

BLUEGRASS MARTIAL ARTS

LOUISVILLE CHRISTIAN MARTIAL ARTS ACADEMY



KENPO KARATE

**THE SCHOLAR AND THE WARRIOR
WISDOM AND ACTION**

**CONFIDENCE, DISCIPLINE, LEADERSHIP
BECOME YOUR OWN SUPERHERO**

2nd Brown Belt Manual

ABOUT KENPO KARATE

"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."
-Ed Parker

Kenpo Karate is a self-defense system characterized by fast explosions of multiple strikes delivered to multiple targets. Kenpo Karate does not so much teach a set of standard responses to a set of limited scenarios, but rather teaches a set of principles that can be applied in any situation.

A simple translation of Kenpo Karate would be "Law of the Fist and Empty Hand". Kenpo Karate is a comprehensive system of modern self-defense. It is a deliberate and scientific take on modern self-defense.

Kenpo utilizes striking combinations and Jujutsu to control an attacker. Kenpo Karate as taught at Bluegrass Martial Arts is an adjusted version of the American and Traditional Kenpo Systems. There is greater emphasis on restraining an opponent, and targets are adjusted to be appropriate for a family friendly setting

This system of martial art has no eastern religious truth claims or faith practices. It is a complete system of self-defense that is coherent with the Christian worldview. If you are wishing to study martial arts, but you do not want exposure to non-Christian ideas, the Bluegrass Martial Arts Academy will be right for you.

We encourage Wisdom through disciplined Bible study and Action through a personal active ministry to the world. Bluegrass Martial Arts is dedicated to produce Agents that are equipped to protect the Sanctity of Life of everyone, and represent a Community set apart within a lost world.

GOOD WORK

Marvelous! You are now a 3rd kyu brown belt. You have worked hard, and that is evident in your new belt. You are now only two levels away from first degree black belt. I hope your excitement and hard work will carry over again into this next challenge of 2nd Brown belt.

You will find this level a greater challenge. The basics are harder. The forms are more complex. The application of each technique becomes more advanced.

You may feel like you have regressed to the beginning all over again. Do not get frustrated. Each level by design challenges your ability a step further than the last. You may not feel like you have improved since your first class, trust me, you have. The new belt you wear proves this beyond any doubt. Enjoy the new challenge of a new belt level, and with time, you will be able to see how much improvement you have really made.

Welcome to the beginning of your journey toward 2nd Brown belt.

ABOUT THIS LEVEL

Completion of the eighth level of Kenpo Karate is rewarded with the advancement to 2nd Brown belt. The material in this level will further build on the skills of earlier levels such as form, speed, power, breath control, baiting, and focus. The next object of study will be striking kyusho, or weak points.

Physical Focus

The human body has points that are naturally vulnerable. The Japanese call these weak points kyusho. Striking kyusho can disable an opponent quickly and effectively, by taking advantage of the body's natural weakness.

Kyusho is not some mystic secret based on chi flow or meridians. I have no doubt to a truly eastern influenced martial art these secrets are essential to understanding kyusho, but Kenpo Karate is a modern system, therefore I will have nothing to say as to how kyusho may or may not have anything to do with chi flow or meridians.

There may be some truth to eastern science. There could be some validity to energy flow. In my opinion it makes little useful application if it is true or not. Instructors who do believe and study chi can only demonstrate their mastery in parlor trick fashions. Piercing ones body with meat hooks and carrying water pails on them, laying on a bed of nails, or walking across hot coals barefoot are impressive displays of bearing through painful experiences, but they have no practical use in self defense.

If there is any validity to the claim to chi flow it falls in the realm of general revelation and would therefore not be in and of itself evil. What concerns me is the guru that claims to have conscious control over a supernatural power that can affect someone else, even to knock him or her out, over a distance with no physical contact. It can be very enticing to believe there is a

supernatural power anyone can control with enough practice and the right teacher, but we are not permitted to play with such powers. The Bible warns us they are deceptions, and to avoid them.

Kyusho as I mean to discuss it is a study of physics, and biology. The weak points can be found at skeletal joints, or soft flesh targets where there is no skeletal protection. Some points are places where two muscle groups intersect. Some weak points are places where nerves are exposed. These points are also called pressure points, but the amount of force and direction of force necessary to create the intended result varies in “pressure” from one spot to another.

Kyusho is a good thing to know to compliment your self-defense techniques. You cannot fight with just pressure points alone, that would not be very effective and you might look silly to try. However, where your techniques can use refining, consider what weak points are available and how they might best be taken advantage of. This will have to be considered on a technique-by-technique basis. It is impossible for every kyusho to be available at any given moment, but it is also impossible to protect every weak point at any moment.

Kyusho, or weak points is the new study for the 3rd Brown belt level. Do not abandon the continuing studies of the lower belt levels. Every level is a new opportunity to revisit studies from earlier levels also. Make your martial arts practice a study in itself. Remember Kenpo is a martial science. We are both Scholars as well as Warriors.

This level will require the student to perform Kicking Set 2, Gung Gi Fuk Fu, and Long Form 5. 2nd Brown belts must be able to execute the basics with improved skill. Kicking Set should be executed with confidence. They must know Gung Gi Fuk Fu, and Long Form 5 by memory. Most importantly, the 20 techniques of 2nd Brown belt should be executed successfully from memory, and

the student should be prepared to display the technique on a partner, or in open space with no Uke.

The student should not become distracted or frustrated that they are not capable of performing at a mastery level. Studying any level of Kenpo Karate should be an affirming and enjoyable process.

Learning this new level should be primarily a stress-free and fun process.

KICKBOXING BASICS

Non-Telegraphing Direct Attack

Backfist, Side kick, Jab, Wheel kick

30 sec Timed Punch/Kick

Target Set Point Push drag Punch/ Replacement Kick

Removing Target, Set Point Punch/Kick

Removing Target, Set Point Push drag Punch/ Replacement Kick

Target Full Retreat, Set Point Push drag Punch/ Replacement Kick

Indirect Sneak Attack

Double Backfist

Jab (Uke inward parrys) –Cross Pak, Rolling Backfist

Jab, Spinning Backfist

Replacement Side kick – Backfist

Replacement Wheel kick – Backfist

Rear cross Canted Side kick

Full Retreat Canted Side kick

Rear cross Backfist – Canted Side kick

Roundhouse – Canted Side kick

Uke kicks with front leg: Jamming Replacement Side, Inward Side

Jab – Jab (low-high) or (high-low)

Uke Jabs: (Cross inward parry, low jab)

Finger Jab - Lop Sao pull - Jab

Replacement Side – Jab

Replacement Wheel – Jab

Roundhouse-Wheel kick (low, high)

Replacement Wheel, (Side step) Roundhouse

Drop step (to open position) Roundhouse kick

Inward Side kick, Wheel kick

Replacement Heel Hook, Wheel kick

TECHNIQUES

1) BEGGING HANDS

Attack – *front two-hand direct wrist grabs*

1. left retreat step to 6:00 into right neutral bow, right and left hands punch forward and down then immediately snap up to vertical outward blocks to escape Uke's hold
2. right snapping front kick Uke's abdomen
3. plant right foot forward into right neutral bow, left snapping front kick Uke's sternum
4. left foot plants forward into left neutral bow, right and left thrusting palm strikes Uke's sternum – fingers pointing out (butterfly palm strike)
5. right advance step to 12:00 into right neutral bow, right and left hands grab Uke's pectoral muscles and twist forward and lift up raising Uke up on his toes (pain grab)
6. left replacement and right step to 1:30 into right reverse bow to buckle Uke's left leg backwards
7. pivot counterclockwise into left forward bow facing 6:00 throwing Uke toward 6:00 to his back
8. full cover out to 6:00

2) THRUST INTO DARKNESS

Attack – *right push from behind (7:30)*

1. right step to 1:30 into right close kneel
2. left snapping back kick Uke's abdomen, plant to 7:30, pivot counterclockwise into left neutral bow facing 7:30
3. right snapping step through front kick Uke's abdomen, plant to 7:30 into right neutral bow
4. left front cross step toward 7:30 into left twist stance
5. right snapping side kick Uke's left knee, plant to 7:30 into right forward bow
6. right hammering backfist Uke's left temple, left cross thrusting vertical cross Uke's sternum

