leg (C-Step to 8 o'clock) and into a left reverse bow.
4. Pivot/rotate to your left and deliver a left outward elbow strike (palm down) to opponent's jaw and a right hammer fist to opponent's groin as your left hand guards to your left side.

Technique 22 - Gift of Destruction (Hand Shake or cross wrist grab)

1. With right hand shaking and while standing naturally, hop directly forward or slightly to your left to 11 o'clock with our left foot as your right hand pulls your opponent's right hand toward and past your right hip.
2. With the above action, simultaneously strike in and against the joint of your opponent's right elbow with your left palm heel as you deliver a right knee to opponent's groin or stomach.
3. As you plant your right foot forward (toward 10 o'clock) and against the inside portion of opponent's right knee, deliver a right inward horizontal elbow strike to left jaw of opponent while checking opponent's right arm down with your left hand.

Coordination Set 1

Starting in a horse stance you will perform the same movements in all 4 directions, starting forward (12:00) and progressing counter clockwise (to the left) to 9:00, 6:00, 3:00, finishing back at 12:00

SET I:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Plant into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET II:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and a left back elbow strike.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left hand punch to the head and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the groin and a right reverse punch to the solar head with a left back elbow strike.
5. Plant into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

SET III:

1. Drop your right foot back to 3:00, so you're facing 9:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Perform steps 2 thru 5 from Set I

SET IV:

1. Perform Set II again

SET V:

1. Drop your right foot back to 12:00 so you're facing 6:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Perform steps 2 thru 5 from Set I

SET VI:

1. Perform Set II again

SET VII:

1. Drop your right foot back to 9:00, so you're facing 3:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.

2. Perform steps 2 thru 5 from Set I

SET VII:

1. Perform Set II again

SET IX:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Perform steps 2 thru 5 from Set I

SET X:

1. Perform Set II again
2. Step clockwise, with your left foot into a horse stance facing 12:00, Dragon over Tiger.

Blue Belt***Technique 23 – Obscure Wing (Right Flank, left hand Shoulder grab)***

1. With feet together and opponent's left hand grabbing your right shoulder, step to your right (to 4 o'clock) with your right foot as you drop into a horse. Simultaneously deliver a right back elbow to opponent's solar plexus as your left hand pins and checks opponent's left hand to your right shoulder.
2. Deliver a right back hammer fist down to opponent's groin
3. Immediately follow-up with a right snapping obscure (upward) elbow strike to opponent's chin.

Technique 24 – Reversing Mace (Right Step through punch)

1. From a right neutral bow, slide your left foot counter clockwise to 4 o'clock; simultaneously use a right inward and left outward parry outside of opponent's left punch. Without any loss of motion, the right inward parry continues and becomes a right horizontal outward back knuckle as it strikes to opponent's left ribcage.
2. Immediately shift your weight onto your left leg and deliver a right looping downward round- house kick to back of opponent's left knee complimenting the angle of your opponent's thigh.

Technique 25 – Buckling Branch (Left Front Kick)

1. While standing naturally with both feet together, step slightly back and to your right with your right foot to 5 o'clock (left neutral bow); simultaneously blocking opponent's left kick (from the outside) with a left downward block .
2. Deliver a right ball kick to opponents groin (from the rear) while his back is toward you.
3. Plant your right foot into a right front twist stance and deliver a left side kick to the inside of opponent's right knee.

Technique 26 – Spiraling Twig (Rear Bear hug, arms free)

1. Step to your right with your right foot into a horse as your right and left middle knuckles strike to the back of opponent's top hand or hands immediately dropping both elbows to pin opponent's arms. Without hesitation follow-up by grabbing opponent's right hand with your right hand and left hand with thumbs on top and fingers inside of opponent's palm.
2. Have your left foot step forward to 2 o'clock (while starting a clockwise wrist twist; with your right elbow still pinning) and pivot your right foot clockwise and back (into a right neutral bow facing 6 o'clock) as both of your hands continue to twist opponent's right wrist clockwise.
3. Deliver a right snapping ball kick while guiding opponent's right arm past your right hip and still maintaining wrist twist.
4. As you plant your right foot forward (into a right neutral bow facing 6 o'clock) have your left hand check your opponent's right elbow by pushing it down and out of the way past as you deliver a right underhand stiff arm back knuckle strike to opponent's face.

Stance Set 1

Starting in a Horse Stance, Dragon over Tiger;

1. Attention stance (keep hands on hips for the remainder of this set)
2. Left leg to Horse stance
3. Left leg back into Right Neutral Bow
4. Right leg back into Right 45° Cat Stance
5. Right leg back into Horse Stance
6. Right leg back into Left Neutral Bow
7. Left leg back into Left 45° Cat Stance
8. Left leg back into Right Twist Stance
9. Unwind into Right Neutral Bow
10. Right leg back into Left Twist Stance
11. Unwind into Left Neutral Bow
12. Rotate into Right Reverse Bow
13. Rotate in-place into Left Forward Bow
14. Front to Back Switch
15. Rotate into Left Reverse Bow
16. Rotate in-place into Right Forward Bow
17. Into Right Rotating Twist Stance
18. Step-thru forward into a fighting horse stance
19. Into Left Rotating Twist Stance
20. Unwind into Left Neutral Bow
21. Left leg back into Horse Stance
22. Left leg in to Attention Stance
23. Close

Glossary of Terms

- A -

Aikido – A Japanese Martial Art

- B -

- C -

Capoeira - an African / Brazilian Martial Art

- D -

- E -

- F -

Feathers – Referring to hair (i.e. clutching feathers)

- G -

- H -

Hammer – hammer fist

Hapkido – A Korean Martial Art

- J -

Judo – A Japanese Grappling martial art

- K -

Karate – Means “Empty Hand” - Japanese Martial Arts

Kenpo – Law of the Fist or Fist Law

Kiai (or Kihup) – The short yell (and breathing out) used when striking or being struck

Krav Maga – An Israeli Martial Art

Kung Fu – a Chinese Martial art with many sub styles, two popular ones being Wushu and Wing Chun

- L -

- M -

Mace – Referring to the Fist (i.e. alternating Mace)

- N -

Ninja / Ninjutsu – A Japanese Martial Art

- O -

- P -

- R -

Ridge Hand – Reverse Chop (Thumb side of hand)

Rod – Referring to a Gun

- S -

Salute – Referring to a Palm Heal (i.e. Thrusting Salute)

Sambo – A Russian Martial Art

Savate – A French Martial Art

Shotokan – A Japanese Martial art (actually Okinawan) – Type of Karate

Storm – Referring to a Club attack.

Sword – Referring to a Hand sword, chop (i.e. Sword of Destruction, Delayed Sword)

- T -

Tae Kwon Do – Way of the Foot and Hand – a Korean martial art

Tai Chi – A Chinese Martial Art, considered a “soft Art”

- W -

Kenpo

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