

**Brad Hunting**

**Kenpo Karate Forms and Techniques**



"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

# The Kenpo Crest

(from wikipedia.com)

## International Kenpo Karate Association crest

The design of the I.K.K.A Crest was completed in 1958 when the art of American Kenpo was gaining international notoriety. The crest design was meant to symbolically represent the art's modernized form while simultaneously acknowledging the roots of American Kenpo in traditional Chinese and Japanese martial arts.

### **Tiger**

Represents bravery, power, and physical strength. It is the early stage of a martial artist's learning. It is important to work on the basics (e.g to have a good horse stance) to prepare the body for later advancement. Also, the Tiger in Chinese culture represent the celestial guardian of the West cardinal direction. The yin aspect of individual.

### **Dragon**

Represents quintessence, fluidity, and agility, but also spiritual strength and the later stage of a martial artist's training. The dragon is placed above the tiger in the crest to symbolize the importance of mental/spiritual strength over physical strength. This does not mean that physical strength is unimportant. What it does imply is that martial artists need to have a good moral to guide their physical action. Also, the Dragon in Chinese culture represent the celestial guardian of the East cardinal direction. The yang aspect of individual.

### **Circle**

The circle represents continuity.

### **Dividing Lines**

The lines within the circle represent the original methods of attack first learned by ancient practitioners of the Chinese martial arts. They also demonstrate the pathways which an object could travel by.

### **Colors**

The colors are representations of proficiency within the art alluding to the colored belt ranking system. The white represents the beginning stages and progresses through to black (expert level) and then red (professorship).

### **Chinese Characters**

The writing acknowledges the art's Eastern roots. The characters on the right of the crest translate to "Law of the Fist, "Tang/Chinese Hand (唐手)" or "Empty Hand" (空手)" a.k.a. "Kenpo Karate". The characters on the left translate to "Spirit of the Dragon and the Tiger."

### **Shape**

The shape of the crest represents the structure of a house. The walls and roof are curved to keep evil from intruding. The ax at the bottom of the crest is a solemn reminder that should a martial artist tarnish the reputation of the organization they will be "cut off" completely.

1. **THE TIGER** — represents earthly strength derived during the early stages of learning. This is the stage where the individual is more impressed with his own physical prowess.

2. **THE DRAGON** — represents spiritual strength which comes with seasoning. This mental attitude is attained during the individual's later years of training. It is placed above earthly strength (as indicated and observed on the patch) since the individual at this stage has learned to develop humility and self restraint.

The attitude of the Dragon is the ultimate goal of KENPO. Armed with this attitude an individual will not be afraid of the opponent but of what he can do to the opponent. Thus he turns his back and walks away from an unwarranted conflict confident that he could have been the victor.

3. **THE CIRCLE** — is symbolic of several things: (1) It depicts life itself, a continuous cycle where there is no beginning nor end. So is it with the art of KENPO, it too is a cycle of perpetual and unending movement or motion. Techniques follow a cycle, movements are a part of a cycle, physical prowess, humility and self restraint are no more than components of a progressive learning cycle; (2) All moves evolve from a circle whether they are offensive or defensive; (3) The circle represents the bond of friendship that should continuously exist among IKKA members; and (4) The circle is the base from which our alphabet stems.

4. **THE DIVIDING LINES** — in the circle represents: (1) the original eighteen hand movements—directions in which the hands can travel; (2) They are the angles from which an opponent or you can attack or defend; and (3) it forms the pattern in which the feet too can travel—explanation of the Universal Pattern will clarify this.

5. **THE COLORS** — represents proficiency, achievement and authority. The circle is GRAY because it is symbolic of the brain—the brain of the IKKA, since the brain has always been referred to as GRAY matter. The WHITE background is significant of the many beginners who form the base of the Art. The YELLOW and ORANGE represents the first level of proficiency—the mechanical stage—the dangerous stage in learning where the student is more impressed with the physical who, like the freshman in college, thinks he knows all of the answers. BROWN, the color of the Tiger's eyes, represents the advanced students though not in great number. Also at this level the student becomes more observant. His eyes, like that of the Tiger, are keen, ever so watchful and critical, always looking up to the higher levels of proficiency, striving for perfection, preparing for the day he bares the level of an expert. This level of expert proficiency is represented by the color BLACK. RED is that of professorship over and above BLACK but yet, as indicated by the colors of the Dragon, there are still traces of WHITE in the Dragon's eyeball, YELLOW or ORANGE on the Dragon's fins, BROWN in the iris of the eyeball, and BLACK in the pupils of the eyeball. This is to remind even the Professor that he too should always be so humble and be able to go back to any level, whatever it might be, and perform the things that he expects of others at these levels so as never to demand too much of his students.

6. **THE ORIENTAL WRITING** — is a reminder of the originators of our Art—the Chinese. It is in respect to them but not that we serve them. The lettering to the right means KENPO KARATE—Law of the Fist and the Empty Hand—the art that we practice. To the left it means Spirit of the Dragon and the Tiger—a constant reminder that we want to attain the spiritual level and that the physical level is only a stepping stone or vehicle, that we use to reach the higher or spiritual level.

7. **THE SHAPE** — The TOP of the crest is like a roof which gives shelter to all who are under it. The SIDES ) ( are curved conversely because, like the roof of a Chinese home, it is to send evil back to where it came from, whenever it tries to descend. The BOTTOM forms the shape of an axe—it represents the executioner—in the event a member is influenced by evil ideas and thoughts contrary to our philosophy, or shames the IKKA organization, he is cut off, never to coexist with us again.

— Ed Parker, Infinite Insights into Kenpo, Volume 1, Chapter 2. © 1982.

## The Greeting and the Story

Make a fist (right hand at your right shoulder).....The Warrior  
Cover the fist (left hand).....and the Scholar  
Step forward right (twist stance), step forward left (Cat stance).....go off to battle  
Hands back to back extended in front of you (thumbs pointing down).....and fight back to back  
Roll thumbs up toward you as you step back left then right and go to position.....retreat in victory  
Double elbow strike at attention stance.....pulling the countries together

Wipe off knees as you go to a horse stance

High (hands extended out away from the body above your head  
(index finger touching, thumbs are not touching).....Mind, Body and Spirit

Middle (clenched right fist, left hand covers fist in front of your heart).....Concealing my treasure

Low (palms together close to the body).....Praying for wisdom

Shot hands up the center line, make the shape of a heart.....Shape of a heart for the love of the Art

Pause for the claws (arms at shoulder height with double palm claws)

Simultaneously, bring hands to hips with the left foot sliding back to attention and bow

## Forms with Accompanying Themes

Short Form 1 (Four Shields) – blocking only

- Blocking while gaining distance

Long Form 1 (Shield and Mace) – blocking and striking

- Blocking and Countering while gaining distance

Short Form 2 (The Cat) – utilizes cat stance movements

- Aggressively defending in a confined space with fluidity

Long Form 2 (Continuous Set) – emphasizes many continuous and fluid movements

- Aggressively defending with blocking and countering with multiple strikes filling the gaps with fluidity

## Technique Based Forms

These forms are made of individual self defense techniques, with foot transitions between the movements.

Short Form 3 (Single Escape Set) – this form is comprised of self defense techniques against individual grabs. Most techniques are only partially completed.

Long Form 3 (Double Escape Set) – this form is also comprised of self defense techniques against individual grabs, but does the movement on for both sides. Most techniques are done completely.

Long Form 4 (Definitive Set) – With techniques, done on both sides, against various strikes.

- Encyclopedia of the System

Form 5 (Transition Set/Take Down Set) – Techniques against strikes and grabs, done both sides

Form 6 (Weapon Set) – Techniques against attacks with weapons, done both sides.

Form 7 (Stick Set) – This form has many techniques with large circular movements vs linear moves.

## **Punch Set**

Note: Each strike alternates starting with the right hand then the left hand

1. Right **Middle** Punch / Left Middle Punch (Nose)
2. Right **High** Punch / Left High Punch (Stomach)
3. Right **Low** Punch / Left Low Punch (Groin)
4. Right **Twisty** Punch / Left Twisty Punch (10:30/1:30)
  
5. Right **Inward** Chop / Left Inward Chop (Neck)
6. Right **Outward** Chop / Left Outward Chop (Neck)
7. Right **Uppercut** / Left Upper Cut (Stomach)
  
8. Right **Upward Elbow** / Left Upward Elbow (Chin)
9. Right **Downward Elbow** / Left Downward Elbow (Between the Shoulder Blades)
10. Right **Inward Elbow** / Left Inward Elbow (Face)
11. Right **Outward Elbow** / Left Outward Elbow (Chin)
  
12. **Double Chop**
13. Hassa!

## **Phase 1 - Combinations**

- |                 |   |
|-----------------|---|
| <b>Lion</b>     | Back Fist / Reverse Punch   |
| <b>Cobra</b>    | Back Fist / Reverse punch / Front snap kick (lead leg)                                      |
| <b>Mantis</b>   | Back Fist / Reverse Punch / Step Through Round Kick   |
| <b>Leopard</b>  | Lunging Back Fist / Reverse Punch   |
| <b>Eagle</b>    | Lunging Back Fist / Reverse Punch / Step Through Round Kick / Shuffle Up Lead Leg Side Kick |
| <b>Mongoose</b> | Step-thru front snap kick / Step-thru front snap kick / Reverse punch                       |
| <b>Tiger</b>    | Back Fist / Side Kick / Step Through Front Kick   |
| <b>Panther</b>  | Lead Arm Vertical Punch / Shuffle Up Round House Kick / Reverse Punch                       |
| <b>Crane</b>    | Vertical Punch / Shuffle Front Snap Kick  |
| <b>Crane</b>    | Shuffle-up vertical thrust punch / Front snap kick  |

## **Base Ten Set**

1. **Delayed Sword**
2. **Alternating Mace**
3. **Sword of Destruction**
4. **Deflecting Hammer**
5. **Captured Twigs**
6. **The Grasp of Death**
7. **Checking the Storm**
8. **Mace of Aggression**
9. **Attacking Mace**
10. **Sword and Hammer**



## **FUNDAMENTALS**

<b>Sword in Return</b>	Right-handed lapel grab (or punch) from 12:00
<b>Parting the Sea</b>	Two-handed mid-section push from 12:00
<b>Kick in Return</b>	Right punch to head from 12:00
<b>Circling Twig</b>	Right-hand cross-wrist grab from 12:00
<b>Passing the Horizon</b>	Right hammerlock from rear (6:00) while holding left wrist
<b>Delayed Sword</b>	Right-handed lapel grab (or punch) from 12:00
<b>Alternating Mace</b>	Two-handed chest-high push from 12:00
<b>Sword of Destruction</b>	Left round house punch to head from 12:00
<b>Deflecting Hammer</b>	Right / Left thrusting front kick to mid-section from 12:00
<b>Captured Twigs</b>	Bear hug from behind, arms pinned
<b>The Grasp of Death</b>	From left flank; right handed head lock
<b>Mace of Aggression</b>	Two handed lapel grab
<b>Rolling Mace</b>	Two handed push to midsection
<b>Attacking Mace</b>	Right punch to head
<b>Sword and Hammer</b>	Left hand grab to right shoulder from behind at 4:30
<b>Checking the Storm</b>	Right side overhead club attack from 12:00

### **Tiger Cycle – Level 1**

<b>Clutching Feathers</b>	Hair grab from 12:00
<b>Triggered Salute</b>	Right straight thrust to shoulder
<b>Dance of Death</b>	Right punch to head
<b>Thrusting Salute</b>	Right through Kick
<b>The Gift</b>	Right hand shake
<b>Locking Horns</b>	Head lock from front, right arm below

### **Crane Cycle – Level 1**

<b>Lone Kimono</b>	Left arm straight lapel grab
<b>Glancing Salute</b>	Right cross push to shoulder
<b>Five Swords</b>	Right round house to head
<b>Buckling Branch</b>	Right through kick
<b>Scraping Hoof</b>	Full nelson from behind
<b>The Grip</b>	Right head lock while moving forward

### **Leopard Cycle – Level 1**

<b>Crossing Talon</b>	Right cross wrist grab
<b>Repeating Mace</b>	Left handed cross push to left shoulder
<b>Shielding Hammer</b>	Left round house punch to head
<b>Thrusting Salute</b>	Left through kick to mid section
<b>Striking Serpents Head</b>	Bear hug from front with arms free
<b>Locked Wing</b>	Hammer lock from left rear

### **Mantis Cycle – Level 1**

<b>Obscure Wing</b>	Left handed grab to right shoulder, close in from right flank
<b>Snapping Twig</b>	Left handed chest push or grab from 12:00
<b>Reversing Mace</b>	Left punch to head from 12:00 ( <b>Parry, Pizza, Pow</b> )
<b>Buckling Branch</b>	Left thrusting kick to mid-section from 12:00
<b>Thrusting Palms</b>	Bear hug from 12:00 with arms pinned
<b>Twisted Twig</b>	Right wrist lock from 12:00 (palm inward)

### **Lion Cycle – Level 2 – Strike Set One**

<b>Begging Hands</b>	Straight wrist grab to both wrists from 12:00
<b>Encounter with Danger</b>	Two handed mid-section push from 12:00 knocking you to the ground
<b>Flashing Wings</b>	Step through right straight punch to head from 12:00
<b>Rotating Destruction</b>	Right step through front kick followed by a left spinning back heel kick from 12:00
<b>Repeated Devastation</b>	Successful full nelson from 6:00
<b>Entangled Wing</b>	Figure 4 wristlock to right wrist from 12:00
<b>Brushing the Storm</b>	Right step through overhead club strike from your right flank 3:00

### **Monkey Cycle – Level 2 – Coordination Set One**

<b>Raking Mace</b>	Two-handed lapel grab pulling in from 12:00
<b>Leap from Danger</b>	Push from 6:00
<b>Shield and Mace</b>	Step-through right straight punch to head from 12:00
<b>Hugging Pendulum</b>	Shuffle-up right side-kick to right ribs with a right back back knuckle / punch to head from 12:00
<b>Tripping Arrow</b>	Front Bear hug from 12:00 with arms free
<b>Fallen Cross</b>	Two-handed rear choke from 6:00
<b>Capturing the Storm</b>	Right step-through overhead club to the head from 12:00