7. full cover out to 1:30

3) DESTRUCTIVE FANS

Attack – *left side, right step through punch*

1. left advance step to 9:00 into left neutral bow facing 9:00, right cross vertical outward hooking parry into inward horizontal hammerfist strike to Uke's abdomen, left hand covers high
2. left grab Uke's right shoulder, right grab Uke's right wrist, pull Uke forward to center weight over his right leg
3. left front cross step to 3:00 into twist stance sweeping Uke's right foot forward
4. pivot clockwise unwinding twist stance with right spinning outward reap to Uke's right leg to throw Uke to his back, into left neutral bow facing 9:00, right outward hammering backfist Uke's right side kidney
5. left advance step to 9:00 into left close kneel stance, right dropping cross punch Uke's head, left covers low horizontally
6. full cover out to 3:00

4) ROTATING DESTRUCTION

Attack – *right snapping front, left spinning back kick combination*

1. left retreat step to 6:00 into right reverse bow, right inward downward palm down block to Uke's front kick, left hand cross checks high
2. pivot clockwise to right forward bow, right arm continues to circle counterclockwise to catch Uke's right leg and throw it toward 3:00 with a right extended outward block, Uke will be forced to spin counterclockwise turning his back to you
3. right retreat rear cross step to left front twist stance facing 12:00, right outward downward parry Uke's back kick
4. pivot clockwise unwinding twist stance into left neutral bow, left wheel kick Uke's head
5. left plant to 12:00 into left neutral bow and pivot clockwise with right spinning heel hook kick Uke's chin
6. right plant to 12:00 into right neutral bow then right replacement thrusting side kick Uke's abdomen

7. full cover out to 6:00

5) COURTING THE TIGER

Attack – *Multiple Attackers: two-hand wrist grab from both sides*

1. right and left hands cross grab both attackers wrists, right rear cross step to 9:00 stomping left side attacker's (attacker A) right foot into a left front twist facing 12:00, right hand pull right side attacker (attacker B) forward toward 9:00
2. right snapping side kick to attacker B's left knee
3. plant right foot to 9:00 into right front twist stance, left upward thrusting knee to attacker A's right knee, then thrusting side kick attacker A's left knee to buckle outward
4. left foot rear cross to plant to 3:00 in a right front twist stance, right outward whipping backfist attacker B's temple
5. right canted side kick attacker B's abdomen
6. right plant to 3:00 into left neutral bow facing 9:00 then right roundhouse kick attacker A's chin
7. full cover out to 3:00

6) INTERCEPTING THE RAM

Attack – *front tackle, long range*

1. left leap advance step to 12:00 into crane stance, right thrusting knee Uke's groin, left hand checks Uke's right shoulder, right arm circle counterclockwise to overhead downward vertical hammerfist Uke's back
2. right foot plant to 6:00 into left neutral bow, left arm circle clockwise to overhead downward vertical elbow to Uke's back, right hand checks Uke's left shoulder
3. left retreat rear cross step to 4:30 into twist stance, left hand cross checks Uke's left shoulder, right hand chamber to high block position
4. pivot counterclockwise unwinding twist stance into to right neutral bow facing 10:30, right inward downward diagonal elbow behind Uke's left ear (mastoid), left hand chambers
5. right hand checks behind Uke's head, right rear step through hooking vertical scoop kick Uke's head
6. right foot plant to 4:30, continue cover out to 4:30

7) OBSCURE SWORD

Attack – rear shoulder grab, left hand to right shoulder

1. left cross pin Uke's left hand, left advance step to 12:00 in left forward bow, chamber right arm low horizontally - Uke will be pulled forward, and will respond by pulling back
2. as Uke pulls, pivot clockwise into right neutral bow facing 6:00, right hammering outward hand sword to Uke's throat
3. pivot clockwise to right forward bow facing 6:00, right arm circles clockwise to extended outward block to clear Uke's left arm, left thrusting palm strike to Uke's chin
4. left snapping front kick to Uke's abdomen
5. left plant back to 12:00 into right neutral bow facing 6:00, right inward horizontal raking hammerfist to Uke's left temple, left cross cover low
6. left rear cross step to 7:30 into twist stance, right outward horizontal elbow strike Uke's sternum, left cross covers low
7. right step to 7:30 into right reverse bow to buckle Uke's left leg backwards, right outward hammerfist Uke's groin, left cross covers high
8. full cover out to 12:00

8) THE BACKBREAKER

Attack – right side, right step through punch

1. right side step to 3:00 into right inverted neutral bow, left cross inward parry, right upward vertical brushing parry Uke's punch
2. pivot clockwise with left advance step to 1:30 into right neutral bow facing 7:30, right direct grab Uke's right shoulder, left direct grab Uke's left shoulder – from behind
3. continue to pivot clockwise with right retreat step to 1:30 into left neutral bow facing 7:30, both hands pull back and down on Uke's shoulders (rear collar pull)
4. right thrusting knee to Uke's tail bone
5. plant right foot back to 1:30 into left forward bow facing 7:30, pull Uke down backwards into a sitting position against your left knee

6. left hand grab the back of Uke's head, right hand grab Uke's chin, turn Uke's head counterclockwise then reverse clockwise quickly to strain his neck
7. right inward downward hammering sword hand Uke's nose
8. full cover out to 1:30

9) CIRCLING THE STORM

Attack – *front centerline club thrust*

1. left advance step to 12:00 into left neutral bow, left inward block Uke's right arm, right arm chambers
2. right advance step to 10:30 into right neutral bow facing 10:30, right slicing inward elbow strike to Uke's ribs, left hand cross covers high
3. pivot counterclockwise to left neutral bow facing 4:30, left outward hammering elbow strike Uke's ribs, right cross cover high
4. right grab Uke's right wrist, left thrusting vertical forearm to Uke's right elbow
5. left crescent step to 4:30 to pin Uke's right leg, pull back with right hand press forward with left forearm to bend Uke forward (arm bar) then grab Uke's club and pull for disarm
6. left retreat step to 12:00, right foot raise to right crane stance facing 6:00, right inward horizontal fanning club strike Uke's chin, left hand check Uke's left shoulder
7. right thrusting side kick to the back of Uke's right knee to buckle him forward onto his right knee
8. plant right foot to 6:00 into right neutral bow facing 6:00, right outward hammering club poke (handle end) Uke's right side kidney, left hand cross cover high
9. left advance front cross step to 6:00 into twist stance facing 6:00, left arm circles counterclockwise to uppercut Uke's left side kidney, right inward looping horizontal club strike Uke's chin
10. full cover out to 12:00

10) RAISING THE STAFF

Attack – left direct wrist grab

1. right hand punches downward toward Uke's abdomen, left hand chambers – Uke will tighten his weak side grip on your wrist to counter your punch
2. right advance step to 12:00 into right forward bow, right hand punches straight up vertically breaking out of Uke's grip and grabbing Uke's left wrist from below, left cross direct grab Uke's throat to choke
3. right advance push drag step to 12:00 into right neutral bow, right thrusting downward vertical elbow to Uke's sternum, left hand chambers
4. pivot counterclockwise to face 6:00 in right reverse bow, right outward downward hammerfist Uke's abdomen, left hand cross covers high
5. right snapping back kick Uke's abdomen
6. full cover out to 6:00

11) FALCONS OF FORCE

Attack – Multiple Attackers: shoulder grab from both sides

1. left hand cross pins at right shoulder, right step to 3:00 into right neutral bow facing 3:00, right outward hammering sword hand right attacker's throat (attacker A)
2. pivot counterclockwise with right step to 10:30 into right forward bow facing 10:30, right inward horizontal finger slice to left attacker's eyes (attacker B), left hand still pins attacker A's at right shoulder
3. right hand cross pin attacker B's right hand at left shoulder, left hand release attacker A for outward hammering sword hand attacker B's neck
4. left step to 10:30 and pivot counterclockwise into right cat stance facing 4:30, right hammering inward block to clear away attacker B's right arm
5. right snapping front kick attacker A's groin
6. right thrusting back kick toward 9:00 attacker B's abdomen
7. full cover out to 12:00

