

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**

Purple Belt Instructor 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.

TECHNIQUES WITH EXTENSIONS

1) CLUTCHING FEATHERS

Attack – front left hand hair grab

1. left hand pins Uke's left hand to your head, left retreat step to 6:00 into right neutral bow, right thrusting thumb punch between Uke's ribs
2. pivot clockwise to right forward bow, right arm circles clockwise to extended outward block to clear Uke's left arm, left cross thrusting palm strike to Uke's chin
3. pivot counterclockwise to right neutral bow, right inward horizontal raking hammerfist to Uke's left temple, left hand cross covers low
4. full cover out to 6:00

Jujutsu Extension

4. pivot counterclockwise to right reverse bow, right outward downward hammerfist strike Uke's abdomen, left hand cross covers high
5. pivot clockwise to right neutral bow, right upward whipping vertical obscure backfist Uke's chin
6. right and left front direct grabs to Uke's shoulders, press Uke off balance toward 3:00
6. when Uke's balance centers over his left foot his right foot will slightly lift off the floor, at this point change your push to pull toward 9:00
6. before his left foot touches back down to the floor left inward reaping heel hook kick to the back of Uke's right leg knocking the right leg out from under Uke and throwing him down toward 9:00 (inward hooking reap)
7. with left leg sweep, plant left foot toward 3:00 in a left front twist then cover out to 3:00

Karate Extension

4. pivot counterclockwise to right reverse bow, right outward downward hammerfist strike Uke's abdomen, left hand cross covers high
5. pivot clockwise to right neutral bow, right upward whipping vertical obscure backfist Uke's chin
6. left rear cross advance to 12:00 into twist stance, right inward horizontal elbow, left inward hooking heel palm Uke's chin
7. pivot counterclockwise with right step to 1:30, between Uke's legs, into right reverse bow to buckle Uke's left leg outward, right outward hammerfist Uke's groin
8. right overhead downward hammerfist behind Uke's head
9. right upward snapping knee Uke's chin, right hand checks behind Uke's head
10. full cover out to 6:00

2) SNAPPING TWIG

Attack – left direct push

1. left retreat step to 6:00 into right neutral bow, left pin Uke's left hand, right inward horizontal hooking heel palm Uke's left elbow to hyperextend
2. advance push drag step to 12:00, right arm circle counterclockwise to crane hook Uke's left elbow to clearing his arm, left cross thrusting outward sword hand to Uke's throat
3. right inward overhead downward vertical hammerfist to bridge of Uke's nose to pull Uke's head forward
4. advance push drag step to 12:00, right inward horizontal elbow, left inward horizontal heel palm strike to Uke's temples
5. full cover out to 6:00

Jujutsu Extension

5. left over hook Uke's right arm, right direct grab Uke's left lapel
5. left step to 10:30 into left forward bow (to Uke's right side) left arm pulls Uke's right arm forward and down, right arm presses Uke's left lapel up and back
6. right outward reaping leg sweep Uke's right leg to throw Uke to his back

7. right and left arms stretch Uke's right arm straight across your right shin applying pressure to Uke's elbow pinning Uke on his back (straight arm outward knee lever)

Karate Extension

5. left advance front cross step to 12:00 into twist stance, left vertical cross punch Uke's sternum, right hand cross covers low
6. right upward vertical obscure elbow Uke's chin
7. pivot clockwise unwinding twist stance into left neutral bow, left thrusting palm strike Uke's chin
8. right arm orbit clockwise circling into cross thrusting uppercut to Uke's abdomen, left hand cross covers high
9. left outward whipping backfist Uke's left side temple
10. pivot counterclockwise with right snapping side kick Uke's left knee to buckle Uke's left leg outward, right inward thrusting sword hand Uke's neck, left hand cross covers high
11. right front cross plant to 6:00, then cover out to 6:00

3) FIVE SWORDS

Attack – right step through roundhouse punch

1. right advance step to 12:00 into right neutral bow, right inward block Uke's attack, left vertical outward block to reinforce (forearm shield)
2. right hammering outward hand sword to Uke's neck, left arm still checks Uke's right arm
3. pivot clockwise to right forward bow, left thrusting palm strike to Uke's chin, right hand chambers
4. pivot back to right neutral bow, right thrusting palm up uppercut Uke's abdomen, left arm chambers horizontally above right arm
5. left retreat rear cross step to 4:30 into a twist stance facing 10:30, left hammering outward downward hand sword to Uke's neck (left hand hook behind neck to pull Uke's head forward)
6. pivot counterclockwise unwinding twist stance into right neutral bow facing 10:30, right arm circle clockwise for overhead downward vertical sword hand behind Uke's head (drop into this finishing move by flexing the knees)
7. full cover out to 3:00

Jujutsu Extension

5. right arm circles counterclockwise to hook under Uke's left arm and lift arm at the elbow, left direct grab Uke's right wrist, right advance step to 12:00 between Uke's legs into right neutral bow blocking Uke's left leg
6. right downward vertical elbow to Uke's back, pivot counterclockwise to face 6:00 in left forward bow, left hand pull Uke forward by his right arm
6. Uke will be thrown forward over his pinned leg on to his back (forward projection throw)
7. right advance step to 6:00 then left step to 6:00 and pivot counterclockwise into right neutral bow facing 12:00 still holding Uke's right wrist
7. 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 (straight arm outward knee lever)
8. pivot clockwise with left step to 12:00 and right step to 12:00 into left forward bow facing 6:00, pass Uke's right arm to inward lever on the left shin as he is rolled over and pinned face down (straight arm inward knee lever)