### **Eagle Cycle – Level 2 – Long Form Two**

<b>Obscure Sword</b>	Facing 12:00 - Left grab to my right shoulder from behind / 4:30
<b>Parting Wing</b>	Two-handed high push to upper body from 12:00
<b>Raining Claw</b>	Step-through uppercut to stomach from 12:00
<b>Swinging Pendulum</b>	Right step-through roundhouse kick to my ribs from 12:00
<b>Crashing Wings</b>	Rear Bear hug at the waist with arms free
<b>Captured Leaves</b>	Right hand finger lock to my left hand (fingers)
<b>Evading The Storm</b>	Right step-through overhead club strike to the head from 12:00

### **Panther Cycle – Level 2 – Long Form Two – Stance Set**

<b>Twirling Wings</b>	Facing 12:00 – Two-handed grab to my shoulders (or choke) from 6:00
<b>Hooking Wings</b>	Two-handed push to mid-section from 12:00
<b>Leaping Crane</b>	Step right – punch right (straight punch) to head from 12:00
<b>Intellectual Departure</b>	Right front thrust kick from 12:00
<b>Crushing Hammer</b>	Bear hug from 6:00 (rear) at the waist with arms pinned
<b>Circling Wings</b>	Two-handed choke from behind (6:00)
<b>Calming The Storm</b>	Right roundhouse club strike to the head from 12:00

### **Snake Cycle – Level 2 – Bo Strikes and Defenses**

<b>Charging Ram</b>	Front Tackle from 12:00
<b>Thrusting Wedge</b>	Two-handed choke from 12:00
<b>Thundering Hammers</b>	Step-through right straight punch to head from 12:00
<b>Swinging Pendulum</b>	Left roundhouse kick to the ribs from 12:00
<b>Squeezing the Peach</b>	Rear bear hug with arms pinned
<b>Bow of Compulsion</b>	Opponent pins your right hand against his chest with both of his hands from 12:00
<b>Obstructing the Storm</b>	Right step-through overhead club attack to your head from 12:00

## FUNDAMENTALS

**Sword in Return** Right-handed lapel grab (or punch) from 12:00

Right Inward Block / Right Inward Chop to neck from left side

**Parting the Sea** Two-handed mid-section push from 12:00

Step back left into right neutral stance / spear hand both hands upward thrusting outward against push / front snap kick to groin

**Kick in Return** Right punch to head from 12:00

Right Inward Block / Front snap kick

**Circling Twig** Right-hand cross-wrist grab from 12:00

Tuck elbow / Roll right hand upward (check for rain) / grasp attackers wrist / step back left into right neutral stance, pulling attacker off balance toward you / right front snap kick

**Passing the Horizon** Right hammerlock from rear (6:00) while holding left wrist

Grasp attacker with right hand / pull the six shooter (left elbow upward strike) / thrust left hand forward breaking free while stepping back with left foot between attackers legs / turn to right neutral stance with left outward elbow strike to attackers throat

**Delayed Sword** Right-handed lapel grab (or punch) from 12:00

Right Inward block / front snap kick / right inward chop to neck

**Alternating Mace** Two-handed chest-high push from 12:00

Right inward block – downward strike to opponent right arm radial nerve / forward stance with rear mid punch to sternum (left fist) / cover and check opponent arm with left hand / back fist with right hand

**Sword of Destruction** Left round house punch to head from 12:00

Right outward block / right front snap kick / right inward chop to neck from right side

**Deflecting Hammer** Right / Left thrusting front kick to mid-section from 12:00

Step to the left-back at 45 degrees / right arm riding block / step forward 45 degrees – blocking with left hand – elbow strike to head – feet pointed forward

**Captured Twigs** Bear hug from behind, arms pinned

Left hand grasps attackers arms / drop weight / step to the left while cocking right hammer fist / step left and hammer strike to groin / right cat stance while stripping attackers arms / step back to forward horse stance in front of attacker / right upward elbow strike to attackers neck – face

**The Grasp of Death**                      From left flank; right handed head lock

Choke hold on attackers right side / turn head to clear airway / grasp attackers right wrist with right hand / shark bite with left hand attackers inner thigh / step forward stripping attackers right arm from neck / answer the phone (left arm up with elbow in attackers arm pit) while maintaining grip on attackers right wrist with right hand / hang up the phone (strike down with left arm into attackers right shoulder, pushing attacker to the ground while performing arm bar between left attack to shoulder and right hold on wrist) / slide left hand up to hold attackers right arm in place / turn – strike with right fist to attackers head

**Mace of Aggression**                      Two handed lapel grab

Left hand over and across trapping attackers hands – grasp wrists and pull toward left – keep left elbow down and tucked to trap hands / Step forward with your right foot into a right neutral bow (11:00) – hammer strike with right fist to opponents left arm at radial nerve / bounce right fist as you deliver a right glancing hammerfist strike across the bridge of his nose / Inward diagonal-downward forearm rake across the opponent's forearms – catching at attackers left elbow and push twist attackers elbows inward to your left – pulling attackers head downward toward you / Right inward horizontal elbow strike to the left side of the opponent's head / right arm and hand around and down (check for change) towards your left side rib cage / deliver a right outward horizontal elbow strike to the right side of the opponent's head.

**Rolling Mace**                              Two handed push to midsection

Right neutral stance while hooking downward inward outward right hand / right forward stance while hooking downward inward left hand / spread slightly attackers hands / right back knuckle to head

**Attacking Mace**                              Right punch to head

Left inward block to outside of attackers right arm – just barely below elbow – right fist to right hip / left forward bow stance with right straight punch to right rib cage under the arm pit (floating rib) / check with left hand against arm / circle right hand under attackers right arm to grab and pull attackers arm at shoulder / right front snap kick to groin / plant right foot forward at 12 checking inside opponents knee / left upper cut to attacker right side / cover back to 6

**Sword and Hammer**                      Left hand grab to right shoulder from behind at 4:30

Left hand reach across and trap attackers hand on shoulder / left neutral stance bringing right foot back to attackers foot / right outward chop to neck / right downward hammer fist to groin

**Checking the Storm**                      Right side overhead club attack from 12:00

Right Inward Parry (or block) to opponents arm (not weapon) / left upward parry (block) to opponent arm / draw into left forward cat stance / left front snap kick to groin / left foot down towards 10:00 in left front twisted stance / right snapping knife edge kick to attackers forward (right) knee / plant right foot towards 10:00 in right neutral bow inside of attackers right foot-calf / right outward whipping back knuckle to head / cover to 6

## **Tiger Cycle – Level 1**

### **Clutching Feathers**                      Hair grab from 12:00

Left hand grab / trap opponents hand. Step back left foot into right neutral bow. Step back and pull opponent forward / off balance. Right sun punch to under arm nerve bundle, pivot to right forward bow with left hand palm heel strike to face while executing right outward block to clear hair grab, pivot to right neutral bow with right hand hammer fist, step in with right elbow PBJ to face

### **Triggered Salute**                      Right hand straight thrust to opponent's left shoulder

Capture opponents right hand (wrist) with your left, capture at the opponent's wrist at your thumb / wrist juncture, do not grab opponent's hand with your hand, this allows opponent to slip their hand out of your grip, hook your thumb / wrist juncture onto opponent's wrist, not hand, hold opponent's hand / wrist against your left breast with your left wrist. Step forward with right foot into right neutral bow executing right palm heel to face, right hand sword hand strike to bicep / forearm nerves, right hand under the opponents arm with elbow strike to ribs, bring right hand to left pocket, glancing elbow strike, back knuckle to ribs, back to forward bow, pivot to right neutral bow with upper cut to ribs

### **Dance of Death**                      Step left, punch right, to head

Left inward block, right ridge hand to groin, step in blocking knee, grab back of leg and tip to back, my right knee to force his left leg open and down, hammer strike to inner thigh, sword hand to groin

### **Thrusting Salute**                      Right through Kick

Left double factor downward block moving to the inside, right through groin kick, stepping forward into forward bow with right palm heel strike to face.

### **The Gift**                                  Right hand shake

Pull right hand back to tucked locked elbow extending opponents right arm fully, left hand upward strike to opponent's extended right elbow hyper extending elbow with a sharp pop, hop forward to right knee to groin, release handshake with right inward elbow strike to head

### **Locking Horns**                      Head lock from front, right arm below

Left sword hand to opponent's right knee, step forward right foot while executing right hand ridge hand to groin, stand up turning 90 degrees to left (toward 9 o'clock), right elbow strike to chin, right elbow strike to side of head (PBJ)

## Crane Cycle – Level 1

**Lone Kimono**                      Left arm straight across lapel grab to left lapel

Left hand cross grab / lock at opponent's wrist, trapping opponent's hand / wrist to your right breast, step back left into right neutral bow pulling and extending opponents left arm, right sun punch under arm hyper extending opponents arm, forward bow while sweeping my right arm under, out, around and down into opponent's left elbow, rotate to neutral bow while crashing elbow down and inward to draw opponent in, right sword hand sword chop to exposed neck

**Glancing Salute**                      Right arm open hand cross push to opponent's right shoulder

Right hand up to trap opponents right hand against my right breast / shoulder, step forward with left into left neutral bow, left arm inward block strike against opponents right elbow, left hand blocks downward pushing opponents right arm against his body, rotate into forward bow with right hand palm heel strike to opponents right cheek, my fingers toward my left, claw around opponents head, pull opponent down into right knee thrust to face

**Five Swords**                              Right round house to head

Step forward into right neutral bow, double strike to opponents right arm striking forearm nerves, right sword strike to neck, rotate to forward bow with left palm heel strike to face chambering right fist to hip, rotate back to right neutral bow with right fist upper cut to ribs while chambering left hand to my right bicep / shoulder, left foot step back and outward while striking neck with left sword hand, claw around opponent's neck / head and pull opponents head downward with left hand and right hand sword strike to exposed back of neck.

**Buckling Branch**                      Right through kick

Step outward to the left with double factor downward block, right hand grab to opponents shoulder, left foot through groin kick, step down with left foot at 90 degrees outward, step in with right foot knife edge to back knee pulling and rotating opponent downward toward right arm elbow strike to face.

**Scraping Hoof**                              Full nelson from behind

Step left, both hands back to back and thrusting downward, head butt back to opponents face, right foot heel strike to opponents left inner knee, right foot knife edge down inner right calf to crush right foot.

**The Grip**                                      Right head lock while moving forward

Buckle opponents right knee from behind with my left knee strike to back of his right knee, right hammer fist to groin, left hammer fist to kidney, left hand up and around grab to face, pull opponent down, rotate up and left with strike to face or neck with right hand.

## Leopard Cycle

### **Crossing Talon**                      Right cross wrist grab

Right hand check for rain, wrist release, grasp opponent's right wrist, step forward left foot use my left arm to create arm bar of opponent's right arm with my left elbow into opponent's right arm tricep / armpit. Force opponent downward. Sharply pull opponent's right arm and opponent's right ribs into my left hip while I rotate to my right. Chamber left fist upward for left elbow strike to opponent's right check, left palm heel to opponent's right cheek / face, left claw upward on face, rotate to left neutral bow, large circle with left elbow strike to spine, left palm heel to back of head, knee to face.

### **Repeating Mace**                      Left handed cross push to left shoulder

Step back left, pizza pie parry (left palm up) above opponent's elbow. Double strike with back knuckles to opponent's left ribs, first right fist back knuckle glancing from back to front then reversing strike right back knuckle into ribs. Rotate left hand to grasp opponent's left wrist, right hand moves to opponent's left shoulder, circle left foot back to shoulders inline, right foot kick to rear of thigh driving down into knee, driving opponent to ground.

### **Shielding Hammer**                      Left round house punch to head

Right upward / outward block, immediately drop into right fist to face, leap forward with right elbow strike to sternum.

### **Thrusting Salute**                      Left through kick to mid section

Step back left, double factor downward block, left arm then right, swinging opponent's leg out and opening up opponent's groin. Left (rear) leg kick to groin, dropping into palm heel strike to face.

### **Striking Serpents Head**                      Bear hug from front with arms free

Step back right while dropping hips and weight lower. Palm heel strike to right side of head / jawline, turning head toward left, left fist strike to face, left hand grasp top of head, tuck left elbow in, pull down on opponent's head, right hand leopard fist strike to throat.

### **Locked Wing**                      Right arm hammer lock from left rear

Right hand grabs opponent's right wrist. Step back left with left elbow strike to throat / face / chest, push back with left palm heel to face, pushing face away. Continue holding right wrist, drop left arm behind opponent's right arm (the one holding your right hand) punch left arm under opponent's right arm while stepping back with right leg and rotating into right neutral bow. Pull opponent in close, lift right hand and dip left hip, forcing opponent down. Rotate back to left neutral bow releasing right grasp, striking down with right hand palm heel to back of head while kneeling up to face with right knee.

## **Mantis Cycle**

**Obscure Wing**                      Left handed grab to right shoulder, close in from right flank

Pin attackers hand with your left hand, step back right foot to 4:30, palm up elbow strike to opponent's sternum with right elbow, right hand hammer fist down to opponent's groin, right hand elbow strike to opponent's chin

**Snapping Twig**                      Left handed chest push or grab from 12:00

Trap opponent's left hand with your left hand and step back left into a right neutral bow. Press up on opponent's left elbow with right hand, hyper extending opponent's left arm, shape of the crane with right hand at opponent's elbow, pull opponent down toward you bending opponent's left arm down, fist bump your right hand into left hand, trap opponent's trapped left hand with your right hand, left hand chop to opponent's neck extending opponent, bring left hand back along opponent's arm pulling down at elbow, pulling opponent downward and toward you, bump left fist into your right fist, swap trap to left hand and high punch with right fist into opponent's jaw. Sweep downward with right hand / arm moving opponent's left arm outward and out of the way. Shuffle forward with right elbow strike to face.