12) FALLING FALCON

Attack – right direct lapel grab

1. left hand pin Uke's right hand, right advance step to 12:00 into right neutral bow, right thrusting palm strike Uke's chin
2. left hand grab Uke's right hand thumb side and peel Uke's hand free from lapel and lift his arm vertically, right arm wrap over Uke's right arm in the bend of his right elbow and grab the left forearm palm down
3. pivot counterclockwise to left forward bow facing 6:00 to pull Uke forward to fall to his back (snaking bent arm lever)
4. pivot clockwise to left reverse bow facing 6:00, right hand chambers pulling Uke's right arm straight, left inward hooking heel palm strike Uke's right elbow
5. left snapping side kick Uke's head
6. pivot counterclockwise with left plant to 12:00 and right step to 6:00 into right forward bow facing 6:00 (front to back switch), left extended outward grab Uke's right arm, right and left arms stretch Uke's right arm straight across your right knee applying pressure to Uke's elbow pinning Uke on his back (standing straight arm outward knee lever)

13) TWO MAN SWINGING GATE

Attack – Multiple Attackers: two hand lapel grab, pushing, from front, rear right step through punch

1. left cross pin Attacker A's left hand and rotate palm up, left retreat step to 6:00 into right neutral bow, right rising forearm against his elbows (high block straight arm lever)
2. left rear cross retreat step to 3:00 and pivot counterclockwise unwinding into a horse stance facing 6:00, right hammering backfist to Attacker A's abdomen, left hand still pins his hands
3. right arm circles counterclockwise over Attacker A's left arm to inward downward hammerfist to clear Attacker A's arms to release Uke's hold and pull Uke's head forward
4. as hammerfist reaches your left hip, reverse motion to outward upward hand sword to Attacker A's throat, right snapping front kick toward 6:00 to Attacker B's abdomen, left hand chambers

5. right thrusting palm strike Attacker B's chin, right thrusting back kick Attacker A's abdomen
6. right plant to 6:00 into right neutral bow facing 6:00 then full cover out to 3:00

14) LEAP OF DEATH

Attack – right step through punch

1. right retreat step to 6:00 and pivot clockwise into left reverse bow, right cross outward hooking parry and extended outward grab Uke's right wrist, left inward horizontal hooking heel palm to hyperextend Uke's right elbow and pull Uke forward
2. pivot counterclockwise to left neutral bow, left outward hammering backfist to Uke's abdomen, right hand still holds Uke's right wrist
3. right hand pull Uke's right arm forward, left arm circle counterclockwise to inward upward hooking heel palm Uke's right elbow to keep arm straight – keep Uke's arm palm up
4. left arm slip off Uke's elbow and reach across his torso and down to his left side hip, right hand pulls down on Uke's right wrist setting an upward straight arm lever against your left arm – Uke should be forced up to stand tip toed
5. pivot clockwise into right forward bow facing 6:00, pull back on Uke's right wrist while levering his elbow forward to throw Uke forward (straight arm wizzer spin)
6. leap toward 6:00 turning to face 12:00 when you land with your feet on either side of Uke in an convex stance (Uke should flip to fall face up, but he might also fall face down, if so then don't turn with the leap)
7. both hands downward horizontal thrusting palm strikes (butterfly palm) to Uke's chin or back of his head
8. pivot both feet toes inward into a concave stance, both hands grab (back Uke's head or fish hook his chin) and pull back and up against your knees
9. full cover out to 3:00 (if Uke falls face up) full cover out to 9:00 (if Uke falls face down)

15) WING BREAK

Attack – right direct lapel grab, left direct elbow grab (clench)

1. right direct grab back of Uke's left elbow, right retreat step to 6:00 into left neutral bow, pull Uke's left arm forward and push his right lapel back
2. right inward smother and counterclockwise wrap Uke's left arm to lock his left arm straight (straight arm lever)
3. right advance step to 12:00 between Uke's legs to pin his left leg, forward head butt Uke's chin, left direct extended outward grab Uke's right wrist
4. right arm circles counterclockwise to hook under Uke's right arm with downward vertical elbow to Uke's back to bend him forward
5. pivot counterclockwise into left forward bow facing 6:00, wheel Uke around right leg, left pull Uke's right arm forward, Uke will be thrown forward onto his back (forward projection throw)
6. right snapping front kick Uke's sternum
7. right front cross plant to 12:00 into twist stance, then cover out to 12:00

16) SLEEPER

Attack – right step through punch

1. left advance step to 12:00 into left neutral bow, left thrusting inward block Uke's punch, right arm hangs relaxed to right side
2. pivot counterclockwise to left forward bow, right cross inward upward ridge hand strike to Uke's neck, left hand cross check high
3. left hand grabs right hand palm to palm setting side under arm sleeper hold – squeeze in and down with the arms against the left side of Uke's neck, squeeze the elbows in on Uke's chest and back
3. right crescent step behind Uke's right leg into a side horse stance – hold Uke here for as long as needed to make Uke begins to lose consciousness
4. pivot counterclockwise to a left neutral bow facing 9:00, drop Uke down to his back
5. right dropping knee to Uke's sternum, right thrusting vertical punch to Uke's head
6. full cover out to 3:00

17) ENTANGLED WING

Attack – right arm figure four lock

1. left cross grab Uke's left wrist, flex right wrist forward and drop elbow to slip Uke's figure four arm lock (must be done early during application of lock)
1. right advance step to right side forward bow, right upward horizontal (flapping) elbow to Uke's left elbow from underneath to hyperextend left arm
2. pivot to counterclockwise to right reverse bow stance, right hand grab Uke's left wrist, both arms pull Uke's left arm down over your right shoulder (straight arm shoulder lever)
3. left spinning rear elbow to Uke's ribs, right hand still holds Uke's left wrist
4. pivot clockwise with right spinning rear elbow to Uke's sternum, left cross grab Uke's left wrist
5. left replacement and right step to 1:30 into right reverse bow to buckle Uke's left leg backwards
6. right upward whipping vertical obscure backfist to Uke's chin
7. right hand slips around and behind the left side of Uke's neck and pulls Uke forward – guide Uke's head to pass under his left arm (half nelson take down)
7. Uke will fall forward on his back, right retreat step to 6:00 into left neutral bow facing 12:00 as his head passes under his arm to create space for Uke to fall to his back
8. left retreat step to 6:00 into right neutral bow facing 12:00 (this is so Uke cannot grab your leg once he has fallen) then full cover out to 6:00

18) WHIRLING BLADES

Attack – Multiple Attackers: front right step through punch, rear right step through punch

1. left advance step to 12:00 into left neutral bow, left thrusting inward block front attacker's punch (attacker A), right hand chambers in high block position
2. right step to 10:30 into inverted right neutral bow, right inward horizontal raking hammerfist attacker A's nose, left hand cross checks low

3. pivot counterclockwise into left neutral bow facing 6:00, left outward hammering sword hand attacker A's ribs, right hand cross checks high
4. right thrusting inward block rear attacker's (attacker B) punch, right snapping front kick attacker B's abdomen, left hand cross covers low
5. plant right foot to 6:00 into right neutral bow facing 6:00, right hammering outward downward sword hand attacker B's neck (right hand hook behind neck to pull his head forward)
6. pivot clockwise and flex knees into right close kneel, left cross hammering inward downward sword hand behind attacker B's neck, right hand chambers
7. pivot counterclockwise and rise into right neutral bow, right upward vertical elbow attacker B's chin, left hand chambers
8. right downward vertical heel palm and claw attacker B's nose, left cross checks low
9. full cover out to 3:00