Karate Extension

7. left cross upward lifting heel palm Uke's chin
8. right hammering upward outward sword hand Uke's neck
9. pivot counterclockwise into right reverse bow, right straight leg lifting back kick Uke's groin
10. right plant back to 12:00 then left front cross step to 9:00 into twist stance facing 6:00, then pivot clockwise unwinding twist stance into right neutral bow facing 1:30
11. right rear cross plant to 7:30 into a twist stance facing 1:30, right hammering outward downward hand sword to Uke's neck (left hand hook behind neck to pull Uke's head forward)
12. pivot clockwise unwinding twist stance into left neutral bow facing 1:30, left arm circle counterclockwise for overhead downward vertical sword hand behind Uke's head (drop into this finishing move by flexing the knees)
13. full cover out to 9:00

4) SWINGING PENDULUM

Attack – *right step through roundhouse kick*

1. left retreat step to 4:30 into right side neutral bow facing 10:30, left cross downward outward block, right inward block Uke's kick (universal block)
2. right advance push drag step toward 10:30, right outward downward hammerfist Uke's abdomen, left vertical outward block to Uke's right arm to monitor in case he punches
3. pivot counterclockwise with left step to 1:30 into horse stance facing 7:30, right upward vertical obscure elbow Uke's chin
4. full cover out to 1:30

Jujutsu Extension

2. right advance push drag step toward 10:30, right outward downward hammerfist Uke's abdomen, left arm hook to vertical outward block position trapping Uke's right ankle in the bend of your elbow
3. right forearm smother into the back of Uke's knee pushing down on Uke's right knee while holding his right foot up in the bend of your left arm, Uke will be pulled forward and forced to turn counterclockwise to face 12:00
4. right retreat step to 6:00 Uke will fall toward 12:00 on his front (bent leg turn)
5. drop onto your right knee into a left kneeling stance facing 12:00, left inward twist Uke's right ankle with left forearm, right inward hammerfist to the base of Uke's right calf muscle
6. backward rolling cover out to 6:00

Karate Extension

4. right leg sweep back toward 1:30 to buckle Uke's left leg backward, right upward snapping forearm Uke's chin
5. right rear vertical scoop kick Uke's groin
6. right plant to 7:30 and pivot counterclockwise with left spinning outward reaping leg sweep to buckle Uke's right leg outward into right neutral bow facing 4:30, left outward hammerfist Uke's abdomen, right cross covers high

7. left front cross step to 4:30 into twist stance, left outward whipping backfist Uke's left side temple, right cross covers low
8. cover out to 4:30

5) REPEATED DEVASTATION

Attack – *full nelson*

1. left side step to 9:00 into a horse stance, left and right direct over the shoulder hand claw thrusts to Uke's eyes
2. left foot slide back to stand up straight at attention (shizen), rear head butt to Uke's nose, right and left arms punch down to break Uke's hold and pin both of Uke's arms under your arms
3. left arm cross to grab Uke's right wrist while still pinning both arms, left advance step to 1:00 into a left inverted forward bow
4. pivot clockwise to right forward bow facing 6:00, release Uke's arm with the right - leaving the left arm to hold both Uke's arms, right outward hammering horizontal elbow to Uke's jaw
5. full cover out to 12:00

Jujutsu Extension

5. right hand circles clockwise behind right side of Uke's neck and pulls Uke forward – guide Uke's head to pass under his right arm (half nelson take down)
5. Uke will fall forward on his back, right retreat push drag step to 12:00 to create space for Uke to fall to his back
6. pivot counterclockwise into left close kneel facing 12:00, right dropping knee to Uke's sternum, right cross thrusting vertical punch to Uke's head
7. right cross grab Uke's right arm and with both hands pull up on Uke's right arm to a vertical position, left downward heel stomp Uke's ribs
8. right hand pull Uke's right elbow straight across your left shin, press down with heel on Uke's ribs pinning Uke on his left side (straight arm lever, stomping rib press)

Karate Extension

5. right hand circles clockwise behind right side of Uke's neck and pulls Uke forward into front head lock

6. left upward knee strike Uke's abdomen, left overhead downward elbow Uke's back
7. left foot plants back to 12:00 and right upward knee strike Uke's abdomen, right overhead downward elbow Uke's back, left cross check Uke's left shoulder
8. right front cross plant to 12:00 into twist stance, right downward thrusting palm strike behind Uke's left ear (mastoid), left cross cover high
9. cover out to 12:00

6) DRIVING ELBOWS

Attack – rear bear hug, arms pinned

1. drop and spread both feet into a side horse stance, right and left arms punch forward while hips push back into Uke's hips to create space to move in
2. pivot clockwise into right cat stance facing 3:00 right rear thrusting elbow Uke's abdomen, left arm cover high to shield from choke
3. pivot counterclockwise into left cat stance facing 9:00, left rear thrusting elbow Uke's abdomen, right hand cross grab Uke's left wrist
4. left downward stomp Uke's left foot
5. full cover out to 12:00