**Reversing Mace**                      Left punch to head from 12:00 (**Parry, Pizza, Pow**)

Step up right into a right neutral bow with a right inward parry. Left palm up block at your center line and at opponent's elbow. Right-hand ram head strike to opponent's ribs, grab opponent's left wrist with your left hand, grab opponent's left shoulder / upper arm with right hand, circle step left leg outward, right foot kick to opponent's left leg buckling left leg

**Buckling Branch**                      Left thrusting kick to mid-section from 12:00

Parry (right) then bucking block (left) with step drag to 4:30, grab opponent's left shoulder with your left hand, right leg punt kick to groin, step right foot down twisted to right, left knife edge kick to rear leg, buckling leg, twist opponent's head / face into your left elbow strike.

**Thrusting Palms**                      Bear hug from 12:00 with arms pinned

Step back to right into a left neutral bow, tucking chin, thrust with open palms to groin. Slip left arm under opponent's right arm, hook with left hand shape of the crane onto opponent's right shoulder, pull opponent downward into right knee strike to groin. Twist left into horse stance toward 10:30 with right arm elbow strike to chest / neck bringing opponent to the ground.

**Twisted Twig**                          Right wrist lock from 12:00 (palm inward)

Step in right across the center line into a forward bow with palm strike into your trapped right hand with your left hand, attempt to strike the back of your right hand into opponent's face. Hook left hand on opponent's right hand attempting to strip it from the hold of your right hand. Follow through with right upward elbow strike to chin / face. Full turn to left forward bow, knees to 6 o'clock, right hand hammer strike to groin.



## Lion Cycle - Level 2

### Begging Hands

Straight wrist grab to both wrists from 12:00

Step back right into a left neutral bow as you rotate your hands inward, palms upward, reverse rotation to palms downward outward thrusting / striking with open palm to outward. This breaks wrist grab and opens / spreads opponent's arms. Before fully breaking opponent's grip draw opponent forward off balance toward you, this controls opponent's height and width. Opponent is bent slightly forward, controlling height and drawn slightly toward you controlling width. This keeps opponent off balance and unable to attack.

Rotate hands inward, upward, toward you pulling opponent inward, then rotate downward slapping outward to spread hands.

Draw into left front cat stance, left front upward snap kick to groin (use bridge of foot to strike directly upward into groin, not traditional ball of foot outward kick), step through right kick to sternum / mid-section (kick with ball of right foot to chest to straighten opponent upright in preparation for palm heel thrusts), right foot down, shuffle-forward with double palm strike to floating ribs on each side from straight on. Keep elbow in and anchored to body. Fingers outward, palms inward, strike both side of opponent's rib cage.

Step back right with inward outward rotation of hand breaking hold and slapping opponent's hand open / away  
front left snap kick to groin  
through right kick to groin / gut  
shuffle-forward with double palm heel strike to floating ribs both sides

### Encounter with Danger

Two handed mid-section push from 12:00 knocking you to the ground  
Opponent steps forward right foot, attempts right fist strike to groin

Fall backward into rear break fall, from prone position on your back do left thrusting heel kick to opponent's groin, rotate left while on ground executing right side / heel kick to chest / solar plexus, continue rotation left onto hands and feet (downward facing dog) with left heel kick, exit rear (6:00)

backward break fall  
left heel kick to groin  
rotate and right heel kick to gut  
rotate and downward dog with left heel kick to solar plexus  
escape

Alternate solution:

backward break fall  
left heel kick to groin  
rotate to left side, draw left foot down, inside, and behind opponent's right ankle  
right foot kick to opponent's right knee, breaking knee and falling opponent

### Flashing Wings

Step through right straight punch to head from 12:00

Step forward left with left inward block to opponent's arm. Use right knee to check opponent's forward – right knee. Right elbow strike to opponent's ribs. Slide left hand up opponent's right arm. Bring left hand over opponent's right arm to inward claw from right to left across opponent's face. Right arm comes under and over opponent's right arm to execute EITHER right elbow strike to face or right knife hand to opponent's neck. Left hand checks opponent's right arm downward. Your right hand moves down to your right thigh and executes a bouncing pop from your right thigh back up to palm heel / cupping strike to opponent's neck / chin.

Step forward left, left inward block, right knee check, right elbow strike to ribs  
left hand claw to face  
right elbow to face OR right knife hand to neck  
check downward opponent's right arm with your left hand  
right hand bouncing palm heel to neck / chin

**Rotating Destruction**            Right step through front kick followed by a left spinning back heel kick from 12:00

Step back left executing a right arm block scooping right arm downward – inward – scooping – upward – outward toward your right side catching opponent's right front kick and moving it outward and off line toward your right. Step back right executing a downward inward – outward block with your right arm against opponent's left back kick, this should complete the opponent's spinning kick leaving opponent facing you from 12:00. The step back right should put the right foot behind the left foot in a twisted stance ready to unwind into left foot knife edge kick. Knife edge kick with your left foot to opponent's groin or knee. Set down your left foot into proper distance to execute your own right foot spinning round back heel kick to opponent's solar plexus.

Step back left, scooping upward outward block to right  
step back right, downward outward block right  
right foot goes behind left in twisted stance  
left knife edge kick to groin or knee while unwinding from twisted stance  
right spinning back kick to chest

**Repeated Devastation**            Successful full nelson from 6:00

Step left and lower to stable stance while double finger poking over same shoulders to opponent's eyes. Attempt to pull opponent slightly forward and off balance as you find a stable stance. Execute crashing wings (bring both elbows down and backward hard breaking opponent's hold, elbows must travel behind my center line to break hold). Head butt backwards into opponent's face while executing downward / backward elbow thrusts. Step left foot toward right foot with fists down, back of fists together to lock opponent's arms under your arms (similar to scraping hoof arm holds). Reach with your left hand and grasp opponent's right wrist while maintaining hold on both of opponent's arms under your arms. Step with left foot toward 1:30 with slight lean forward pulling opponent with you. Pulling opponent's right arm downward as needed to lean opponent slightly forward. Execute right arm elbow strike back along opponent's right arm into opponent's face / neck / chin. Step back with left into facing 12:00. Reach with your right hand under your left hand to grasp opponent's left wrist with your right hand. Step forward with your right foot toward 10:30 pulling opponent with you. Again pulling downward on opponent's left arm with your right hand as needed to lean opponent forward. Execute left elbow strike back along opponent's left arm into opponent's face / neck / chin. Release opponent and escape forward.

## Entangled Wing

Figure 4 wristlock to right wrist from 12:00. Your right arm is forward, fist is upward, opponent is trapping your right arm. Opponent has his left arm around wrapped your right arm at the elbow.

Grab your trapped right fist or opponent's left wrist / fist with your left hand to control your arm in the lock. Step forward right into collapsing right elbow into opponent's chest. Rotate right elbow upward into right elbow strike to opponent's chin. Rotate to 6:00 into left forward bow pulling opponent's left arm along and over your right shoulder, hyper extending opponent's left arm, possibly breaking opponent's left elbow. Spin toward your left with left elbow strike to opponent's left ribs or back and kidney depending on amount opponent has rotated. Rotate right with right elbow strike to ribs / solar plexus. Right knife hand / hammer fist rotate down to groin strike. Escape to 6:00.

step forward right  
grab opponent's left wrist  
collapsing right elbow strike to solar plexus  
right upward elbow strike to chin  
rotate left to 6:00 pulling opponent's left arm over right shoulder  
rotate left with left elbow strike to opponent's left ribs / kidney  
rotate right with right elbow strike to opponent's ribs / solar plexus  
right knife hand / hammer fist strike to groin  
escape to 6:00

## Brushing the Storm

Right step through overhead club strike from your right flank 3:00

left hand parry club toward right side. Step forward right as needed to palm heel / cupping hand / inner knife hand strike to opponent's throat / chin. Step forward left and behind opponent into opponent's area of obscured vision. Drop into close kneel with right collapsing elbow strike to ribs / chest. Right hand knife strike rotating downward to groin. Continue right hand down to opponent's right leg below knee. Left hand drops to opponent's hip. Step back with right leg with circular foot sweep back to left forward bow while pulling up on opponent's right leg tipping them forward. With left forward leg execute front snap kick to groin. Set left foot with outward (left) rotation. Right leg kick to opponent's on the ground leg (the left leg, since you are holding the right leg up in the air).

Move left hand to opponent's hip or slightly lower and push slightly outward to unbalance opponent and shift opponent's weight to opponent's left leg. This makes it easier to lift and pull up on the opponent's right leg. Unbalance opponent toward opponent's left, shifting opponent's weight to opponent's left leg.

Left hand parry while executing right palm heel to neck  
Step forward with left foot executing right elbow strike to ribs  
right knife hand downward to groin  
left hand drops to opponent's right hip  
right hand grabs opponent's right calf  
step back right into left forward bow lifting opponent's right leg into the air  
left front snap kick to groin  
right knife edge kick to opponent's left (grounded) leg

## Monkey Cycle – Level 2

### Raking Mace

Two-handed lapel grab pulling in from 12:00

Step in/forward right across the center line [optional prefix: left hand knife edge strike to opponent's face] left hand pin / capture attacker's wrists with a left crane hook while simultaneously execute a right uppercut to mid-section. Bring right fist outward toward right with right hand back knuckle to ribs, cocking right hand to my right ear, simultaneously step with left foot behind right foot in a shallow twist stance. Bring right fist up and around to right hammer fist to side of opponent's head / jaw while unwinding from twist stance to right neutral bow. Right elbow downward strike to opponent's left arm nerve bundle right below elbow turning into right downward / leftward (cross body) strike across opponent's arms at elbows pulling opponent's head and upper body forward and toward your left (avoid pulling opponent straight toward you to avoid a head butt from opponent). Execute right outward knife hand chop to neck. Then right collapsing elbow strike to left side of opponent's head / neck, my left hand palm heel strike to opponent's right side of head (PBJ). Right over left cross out toward 7:30 away from opponent.

- 1) step in right [left strike to opponent's face] left hand pin opponent's hands with crane hook
- 2) right hand upper cut to ribs
- 3) right hand back knuckle to ribs while left foot moves behind right foot into twist stance
- 4) right hand to my right ear, right hammer fist to TMJ (jaw joint) while unwinding twist stance to right neutral bow
- 5) right elbow strike to opponent's left forearm, right forearm strike downward / leftward at opponent's elbow pulling opponent forward / downward toward my left side
- 6) right hand swings to my left ear, right sword hand outward chop to opponent's neck
- 7) right collapsing elbow strike to neck
- 8) left hand palm strike to opponent's right side of head
- 9) right cross over and out toward 7:30

### Leap from Danger

Push from 6:00

Execute a forward Kenpo roll on your right shoulder toward 12:00; tuck your left leg standing up into a left neutral bow facing 6:00 (back toward approaching opponent), step off of centerline toward left / 4:30'ish. Right leg round house kick to groin, step down with right foot across center line, rotate leftward and around to facing 12:00 into left neutral bow, back toward opponent, left leg reverse heel kick to solar plexus, bring left foot forward and step left across right. Step back with left foot to left side kick to ribs or chest. Step back left over right and out toward 12:00.

- 1) forward kenpo roll toward 12:00, end in left neutral bow facing 6:00
- 2) right round house kick to groin
- 3) rotating left rear kick to groin
- 4) left cross over out
- 5) cross over back to left side kick
- 6) cross over and out toward 12:00

### Shield and Mace

Step-through right straight punch to head from 12:00

Step off left toward 10:30, off of centerline of attack, into a left neutral bow while executing right arm vertical outward block to opponent's extended attacking right arm, while delivering a left thrusting punch to opponent's kidney / floating ribs. Pivot into left forward bow facing 12:00 while executing a rolling check → bring left hand up to parry / block at opponent's upper right arm, simultaneously bring right hand

downward from vertical block into right inward hammerfist to opponent's back / kidney (strike with right inner hammer fist as if holding a knife with the blade toward your pinky finger and thrusting the blade into the kidney, hammer fist similar to a knife stab to kidney). Drop slightly to wide kneel bringing left hand downward pushing / checking opponent's right arm downward against opponent's body. Retract/swing right fist/hand toward my right thigh swinging right hand downward, around, and upward to right cupping heel strike to opponent's chin / neck / face. Swing right hand over the top raking his eyes / face, down the outside of his back to a right sword hand strike to the back of his right leg / calf, collapsing his right knee downward / inward. Bring left hand toward his back and left hand provisional check to his back, pushing / popping him forward. Step forward with your right leg with your left left grounded, bring right knee upward inward to be in position for right knife edge kick to the back of opponent's left leg, collapsing opponent's left leg. Cross over right over left and step out toward 9:00.

Six steps

- 1) step left neutral bow with right vertical outward block
- 2) left thrust punch to right kidney / floating ribs
- 3) rolling check with left hand block to upper arm with right hand downward back knuckle to kidney
- 4) drop into wide kneel, check his right arm down with left hand, execute right palm heel to neck
- 5) Swing right hand over clawing face, over and down back, to right sword hand to back of right leg while striking back with left hand to knock opponent forward
- 6) bring right knee upward inward, execute right knife foot strike to back of opponent's left leg, buckling left leg
- 7) step out with right cross over toward 9:00

### **Hugging Pendulum**

Shuffle-up right side-kick to right ribs with a right punch to head from 12:00

Shuffle left back to 7:30 as you deflect the kick with a right downward riding block (similar to deflecting hammer). Opponent then tries to use right hand back knuckle to head. Step forward with left foot across centerline toward opponent, your left hand parry his right back knuckle, your right hand executes glancing right sun punch to opponent's right ribs, end with right arm wrapped far toward your left and left hand parry far toward your right, this is the "hugging" part, your arms wrapped around you. Right foot steps forward from behind into right foot knife edge kick to opponent's rearward (left) leg, this should rotate opponent toward his right and collapse opponent onto his left knee. Provisional (push down) check on opponent's right shoulder with my left hand. Right raking back knuckle to opponent's head. At the same time rotate my right knee into opponent's right thigh, pushing him off balance toward his left. I am at 9:00 position facing 3:00 with right knee into opponent's right thigh. Shift weight back to my rear / left leg while rotating swiftly left toward 12:00 executing right hand cupping palm heel strike to neck / chin. Cross out right over left toward 9:00.