19) SHIELDING HAMMER

Attack – left step through roundhouse punch

1. left retreat step into a right side neutral bow, right extended outward block Uke's punch
2. advance push drag, right inward horizontal hammerfist to Uke's left temple
3. as push drag is completed, right outward horizontal elbow to Uke's sternum, left hand checks high (both the hammerfist and the elbow have to happen in the time it takes to do one forward push drag step)
4. left front cross step to 12:00 into twist stance, right outward hammering backfist Uke's abdomen, left cross covers high
5. pivot clockwise unwinding twist stance into left neutral bow, left thrusting palm strike Uke's chin
6. right spinning back kick Uke's abdomen
7. right plant to 12:00 into right neutral bow, full cover out to 6:00

20) RAINING LANCE

Attack – *right overhead downward vertical reverse grip knife attack*

1. left advance step to 12:00 into left neutral bow, right over left cross arm intercept Uke's right arm below the knife
2. right cross outward hooking parry, left hand circle over Uke's arm to inward parry and push down Uke's arm directing Uke's right arm with both hands to drive his knife into his own right leg
3. forward push drag toward 12:00 and pivot counterclockwise into left forward bow, right cross inward horizontal elbow strike Uke's chin, left hand covers Uke's right arm
4. pivot clockwise into left neutral bow, left outward inverted tiger jaw strike and grab Uke's throat, right hand cross covers Uke's right arm
5. pivot counterclockwise into left forward bow, right cross downward vertical heel palm Uke's nose and finger claw Uke's eyes, left hand grab Uke's right wrist palm down
6. (if Uke has stabbed himself in the leg skip to full cover out) If Uke is still holding the knife and has managed to not stab himself or has pulled the knife out, right downward palm strike the knife handle out of his hand to disarm
7. full cover out to 6:00 (kick knife away if disarm was necessary)

KICKING SET 2

Kicking set 2 has nine parts. The footwork of this set follows the pattern of a large square with a large X intersecting the four corners. The set begins from the lower left hand corner of the square.

Opening Salutation

Right retreat step to 6:00 into a left neutral bow

Section A right kicks moving toward 12:00

1. right front step through stomping heel thrust kick, plant to 12:00 into right neutral bow
2. left replacement step, right thrusting side kick, plant to 12:00 in right neutral bow
3. left step to 12:00, then right spinning back kick, plant to 12:00 into right neutral bow
4. left rear cross step, right thrusting back kick, plant to 12:00 into right neutral bow
5. left step to 12:00, then right spinning side kick, plant to 12:00 into right neutral bow
6. right jump front snap kick, plant to 12:00 into right neutral bow

Pivot clockwise with left step to 10:30 into right neutral bow facing 4:30

Section B left kicks moving toward 4:30

1. left roundhouse kick, plant to 4:30 into left neutral bow
2. right rear cross step, left heel hook kick, plant to 4:30 into left neutral bow
3. pivot clockwise with right step to 4:30, then left inward crescent kick, plant to 4:30 into left neutral bow
4. right front cross step, left wheel kick, plant to 4:30 into left neutral bow
5. right replacement step, left heel hook kick, plant to 4:30 into left neutral bow facing 4:30

6. right step to 4:30, left spinning outward crescent kick, plant to 10:30 into right neutral bow facing 4:30

Pivot counterclockwise with left step to 12:00, left neutral bow facing 12:00

Section C right jump kicks moving toward 12:00

1. right spring front kick, plant to 12:00 into right neutral bow
2. right jump thrusting side kick, plant to 12:00 into right neutral bow
3. left step to 12:00, then right spring spinning back kick, plant to 12:00 into right neutral bow
4. right jump thrusting back kick, plant to 12:00 into right neutral bow
5. right jump spinning side kick, plant to 12:00 into right neutral bow
6. left, right front chicken kick, plant to 12:00 into right neutral bow

Pivot counterclockwise with left rear cross step to 1:30 and unwind into right neutral bow facing 7:30

Section D left jump kicks moving toward 7:30

1. left spring roundhouse kick, plant to 7:30 into left neutral bow
2. left jump heel hook kick, plant to 7:30 into left neutral bow
3. left jump spinning inward crescent, plant to 7:30 into left neutral bow
4. right inward side kick, left jumping wheel kick, plant to 7:30 into left neutral bow
5. left jump spinning heel hook kick, plant to 7:30 into left neutral bow facing 7:30
6. right step to 7:30, then left spring spinning outward crescent kick, plant to 1:30 into right neutral bow facing 7:30

Pivot counterclockwise with left rear cross step to 9:00 and unwind into right neutral bow facing 3:00

Section E left kicks moving toward 3:00

1. left front step through stomping heel thrust kick, plant to 3:00 into left neutral bow
2. right replacement step, left thrusting side kick, plant to 3:00 into left neutral bow
3. right step to 3:00, then left spinning back kick, plant to 3:00 into left neutral bow
4. right rear cross step, left thrusting back kick, plant to 3:00 into left neutral bow
5. right step to 3:00, then left spinning side kick, plant to 3:00 into left neutral bow
6. left jump front snap kick, plant to 3:00 into left neutral bow

Pivot counterclockwise with right step to 4:30 into left neutral bow facing 10:30

Section F right kicks moving toward 10:30

1. right roundhouse kick, plant to 10:30 into right neutral bow
2. left rear cross step, right heel hook kick, plant to 10:30 into right neutral bow
3. pivot counterclockwise with left step to 10:30, then right inward crescent kick, plant to 10:30 into right neutral bow
4. left front cross step, right wheel kick, plant to 10:30 into right neutral bow
5. left replacement step, right heel hook kick, plant to 10:30 into right neutral bow facing 10:30
6. left step to 10:30, then right spinning outward crescent kick, plant to 4:30 into left neutral bow facing 10:30

Pivot clockwise with left step to 9:00 into right neutral bow facing 3:00

Section G left jump kicks moving toward 3:00

1. left spring front kick, plant to 3:00 into left neutral bow
2. left jump thrusting side kick, plant to 3:00 into left neutral bow
3. right step to 3:00, left spring spinning back kick, plant to 3:00 into left neutral bow

4. left jump thrusting back kick, plant to 3:00 into left neutral bow
5. left jump spinning side kick, plant to 3:00 into left neutral bow
6. right, left front chicken kick, plant to 3:00 into left neutral bow

Pivot clockwise with right rear cross step to 1:30 and unwind into left neutral bow facing 7:30

Section H right jump kicks moving toward 7:30

1. right spring roundhouse kick, plant to 7:30 into right neutral bow
2. right jump heel hook kick, plant to 7:30 into right neutral bow
3. right jump spinning inward crescent, plant to 7:30 into right neutral bow
4. left inward side kick, right jumping wheel kick, plant to 7:30 into right neutral bow
5. right jump spinning heel hook kick, plant to 7:30 into right neutral bow facing 7:30
6. left step to 7:30, then right spring spinning outward crescent kick, plant to 1:30 into left neutral bow facing 7:30

Pivot counterclockwise with right step to 9:00 into left neutral bow facing 3:00

Section I dragon kick moving toward 3:00

1. run toward 3:00, right flying thrusting side kick, plant to 3:00 into horse stance facing 12:00

Closing Salutation

Gun Gi Fuk Fu (Taming the Tiger)

Pressing Spear

1. left step to 12:00 followed by right step to 12:00 into Attention Stance, both arms circle outward with finger slice, eye level
2. both arms continue circle to thrusting vertical spear hand, middle range, abdominal level
3. both hands close to fists and uppercut
4. both elbows flair out to either side
5. both arms downward outward hooking parries
6. both hands thrusting spear hand strikes to front diagonals 10:30 and 1:30 (repeat three times)
7. both hands downward vertical push down parries (repeat twice)

Opening Salutation

1. left step to 12:00 into left cat stance, left hand thrusts forward with open palm (scholastic hand), right hand thrusts forward with horizontal fist (martial hand)
2. left step back to attention and both hands roll inward to chamber

Stance adjustment

- from attention, both hands chambered
- left outward crescent kick
- right outward crescent kick