Jujutsu Extension

5. left arm wraps over Uke's left elbow and grabs your right forearm, rear head butt Uke's nose
6. right step to 12:00 and pivot counterclockwise into left forward bow facing 6:00 bending Uke forward (snaking straight-arm lever)
7. left step to 12:00 into right neutral bow facing 12:00 pulling Uke down forward
8. pivot counterclockwise with right step to 12:00 then left step to 6:00 into right neutral bow facing 12:00 still holding Uke's right wrist
8. right and left arms stretch Uke's right arm straight across your right shin applying pressure to Uke's elbow pinning Uke on his front (straight arm inward knee lever)

Karate Extension

5. pivot counterclockwise with right step to 12:00 into left neutral bow facing 6:00, left outward whipping backfist Uke's left side temple
6. pivot counterclockwise into left forward bow, right thrusting cross punch Uke's chin, left hand chambers
7. right snapping front kick Uke's groin, left thrusting punch Uke's chin, right hand chambers
8. right plant to 6:00 into right neutral bow, right thrusting vertical uppercut Uke's abdomen, left hand chambers
9. full cover out to 12:00

7) CHINESE L CHOKE

Attack – rear two-hand choke

1. drop chin to chest to protect throat, left rear cross retreat step to 4:30 into right front twist stance
2. pivot counterclockwise unwinding twist stance to a left forward bow facing 6:00, left vertical outward block to clear Uke's hold, right inward horizontal hammering elbow to Uke's ribs
3. left retreat step to 12:00 into right neutral bow facing 6:00, left hand extended outward grab Uke's left wrist, right forearm checks at Uke's elbow
4. lift Uke's left arm vertically with your right arm in the bend of Uke's left elbow, pull Uke's elbow forward to touch your chest, right hand grab your left forearm, left vertical thrusting elbow strike to Uke's sternum
5. left advance step to 7:30 behind Uke's left leg, pivot clockwise to throw Uke toward 9:00 on his back (figure four take down)
6. full cover out to 10:30

Jujutsu Extension

3. turn left hand to extended outward grab Uke's left wrist, right advance step to 6:00 into right neutral bow facing 6:00, right thrusting vertical forearm to Uke's right elbow
4. pull back with left hand press forward with right forearm to bend Uke forward (arm bar)

5. right hand reach over Uke's right shoulder to grab his chin, left still holds Uke's left wrist
6. left front cross step to 6:00, pull Uke's chin vertically to turn his head clockwise and press Uke's left arm in a large vertical clockwise circle (bridle take down) – on a vertical plain
7. pivot clockwise with right retreat step to 6:00 into left neutral bow facing 12:00 Uke will be thrown toward 12:00 face down
8. leaping cover out to 6:00

Karate Extension

3. turn left hand to extended outward grab Uke's left wrist, right advance step to 6:00 into right neutral bow facing 6:00, right thrusting vertical forearm to Uke's right elbow
4. pull back with left hand press forward with right forearm to bend Uke forward (arm bar)
5. right hammering outward horizontal elbow to Uke's left temple
6. circle right arm counterclockwise to check Uke shoulders keeping him from standing
7. continue right arm counterclockwise circle to large inward overhead downward vertical hammering elbow to Uke's back (drop into this move by flexing the knees)
8. left upward snapping knee Uke's chin, right hand checks behind Uke's head
9. full cover out to 12:00

8) LOCKED WING

Attack – right arm hammerlock, palm up

1. right hand return grab Uke's right wrist, left retreat step to 6:00 and pivot counterclockwise to face 6:00 in left forward bow, left hammering outward horizontal elbow to Uke's chin
2. left arm circle counterclockwise over Uke's right arm to heel palm and claw to Uke's jaw and hook under Uke's right elbow with a snaking straight arm lever - uppercut against Uke's elbow
3. pivot clockwise to face 12:00 in right forward bow, Uke will be forced into a clockwise spin to keep his right arm from being broken (wizzer)

4. right retreat step to 6:00 and pivot clockwise to right forward bow facing 6:00, Uke will be forced to accelerate clockwise spin
5. as Uke reaches 3:00 pivot counterclockwise to left neutral bow facing 12:00, right step through thrusting knee to Uke's abdomen
6. plant right foot to 1:30 into right neutral bow, both hands push Uke toward 1:30
7. full cover out to 7:30

Jujutsu Extension

7. left arm hook Uke's right arm and lift arm clockwise to lock Uke's shoulder vertically
7. right grab behind Uke's neck, left advance, right retreat step (back to front switch) into left neutral bow pinning Uke's right leg
8. pivot clockwise to face 6:00 in right neutral bow, press Uke's vertical right arm forward toward Uke's left shoulder
8. Uke will be thrown forward on to his back (big reversal throw) right hand grab Uke's left arm once he falls
9. left foot advance step to 6:00 into left, right and left arms stretch Uke's left arm straight across your left knee applying pressure to Uke's elbow pinning Uke on his back (straight arm outward knee lever)
10. pivot counterclockwise with right step to 12:00 then left step to 12:00 into right forward bow facing 6:00, pass Uke's left arm to inward lever on the right shin as he is rolled over and pinned face down (straight arm inward knee lever)
11. left rear cross step over Uke with left shin checking Uke's back and with both hands pull up on Uke's left arm to a vertical position, right downward heel stomp Uke's ribs
12. left hand pull Uke's left elbow straight across your right shin, press down with heel on Uke's ribs pinning Uke face down (straight arm lever, stomping rib press)