- 1) shuffle left back with riding block with right arm of his right kick
- 2) left hand parry toward 3:00 of his right back knuckle
- 3) right glancing sun punch to his right ribs
- 4) left foot fast cross over to right foot knife edge kick to his rear (left) leg. This rotates and collapses his left leg down onto left knee, rotating him to his right
- 5) Check his right shoulder with my left hand
- 6) right hand back knuckle to right side of his head
- 7) rotate my right knee into his right thigh, off balancing him toward 3:00
- 8) rotate left toward 12:00 executing right hand cupping palm heel to neck
- 9) cross over and out right over right toward 9:00

### **Tripping Arrow**

Front Bear hug from 12:00 with arms free

Execute a left inward horizontal heel palm strike to your opponent's right ear. Right inward palm heel strike to opponent's left ear, while simultaneously stepping out left into horse stance while grasping and pulling down on opponent's right shoulder with your left hand. Pull opponent toward his right and downward off balance with your weight pulling down his right shoulder. This controls opponent's height and keeps opponent from kicking with his right foot. Slide right foot left with inward outward crescent outward around and behind opponent's right leg. Keep your right ball of your foot mostly on the floor with a sliding motion. Thrust your right foot / leg backward into left forward bow, keeping ball of right foot on the ground, while simultaneously striking out with right hand in palm heel to opponent's face (this is the bow and the arrow, bow stance and palm heel as arrow). This should trip opponent backward over your right leg and backward to the ground. Continue to maintain grip on opponent's right arm but slide your grip down to opponent's right wrist. Bring your right hand to grasp opponent's wrist with your left hand and twist opponent's arm clockwise (arm lock). With opponent on the ground lift up right foot and heel strike to throat / face. Bring right foot back toward opponent's held right arm and crash down with right foot onto opponent's right arm. This will strip opponent's right arm from your left hand grasp. Step with right foot outward and backward to right ending in left neutral bow with left foot closest to opponent. Step in right with right kick to opportune target.

- 1) left palm heel to opponent's right ear
- 2) right palm heel to opponent's left ear while left foot moves to horse stance
- 3) left hand pulls downward on opponent's right shoulder
- 4) anchor left arm pulling opponent downward
- 5) crescent with right leg around and behind opponent's right leg, sliding right foot
- 6) thrust right foot back into left forward bow while simultaneously striking opponent's face with right hand. Keep the ball of the right foot on the ground. This should trip opponent to the ground onto his back. Maintain grip with left hand on opponent's right arm. Slide left hand down opponent's arm to opponent's right wrist.
- 7) right heel kick to opponent's throat face
- 8) right stomp to held opponent's right arm, stripping opponent's right arm from your grasp
- 9) step right / back to left neutral bow
- 10) step in right to kick opponent
- 11) step back right and cross over and out left over right

## **Fallen Cross**

Two-handed rear choke from 6:00

Reach over each of your same shoulders to your neck and take control of your opponent's hands by grabbing his arms at each wrist. Step out left and drop into horse stance while pulling opponent's hands hard, tight, and forward along your neck toward your front. Pulling his hands tight and forward along your neck may break his thumbs. As the hands pass your neck rotate opponent's arms to palms up. Continue pulling arms forward over your shoulders, at the same time rotate opponent's palms up. Pull opponent's arms to about where his elbows cross your shoulders. Stand up hyper extending and possibly breaking opponent's elbows. Shoot right hand upward pulling opponent's right hand over your head. Execute a twist in place to turn to face your opponent while maintaining grip on opponent's wrists. This will result in opponent's arms crossed over with your right hand on top / his right hand / arm on top. End rotation in left neutral bow. Attempt to end with both of opponent's thumbs up and palms outward. This puts his elbows locked. Right knee strike under his locked elbows at the elbow, breaking his elbows. Right foot kick to groin. Right foot knife edge strike / scraping hoof to opponent's right leg / foot. Right elbow strike to face, cross out right foot over left.

- 1) reach up and over my shoulders to grab opponent's wrists
- 2) step out right into horse stance pulling opponent's arms forward, breaking his thumbs against the back of your neck

- 3) pull opponent's arms forward over your shoulders, rotating his wrist to palm up
- 4) pull downward on opponent's arms, hyper extending at the elbow
- 5) right hand shoots upward, over your head, rotate left 180 degrees toward 6:00 to face opponent while maintaining grip on wrists to end with opponent's arms crossed with his right over left. His palms out and thumbs up, this locks the elbows. End rotation in left neutral bow
- 6) right knee strike to his crossed arms, at the locked elbows, breaking his arms at the elbows
- 7) right kick to his groin
- 8) right foot knife edge scraping hoof to his right leg and foot.
- 9) right elbow strike to face
- 10) right over left cross over and out

## **Capturing the Storm**

Right step-through overhead club to the head from 12:00

Step forward left into a left forward bow while executing a high cross block (right hand over left with closed fists) upward to the underside of your opponent's right forearm. Slide your hands up to grab his right hand with both of your hands, mirror his right hand with your right hand, have both of your hands thumbs up and grasping around his hand. Still facing opponent rotate his hand downward with club into his legs / knees, this should be one continuous motion continuing his overhand club attack but right down and around to his knees. After clubbing his knees keep going around to his right side with the club, simultaneously step through with your right foot on his right side toward 10:30. Strip / Take the club with your right hand directly toward 10:30. Maintain grip on opponent's right wrist with your left hand and lift his right arm up and over your head. Rotate his right hand wrist to palm facing upward as you lift his arm over your head. Pull his right arm onto your left shoulder hyper extending his right arm. Rotate left and around striking the front of opponent's knees with club. Left foot cross over behind your right foot while swinging club back to your right and striking the back of his knees. Bend opponent up and back by lifting up your left hand / his right wrist. Sweep the club up his chest / front, lifting his chin with the club. Unwind the left foot cross over behind the right by rotating toward the left into left forward bow while aggressively swinging the club into opponent's throat.

- 1) step left into left forward bow with double upward block, right over left
- 2) slide hands up and grab his right hand, taking control of his hand and the club, mirror hands
- 3) swing my arms toward my right shoulder, downward, striking with the club across his knees
- 4) step through with right foot on his right with right foot toward 10:30 end facing 9:00, bringing arms back and upward still holding his hand / wrist
- 5) strip club from his hand with your right hand toward 10:30 while maintaining grip on his right wrist with your left hand
- 6) lift his right hand over your head and back down to your left shoulder, rotating his arm to palm up
- 7) hyper extend his right arm across your left shoulder
- 8) step with your right foot toward 6:00 while rotating your body toward 3:00
- 9) strike with the club across his knees
- 10) left foot cross over behind your right foot while clubbing the back of his knees
- 11) lift his right arm palm upward to cause opponent to stand up and lean back
- 12) strike with club upward along opponent's chest to chin, lifting opponent's head
- 13) unwind left cross over by rotating left
- 14) unwind and strike with club across opponent's throat

## Eagle Cycle – Level 2

### Obscure Sword

Facing 12:00 - Left grab to my right shoulder from behind / 4:30

Cross arms / Hug self with left hand reaching up onto my right shoulder grabbing opponent's left grab, right hand hugging under my left arm toward my left side. Step forward left into left forward bow strongly toward 1:30 pulling opponent forward and off balance. Turn 180 toward opponent, into right neutral bow, executing right hand sword hand to throat. Right hand slides to provisional check of opponent's left arm. Left / rear snap kick to groin. Step back into right neutral bow.

- 1) Grab opponent's hand with my left, hug right hand under my left arm
- 2) left forward bow toward 1:30, pulling opponent off balance
- 3) rotate to right neutral bow while executing right sword hand to throat
- 4) right hand provisional check
- 5) left / rear snap kick
- 6) return to left neutral bow

### Parting Wing

Two-handed high push to upper body from 12:00

Step back right into left neutral bow while executing two arm outward block (similar to parting the sea). Right palm heel under and upward to opponent's left floating ribs. Grab opponent's left side clothing (if possible) and draw opponent toward you while executing left sword hand to throat or upper chest. Near the end of the left sword hand release the right grip and bring right hand into cocked position at right hip. Execute a downward compression push with left hand to expose opponent's solar plexus. Right straight punch with dragons tooth into solar plexus.

- 1) Step back right executing double outward block (parting the sea)
- 2) right palm heel to left floating ribs
- 3) left sword hand to throat / upper chest
- 4) left downward compression
- 5) right dragon tooth punch to solar plexus

### Raining Claw

Step-through uppercut to stomach from 12:00

NOTE: very similar to Rolling Mace. Step back left into right neutral bow while executing right arm downward block. Rotate into right forward bow while executing left hand palm heel strike to nose continued into downward left hand claw to face. Rotate into right neutral bow with inverted half fist to upper lip, just under the nose.

- 1) Step back left into right neutral bow with right downward strike / block
- 2) right forward bow with left palm heel and claw to face
- 3) right neutral bow with inverted half fist to upper lip

### Swinging Pendulum

Right step-through roundhouse kick to my ribs from 12:00

From a right neutral bow, step back left offline on a 45 (on 4:30-11:30 line) away from kick while executing universal block, right arm up. Shuffle in right toward 11:30 dropping right hammerfist to groin, step left foot slightly back (toward 3:00) execute right arm upward elbow to chin, cross out.

- 1) Step offline away from kick while executing universal block
- 2) shuffle in right with hammerfist to groin



- 3) step left foot to 3, right elbow strike to chin
- 4) cross out

### **Crashing Wings**

Rear Bear hug at the waist with arms free

Step out right into horse stance while executing double elbow strike to opponent's wrists at my waist. Continue dragging my elbows inward along my sides to disengage opponent's grip and slightly capture opponent's right hand / wrist at my right hip. Bring both of my hands together at my right hip (kind of cup and saucer at my right hip). Step with my left leg in a circle sweep back and around behind opponent's right leg. Set my left leg with my left knee behind his right knee (be in contact with my left knee to the back of his right knee). In a big sweeping motion execute left elbow upward into opponent's right side of face / jaw. The left upper elbow should cause opponent to trip backwards over my left leg behind him. Continuing sweeping motion follow with right hammerfist toward opponent's groin as opponent is falling.

- 1) Step out right into horse with double elbow strike to opponent's wrists
- 2) left leg sweep behind opponent's right leg, knee to knee, my left hand to my right hand
- 3) left elbow upward outward strike to opponent's right side of face
- 4) tripping opponent backward over my left leg behind him
- 5) right hammerfist to groin as he is falling

### **Captured Leaves**

Right hand finger lock to my left hand (fingers)

Step forward left leg bringing left hand (locked hand) downward and around and upward into similar to pizza pie check with left hand, rotate right with right elbow to opponent's right ribs, rotate left and reach across arm to grab opponent's wrist with right hand, release my left hand and elbow strike opponent's left ribs, provisional block with right hand, cross over left foot in front of right foot while executing left hand finger strike to eyes.

- 1) Step forward left, bring left hand downward, round and upward to left pizza pie block position
- 2) rotate right to right elbow to opponent's right ribs
- 3) rotate left and grip opponent's right wrist
- 4) release left hand and left elbow to opponent's left ribs
- 5) left cross over and out while provisional block with right hand and left hand eye strike

### **Evading The Storm**

Right step-through overhead club strike to the head from 12:00

NOTE: very similar to Attacking Mace. Step off left into left forward bow with double factor block of club with left inward (toward opponent's arm) followed by right outward (to opponent's arm – above elbow) then right-hand follows up opponent's right arm to grasp opponent's right (closest) shoulder, round kick to belly / groin (or knee to belly / groin depending on distance), right foot down, left upper cut to opponent's right ribs (all similar to Attacking Mace), then left leg shuffle in with knee to opponent's right thigh twisting opponent away and collapsing right leg at knee bringing opponent down on his right knee, rotate left away from opponent into right close kneel onto opponent's Achilles tendon possibly breaking ankle.

- 1) Step off left, double factor block, left inward, right outward
- 2) (Attacking Mace) right shoulder grab, right roundhouse to groin, left uppercut to ribs
- 3) left knee to opponent's right thigh, collapsing right leg
- 4) turn left into right close kneel onto opponent's right ankle

## **Panther Cycle – Level 2 – Long Form Two – Stance Set**

### **Twirling Wings**

Facing 12:00 – Two-handed grab to my shoulders (or choke) from 6:00

Right hand reaches up to left shoulder to trap / grab opponent's left hand. Step back with left foot into twist stance (left behind right), rotate (twirl) 180 degrees while executing left arm outward block to shear opponent's arms from your shoulders / neck. Keep left arm up to maintain block of opponent's arms. Opponent should be facing toward your leftward direction, exposing opponent's left side ribs. Right arm swings inward with right elbow strike to opponent's exposed left ribs. Right hand comes up into palm up parry / block (pizza check) while left hand rotates down (left / right swap position smoothly). Rotate rightward while executing left inward elbow strike to still exposed opponent's left ribs. Bring left hand up into palm upward parry into finger strike to eyes, cross out left foot in front of right.

- 1) right hand grabs opponent's left hand at shoulder
- 2) step back with left foot into twist stance behind right foot
- 3) rotate toward 6:00 executing left arm outward block, striking opponent's arms free
- 4) right inward elbow
- 5) right pizza check
- 6) left inward elbow
- 7) left pizza check
- 8) left eye poke
- 9) cross over and out

### **Hooking Wings**

Two-handed push to mid-section from 12:00

Start similar to rolling mace.

Step back left into neutral stance executing right hand downward hook, rotate into forward bow executing left hand downward hook, spread and part opponent's pushing arms. Draw right foot into cat stance and execute front thrusting snap kick. As right foot comes down execute right hammerfist to opponent's left jaw. Continue swinging right fist inward and downward and looping around (figure 8) into back knuckle from slightly above into opponent's face. Stop right arm with fist slightly below opponent's face, execute right punch to face continuing into right upward elbow to chin / face, rotate right hand into palm claw to face.