Both arms dynamic tension isolation

1. both arms rotate palm down and lower with push down blocks (breath out)
2. both arms rotate palm up and lift vertically (breath in)
3. both arms rotate palm down and lower with push down blocks (breath out)
4. both hands extended outward blocks
5. both hands chamber back to the shoulders with palm open fingers pointing up, then slowly press forward with thrusting tiger claw strikes (3 times with dynamic tension)
6. both hand reach directly back over shoulders with rear claw hand strikes (palm up)

7. both hands downward vertical heel palm and claw strikes
8. both hands rolling downward vertical backfists to chamber

Right Pulling Tiger

1. pivot clockwise into right cat stance facing 3:00
2. right snapping front kick
3. right plant to 3:00 into right neutral bow facing 3:00, right downward sword hand block, left inward sword hand block (universal block)
4. right vertical outward block, left cross thrusting inward sword hand
5. right and left reach forward to grab and pull attacker forward
6. pivot counterclockwise into left cat stance facing 9:00, left reinforced vertical outward block

Right Pushing Tiger

1. pivot clockwise with left front cross step to 3:00 into twist stance, left downward outward hooking parry, right hand chamber
2. right step to 3:00 into right neutral bow, right downward outward hooking parry, left hand chamber
3. pivot clockwise into right forward bow facing 3:00, left cross thrusting inward sword hand, right hand chamber
4. pivot counterclockwise to left neutral bow facing 9:00, left outward thrusting horizontal elbow
5. pivot counterclockwise to left forward bow facing 9:00, left vertical outward hooking parry and chamber, right cross thrusting spear hand
6. pivot clockwise into horse stance facing 12:00, right downward outward hooking parry into forward thrusting claw
7. right rolling downward vertical backfist and chamber

Left Pulling Tiger

1. pivot counterclockwise into left cat stance facing 9:00
2. left snapping front kick
3. left plant to 9:00 into left neutral bow facing 9:00, left downward sword hand block, right inward sword hand block (universal block)

4. left vertical outward block, right cross thrusting inward sword hand
5. right and left reach forward to grab and pull attacker forward
6. pivot clockwise into right cat stance facing 3:00, right reinforced vertical outward block

Left Pushing Tiger

1. pivot counterclockwise with right front cross step to 9:00 into twist stance, right downward outward hooking parry, left hand chamber
2. left step to 9:00 into left neutral bow, left downward outward hooking parry, right hand chamber
3. pivot counterclockwise into left forward bow facing 9:00, right cross thrusting inward sword hand, left hand chamber
4. pivot clockwise to right neutral bow facing 3:00, right outward thrusting horizontal elbow
5. pivot clockwise to right forward bow facing 3:00, right vertical outward hooking parry and chamber, left cross thrusting spear hand
6. pivot counterclockwise into horse stance facing 12:00, left downward outward hooking parry into forward thrusting claw
7. left rolling downward vertical backfist and chamber

Shield and Cross

1. pivot counterclockwise with right front cross step to 9:00 into twist stance, right downward outward hooking parry, left hand chamber
2. left step to 9:00 into left neutral bow, left downward outward hooking parry, right hand chamber
3. pivot counterclockwise into left forward bow facing 9:00, right cross thrusting inward sword hand, left hand chamber
4. pivot clockwise into left neutral bow, left extended outward block, right hand chambers
5. left short adjustment step to 6:00 then pivot to left forward bow with right thrusting cross punch, left hand chambers
6. pivot clockwise into horse stance facing 12:00, right downward outward hooking parry into forward thrusting claw

7. right rolling downward vertical backfist and chamber

Right Butterfly Claw and Pull

1. pivot clockwise with right step back into right cat stance facing 3:00, right vertical outward open hand defensive posture (Mun Sau, asking hand), left hand palm up guard centerline
2. pivot clockwise to right forward bow facing 3:00, right low outward thumb side down thrusting claw, left cross high outward thumb side up thrusting claw strikes (butterfly claws)
3. right reach forward and both hands grab, left step to 6:00 into side horse stance facing 12:00 and pull attacker over right leg

Left Butterfly Claw and Pull

1. pivot counterclockwise with left step to 9:00 into left cat stance facing 9:00, left vertical outward open hand defensive posture (Mun Sau, asking hand), right hand palm up guard centerline
2. pivot counterclockwise to left forward bow facing 9:00, left low outward thumb side down thrusting claw, right cross high outward thumb side up thrusting claw strikes (butterfly claws)
3. left reach forward and both hands grab, right step to 6:00 and drop into left close kneel facing 12:00 and pull attacker over left knee

Cross Thrusting Corkscrew Punch

1. right step to 12:00 into forward bow, both arms circle inward with push down blocks
2. right arm circles counterclockwise with downward outward block, left cross thrusting palm strike
3. left front cross step to 12:00 into twist stance, right low inward horizontal sword hand (knee level) left hand cross covers low
4. left step to 6:00 into right neutral bow, both hands reach forward and grab and pull attacker forward
5. pivot clockwise into right forward bow, both arms circle clockwise to outward downward vertical hammering backfists
6. right hand twist thumb side down and outward grab and pull attacker forward with counterclockwise pivot into right reverse bow, left hand chambers high

7. pivot clockwise into right forward bow, left cross forward thrusting corkscrew punch, right hand chamber

Both arms dynamic tension isolation

1. right step to 3:00 into horse stance facing 12:00, right crane hand circle inward for outward hooking parry and grab, left arm cross circle upward with inward hooking heel palm
2. left rear cross step to 3:00 into twist stance and pivot counterclockwise unwinding stance into horse stance facing 6:00, both arms rotate palm down and lower with push down blocks
3. both hands extended outward blocks
4. both hands chamber back to the shoulders with palm open fingers pointing up, then slowly press forward with thrusting tiger claw strikes (3 times with dynamic tension)
5. both hand reach directly back over shoulders with rear claw hand strikes (palm up)
6. both hands downward vertical heel palm and claw strikes
7. both hands rolling downward vertical backfists to chamber

Counterbalance Sweep

1. right cross inward parry, left downward outward hooking parry
2. left step to 4:30 into left forward bow, right over left thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)
3. pivot counterclockwise with right inward foot sweep to 6:00, right outward horizontal hammering sword hand, left cross covers high
4. pivot clockwise with left dropping inward foot sweep to 6:00, left outward horizontal hammering sword hand, right cross covers high

Cross Thrusting Corkscrew Punch

1. continue to pivot clockwise swinging left foot 360 degrees to plant to 6:00 into left forward bow facing 6:00, both arms circle inward with push down blocks
2. left arm circles clockwise with downward outward block, right cross thrusting palm strike

3. right front cross step to 6:00 into twist stance, left low inward horizontal sword hand (knee level) right hand cross covers low
4. right step to 12:00 into left neutral bow facing 6:00, both hands reach forward and grab and pull attacker forward
5. pivot counterclockwise into left forward bow facing 6:00, both arms circle counterclockwise to outward downward vertical hammering backfists
6. left hand twist thumb side down and outward grab and pull attacker forward with clockwise pivot into left reverse bow facing 6:00, right hand chambers high
7. pivot counterclockwise into left forward bow facing 6:00, right cross forward thrusting corkscrew punch, left hand chamber

Shield and Cross

1. pivot clockwise into left neutral bow facing 6:00, left extended outward block, right hand chambers
2. left short adjustment step to 6:00 then pivot to left forward bow with right thrusting cross punch, left hand chambers
3. right rear cross to 3:00 and pivot clockwise into right forward bow facing 3:00, left cross inward parry, right downward outward hooking parry
4. left over right thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)

Counterbalance Sweep

1. pivot counterclockwise into horse stance facing 12:00, both hands chamber
2. right thrusting vertical punch toward 10:30 then left thrusting vertical punch to 1:30
3. right front cross sweep to 9:00 into twist stance, right outward horizontal sword hand, left inward horizontal sword hand
4. left step to 9:00 and pivot counterclockwise into left forward bow facing 9:00, right cross inward parry, left downward outward hooking parry
5. right over left thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)