Karate Extension

7. left rear cross step to 4:30 into twist stance, right arm reach over Uke's back to hook his chin, left arm reach over Uke's back to hook under his left arm

8. pivot counterclockwise into right wide kneel facing 10:30, turn Uke's head counterclockwise with bridle take down (Uke's back should fall into your right knee)
9. right overhead downward hammerfist Uke's right side collar bone, left hand chambers
10. left cross overhead downward hammerfist Uke's left side collar bone, right hand chambers
11. left thrusting knee between Uke's shoulder blades
12. pivot counterclockwise with left plant back to 6:00 into left close kneel facing 6:00, right cross lifting backfist Uke's chin
13. right dropping knee Uke's abdomen, right cross thrusting half fist punch Uke's throat
14. full cover out to 4:30

9) CALMING THE STORM

Attack – front inward club strike

1. right advance step to 12:00 into right neutral bow, right step through thrusting vertical punch to Uke's chin, left cross extended outward block to Uke's right arm
2. pivot clockwise to right forward bow, right inward check Uke's right arm, left thrusting vertical cross punch over right arm to Uke's sternum
3. pivot counterclockwise to right neutral bow, left cross vertical outward check Uke's right arm, right hammering outward backfist Uke's ribs
4. left hand strike down at the base of Uke's club, right hand strike up against Uke's right wrist to disarm
5. full cover out to 6:00

Jujutsu Extension

4. right inward slicing elbow Uke's right side ribs, left vertical outward hooking parry check Uke's right forearm
4. right hand grasp palm to palm with left catching Uke's right elbow and causing arm to bend (right arm comes from behind elbow and under Uke's arm, left arm hooks vertically over Uke's forearm)

5. hugging Uke's arm tight to your chest, pivot clockwise with right step to 6:00 into left neutral bow, Uke's arm should be pulled forward forcing Uke's to turn his back to you
6. pivot counterclockwise with left step to 6:00 into left wide kneel stance facing 6:00, Uke will fall forward on his back (arm cradle take down)
7. pivot counterclockwise into left close kneel facing 6:00, right dropping knee to Uke's sternum, right cross thrusting vertical punch to Uke's head
8. right step to 6:00 and left step to 12:00 into right forward bow facing 6:00 (back to front switch), 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 (straight arm outward knee lever)
9. pivot clockwise with left step to 6:00 and right step to 6:00 into left forward bow facing 12:00 (front to back switch), pass Uke's right arm to inward lever on the left shin as he is rolled over and pinned face down (straight arm inward knee lever) strip disarm
10. fold Uke's right wrist using club as a lever and press Uke's palm toward his forearm while keeping his arm vertically straight to pin Uke to his front (standing goose neck press) strip disarm

Karate Extension

4. left direct grab Uke's right wrist, right arm circles clockwise under Uke's right elbow to lock his arm straight
4. right retreat step to 6:00 into left neutral bow facing 12:00, pull Uke forward with snaking straight arm lever
5. right arm reverse to circle counterclockwise releasing straight arm lever and overhead downward hammerfist Uke's right shoulder
6. pivot clockwise with left step to 9:00 into right close kneel stance facing 3:00, left cross overhead downward hammerfist behind Uke's head, right hand cross checks Uke's right shoulder
7. left retreat step to 6:00 into right neutral bow facing 12:00, right outward downward backfist behind Uke's right ear (mastoid)
8. push drag advance to 12:00, right upward vertical heel palm to Uke's nose, left hand cross covers high

9. full cover out to 6:00

10) TWIRLING WINGS

Attack – rear two-hand direct shoulder grab, pulling

1. drop chin to chest to protect throat, left rear cross retreat step to 4:30 into right front twist stance

2. pivot counterclockwise unwinding twist stance to a left forward bow facing 6:00 (buckling Uke's right leg outward if his right leg is forward), left vertical outward block to clear Uke's hold, right cross inward horizontal hammering elbow to Uke's ribs

3. right hand cross pin Uke's left elbow, pivot clockwise to left neutral bow (buckling Uke's left leg outward if his left leg is forward), left inward horizontal hammering elbow to Uke's ribs

4. full cover out to 12:00

Jujutsu Extension

4. right step to 6:00 into right forward bow, left cross inward upward ridge hand strike to Uke's neck, right hand cross check high

5. right hand grabs left hand palm to palm setting side under arm sleeper hold – squeeze in and down with the arms against the right side of Uke's neck, squeeze the elbows in on Uke's chest and back

6. left crescent step behind Uke's left leg into a side horse stance – hold Uke here for as long as needed to make Uke begins to lose consciousness

6. pivot clockwise into right close kneel facing 9:00, drop Uke down to his back, left dropping knee to Uke's sternum, left cross thrusting vertical punch to Uke's head