- 1) step back left, neutral stance, right downward hook
- 2) rotate into forward stance, left downward hook
- 3) right cat stance, right front thrust kick to groin
- 4) right hammerfist to side of head
- 5) right back knuckle to face
- 6) right upward elbow to face
- 7) right palm claw to face

### **Leaping Crane**

Step right – punch right (straight punch) to head from 12:00

Step (leap) toward 10:30 while executing left hand open palm inward parry of right punch and right dragon tooth strike to opponent's exposed right ribs, motion similar to hugging pendulum with left hand sweeping toward right to parry punch and right hand sweeping toward left to execute dragon tooth punch to ribs. Land at 10:30 into crane stance (all weight on left leg, right leg pulled up into crane). Right foot knife-edge strike to opponent's front (right) leg, step down with right foot while executing right back

knuckle to opponent's right kidney. Opponent should be going down after knife kick to knee and kidney punch. Follow with right elbow strike (PBJ) to head.

- 1) step (leap) left off line toward 10:30
- 2) left hand parry, right hand dragon strike to ribs (hugging motion)
- 3) land in crane stance, with right foot up
- 4) execute right knife-edge kick to opponent's front knee
- 5) as landing right foot execute right back knuckle to opponent's right kidney
- 6) PBJ right elbow to head

### **Intellectual Departure**          Right front thrust kick from 12:00

Step back with left foot into twist stance (left behind right), rotate left 180 degrees to face 6:00 while executing downward sweeping blocks. This gets your body off line of the kick and sweeps opponent's leg outward opening (exposing) opponent's belly / groin. Execute right foot rear kick to groin. Step down and rotate back to face opponent (facing 12:00). Shuffle up with right foot forward executing right foot knife edge kick to opponent's rear leg / knee. Land the kick and execute strike to head (is it right back knuckle or right elbow strike (pbj) ??)

- 1) step back left into twist stance
- 2) rotate leftward with sweeping downward block, end facing 6:00
- 3) right leg rear kick to groin
- 4) rotate right back toward 12:00
- 5) execute right knife kick to rear knee
- 6) strike to head

### **Crushing Hammer**          Bear hug from 6:00 (rear) at the waist with arms pinned

Grab opponent's locked hands with your left hand. Drop down while stepping left to pull opponent forward and off balance. Right fist hammer strike to groin. Right leg inward, backward, outward, sweeping circle motion to bring right leg from front middle of opponent to behind / middle of opponent. Hammerfist with right fist to groin (again). Grab groin with right claw. Rapid upward elbow strike with right elbow to under chin / face. Rotate right executing left hand palm heel to chest to topple opponent over your right leg that is now behind opponent's left leg. Remember to get kind of hip to hip when you slide your right leg behind opponent's left leg.

- 1) trap opponent's hands
- 2) step left and drop weight
- 3) right hammerfist to groin
- 4) right leg sweep from front to back behind opponent's left leg (hip to hip)
- 5) right hammerfist to groin
- 6) right claw grab groin
- 7) right upward elbow strike to face / chin
- 8) rotate right executing left palm heel to chest to topple opponent

### **Circling Wings**          Two-handed choke from behind (6:00)

Reach up with left hand to trap opponent's right hand at your neck. Step aggressively toward 1:30 pulling opponent forward off balance toward 1:30. Rotate rightward bringing right elbow up and around / over opponent's right arm. Trap opponent's right arm under your right arm. Continue rotating into right rear stance while executing left hand palm heel to opponent's face (mostly his right side of face). Rotate back

(leftward) into neutral stance while executing right elbow upward strike to opponent's chin / face. Step out.

- 1) left hand trap opponent's right hand
- 2) lunge toward 1:30 pulling opponent forward off balance
- 3) rotate right into rear stance
- 4) left hand palm heel to face
- 5) rotate left into neutral stance
- 6) right upward elbow strike to face
- 7) step out

### **Calming The Storm**

Right roundhouse club strike to the head from 12:00

Step up right foot (toward 12:00) into right neutral bow. Left arm extended outward block to inside of opponent's right wrist. Right vertical thrust punch to opponent's jaw or face. Rotate right into right forward bow facing 12:00. Left hand comes in to left thrust punch to opponent's solar plexus, right hand comes over left to maintain parry / block on opponent's right arm. Rotate left back into neutral bow executing right back knuckle to opponent's right lower ribs, left hand comes back into upward parry check (pizza check) on opponent's right arm. Cross over and out.

- 1) step forward right into right neutral bow
- 2) left outward block at opponent's right wrist (checking the storm)
- 3) right punch to face
- 4) rotate right into right forward bow
- 5) left thrust punch to solar plexus
- 6) right parry / check of opponent's right arm
- 7) rotate left to right neutral bow
- 8) right back knuckle to ribs
- 9) left palm upward (pizza) check to opponent's right arm
- 10) step out

Execute 1, 2, 3 simultaneous.

Execute 4, 5, 6 simultaneous.

Execute 7, 8, 9 simultaneous.

## Snake Cycle – Level 2 – Bo Strikes and Defenses

### Charging Ram

Front Tackle from 12:00

Step back left to 4:30 (5 swords step) into right forward bow as you execute a left outward hand sword strike to your opponent's collar bone....

1. Step off line to my left, out of the line of attack, into right forward bow
2. Strike with left knife hand into charging opponent's collarbone, breaking collarbone
3. Rotate left into right neutral bow with downward right hand knife strike to back of neck
4. Right front kick to groin, return right foot
5. Left (rear leg) snap kick to opponent's near (left) side (likely rear) leg
6. Cross out, left leg over right

### Thrusting Wedge

Two-handed choke from 12:00

Step right (slightly across center line) into a right forward bow checking opponent's right leg with a horizontal finger thrust (forearm wedge) arching inward and downward into your opponent's eyes....

1. Step forward right into right forward bow
2. Thrust forward with both hands, fingers of both hands straight, fingers overlapped (I do right hand (right fingers) on top of left hand (left fingers)), in the shape of a triangle, palms up
3. As you thrust your arms between opponent's arm, keep your elbows outward, forming a large triangle from tips of fingers to your elbows
4. Use your elbows to force outward opponent's arms away from your neck
5. Turn hands over into downward claws and dig into opponent's eyes, continue forward and downward force causing opponent's head to be forced backward and downward
6. Form the shape of the heart with both hands, sweeping upward, outward, downward, opening opponent's arms, releasing / moving opponent's hands away from your neck.
7. Crane hook with your left arm to trap opponent's right arm at bicep, rotate and pull opponent toward you opening his face and neck to your coming right arm elbow strike (alternate from casa de kenpo slide left hand down to opponent's right elbow, grasp at elbow to control opponent and pull / rotate opponent into the incoming right arm elbow strike to neck / chin)
8. Rotate slightly leftward bringing your right elbow upward into opponent's neck and chin, elbow strike to neck and chin
9. Rotate slightly back to the right while executing downward palm heel with right hand continuing into downward claw with right hand across face

### Thundering Hammers

Step-through right straight punch to head from 12:00

Step left toward 10:30 into a left neutral bow as you execute a left inward block to the outside of your opponent's right arm....

1. Step forward left, off the line of attack
2. Left arm high inward block of opponent's incoming right punch, execute the strike high on the arm to cause opponent to rotate away from you, exposing opponent's back
3. Right arm and fist swings into opponent's sternum / solar plexus, hold hand with thumb and rounded fingers toward opponent's body, hammer into opponent's solar plexus
4. At the same time execute right knee check into inside of opponent's forward right leg
5. Pull left hand cocked back to my left ear
6. Sweep right arm downward and around in arc around and above opponent's back

7. Rotate rightward using both hands as hammers into opponent's back of head / neck (right fist) and kidney area (left fist)
8. At the same time execute left knee check into opponent's near leg / knee, possibly collapsing opponent's leg at the knee
9. Rotate slightly back toward the left
10. Keep left hand down in a check against the back of opponent's head, use right hand and hammer downward into the back of opponent's neck
11. At the same time, while rotating left, execute right knee check against opponent's right leg

**Swinging Pendulum**            Left roundhouse kick to the ribs from 12:00

Step left in a left neutral bow, slide right foot (up the circle) 5 sword step toward 7:30 with a left universal block (left hand high)....

1. From left guarding stance
2. Step back right foot along 12:00 – 6:00 line while executing universal block with left arm on the up side, right arm on the down side, both arms parallel from the elbows to the fists
3. Catch opponent's incoming roundhouse kick into your universal block
4. Shuffle forward toward opponent while executing swinging pendulum (rotate rotate / swing left fist as a hammer fist downward) into opponent's groin
5. At the same time turn right hand upward into waiters check to catch opponent's face as he falls forward from the groin hammer
6. Step with right foot toward 8-8:30
7. Pull left arm up from groin with left arm elbow strike to chin

**Squeezing the Peach**            Rear bear hug with arms pinned

Pin opponent's hands with your right hand, and slide you left foot back to 4:30 into a left reverse bow with a left palm heel to the groin....

1. Use right hand to trap opponent's hands against you
2. Drop your weight into opponent's arms, shifting his weight forward and off balance
3. Step back with left foot / leg in between opponent's legs
4. Strike down with left hand sword strike into opponent's groin
5. Grab opponent's "peach" and hold on as you step out, ripping the peach loose
6. Step forward with left foot toward 1:30 with left leg executing a scooping heel hook into opponent's groin as the left leg / foot exits from between opponent's legs
7. As you step toward 1:30 you pull the opponent over your right leg so now your right leg is between the opponent's legs
8. Execute a right leg scooping heel hook into opponent's groin
9. Step down with right foot into a narrow cat stance
10. Step back with right leg, striking against opponent's left leg, knocking opponent's left leg out and open
11. Rotate right toward opponent and elbow strike into opponent's face / neck
12. Cross over right over left and out

**Bow of Compulsion**            Opponent pins your right hand against his chest with both of his hands from 12:00

Step right to 12:00 into a right forward bow delivering a left palm heel to opponent's hands, then drive a collapsing right elbow into the body....

1. Form a hollow space under trapped (right) hand by pressing fingers into opponent (like a spider), this creates some space behind your right hand (a pocket)
2. Step forward right into right forward bow while striking back of right hand with your left hand popping your right hand into opponent's chest, simultaneously execute a right elbow drop into opponent's solar plexus / right elbow strike to opponent's solar plexus
3. Pull trapped right hand straight downward freeing it
4. Continue right hand downward striking opponent's groin with right knife hand while dropping into right forward close kneel
5. Continue right hand motion until right hand is back behind right leg
6. Reverse direction of right hand, execute right ridge hand back into opponent's groin
7. Right fist back knuckle to inside of opponent's left knee
8. Rotate left all the way around toward 6:00 executing right fist hook to inside of opponent's right knee
9. End facing away from opponent's
10. Bonus : From this point could execute an escape or a right rear kick to groin

**Obstructing the Storm**      Right step-through overhead club attack to your head from 12:00

Step left to 10:30 into a left forward bow while executing a high section cross block (right hand over left) to the underside of you opponent's right wrist....

1. Step off line left toward 10:30
2. Upward X block right hand on top of left (right hand near me, left hand near opponent) blocking the storm
3. Block the storm with your X block at the opponent's lower forearm / wrist
4. Rotate right hand and slide down opponent's arm as necessary to grab opponent's right wrist (the one holding the storm)
5. Rotate body right while twisting opponent's right arm at the wrist into an elbow up / out elbow lock configuration, continue twisting and pulling right arm bringing your right hand to your right hip
6. At the same time execute a left arm forearm strike against opponent's locked right arm at the elbow
7. Bring your left hand toward your right hand, sliding down opponent's arm, toward your right hip
8. With both your left and right hands gripping opponent's right wrist, shuffle back with both feet toward 7:30'ish – 8:30'ish, pulling and extending opponent, causing opponent to step forward with left leg.
9. Make sure opponent's arm is rotated into strong elbow lock and pushed down enough to cause opponent to lean forward and step forward with his left foot as you pull him back. You may need to step more toward 8:30 rather than 7:30 as needed to pull opponent off balance.
10. Maintaining your grip with your left hand on opponent's right wrist move your right hand to the storm in opponent's right hand and strip the storm from opponent's grasp
11. After stripping the storm continue the motion of the storm backward, keeping the tip of the storm toward your rear and the handle of the storm toward the opponent
12. Execute a rear leg (your right leg) kick to opponent's left (hopefully pulled / stepped forward) left knee
13. Return right leg to rear position
14. Execute right hand strike using handle of storm into opponent's chest

## **Bo - Strikes and Defenses**

### **Strikes 1 - 10**

1. Right hand to Head
2. Left Knee
3. Right Knee
4. Left hand Head
5. Right downward on top of head
6. Thrust to the middle
7. Left Upward to the groin
8. Right to the elbow
9. Left to the elbow
10. Left Thrust to the head

### **Blocks 1 -10**

1. Right hand High (head)
2. Left hand Low (knee)
3. Right hand Low (knee)
4. Left hand High (head)
5. Two hands High (top of head)
6. Right hand High, Left hand Low
7. Push down low with both hands
8. Vertical block Left (elbow)
9. Vertical Block right (elbow)
10. Hook



## Long Form 2

The motion of long form 2 is similar to short form two in that the motions are step forward right toward 12:00, step forward left toward 12:00, cup and saucer with motion toward 9:00, cup and saucer with motion toward 3:00, step and rotate toward 6, step and rotate toward 12, attack from 4:30, attack from 7:30, 1:30, 11:30. So the motion pattern is similar to short form 2.