Block and Counter, Hanging Punch

1. right step to 12:00 into right forward bow, right vertical outward block, left cross thrusting horizontal punch
2. left step to 9:00 and pivot counterclockwise into left forward bow facing 9:00, left vertical outward block, right cross thrusting horizontal punch
3. pivot clockwise into right forward bow facing 3:00, right outward downward vertical hammering backfist followed by a left cross thrusting horizontal punch
4. pivot counterclockwise into left forward bow facing 9:00, left outward downward vertical hammering backfist followed by a right cross thrusting horizontal punch
5. right step to 12:00 into right forward bow, right outward downward vertical hammering backfist followed by a left cross thrusting horizontal punch

Rolling Fist

1. pivot counterclockwise into left side horse stance facing 6:00, left outward downward sword hand block toward 6:00, right hand chamber
2. right step to 6:00 into right side horse stance facing 6:00, right inward horizontal elbow, left inward horizontal heel palm
3. right rolling outward low hammerfist
4. right rolling downward whipping backfist
5. right step to 12:00 and pivot clockwise into horse stance facing 9:00, both hands circle with low outward downward hooking parries, then both hands raise to shoulders with palm open fingers pointing up, then both hands press slowly forward with thrusting palm strikes

Chop and Kick

1. pivot counterclockwise into right neutral bow facing 6:00 with left step back - right step forward jump change, left downward outward hooking parry with left step, then right downward outward hooking parry with right step
2. pivot clockwise into right forward bow facing 6:00, left cross thrusting inward sword hand, right hand chamber

3. pivot counterclockwise to left neutral bow facing 12:00, left outward thrusting horizontal elbow
4. right snapping side kick and right outward horizontal sword hand toward 6:00 (still facing 12:00)
5. right plant to 6:00 into right neutral bow facing 6:00, left cross inward check then right rolling downward index knuckle (Phoenix fist)
6. left cross rolling inward check then right rolling outward downward vertical backfist

Descending Mace

1. pivot counterclockwise into left forward bow facing 12:00, right cross vertical lifting backfist toward 12:00, left rear underhand hammerfist toward 6:00
2. right step to 12:00 into right neutral bow, right arm orbits clockwise for thrusting palm strike (fingers point outward), left cross fanning high block
3. both hands reach forward and grab and pull attacker forward, then pivot clockwise into right forward bow, both arms circle clockwise to outward downward vertical hammering backfists
4. left step to 12:00, right step to 6:00 (jump switch) into left neutral bow, left thrusting vertical punch, right chamber
5. pivot counterclockwise with right inward sweep to 12:00 with lifting ankle hook, then right thrusting step through side kick toward 12:00

Shield and Cross

1. right plant to 12:00 into right forward bow, left over right thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)
2. right front cross sweep to 6:00 into twist stance, right outward horizontal sword hand, left inward horizontal sword hand
3. pivot counterclockwise unwinding twist stance into left forward bow facing 12:00, right cross inward horizontal hammering heel palm
4. pivot clockwise into left neutral bow, left extended outward block, right hand chambers

5. left short adjustment step to 12:00 then pivot counterclockwise into left forward bow, right thrusting cross punch, left hand chambers

Hanging Punch and Cross

1. pivot clockwise into right cat stance facing 6:00, right extended outward sword hand block toward 6:00

2. pivot clockwise into right forward bow facing 6:00, left thrusting horizontal cross punch, right chambers

3. pivot counterclockwise with left step to 3:00 into left cat stance facing 3:00, left extended outward sword hand block

4. right replacement step to 3:00, then left step to 3:00 into left forward bow facing 3:00, right thrusting horizontal cross punch, left chambers

5. pivot clockwise into right forward bow facing 9:00 left over right thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)

Shield and Cross

1. left outward hammering backfist toward 6:00

2. pivot counterclockwise with right step to 6:00 into right neutral bow facing 6:00, right inward roundhouse punch followed by right outward whipping backfist

3. pivot counterclockwise into left forward bow facing 12:00, right cross inward hooking knuckle fist

4. pivot clockwise into left neutral bow, left extended outward block, right hand chambers

5. pivot counterclockwise into left forward bow, right thrusting cross punch, left hand chambers

6. left step to 6:00 into left cat stance, both arms circle inward to end with left push down block, right hand rear chamber high

Closing Formal Wisdom and Action Salutation

1. left arm circles up clockwise showing sword hand, right arm swings inward horizontally to meet the left showing the fist

2. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your

centerline

3. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs

LONG FORM 5

Opening Formal Wisdom and Action Salutation

from attention stance (standing straight, feet together, head up looking directly forward, both arms at your sides)

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand (The Scholar), right hand chambers by your right shoulder showing your closed fist (The Warrior)
2. left hand pulls back to cover the right fist (The Scholar and the Warrior are United)
3. left step forward into left cat stance, both hands press forward showing the weapons (The Scholar and the Warrior Press Forward)
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline (The Scholar and the Warrior Journey Back to Back)
5. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs (Showing Your Only Weapons – Your Empty Hands)
6. left side step with informal scholar and warrior salutation

DESTRUCTIVE FANS

1. left advance step to 9:00 into left neutral bow facing 9:00, right cross vertical outward hooking parry into inward horizontal hammerfist strike, left hand covers high
2. left grab to shoulder, right grab to wrist, pull forward toward 3:00
3. left front cross step to 3:00 into twist stance, right cross overhead downward heel palm toward 9:00, left hand chamber
4. pivot clockwise unwinding twist stance with right spinning outward reap into left neutral bow facing 9:00, right outward hammering backfist
5. left advance step to 9:00 into left close kneel stance, right dropping cross punch, left covers low horizontally

DESTRUCTIVE FANS (alternate side)

1. stand and pivot clockwise into horse stance facing 12:00, both hands chamber
2. right advance step to 3:00 into right neutral bow facing 3:00, left cross vertical outward hooking parry into inward horizontal hammerfist strike, right hand covers high
3. right grab to shoulder, left grab to wrist, pull forward toward 9:00
4. right front cross step to 9:00 into twist stance, left cross overhead downward heel palm toward 3:00, right hand chamber
5. pivot counterclockwise unwinding twist stance with left spinning outward reap into right neutral bow facing 3:00, left outward hammering backfist
6. right advance step to 3:00 into right close kneel stance, left dropping cross punch, right covers low horizontally

THE SICKLE

1. right full retreat step into left cat stance facing 12:00, left low outward hooking parry, right cross inward parry
2. right vertical outward hooking parry
3. left advance step to 12:00 into left forward bow, left inward parry, right cross upward swinging ridge hand strike
4. left hand grabs behind right knee, right step through inward downward elbow, pull right leg up dropping attacker to his back (single leg shoot)
5. right outward downward backfist, then right downward sword hand, left hand holds right ankle

DANCE OF DEATH

1. pivot clockwise to right forward bow, right hand grab front of right foot, left hand grab the heel and turn attacker over onto his front by twisting his ankle clockwise
2. left downward stomp toward 12:00, both hands chamber to right side hip
3. right leap advance step to 1:30 into crane stance, left snapping side kick toward 10:30

4. left plant to 10:30 into left wide kneel facing 10:30, right cross overhead downward sword hand, left hand covers low
5. right downward stomp toward 10:30, both hands chamber to left side hip
6. left leap advance step to 10:30 into crane stance, right rear thrusting downward stomp toward 4:30, both hands chamber to right side hip
7. right front cross step to 12:00 into twist stance then pivot counterclockwise unwinding twist stance into left neutral bow facing 6:00

THE SICKLE (alternate side)

1. left full retreat step into right cat stance facing 6:00, right low outward hooking parry, left cross inward parry
2. left vertical outward hooking parry
3. right advance step to 6:00 into right forward bow, right inward parry, left cross upward swinging ridge hand strike
4. right hand grabs behind left knee, left step through inward downward elbow, pull left leg up dropping attacker to his back (single leg shoot)
5. left outward downward backfist, then left downward sword hand, right hand holds left ankle

DANCE OF DEATH (alternate side)