7. forward rolling cover out to 9:00

Karate Extension

4. right rear cross step to 6:00 into twist stance, left outward thrusting elbow Uke's sternum, right hand cross covers high

5. pivot clockwise with left plant to 4:30, between Uke's legs, into left reverse bow to buckle Uke's right leg outward, left outward hammerfist Uke's groin

6. left snapping side kick Uke's left knee to buckle Uke's leg outward

7. left plant to 12:00 and pivot clockwise with right spinning rear straight leg raise to Uke's groin
8. right front cross plant to 12:00 into twist stance, right outward whipping backfist Uke's right side temple
9. full cover out to 12:00

11) FLASHING DAGGERS

Attack – *front two-hand push high*

1. right retreat step to 6:00 into left neutral bow, right and left extended outward sword hand blocks inside Uke's arms (wedge block)
2. pivot counterclockwise to left forward bow, right cross thrusting inward sword hand to Uke's ribs, left hand cross check high
3. pivot clockwise to left neutral bow, left outward hammering sword hand to Uke's neck, right hand chambers
4. pivot counterclockwise to left forward bow, right cross thrusting vertical punch to Uke's sternum, left hand cross check low
5. full cover out to 6:00

Jujutsu Extension

5. left step to 1:30 into left neutral bow, left inward slicing horizontal elbow, right arm vertical outward check Uke's left arm
6. left hand grasp palm to palm with right catching Uke's left elbow and causing arm to bend (left arm comes from behind elbow and under Uke's arm, right arm hooks vertically over Uke's forearm)
6. hugging Uke's arm tight to your chest, left retreat step to 6:00 and pivot counterclockwise to right neutral bow, flex knees (Uke's arm should be pulled forward forcing Uke's to turn his back to you)
7. right inward side kick behind Uke's left knee to buckle – turn your foot with toes pointing outward
8. pivot clockwise with right plant to 6:00 and into right wide kneel stance facing 6:00, Uke will fall forward on his back (arm cradle take down)

9. pivot clockwise into right close kneel facing 6:00, left dropping knee to Uke's sternum, left cross thrusting vertical punch to Uke's head

10. left cross grab Uke's left arm and with both hands pull up on Uke's left arm to a vertical position, right downward heel stomp Uke's ribs

11. left hand pull Uke's left elbow straight across your right shin, press down with heel on Uke's ribs pinning Uke on his right side (straight arm lever, stomping rib press)

Karate Extension

6. pivot clockwise to left neutral bow, left outward hammering sword hand to Uke's neck, right hand chambers

7. pivot counterclockwise to left forward bow, right cross thrusting inward sword hand to Uke's ribs, left hand cross check high

8. left front cross retreat step to 6:00 into twist stance, left outward whipping backfist Uke's left side temple

9. pivot clockwise unwinding twist stance into right neutral bow facing 12:00, right upward lifting backfist Uke's chin

10. left snapping front kick Uke's abdomen

11. left plant to 12:00 into left neutral bow, left thrusting uppercut Uke's chin, right hand cross covers low

12. full cover out to 6:00

12) LEAPING CRANE

Attack – right step through punch

1. left leap advance step to 10:30 into crane stance, left inward parry to Uke's punch, right inward raking middle knuckle to Uke's ribs

2. right outward whipping backfist to Uke's right side kidney

3. right thrusting side kick to back of Uke's right knee to buckle Uke's right leg and drop Uke forward onto his right knee

4. right foot plant to 1:30 behind Uke, right inward horizontal elbow, left inward horizontal heel palm strike to Uke's head from behind

5. full cover out to 7:30

Jujutsu Extension

5. right arm reach around Uke's throat from behind, left hand post on the back of Uke's head, right hand grab your left forearm and squeeze right elbow closed while pressing head forward (standing rear sleeper choke)
6. full cover out to 7:30

Karate Extension

5. left hand grab the back of Uke's head, right hand grab Uke's chin, turn Uke's head clockwise quickly to strain his neck
6. right inward downward hammering sword hand Uke's nose
7. right front scoop kick Uke's groin, right chin lift fish hook Uke's chin
8. then left jump snapping front kick Uke's back (chicken front kick)
9. left front cross plant to 1:30 and cover out to 1:30

13) HUGGING PENDULUM

Attack – right replacement thrusting side kick

1. left retreat step to 6:00 into right side neutral bow, and reverse push drag (full retreat), right outward downward hammerfist parry, use friction to pull Uke's leg forward
2. left front cross advance step to 12:00 into left front twist stance, right inward raking middle knuckle to Uke's ribs (if Uke's right arm is down then middle knuckle rake his shoulder or bicept)
3. right step through snapping side kick behind Uke's right knee to buckle his leg forward dropping onto his knee
4. pivot clockwise with right step to 1:30 into right forward bow, right hammering backfist back of Uke's head
5. pivot counterclockwise into right neutral bow, right inward horizontal heel palm Uke's jaw and pull Uke down backwards
6. full cover out to 7:30

Jujutsu Extension

3. pivot clockwise unwinding twist stance into a left neutral bow blocking behind Uke's right leg

3. sink stance and rotate clockwise to left wide kneel causing left arm to press Uke backward while left leg bumps Uke's hips forward, Uke will fall backward (counter balance throw) – the closer you get to Uke's side the easier this takedown is. Get hip to hip and use the shorter lever of your upper arm, above the elbow, and the upper leg, above the knee
4. right step to 6:00 and left step to 9:00 into horse stance facing 12:00, right over hook wrap Uke's right ankle
5. left post on Uke's right shin, right palm down grab your left forearm, arch back and squeeze Uke's right ankle with snaking ankle choke.