Attack from 12:00 is roundhouse strike from right side then left side (same as short form 2)

- Step forward right into right neutral bow executing double sword hand strike to opponent's arm
- right sword hand chop to throat (similar to first part of 5 swords)
- left spear hand to eyes
- right half thrust spear hand to ribs / abdomen

turn into right facing twist stance with right hand provisional check to incoming left roundhouse

same as before on the right side---

- step forward left into left neutral bow executing double sword hand strike to opponent's arm
- left sword hand chop to throat
- right spear hand to eyes
- left half thrust spear hand to ribs / abdomen

next attacks are from 9:00 and 3:00

- draw left hand to right in cup and saucer bringing left leg toward right leg facing away from 9:00
- thrust left leg backward / outward toward 8:00'ish
- turn toward 9:00 executing left outward block and right straight punch
- left snapping straight punch to head
- right straight punch to solar plexus
- left punch and left side kick simultaneous

- draw right hand to left in cup and saucer bringing right leg toward left leg facing away from 3:00
- thrust right leg backward / outward toward 4:00'ish
- turn toward 3:00 executing right outward block and left straight punch
- right snapping straight punch to head
- left straight punch to solar plexus
- right punch and right side kick simultaneous

End this phase facing 12:00

Next attacks are from 6:00 and 12:00

- bring left leg toward right leg
- step back left leg toward 6:00
- rotate 180 (facing 6:00) executing left downward block / right outward block (universal block)
- double factor left upward block, right hammerfist to groin
- left claw to face, rolling right back fist, rolling left back fist, rolling right back fist

- bring right leg toward left leg
- step back right leg toward 12:00
- rotate 180 (facing 12:00) executing right downward block / left outward block (universal block)
- double factor right upward block, left hammerfist to groin

right claw to face, rolling left back fist, rolling right back fist, rolling left back fist

next two attacks are kicks from 4:30 and 7:30

ended last attacks facing 12:00

step with right leg around to 11:30 with body on 11:30 – 4:30 line facing 7:30

rotate left with left downward block to left neutral bow toward 4:30

left outward looping back knuckle to opponent's head, end pulling opponent inward

right straight punch

simultaneous left punch, right kick, end stepping down with right foot forward (right neutral bow)

right upper cut to ribs

ended last attack with feet along 11:30-4:30 line, facing 1:30 with right leg forward

step right leg back toward 7:30 with body on 7:30 – 1:30 line facing 4:30

rotate right with right downward block to right neutral bow toward 7:30

right outward looping back knuckle to opponent's head, end pulling opponent inward

left straight punch

simultaneous right punch, left kick, end stepping down with left foot forward (left neutral bow)

left upper cut to ribs

next two motions will be toward attacks from 1:30 and 11:30

ended last attack with left foot forward

left foot cross over in front of right toward 1:30 executing left over hand claw

right foot from behind into right neutral bow executing right upward block to throat

left hand finger poke to eyes over right block

right hand finger poke to eyes

both hands double poke to eyes

right foot cross over in front of left toward 11:30 executing right over hand claw

left foot from behind into left neutral bow executing left upward block to throat

right hand finger poke to eyes over left block

left hand finger poke to eyes

both hands double poke to eyes

ended last motion in left neutral bow toward 11:30 on the 11:30-4:30 line

step back / behind with left foot from front to rear while executing left downward block

step backward is into a ??right?? twist stance (left foot points left, right foot points right)

rotate left toward 7:30 while executing right upper cut

step back / behind with right foot from front to rear while executing right downward block

step backward is into a ??left?? twist stance (right foot points right, left foot points left)

rotate right toward 1:30 while executing left upper cut

ended last motion in left neutral bow facing 1:30 with uppercut toward 11:30.

Next two attacks are from 1:30 as kicks (mr townsend taught as Right then Left punch to head).

Step back with right leg rotating right 90 degrees to face toward 1:30 in left forward bow

bring right hand up to parry incoming kick (punch) to chest (face) (kind of a double block, right-hand palm parry incoming kick (punch), followed by left outward block)  
sweeping inward outward left arm outward block to clear incoming kick  
left panther paw jab to face / throat

step back left with left leg still facing 1:30

bring left hand up to parry incoming kick (punch) to chest (face) (kind of a double block, left-hand palm parry incoming kick (punch), followed by right outward block)  
sweeping inward outward right arm outward block to clear incoming kick  
right panther paw jab to face / throat

The next three moves are similar and all facing / moving toward 1:30.

Ended last move with right foot forward facing 1:30.

rotate feet into right foot forward twist stance while executing left palm downward block  
step with left foot from behind toward 1:30 (facing 4:30) executing left elbow strike to face / chest  
rotate left toward opponent, execute left hand palm heel to face continue into left hand clawing downward

rotate feet into left foot forward twist stance while executing right palm downward block  
step with right foot from behind toward 1:30 (facing 11:30) executing right elbow strike to face / chest  
rotate right toward opponent, execute right palm heel to face continue into right hand clawing downward

rotate feet into right foot forward twist stance while executing left palm downward block  
step with left foot from behind toward 1:30 (facing 4:30) executing left elbow strike to face / chest  
rotate left toward opponent, execute left hand palm heel to face continue into left hand clawing downward

Execute a right thrust punch to mid-section toward 1:30.

Wrap right hand around to grasp opponent's shoulder.

Execute a left inward forearm strike to opponent's arm (breaking arm)

Sweep left arm around and upward to execute a left arm downward strike to back of head

Hook left hand (shape of the crane) around opponent's bent over neck

Step your left foot into a rear crossover left foot towards 7:30 still facing 1:30. Unwind so you are a right neutral bow facing 1:30 as you execute a right arm upward inward downward overhead elbow. Hook right hand (shape of the crane) around opponent's bent over neck

Step your right foot into a rear crossover right foot towards 7:30 still facing 1:30. Unwind into a left neutral bow facing 1:30 as you execute a left arm upward inward downward overhead elbow. Hook left hand (shape of the crane) around opponent's bent over neck

Step left foot into a rear crossover towards 9:00, now facing 12:00. Unwind as you execute a right inward elbow and a left palm heel strike. (An elbow sandwich, left hand on the outside as right elbow strikes, and slides through to cock for the next move.)

Execute two simultaneous outward elbows.

Chamber the left arm and collapse the right arm against your body, chambered for a back elbow.

Execute a right back elbow and a left upward elbow.

Go to a meditative horse stance.

From [www.kenponet.com](http://www.kenponet.com) for Long Form 2

OPENING:

1. Attention Stance
2. Bow.
3. Signify.
4. Step your left foot to a meditative horse stance.
  1. Step your right foot forward into a right neutral bow as you execute a right inward block. Execute a outward handsword to 12 o'clock. Shift into a forward bow as you execute a left palm strike to head level. (Your right hand should be cocked at your hip.) As you shift back into a right neutral bow, execute a right inverted horizontal punch to the mid-section.
  2. Step your left foot forward into a left neutral bow as you execute a left inward block. Execute a left outward handsword to 12 o'clock. Shift into a forward bow as you execute a right palm strike to head level. (Your left hand should be cocked at your hip.) As you shift into a right neutral bow, execute a left inverted horizontal punch to the mid-section.
  3. Pull your left foot back to your right as you face 12 o'clock in a cat stance. (Your hands cocked at your right hip, left on top, right palm up.)
  4. Step your left foot to 9 o'clock into a left neutral bow as you execute a left outward block and a right reverse punch. Execute a left jab. Snap it back as you execute a right reverse punch. Execute another left jab as you simultaneously execute a left knife-edge kick, landing in a left neutral bow.
  5. Pull your right foot your left so you are in a cat stance facing 12 o'clock. (Your hands should be at your left hip, right on top, left palm up.)
  6. Step your right foot to 3 o'clock into a right neutral bow as you execute a right outward block and a left reverse punch. Execute a right jab. Snap it back as you execute a left reverse punch. Execute a right jab simultaneous with a right knife-edge kick, landing in a right neutral bow.
  7. Pull your left foot to your right into a cat stance facing 12 o'clock. (Your hands should be cocked at your right hip, left on top, right palm up.)
  8. Step your left foot to 5 o'clock into a left neutral bow facing 6 o'clock as you execute a universal block (with the right hand as the inward block.)
  9. Shift into a left forward bow facing 6 o'clock as you simultaneously execute a left upward block and a right back hammerfist to the groin (to 6 o'clock).
  10. Turn your upward block into a overhand claw followed by a right backfist. Execute a left backfist and followed by a right backfist.
  11. Pull your right foot to your left and step your right foot to 12 o'clock into a right neutral bow facing 12 o'clock as you execute a universal block (with the left hand as the inward block.)

12. Shift into a right forward bow facing 12 o'clock as you simultaneously execute a right upward block and a left back hammerfist to the groin (to 12 o'clock).
13. Turn your upward block into an overhead claw followed by a left backfist. Execute a right backfist followed by a left backfist.
14. Step your right foot to 10:30 in a left neutral bow facing 4:30 as your left backfist drops into a left downward block. Continue this motion as you execute a left overhead looping back knuckle strike to the back of your attacker's head. Chamber your looping backfist and pivot into a left forward bow as you execute a right reverse punch. Execute a right front thrust kick and left jab.
15. Land forward to 4:30 and pivot into a right neutral bow as you execute a midrange right vertical thrust punch.
16. Step your right foot to 7:30 into a right neutral bow as you execute a right downward block. Continue this motion as you execute a right overhead looping back knuckle strike to the back of your opponent's head. Chamber your right back knuckle strike and pivot into a right forward bow as you execute a left reverse punch. Execute a left front thrust kick and a right jab.
17. Land forward to 7:30 and pivot into a left neutral bow as you execute a midrange left vertical thrust punch.
18. Step to 1:30 as you execute a left overhead chopping punch to 1:30 (target could be the bridge of an attacker's nose) simultaneous with a left retarded ball kick to knee level.
19. Land in a twist stance and step out into a right neutral bow as you execute a right uppercut into a forearm strike. Execute a left one-finger eye poke. Using this as a gauge, execute a right one-finger eye poke. Instantly follow that with a left one-finger eye poke.
20. Step to 10:30 as you execute a right overhead chopping punch to 10:30 (target could again be the bridge of an attacker's nose) simultaneous with a right retarded ball kick to knee level.
21. Land in a twist stance and step out into a left neutral bow as you execute a left upper cut into a forearm strike. Execute a right one-finger eye poke. Using this as a gauge, execute a left one-finger eye poke. Follow that with another right one-finger eye poke.
22. Execute a left inward downward block (palm up) as you step into a rear twist stance towards 4:30. Unwind into a right neutral bow facing 10:30 as you execute a right uppercut.
23. Execute a right inward downward block (palm up) as you step into a rear twist stance towards 4:30. Unwind into a left neutral bow facing 10:30 as you execute a left uppercut.
24. Step your right foot back to 7:30 into a left neutral bow as you execute a left inward downward block (palm down). Convert it to a left vertical back knuckle strike.
25. Step your left foot back to 7:30 into a right neutral bow as you execute a right inward downward block (palm down). Covert it to a right vertical back knuckle strike.
26. Pivot into a right forward bow as you execute a left push down block. Pivot in place into a twist stance. Step your left foot to 1:30 into a left neutral bow as execute a left outward overhead elbow strike. Follow that with a left overhead claw.

27. Pivot into a left forward bow as you execute a right push down block. Pivot in place into a twist stance. Step your right foot to 1:30 into a right neutral bow as you execute a right outward overhead elbow strike. Follow that with a right overhead claw.
28. Pivot into a right forward bow as you execute a left push down block. Pivot in place into a twist stance. Step your left foot to 1:30 into a left neutral bow as you execute a left outward overhead elbow strike. Follow that with a left overhead claw.
29. Execute a right thrust punch to 1:30. Follow that by executing a left inward forearm strike.
30. Step your left foot into a rear crossover towards 7:30. Unwind so you are a right neutral bow facing 1:30 as you execute an inward overhead elbow.
31. Step your right foot into a rear crossover to 7:30. As you unwind into a left neutral bow facing 1:30, execute a left inward overhead elbow.
32. Step into a rear crossover towards 9:00. Unwind as you execute a right inward elbow and a left palm heel strike. (An elbow sandwich that slides through to cock for the next move.)

#### Isolation

33. Execute two simultaneous outward elbows.
34. Chamber the left arm and collapse the right arm against your body, chambered for a back elbow. Execute a right back elbow and a left upward elbow.
35. Go to a meditative horse stance.

## Long Form #2

This form teaches blocking and countering with multiple strikes, enhancing what we learned in Short 2 - think of it as filling in the gaps from Short 2. You'll see many of the same basic moves from Short 2 with additional pieces.

In this form we're also introduced to:

Multiple Strikes

Kicks in a form

Finger Pokes

Rotating Twist Stance

Inverted Hammerfist

Vertical Thrust punch

Inward Elbow

Upward Elbow

Slicing strikes

Clock angles are all from your original position.

1. From a meditating horse stance, step to 12:00 with your right foot into a right neutral bow as you do a left rear elbow and a right inward block (1) into a right slicing outward hand sword (drawing your right hand back to your right hip), a left eye poke to face as you move into a right forward bow, (2) and a right 4 finger poke to attackers solar plexus (1/2 extension) as you move back into a right neutral bow. (3)
2. Step thru forward into a left neutral bow as you do a right rear elbow and a left inward block into a left slicing outward hand sword (drawing your left hand back to your left hip), a right eye poke to face as you move into a left forward bow, and a left (4) finger poke to attackers solar plexus (1/2 extension) as you move back to a left neutral bow.
3. Slide your left foot back into a left transitional cat stance facing towards 9:00 as you pack your hands (left on top of right) at your right hip then step out to 9:00 with your left foot 4 into a left neutral bow facing 9:00 while doing left outward block and right horizontal thrust punch (face level) together. (5) Do a left vertical thrust punch to face level as you draw your right hand to the right side of your chest (6) followed by a right horizontal thrust punch to face level as you draw your left hand back. (7) Finish with a left vertical snapping punch with a left side kick at knee level.
4. Slide your right foot back into a right transitional cat stance facing towards 9:00 as you pack your hands (right on top of left) at your left hip then step out to 9:00 with your right foot 4 into a right neutral bow facing 9:00 while doing right outward block and left horizontal thrust punch (face level) together. (5) Do a right vertical thrust punch to face level as you draw your left hand to the left side of your chest (6) followed by a left horizontal thrust punch to face level as you draw your right hand back. (7) Finish with a right vertical snapping punch with a right side kick at knee level.
5. Slide your left foot back into a left transitional cat stance facing towards 9:00 as you pack your hands (left on top of right) at your right hip then step back to 5:00 with your left leg and unwind counter clockwise into a left neutral bow facing 6:00 as you do a left universal block. (8) As you turn into a left forward bow, do a left high block with a right inverted hammer fist to groin level. As you turn back into a neutral bow, switch the upward block into a left downward claw as you snap your right arm up into a back knuckle

over your left wrist. Circling your hands, do a left back knuckle to face level followed by a right back knuckle to face level.