1. pivot counterclockwise to left forward bow, left hand grab front of left foot, right hand grab the heel and turn attacker over onto his front by twisting his ankle counterclockwise
2. right downward stomp toward 6:00, both hands chamber to left side hip
3. left leap advance step to 4:30 into crane stance, right snapping side kick toward 7:30
4. right plant to 7:30 into right wide kneel facing 7:30, left cross overhead downward sword hand, right hand covers low
5. left downward stomp toward 7:30, both hands chamber to right side hip

6. right leap advance step to 7:30 into crane stance, left rear thrusting downward stomp toward 1:30, both hands chamber to left side hip
7. left front cross step to 6:00 into twist stance then pivot clockwise unwinding twist stance into left neutral bow facing 6:00

LEAP OF DEATH

1. right retreat step to 3:00 and pivot clockwise into left reverse bow facing 9:00, right cross outward hooking parry and extended outward grab, left inward horizontal hooking heel palm
2. pivot counterclockwise into left neutral bow, left outward hammering backfist
3. right hand pull, left arm circle counterclockwise to inward upward hooking heel palm
4. left front cross step to 12:00 into twist stance facing 9:00, left hand push up, right hand pull down – upward straight arm lever
5. pivot clockwise unwinding stance into right forward bow facing 3:00, pull forward and down on right wrist while pressing forward and up against his elbow to throw him forward (straight arm palm press forward throw)
6. leap toward 3:00 to land with your feet in an convex stance
7. both hands downward horizontal thrusting palm strikes (butterfly palm)
8. pivot both feet toes inward into a concave stance, both hands pull back and up against your knees

DESTRUCTIVE KNEEL

1. left hand grab the back of head, right hand grab chin, turn head clockwise quickly to strain neck
2. right inward downward hammering sword hand
3. pivot clockwise into right close kneel facing 6:00 with dropping left knee, left cross downward thrusting palm strike, right hand covers high
4. leap and pivot counterclockwise to face 12:00 and land on left foot toward 9:00, right downward looping roundhouse kick toward 3:00

5. right front cross step to 9:00 into twist stance facing 12:00, both hands chamber to right side hip

LEAP OF DEATH (alternate side)

1. left retreat step to 9:00 and pivot counterclockwise into right reverse bow facing 3:00, left cross outward hooking parry and extended outward grab, right inward horizontal hooking heel palm
2. pivot clockwise into right neutral bow, right outward hammering backfist
3. left hand pull, right arm circle clockwise to inward upward hooking heel palm
4. right front cross step to 12:00 into twist stance facing 3:00, right hand push up, left hand pull down – upward straight arm lever
5. pivot counterclockwise unwinding stance into left forward bow facing 9:00, pull forward and down on left wrist while pressing forward and up against his elbow to throw him forward (straight arm palm press forward throw)
6. leap toward 9:00 to land with your feet in an convex stance
7. both hands downward horizontal thrusting palm strikes (butterfly palm)
8. pivot both feet toes inward into a concave stance, both hands pull back and up against your knees

DESTRUCTIVE KNEEL (alternate side)

1. right hand grab the back of head, left hand grab chin, turn head counterclockwise quickly to strain neck
2. left inward downward hammering sword hand
3. pivot counterclockwise into left close kneel facing 6:00 with dropping right knee, right cross downward thrusting palm strike, left hand covers high
4. leap and pivot clockwise to face 12:00 and land on right foot toward 3:00, left downward looping roundhouse kick toward 9:00
5. left front cross step to 3:00 into twist stance facing 12:00, both hands chamber to left side hip

SPINNING REAP

1. right step to 3:00 into right horse stance facing 12:00

2. pivot counterclockwise with left spinning reaping leg sweep toward 3:00 into horse stance facing 6:00, both hands still chambered to left side hip

THE BACK BREAKER

1. right step to 4:30 into right inverted neutral bow, left cross inward parry, right upward vertical brushing parry
2. pivot clockwise with left advance step to 4:30 into right neutral bow facing 10:30, both hands direct grab shoulders – from behind
3. continue to pivot clockwise with right retreat step to 4:30 into left neutral bow facing 10:30, both hands pull back and down on shoulders (rear collar pull)
4. right thrusting knee
5. plant right foot back to 4:30 into left forward bow facing 10:30
6. left hand grab the back of head, right hand grab chin, turn head counterclockwise then reverse clockwise quickly
7. right inward downward hammering sword hand

EAGLE CLAW

1. both arms upward claw
2. both arms overhead downward hammerfist
3. pivot counterclockwise with left retreat step to 4:30 into left wide kneel facing 4:30, left followed by right arm circle inward for downward heel palm and claw
4. pivot clockwise with right front cross step to 9:00 into twist stance facing 12:00, both hands chamber to right side hip

SPINNING REAP

1. left step to 9:00 into right horse stance facing 12:00
2. pivot clockwise with right spinning reaping leg sweep toward 9:00 into horse stance facing 6:00, both hands still chambered to right side hip

THE BACK BREAKER (alternate side)

1. left step to 7:30 into left inverted neutral bow, right cross inward parry, left upward vertical brushing parry

2. pivot counterclockwise with right advance step to 7:30 into left neutral bow facing 1:30, both hands direct grab shoulders – from behind
3. continue to pivot counterclockwise with left retreat step to 7:30 into right neutral bow facing 1:30, both hands pull back and down on shoulders (rear collar pull)
4. left thrusting knee
5. plant left foot back to 7:30 into right forward bow facing 1:30
6. right hand grab the back of head, left hand grab chin, turn head clockwise then reverse counterclockwise quickly
7. left inward downward hammering sword hand

EAGLE CLAW (alternate side)

1. both arms upward claw
2. both arms overhead downward hammerfist
3. pivot clockwise with right retreat step to 7:30 into right wide kneel facing 7:30, right followed by left arm circle inward for downward heel palm and claw
4. pivot counterclockwise with left front cross step to 3:00 into twist stance facing 12:00, both hands chamber to left side hip

FOOT RAKE

1. right step to 12:00 then right leaping advance to 12:00, left thrusting knee
2. left plant to 10:30, right low slicing side kick toward 3:00
3. (without planting down) right rear downward stomp to 4:30 into right reverse bow facing 4:30
4. pivot clockwise with right front cross step to 10:30 into twist stance facing 12:00, both hands chamber to right side hip

FOOT RAKE (alternate side)

1. left step to 12:00 then left leaping advance to 12:00, right thrusting knee
2. right plant to 1:30, left low slicing side kick toward 9:00
3. (without planting down) left rear downward stomp to 7:30 into left reverse bow facing 7:30

4. pivot counterclockwise with left front cross step to 1:30 into twist stance facing 12:00, both hands chamber to left side hip

SLEEPER

1. pivot clockwise unwinding twist stance into right cat stance facing 6:00, right low outward hooking parry, left cross inward parry
2. left advance step to 6:00 into left neutral bow, left thrusting inward block, right arm hangs relaxed to right side
3. pivot counterclockwise to left forward bow, right cross inward upward ridge hand strike, left hand cross check high
4. right crescent step to 7:30 into a right neutral bow facing 7:30, left hand grabs right hand palm to palm setting side under arm sleeper hold – squeeze in and down with the arms

SPINNING CAT

1. left rear cross to 7:30 into twist stance facing 6:00, left outward horizontal heel palm, right hand chambers
2. pivot counterclockwise unwinding stance into right neutral bow facing 12:00, right downward vertical backfist, left hand chambers
3. right foot slide back into right cat stance facing 12:00, left cross push down block, right hand chambers

SLEEPER (alternate side)

1. right step to 6:00 into left cat stance facing 12:00, left low outward hooking parry, right cross inward parry
2. right advance step to 12:00 into right neutral bow, right thrusting inward block, left arm hangs relaxed to right side
3. pivot clockwise to right forward bow, left cross inward upward ridge hand strike, right hand cross check high
4. left crescent step to 10:30 into a left neutral bow facing 10:30, right hand grabs left hand palm to palm setting side under arm sleeper hold – squeeze in and down with the arms

SPINNING CAT

1. right rear cross to 10:30 into twist stance facing 12:00, right outward horizontal heel palm, left hand chambers