Karate Extension

5. pivot clockwise to right forward bow, left cross inward downward hammering sword hand Uke's neck
6. pivot counterclockwise into right neutral bow, right inward horizontal elbow Uke's right side temple, left hand checks left side of Uke's head
7. pivot clockwise to right forward bow, left circle around Uke's head to check the right side (thumb side down)
8. pivot counterclockwise into right neutral bow facing 10:30, right inward vertical hook punch Uke's right side temple, left hand chamber
9. right wheel kick Uke's chin
10. right front cross plant and cover out to 7:30

14) GIFT OF DESTINY

Attack – *handhold*

1. strike left knuckles against back of Uke's right hand
2. left hand pin Uke's right hand, right advance step to 12:00 in right neutral bow, right inward horizontal elbow strike to Uke's sternum
3. right upward flapping elbow to Uke's chin
4. right elbow smothers counterclockwise over Uke's right arm to pin at the elbow
4. adjust right hand to grab weak side of Uke's right hand, left hand adjust to grab thumb side

5. squeeze Uke's right arm straight under your right elbow (snaking straight arm lever)
6. right retreat step to 6:00 into left neutral bow, twist Uke's right wrist clockwise for inward wrist lock
7. right step through front snap kick to Uke's abdomen
8. right plant to 6:00 into left neutral bow then full cover out to 6:00

Jujutsu Extension

6. pivot clockwise into into right cat stance facing 12:00 and lift and twist arm clockwise for inward wristlock
7. right snapping front kick Uke's abdomen
8. right plant to 6:00 into left neutral bow, drop Uke's right arm and throw him forward with inward wristlock takedown
9. pivot clockwise with left step to 6:00 then right step to 12:00 into left neutral bow facing 6:00 still holding Uke's right wrist
9. right and left arms stretch Uke's right arm straight across your left knee applying pressure to Uke's elbow pinning Uke on his front (straight arm inward knee lever)

Karate Extension

8. right plant to 12:00 into right neutral bow, right outward hammering backfist Uke's right side temple
9. pivot clockwise into right forward bow, left cross thrusting vertical cross punch Uke's nose
10. pivot counterclockwise into right neutral bow, right upward inward diagonal forearm strike Uke's left side temple, left hand chamber
11. left rear cross advance step to 12:00 into twist stance, right outward thrusting horizontal elbow Uke's sternum, left hand cross covers high
12. pivot counterclockwise unwinding twist stance into left neutral bow facing 12:00, left outward thrusting horizontal elbow Uke's sternum, right hand cross covers high
13. full cover out to 6:00

15) KNEE LIFT

Attack – *front bear hug, arms pinned*

1. right retreat step to 6:00 into a left forward bow, right and left direct inward downward thrusting thumb fist strikes to inside folds of Uke's hips, drop forehead low for possible front head butt as Uke is forced to bend forward
2. left arm circles clockwise to crane hook pin Uke's right arm, right arm rear elbow strike to chamber position breaking Uke's hold
3. right thrusting knee to Uke's abdomen
4. right plant to 12:00 right uppercut to Uke's chin
5. full cover out to 6:00

Jujutsu Extension

5. right arm circles to wrap clockwise over Uke's left elbow for arm scoop lock
5. left retreat step to 3:00 (beside Uke, shoulders parallel) pivot counterclockwise to face 6:00 in horse stance and clasp palms to set hold
6. right inward side kick behind Uke's left knee to buckle – turn your foot clockwise toes pointing outward
7. pivot clockwise with right plant to 6:00 in horse stance facing 9:00, left hand press Uke's right shoulder dropping Uke to his back (arm scoop takedown)
8. right and left arms stretch Uke's left arm straight across your left knee applying pressure to Uke's elbow pinning Uke on his back (straight arm outward knee lever)
9. pivot counterclockwise with right step to 6:00 then left step to 6:00 into right forward bow facing 12:00, pass Uke's left arm to inward lever on the right shin as he is rolled over and pinned face down (straight arm inward knee lever)
10. left rear cross step over Uke with left shin checking Uke's back and with both hands pull up on Uke's left arm to a vertical position, right downward heel stomp Uke's ribs
11. left hand pull Uke's left elbow straight across your right shin, press down with heel on Uke's ribs pinning Uke face down (straight arm lever, stomping rib press)

Karate Extension

5. left advance front cross step to 12:00 into twist stance, left vertical cross punch Uke's sternum, right hand cross covers low
6. pivot clockwise unwinding twist stance into left neutral bow, left thrusting palm strike Uke's chin, right rear covers high
7. pivot counterclockwise into left front twist stance, right arm orbit clockwise circling into cross thrusting uppercut to Uke's abdomen, left hand cross covers high
8. pivot clockwise into left neutral bow, left arm orbit to left inward hooking corkscrew punch to back of Uke's head, right arm orbit to palm strike Uke's forehead
9. full cover out to 6:00