6. Slide your right foot back into a right transitional cat stance facing towards 9:00 as you pack your hands (right on top of left) at your left hip then step back to 1:00, with your right leg and unwind clockwise into a right neutral bow facing 12:00 as you do a right universal block. (9) As you turn into a right forward bow, do a right high block with a left inverted hammer fist to groin level. As you turn back into a neutral bow, switch the upward block into a right downward claw as you snap your left arm up into a back knuckle over your right wrist. Circling your hands, do a right back knuckle to face level followed by a left back knuckle to face level.
7. Slide your left foot up into a left transitional cat stance facing towards 9:00 as you pack your hands (left on top of right) at your right hip then step back to 4:30 with your right foot and, as you turn into a left neutral bow facing 4:30, do a left downward block that circles down, out and back into into a left back knuckle to the back of attackers head followed immediately by a right horizontal thrust punch as you draw your left hand back to your hip. Do a left vertical thrust punch with a right ball thrust kick. As you land from the kick, draw your left hand back to your hip, turn into a right neutral bow facing 4:30 with a right vertical thrust punch. (10)
8. Slide your right foot to your left foot then step out to 7:30 with your right foot into a right neutral bow facing 7:30 while doing a right downward block that circles down, out and back into into a right back knuckle to the back of attackers head followed immediately by a left horizontal thrust punch as you draw your right hand back to your hip. Do a right vertical thrust punch with a left ball thrust kick. As you land from the kick, draw your right hand back to your hip, turn into a right neutral bow facing 7:30 with a right vertical thrust punch. (11)
9. Do a left front crossover to 1:30 while doing a left overhead heel palm claw to face level. As you step to 1:30 with your right foot (coming out or the crossover), do a right rising forearm up to face level (right under the chin) with a left 2 finger eye poke sliding over your wrist. (12) Finish with right then left two finger eye pokes.
10. Do a right front crossover to 10:30 while doing a right overhead heel palm claw to face level. As you step to 10:30 with your left foot (coming out or the crossover), do a left rising forearm up to face level (right under the chin) with a right 2 finger eye poke sliding over your wrist. Finish with left then right two finger eye pokes.
11. Cock your left hand up by your ear and, as you slide your left leg back to 4:30 into a rear twist stance, do a left inward downward palm-up block (on the kick) (13) with a right rear elbow. Unwind counter clockwise into a right neutral bow as you do a right vertical thrust punch to face level to 10:30.
12. Cock your right hand up by your ear and, as you slide your right leg back to 4:30 into a rear twist stance, do a right inward downward palm-up block (on the kick) with a left rear elbow. Unwind clockwise into a left neutral bow as you do a left vertical thrust punch to face level to 10:30.
13. Step back to 7:30 with your right foot into a left neutral bow facing 1:30 while circling your left hand down, in and out into a left outward block and immediately into left snapping back knuckle to 1:30.
14. Step thru reverse into a right neutral bow facing 1:30 while circling your right hand down, in and out into a right outward block and immediately into a right snapping back knuckle to 1:30.



15. As you move into a right forward bow, do a pushdown block to solar plexus level and turn into front rotating twist stance. (14) From the twist stance, step thru forward into a left neutral bow as you do a left side elbow to chest level to 1:30. Anchor (pull down) your elbow into a left downward heel palm claw to face level.
16. As you move into a left forward bow, do a pushdown block to solar plexus level and turn into front rotating twist stance. From the twist stance, step thru forward into a right neutral bow as you do a right side elbow to chest level to 1:30. Anchor (pull down) your elbow into a right downward heel palm claw to face level.
17. As you move into a right forward bow, do a pushdown block to solar plexus level and turn into front rotating twist stance. From the twist stance, step thru forward into a left neutral bow as you do a left side elbow to chest level to 1:30. Anchor (pull down) your elbow into a left downward heel palm claw to face level.
18. As you turn into a left forward bow, do a right horizontal thrust punch to face level with a left rear elbow followed (as you turn back into a neutral bow) by a left inward (smothering) block with a right rear elbow. (15)
19. Step thru reverse into a right neutral bow while doing a right overhead downward elbow. 16
20. Step thru reverse into a left neutral bow while doing a left overhead downward elbow.
21. Step back with your left foot into a horse stance facing 12:00 as you do a right elbow through your left heel palm (glancing elbow sandwich) and follow through with the left hand as a 4 fingered poke to 3:00.
22. Reverse the motion of your arms into left and right side elbows (together) followed by a left upward elbow with a right rear elbow (again, together). 17
23. Punch your right fist into your left palm into meditating position then slide your left leg to your right as you move up into an attention stance.

#### Footnotes For Long Form 2

- 1 The inward block should be close to your body (not touching of course) because you are stepping into the punch, but still want to block at the attackers wrist. Same goes for the next move.
- 2 The slicing hand sword moves from the inward block position, out to attackers neck then back to your hip. This motion pulls you into the eye poke and forward bow.
- 3 This is the first 4 moves of Five Swords. Your left hand cocks to your waist to show full range of motion.
- 4 This is a transitional move that gets your hands into position for full range of motion...same as in Short Form 2.
- 5 We've just done the same moves as in Short Form 2, now we'll add onto it.
- 6 The right hand is drawn back to show full range of motion on the next move.
- 7 Your left arm should be tucked at your left side with your fist aiming at attackers face because that's where it'll be going in a minute.

8 The universal block consists of a left downward block with a right inward block (in tight).

9 The universal block consists of a right downward block with a left inward block (in tight).

10 Adding onto the same basic move from Short Form 2, this is Thrusting Salute with some additions. Same for the next move.

11 With both this and the preceding move, you want to land from the kick with your kicking foot straight out and torque into the neutral bow with the final punch.

12 The rising forearm comes right up under the attackers chin. The outside of our wrist should be pointing straight up and the first eye poke glides right over your wrist. Your hands stay together while doing the eye pokes, they do not come back to your hip. Same goes for the next move. This is the opposite hand/arm movements of Darting Leaves in Form 4.

13 We learned the inward downward palm-up block in Long Form 1 as an isolation and we're now using it as a block while we move. Something new...

14 Make sure the pushdown/forward bow is a distinct move from the rotating twist stance. Although they should flow together, they should be distinguishable as separate, specific movements. Same goes for the next 2 moves as well.

15 This is the first time we punch first and block second. It's the opposite of second move in Long 1 (left block/right punch).

16 From this move to the end of the form looks like Intercepting The Ram.

17 These elbow isolations are previewing something to come - Short 3, a.k.a. the Elbow Form.

## **Stance Set I**

1. Attention stance
2. Left leg out to Horse stance
3. Left leg back into Right Neutral Bow
4. Right leg back into Right 45 Cat Stance
5. Right leg back into Horse Stance
6. Right leg back into Left Neutral Bow
7. Left leg back into Left 45 Cat Stance
8. Left leg back into Right Twist Stance
9. Unwind into Right Neutral Bow
10. Right leg back into Left Twist Stance
11. Unwind into Left Neutral Bow
12. Rotate into Right Reverse Bow
13. Rotate in-place into Left Forward Bow
14. Front to Back Switch
15. Rotate into Left Reverse Bow
16. Rotate in-place into Right Forward Bow
17. Into Right Rotating Twist Stance
18. Step-thru forward
19. Into Left Rotating Twist Stance
20. Unwind into Left Neutral Bow
21. Left leg back into Horse Stance
22. Left leg in to Attention Stance

## Stance Set II

Begin from a meditating horse stance.

1. Step your right foot to 12 :00 into a right forward bow; your hands will be checking, right upward block and left palm strike at medium height.
2. Shift into a right neutral bow, open hands checking.
3. Pull your right foot to a cat stance; your hands checking, the right in a push-down block to protect the groin and the left checking by your face.
4. Lift your right leg into a right one legged stance, your hands will shift, the right checking underneath your thigh to protect the groin and your left as an upward block.
5. Step your right foot behind your left into a twist stance and bring your hands to cross in front you at the wrists, fingers pointing out.
6. Unwind into a left neutral bow, open hands checking.
7. Shift into a left wide kneel stance; hands checking, the left high and the right low to protect near the groin.
8. Shift into a left close kneel stance; bring your hands to cross in front of you at the wrists, fingers pointing out.
9. Shift back into a left neutral bow, open hands checking..
10. Shift into a left reverse bow, the left hand circling to protect the groin from the rear while your right hand shifts into an upward block.
11. Step your left foot to 4:30 into a front crossover going backwards as you execute a left overhead hand claw [that circles and strikes]. Your right hand simply should drop into a check.
12. Unwind and cover so you are in a right neutral bow facing 12:00, open hands checking.
13. Step your left foot to 12:00 into a left forward bow, your hands checking; the left as an upward block and the right as a palm heel strike to medium height.
14. Shift into a left neutral bow, open hands checking.
15. Pull your left foot to a cat stance; your hands checking, the left in a push-down block to protect the groin and the right checking by your face.
16. Lift your left leg into a left one legged stance, your hands will shift, the left now checking underneath your thigh to protect the groin and your right as an upward block.
17. Step your left foot behind your right into a twist stance and bring your hands to cross in front you at the wrists, fingers pointing out.
18. Unwind into a right neutral bow, open hands checking.
19. Shift into a right wide kneel stance; hands checking, the right high and the left low to protect near the groin.

20. Shift into a right close kneel stance; bring your hands to cross in front of you at the wrists, fingers pointing out.
21. Shift back into a right neutral bow, open hands checking..
22. Shift into a right reverse bow, the right hand circling to protect the groin from the rear while your left hand shifts into an upward block.
23. Step your right foot to 7:30 into a front crossover going backwards as you execute a right overhead hand claw [that circles and strikes]. Your left hand simply should drop into a check.
24. Unwind and cover so you are in a left neutral bow facing 12:00, open hands checking.
25. Hop forward into a diamond stance facing 12:00, smashing your hands down as if to hit an attacker.
26. Shift into a concave stance. Pull up on your imaginary attacker's neck.
27. Shift into a closed kneel stance facing 3:00, driving your left knee into your attacker's back as you execute a palm strike to your attacker's head.
28. Shift into a closed kneel stance facing 9:00, driving your right knee into your attacker's back as you execute a palm strike to your attacker's head.
29. Stand and execute a scooping right retarded ball kick to your attacker's head. Land in a front crossover, [moving towards 9:00] and execute a right back hammer fist. Step out to 9:00 into a horse stance.
30. Execute a scooping left retarded ball kick to your attacker's head. Land in a front crossover, [moving towards 3:00] and execute a left back hammer fist. Step out to 3:00 into a horse stance.
31. Execute a right hand closed two finger spear (palm up) to your attacker's left eye. Rake it to the left using only your wrist. Rotate your wrist so as you are now raking back to the right, with your palm down.
32. Execute a left hand closed two finger spear (palm up) to your attacker's right eye. Rake it to the right using only your wrist. Rotate your wrist so as you are now raking back to the left, with your palm down.
33. Step to 7:30 into a left one legged stance, your left hand checking your head and your right hand checking the groin from behind.
34. Step to 4:30 into a right one legged stance, your right hand checking your head and your left hand checking the groin from behind.
35. Drop your left foot and settle into a training horse stance.

**Salute**

**Close**

## **STRIKE SET #1**

### **From a Horse Stance...**

#### **Striking to the front...**

1. Right Horizontal Thrust punch to mid-section into right back knuckle to high section.
2. Left Horizontal Thrust punch to mid-section into left back knuckle to high section.
3. Right Vertical Thrust punch to high-section into right inverted hammer fist to low section
4. Left Vertical Thrust punch to high-section into left inverted hammer fist to low section
5. Right Thrust punch to low-section into right back knuckle to high section
6. Left Thrust punch to low-section into left back knuckle to high section
7. Right Vertical Thrust punch to high-section into right inward hammer fist to left mid-section.
8. Left Vertical Thrust punch to high-section into left inward hammer fist to right mid-section.

#### **Striking to the side... 1:30 and 10:30**

1. 1:30 Right Horizontal Thrust punch to mid-section into right back knuckle to high section.
2. 10:30 Left Horizontal Thrust punch to mid-section into left back knuckle to high section
3. 1:30 Right Vertical Thrust punch to high-section into right inverted hammer fist to low section
4. 10:30 Left Vertical Thrust punch to high-section into left inverted hammer fist to low section
5. 1:30 Right Thrust punch to low-section into right back knuckle to high section
6. 10:30 Left Thrust punch to low-section into left back knuckle to high section
7. 1:30 Right Vertical Thrust punch to face level into right inward hammer fist to left mid-section.
8. 10:30 Left Vertical Thrust punch to face level into left inward hammer fist to right mid-section.