2. pivot clockwise unwinding stance into left neutral bow facing 6:00, left downward vertical backfist, right hand chambers
3. left foot slide back into left cat stance facing 6:00, right cross push down block, left hand chambers

STARTLED CAT

1. left step to 3:00 then right step to 6:00 into cat stance facing 6:00, left inward parry then right upward vertical brushing parry
2. right advance step to 6:00 into right neutral bow, left cross inward smother block, right thrusting palm strike
3. left advance step to 6:00 into left close kneel stance, right cross downward vertical thrusting elbow
4. pivot clockwise with right retreat step to 6:00 into left neutral bow facing 12:00, both hands grab legs below the knees and pull backward up (rear double leg tackle)
5. left snapping front kick
6. left rear cross plant to 3:00 into twist stance facing 12:00, both hands chamber

STARTLED CAT (alternate side)

1. right step to 3:00 then left step to 12:00 into cat stance facing 12:00, right inward parry then left upward vertical brushing parry
2. left advance step to 12:00 into left neutral bow, right cross inward smother block, left thrusting palm strike
3. right advance step to 12:00 into right close kneel stance, left cross downward vertical thrusting elbow
4. pivot counterclockwise with left retreat step to 12:00 into right neutral bow facing 6:00, both hands grab legs below the knees and pull backward up (rear double leg tackle)
5. right snapping front kick
6. right rear cross plant to 3:00 into twist stance facing 6:00, then pivot clockwise unwinding stance into left neutral bow facing 9:00, both hands raised to neutral fighting stance

FALLING FALCON

1. left hand pin at left lapel, right advance step to 9:00 into right inverted neutral bow, right thrusting vertical forearm

2. left hand lift attacker's right arm vertically, right arm wrap over his right arm in the bend of his right elbow, right hand grab your left forearm palm down
3. pivot counterclockwise to left forward bow facing 3:00 to pull forward (snaking bent arm lever)
4. pivot clockwise to left reverse bow facing 3:00, right hand chambers, left inward hooking heel palm strike
5. left downward thrusting side kick
6. pivot counterclockwise with left plant to 3:00 left forward bow facing 3:00, pull his right arm straight across your left knee chambering both hands to left side hip(standing straight arm outward knee lever)

MANCHURIAN TAKEDOWN

1. right swinging front shin kick toward 3:00
2. right reverse snap heel kick toward 9:00
3. right downward vertical stomp with the ball of the foot
4. right front cross step to 3:00 into twist stance facing 12:00, both hands chamber to right side hip
5. pivot counterclockwise unwinding twist stance into right neutral bow facing 3:00, both hands raised to neutral fighting stance

FALLING FALCON (alternate side)

1. right hand pin at right lapel, left advance step to 3:00 into left inverted neutral bow, left thrusting vertical forearm
2. right hand lift attacker's left arm vertically, left arm wrap over his left arm in the bend of his left elbow, left hand grab your right forearm palm down
3. pivot clockwise to right forward bow facing 9:00 to pull forward (snaking bent arm lever)
4. pivot counterclockwise into right reverse bow facing 9:00, left hand chambers, right inward hooking heel palm strike
5. right downward thrusting side kick
6. pivot clockwise with right plant to 9:00 into right forward bow facing 9:00, pull his left arm straight across your right knee chambering both hands to right side hip(standing straight arm outward knee lever)

MANCHURIAN TAKEDOWN (alternate side)

1. left swinging front shin kick toward 9:00
2. left reverse snap heel kick toward 3:00
3. left downward vertical stomp with the ball of the foot
4. left front cross step to 9:00 into twist stance facing 6:00, both hands chamber to left side hip
5. pivot clockwise unwinding twist stance into left neutral bow facing 9:00, both hands raised to neutral fighting stance

CIRCLING THE HORIZON

1. pivot clockwise with left advance step to 12:00 into left cat stance, left inward parry, right hand chambers
2. right advance crescent step to 12:00 into right neutral bow, right step through vertical thrusting punch, left cross low horizontal check
3. right inward horizontal slicing elbow

SHAOLIN WARRIOR

1. drop onto left knee into right kneeling stance facing 12:00, right outward hammering backfist
2. right outward reaping sweep toward 6:00, right cross thrusting palm strike (reverse counter balance throw)
3. right front shovel kick toward 12:00
4. right plant down with downward vertical heel hook into right kneeling stance facing 12:00
5. stand into right neutral bow facing 12:00

CIRCLING THE HORIZON (alternate side)

1. pivot counterclockwise with right advance step to 6:00 into right cat stance, right inward parry, left hand chambers
2. left advance crescent step to 6:00 into left neutral bow, left step through vertical thrusting punch, right cross low horizontal check
3. left inward horizontal slicing elbow

SHAOLIN WARRIOR (alternate side)

1. drop onto right knee into left kneeling stance facing 6:00, left outward hammering backfist

2. left outward reaping sweep toward 12:00, left cross thrusting palm strike (reverse counter balance throw)
3. left front shovel kick toward 6:00
4. left plant down with downward vertical heel hook into left kneeling stance facing 6:00
5. stand and pivot clockwise into right neutral bow facing 12:00

LEAPING CRANE

1. left leap advance step to 10:30 into crane stance, left inward parry, right inward horizontal raking middle knuckle
2. right outward whipping backfist
3. right thrusting side kick to 1:30
4. right foot plant to 1:30, right inward horizontal elbow, left inward horizontal heel palm strike

SPRINGING TIGER

1. left hand grab the back of head, right hand grab chin, turn head clockwise quickly
2. right inward downward hammering sword hand
3. right then left snapping front kick (chicken front kick)
4. left front cross plant to 3:00 into twist stance facing 12:00, both hands chamber to left side hip

LEAPING CRANE (alternate side)

1. right leap advance step to 1:30 into crane stance, right inward parry, left inward horizontal raking middle knuckle
2. left outward whipping backfist
3. left thrusting side kick to 10:30
4. left foot plant to 10:30, left inward horizontal elbow, right inward horizontal heel palm strike

SPRINGING TIGER (alternate side)

1. right hand grab the back of head, left hand grab chin, turn head counterclockwise quickly
2. left inward downward hammering sword hand
3. left then right snapping front kick (chicken front kick)

4. right front cross plant to 9:00 into twist stance facing 12:00, both hands chamber to right side hip

CRANE SALUTE

1. left leap to 7:30 into crane stance, prepare informal salutation over left shoulder
2. right step to 3:00 into horse stance facing 12:00, informal salutation

Closing Formal Wisdom and Action Salutation

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand, right hand chambers by your right shoulder showing your closed fist
2. left hand pulls back to cover the right fist
3. left step forward into left cat stance, both hands press forward showing the weapons
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline
5. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs
6. left side step with informal scholar and warrior salutation

2nd BROWN BELT TEST: What you need to know

Techniques

Begging hands
Thrust into darkness
Destructive fans
Rotating destruction
Courting the tiger
Intercepting the ram
Obscure sword
The back breaker
Circling the storm
Raising the staff
Falcons of force
Falling falcon
2 man swinging gate
Leap of death
Wing break
Sleeper
Entangled wing
Whirling blades
Shielding hammer
Raining lance

Set

Kicking Set 2

Forms

Gun Gi Fuk Fu
Long Form 5

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About the Instructor

Samuel Conner is a 6th degree black belt in Ed Parker's American Kenpo Karate, 4th degree black belt in Al Tracy's Traditional Kenpo Karate, 1st degree black belt in Bujinkan Taijutsu, 1st degree black belt in Tae Kwon Do, and 1st degree black belt in Tang Soo Do.

Mr. Conner has also studied in the Arnis de Mano stick fighting system, Muso Jikiden Eishin Ryu Iaijutsu, and Wing Tsun Kung Fu. Beginning his training at 8 years old, Sam is excited to offer instruction in the Martial Arts to anyone that wishes to get involved.

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Sam is a graduate of the Southern Baptist Theological Seminary. He is a certified instructor through Karate for Christ International. He has made teaching martial arts his life purpose. For more information about our academy visit the web page

www.bluegrassmartialarts.com