16) FALLEN CROSS

Attack – rear two-hand choke

1. drop chin to chest to protect trachea, left side step to 9:00 into horse stance, left and right hands direct over the shoulder grab Uke's left and right wrists
2. turn both Uke's wrists outward so palm side is up, pull Uke arms forward so that his elbows rest on your shoulders
3. raise up from horse stance while pulling down on both Uke's wrists (straight arm shoulder lever)
4. right advance step to 11:00 and pivot counterclockwise to face 6:00 in left forward bow, pull outward and downward crossing Uke's left arm under his right at his elbows
5. right step through thrusting knee to Uke's abdomen
6. plant right foot to 6:00 into right neutral bow pulling Uke's arms across your hip and pinning his elbows to his abdomen, right inward horizontal elbow, left inward horizontal hooking heel palm strike to Uke's jaw
7. full cover out to 12:00

Jujutsu Extension

7. left direct grab Uke's right elbow, right direct grab Uke's left lapel

7. left advance step to 4:30 in left forward bow (to Uke's right side) left arm pulls Uke's right arm forward and down, right arm presses Uke's left lapel up and back
8. right outward reaping leg sweep Uke's right leg to throw Uke to his back
9. 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 (straight arm outward knee lever)

Karate Extension

7. right cross outward horizontal heel palm Uke's right side chin
8. left thrusting knee Uke's abdomen
9. left plant to 6:00 into left neutral bow, left thrusting palm strike Uke's chin, right hand cross covers low
10. right snapping front kick Uke's abdomen
11. right plant to 6:00 into right neutral bow then left roundhouse kick Uke's head
12. left front cross plant and cover out to 12:00

17) TWISTED TWIG

Attack – *right outward wristlock*

1. left cross grab Uke's left wrist (use left forearm as a wedge on top of Uke's right arm to stop him from completing the twist of your wrist) – this only works if you catch the wrist lock in an early stage
2. right advance step to 12:00 into forward bow, right upward flapping elbow to Uke's left elbow to hyperextend
3. pivot counterclockwise to face 9:00 in side horse stance, right outward hammering horizontal elbow to Uke's sternum
3. left arm pulls Uke's left arm straight across chest
4. pivot counterclockwise to face 6:00 in a left reverse bow, left arm stretches Uke's left arm across chest setting a straight arm lever, right outward downward hammerfist to Uke's abdomen
5. full cover out to 6:00

Jujutsu Extension

5. pivot clockwise to right neutral bow facing 12:00, right upward whipping vertical obscure backfist to Uke's chin
6. 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 (side half nelson take down)
6. 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
7. pivot clockwise to right close kneel facing 6:00, left pass Uke's left arm to your right hand, then left dropping knee to Uke's sternum, left cross thrusting vertical punch to Uke's head
8. keeping Uke's left arm vertical left hand grab Uke's weak side palm to palm, right hand grab thumb side palm to palm and press downward against Uke's wrist forcing his fingers back and his shoulder against the ground (reverse goose neck press)

Karate Extension

5. right front cross step to 6:00 into twist stance, right upward snapping forearm Uke's left elbow
6. pivot counterclockwise unwinding twist stance with left spinning outward reaping leg sweep to buckle Uke's right leg backward into left reverse bow facing 12:00, left outward hammerfist Uke's groin, right hand cross covers high
7. pivot counterclockwise with right upward knee strike Uke's abdomen, right overhead downward hammerfist Uke's back, left check Uke's right shoulder
8. right foot plants back down and left upward knee strike Uke's sternum, left overhead downward hammerfist Uke's back, right check Uke's right shoulder
9. left front cross step to 6:00 into left front twist stance, left downward thrusting palm strike behind Uke's right ear (mastoid), right cross cover high
10. cover out to 6:00

18) DEFYING THE STORM

Attack – *front inward club strike*

1. right advance step to 12:00 into right neutral bow, right thrusting inward block, and left extended outward block Uke's right arm (left side forearm shield)
2. right hammering outward sword hand to Uke's neck, left direct grabs Uke's right wrist
3. right retreat step to 6:00 into left neutral bow facing 12:00, right crane hand hook Uke's right elbow and pull arm straight (straight arm lever) – Uke will be pulled forward
4. right step through knee to front of Uke's right shoulder
5. plant right foot to 12:00 in right neutral bow, right overhead downward vertical elbow to Uke's back, left hand still holding Uke's right wrist
6. right grab club and strip disarm then full cover out to 6:00

Jujutsu Extension

6. right hand grab back of Uke's neck and push down, left hand lift Uke's right arm to lock Uke's shoulder vertically then right retreat step to 6:00 forcing Uke's to fall forward (Big reversal Pull)
7. strip club then fold Uke's left wrist using club as a lever and press Uke's palm toward his forearm while keeping his arm vertically straight to pin Uke to his front (standing goose neck press)

Karate Extension

6. pivot clockwise into twist stance, left downward vertical elbow Uke's back, right hand chambers
7. pivot counterclockwise unwinding twist stance into left close knee facing 6:00, right inward downward diagonal elbow strike behind Uke's left ear (mastoid), left cross cover high
8. right rear scoop kick Uke's chin, right hand checks behind Uke's head
9. right plant to 4:30 and pivot counterclockwise with left spinning thrusting back kick Uke's abdomen
10. left front cross plant to 4:30 then cover out to 4:30

19) THUNDERING HAMMERS

Attack – right step through punch

1. left advance step to 12:00 into left side neutral bow, left thrusting inward block to Uke's punch, right arm hangs relaxed to right side
2. push drag advance to 12:00, pivot counterclockwise to left wide kneel stance, right hammering forearm strike across Uke's abdomen, left hand chambers to high block position
3. right hand vertical outward hooking parry to check Uke's right shoulder and bend Uke forward
3. pivot clockwise to right close kneel stance facing 3:00, left overhead downward vertical hammering hammerfist to Uke's right side kidney
4. pivot counterclockwise to left wide kneel stance facing 12:00, right overhead downward vertical hammering hammerfist to Uke's back, left hand cross checks Uke's right shoulder
5. left retreat step to 7:30 into right neutral bow facing 1:30, then full cover out to 7:30

Jujutsu Extension

4. pivot clockwise with right step to 9:00 into left neutral bow facing 3:00, left hand grab Uke's right hand thumb side, right adjust to grab Uke's right hand weak side
5. left retreat step to 9:00 into right neutral bow facing 3:00, twist Uke's right arm counterclockwise for outward wristlock takedown
6. left step to 3:00 and pivot counterclockwise into right neutral bow facing 9:00 still holding Uke's right wrist
6. 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 (straight arm outward knee lever)
7. pivot clockwise with left step to 9:00 and right step to 9:00 into left forward bow facing 3:00, pass Uke's right arm to inward lever on the left shin as he is rolled over and pinned face down (straight arm inward knee lever)

Karate Extension

5. left retreat step to 7:30 into right neutral bow facing 1:30, right outward downward backfist behind Uke's right ear (mastoid)
6. push drag advance to 1:30, right upward vertical heel palm to Uke's nose, left hand cross covers high
7. right hand grab Uke's chin and turn him counterclockwise with bridle take down, (Uke's back should fall into your right knee)
8. right overhead downward hammerfist Uke's right side collar bone, left hand chambers
9. left cross overhead downward hammerfist Uke's left side collar bone, right hand chambers
10. left thrusting knee between Uke's shoulder blades
11. pivot counterclockwise with left plant back to 6:00 into left close kneel facing 6:00, right cross lifting backfist Uke's chin
12. right dropping knee Uke's abdomen, right cross thrusting half fist punch Uke's throat
13. full cover out to 6:00

20) RETURNING THE STORM

Attack – inward horizontal club strike

1. left retreat step to 6:00 into right side neutral bow, and reverse push drag (full retreat)
1. continue to drag in right foot into right cat stance, pull both arms in close vertically, (forearm shield) - so they are not hit by Uke's first attack

Outward horizontal club strike

2. right advance step, then left advance step to 1:30 into left neutral bow, left thrusting inward block to Uke's right arm, right hand grab Uke's right wrist
3. pivot clockwise with right retreat step to 10:30 into left neutral bow facing 4:30, pull back with right hand press forward with left forearm at Uke's right elbow to bend Uke forward (arm bar) – Uke will be forced to spin clockwise (wizzer)
4. right thrusting knee to Uke's head, right hand disarms club from Uke's hand

5. right foot plant to 4:30 into right neutral bow facing 4:30, right cross upward vertical strike to Uke's head with his own club (short end), left arm covers horizontally at Uke's elbow
6. poke the long end (back side) of the club into your abdomen sliding your grip along the club to bring the longer portion to the front side, then overhead downward vertical club strike to the back of Uke's head
7. full cover out to 10:30

Jujutsu Extension

6. drop Uke's club, right step to 12:00 into left neutral bow facing 6:00 right grab Uke's right wrist, left thrusting horizontal forearm press against Uke's right elbow, right hand pull Uke's right wrist
7. left inward crescent knee over Uke's arm with shin forcing Uke forward to the ground with pressure against his elbow (arm bar take down)

Uke catches himself on his knees and with his free hand

8. left leg swing around Uke's arm to plant to 3:00 and slide back against Uke's chin, right shin press into Uke's back, both arm pull up on Uke's arm rolling him onto his side
9. right step to 3:00 and drop onto left knee into right kneeling stance facing 3:00 sitting on Uke's right elbow, both hands pull up on Uke's right wrist pinning him down forward (kneeling upward arm bar)

Karate Extension

7. upward vertical club strike to Uke's chin
8. left front cross step to 9:00 into twist stance, right looping inward overhead horizontal club strike Uke's head
9. pivot clockwise unwinding twist stance into right neutral bow facing 12:00, right downward outward diagonal club strike Uke's right knee from behind
10. continue to pivot clockwise with right reap back to 6:00 into right reverse bow facing 6:00 to sweep Uke's left leg back, right inward downward hammering thrust with the short end Uke's collar throwing Uke to his back
11. full cover out to 9:00

About the Instructor

Samuel Conver 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. Conver 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

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