#### **Double strikes to the front...**

1. Double Horizontal Thrust punch to mid-section into Double back knuckle to high section
2. Double Vertical punch to high section into double inverted hammer fists to low section
3. Double Thrust punch to low section into double inverted back knuckles to high section
4. Double Vertical Thrust punch to high section into double inward hammer fists to (Right and Left) mid section

#### **Strikes to both sides simultaneously...1:30 with 10:30**

1. Double Horizontal Thrust punch to mid-section into Double back knuckle to high section
2. Double Vertical Thrust punch to high section into double inverted hammer fists to low section
3. Double Thrust punch to low section into double inverted back knuckles to high section
4. Double Vertical Thrust punch to high section into double inward hammer fists to (Right and Left) mid section

#### **Slide left foot to right foot, knees bent, striking to the front...**

1. Double Horizontal Thrust punch to mid-section
2. Double back knuckle to high section.
3. Double inverted hammer fists to low section
4. Double inverted back knuckles to high section
5. Double inward looping back knuckles to high section.
6. Double hammer fists to mid section
7. Attention stance

## **BLOCKING SET 1 (Starblock)**

### **From a Horse Stance...**

1. Right Upward Block
2. Right Inward Vertical Block
3. Right Outward Extended Block
4. Right Downward Block
5. Right Rear Elbow
6. Right Pushdown Block

### ***Repeating for left side***

7. Left Upward Block
8. Left Inward Vertical Block
9. Left Outward Extended Block
10. Left Downward Block
11. Left Rear Elbow
12. Left Pushdown Block

## **BLOCKING SET 2**

### **From a Horse Stance...**

1. Execute Blocking Set #1, right side only.
2. Execute Blocking Set #1, left side only.
3. Execute Blocking Set #1, right & left sides together.
4. Left upward block (right hand still in pushdown block position).
5. Execute Blocking Set #1 with both hands, left hand moving in the normal fashion and your right hand moving in the reverse motion pattern.
6. Execute Blocking Set #1 with both hands, left hand moving in the reverse motion pattern and your right hand moving in the normal fashion.
7. Pivot to 3:00 into a right Forward Bow while doing a right universal block.
8. Pivot into a right Neutral Bow while doing a left universal block towards 1:30.
9. Pivot to your left into a left Forward Bow facing 9:00 while doing a left universal block.
10. Pivot into a left Neutral Bow while doing a right universal block towards 10:30.
11. Pivot in place into a Horse Stance facing 12:00 while doing a right Upward Block and a left Inside Downward (palm down) block.
12. Do a left Upward Block and a right Inside Downward (palm down) block.

13. Do a right Upward Parry and a left Inside Downward (palm up) block.
14. Do a left Upward Parry and a right Inside Downward (palm up) block.
15. Pivot to your right into a right Forward Bow facing 3:00 while doing a right outside Downward Parry.
16. Pivot in place into a right Neutral Bow while doing a right Outward Parry and a left outward hooking parry (waiters block).
17. Pivot to your left into a left Forward Bow facing 9:00 while doing a left outside Downward Parry and a right Inward Parry.
18. Pivot in place into a left Neutral Bow while doing a left Outward Parry and a right outward hooking parry (waiters block).
19. Pivot into a transitional Horse Stance facing 12:00 and bring your right foot up into a left Crane Stance while doing a right outside Downward Parry (palm out) and a left Inward horizontal Heel Palm Parry.
20. Drop your right foot into a transitional Horse Stance facing 12:00 and bring your left foot up into a right Crane Stance while doing a outside left outside Downward Parry (palm out) and a right Inward horizontal Heel Palm Parry.
21. Drop your left foot back to 6:00 into a right Forward Bow while doing a downward cross block (hands open).
22. slide your right foot back to 3:00 into a Horse Stance facing 12:00 while doing double outside Downward Parries.
23. Do double outward hooking parries.
24. Do double pushdown blocks.
25. Into a meditating position and up to Attention Stance.



# KICKING SET 1

## SET 1: (12 o'clock - Right foot kicks)

1. Right foot back into a left neutral bow
2. Step through ball kick, landing in a right neutral bow
3. Left foot cross over right into a twist stance. Right side kick, landing in a right neutral bow
4. Left foot shuffle, right roundhouse kick, landing in a right neutral bow
5. Left spinning back kick, landing in a left neutral bow
6. Drop your right foot back to 9 o'clock into a left neutral bow facing 3 o'clock

## SET 2: (3 o'clock)

1. Right step through side kick, landing in a right neutral bow
2. Left foot shuffle, right ball kick, landing in a right neutral bow
3. Left foot shuffle, right roundhouse kick, landing in a right neutral bow
4. Left foot shuffle, right back kick, landing in a right neutral bow
5. Drop your left foot to 12 o'clock into a right neutral bow facing 6 o'clock

## SET 3: (6 o'clock - Left foot kicks)

1. Left spinning back kick, landing in a left neutral bow
2. Shuffle left roundhouse kick, landing in a left neutral bow
3. Shuffle left front kick, landing in a left neutral bow
4. Shuffle left side kick, landing in a left neutral bow
5. Drop your right foot back to 3 o'clock into a left neutral bow facing 9 o'clock

## SET 4: (9 o'clock)

1. Right step-thru ball kick, landing in a right neutral bow
2. Left step-thru roundhouse kick, landing in a left neutral bow
3. Right spinning back kick, landing in a right neutral bow
4. Left step through side kick, landing in a horse facing 12 o'clock

## KICKING SET 2

Opening: attention stance. Bow. Drop to a meditating Horse stance.

1. Have your right foot step back to 6:00 into a left neutral bow, facing 12:00.
2. Execute a front chicken kick (front leg then rear leg) to 12:00, and plant into a right neutral bow, facing 12:00.
3. Execute a front chicken kick (rear leg then front leg) to 12:00, and plant into a right neutral bow, facing 12:00.
4. Execute a back chicken kick (front leg then rear leg) to 6:00, and plant your left foot to 6:00 into a right neutral bow, facing 12:00.
5. Execute a back chicken kick (rear leg then front leg) to 6:00, and plant your right foot to 12:00 into a right neutral bow, facing 12:00.
6. Execute a front chicken kick (front leg then rear leg) to 12:00, and plant your left foot to 12:00 into a left neutral bow, facing 12:00.
7. Execute a front chicken kick (rear leg then front leg) to 12:00, and plant into a left neutral bow, facing 12:00.
8. Execute a back chicken kick (front leg then rear leg) to 6:00, and plant your right foot to 6:00 into a left neutral bow, facing 12:00.
9. Execute a back chicken kick (rear leg then front leg) to 12:00, and plant your left foot to 12:00 into a left neutral bow, facing 12:00.
10. Execute a side chicken kick to 3:00 (left thrusting sweep kick then right snapping knife-edge kick), and plant your right foot towards 12:00 into a right neutral bow, facing 12:00.
11. Execute a side chicken kick to 9:00 (right thrusting sweep kick then left snapping knife-edge kick), and plant your left foot towards 12:00 into a left neutral bow, facing 12:00.
12. Execute a left front scoop kick and plant your left foot toward 6:00 into a right neutral bow, facing 12:00.
13. Cover to the rear by moving your right foot over slightly to 9:00 into a left neutral bow, facing 6:00.
14. Execute a right front scoop kick and plant your right foot back to 12:00 into a left neutral bow, facing 6:00.
15. Have your left foot drop back to 3:00, as you cover into a right neutral bow, facing 9:00.
16. Execute a right front scoop kick and plant your right foot toward 3:00 into a left neutral bow, facing 9:00.
17. Cover to the rear by moving your left foot over slightly to 6:00 into a right neutral bow, facing 3:00.

18. Execute a left front scoop kick and plant your left foot back to 9:00 into a right neutral bow, facing 12:00.
19. Have your left foot drop back to 6:00, as you cover into a right neutral bow, facing 12:00.
20. Execute a left back scoop kick and plant your left foot toward 12:00 into a left neutral bow, facing 12:00.
21. Execute a right spinning back scoop (to 12:00), and plant your right foot back to 6:00 into a right neutral bow, facing 6:00.
22. Have your right foot drop back to 9:00 into a left neutral bow, facing 3:00.
23. Execute a right back scoop kick and plant your right foot toward 3:00 into a right neutral bow, facing 3:00.
24. Execute a left spinning back scoop (to 3:00), and plant your left foot back to 9:00 into a left neutral bow, facing 9:00.
25. Have your right foot drop back to 6:00 into a left neutral bow, facing 12:00.
26. Execute a right front snap ball kick / right roundhouse ball kick combination. Plant your right foot forward into a right neutral bow, and immediately bounce into a right thrusting knife-edge kick to 12:00. Plant your right foot forward into a right neutral bow, facing 12:00.
27. Execute a left front snap ball kick / left roundhouse ball kick combination. Plant your left foot forward into a left neutral bow, and immediately bounce into a left thrusting knife-edge kick to 12:00. Plant your left foot forward into a left neutral bow, facing 12:00.
28. Execute a right front snapping ball kick / right back thrusting heel kick / right snapping knife-edge kick combination. Plant your right foot to 12:00, into a right neutral bow, facing 12:00.
29. Execute a left front snapping ball kick / left back thrusting heel kick / left snapping knife-edge kick combination. Plant your left foot to 6:00, into a right neutral bow, facing 12:00.
30. Execute a right front snapping ball kick / right back thrusting heel kick / right snapping knife-edge kick combination. Plant your right foot back to 6:00, into a left neutral bow, facing 12:00.
31. Execute a left front snapping ball kick / left back thrusting heel kick / left snapping knife-edge kick combination. Plant your left foot back to 6:00, into a right neutral bow, facing 12:00.
32. Close: have your right foot drop back onto a straight line with your left foot into a meditating horse stance. Come to attention stance. Bow.

## **STRIKING SET 1**

### **From a Horse Stance...**

#### **Striking to the front...**

1. Right horizontal thrust punch to face level into right back knuckle to face level
2. Left horizontal thrust punch to face level into left back knuckle to face level
3. Right horizontal thrust punch to face level into right inverted hammer fist to groin
4. Left horizontal thrust punch to face level into left inverted hammer fist to groin
5. Right horizontal thrust punch to face level into right back knuckle to temple
6. Left horizontal thrust punch to face level into left back knuckle to temple
7. Right horizontal thrust punch to face level into right inward hammer fist to ribs
8. Left horizontal thrust punch to face level into left inward hammer fist to ribs

#### **Striking to the side...**

1. Right vertical thrust punch to face level into right back knuckle to face level
2. Left vertical thrust punch to face level into left back knuckle to face level
3. Right vertical thrust punch to face level into right inverted hammer fist to groin
4. Left vertical thrust punch to face level into left inverted hammer fist to groin
5. Right vertical thrust punch to face level into right back knuckle to temple
6. Left vertical thrust punch to face level into left back knuckle to temple
7. Right vertical thrust punch to face level into right inward hammer fist to ribs
8. Left vertical thrust punch to face level into left inward hammer fist to ribs

#### **Double strikes to the front...**

1. Double horizontal thrust punch to face level into double back knuckles to face level
2. Double horizontal thrust punch to face level into double inverted hammer fists to groin
3. Double horizontal thrust punch to face level into double back knuckles to temple
4. Double horizontal thrust punch to face level into double inward hammer fists to ribs

#### **Strikes to both sides simultaneously...**

1. Double vertical thrust punch to face level into double back knuckles to face level
2. Double vertical thrust punch to face level into double inverted hammer fists to groin
3. Double vertical thrust punch to face level into double back knuckles to temple
4. Double vertical thrust punch to face level into double inward hammer fists to ribs

#### **Slide left foot to right foot, knees bent, striking to the front...**

1. Double horizontal thrust punch at face level
2. Double back knuckles at face level
3. Double inverted hammer fist to groin
4. Double back knuckle to temple
5. Double inward hammer fist to ribs
6. Up to attention stance

## **STRIKING SET 2**

Keep the concept of Point of Origin in mind as you do this set. There is no winding up between moves.

### **From a Horse Stance...**

1. From a horse stance: with the right arm, do an upward elbow, downward elbow, inward elbow, outward elbow
2. Still in the horse stance: with the left arm, do an upward elbow, downward elbow, inward elbow, outward elbow
3. Move the right foot to 12:00, into a right neutral bow, and do an inward and downward right elbow with a right heel palm.
4. Move the left foot to 12:00, into a left neutral bow, and do an inward and downward left elbow with a left heel palm.
5. Move the left foot back to 6:00, into a right neutral bow, and do an outward and downward right elbow, followed by a right upward elbow, and then a right inward and downward elbow with a right heel palm.
6. Move the right foot back to 6:00, into a left neutral bow, and repeat the previous pattern with the left elbow.
7. Bring the left foot back into a horse, and do a right inward downward diagonal elbow, then a right outward downward diagonal elbow (in a figure 8 pattern). Repeat the pattern with the left arm.
8. Still in the horse stance, do a right inward horizontal elbow, followed by an outward horizontal elbow. Repeat on the left.
9. Shift into a left forward bow to 9:00, and do a right upward elbow to 10:30.
10. Shift into a right forward bow to 3:00, and do a left upward elbow to 1:30.
11. Shift into a left forward bow to 9:00, and to 10:30, do a right eye poke, right upward elbow, and a right flapping elbow.
12. Shift into a right forward bow to 3:00, and repeat the above with the left arm.

**Close**

## FINGER SET 1

This set contains, and is teaching us, the 7 Methods Of Execution:

*Poke, Thrust, Whip, Slice, Hammer, Rake, Hook*

1. Do a right 4-finger thrust at face level (3/4 extension, palm down). This move is intended to be done from a longer-range, hence the 3/4 extension (basically means full extension of your arm, but never lock your elbow out).
2. Repeat with left hand.
3. Do a right 4-finger thrust at chest level (1/2 extension, palm in - your hand tipped on it's side). This move is intended to be done from mid-range, hence the 1/2 extension (your elbow moves forward past your stomach, but not all the way out).
4. Repeat with left hand.
5. Do a right 4-finger thrust at solar plexus level (1/4 extension, palm up, done in uppercut fashion). This move is intended to be done from in close, hence the 1/4 extension (your elbow doesn't move forward past your side).
6. Repeat with left hand.
7. Do a right 4-finger thrust over your left shoulder, palm down.
8. Repeat with left hand.
9. Place your right hand on your left hand (left hand is still on your right shoulder), circle both hands down to the front and do double, 2 finger eye pokes at face level, palm up then palm down.
10. Place your right elbow on the back of your left hand (arms level with your chest), fingers on your right hand are facing away from you. Strike out forward (moving from finger to elbow only) with your fingers in a whipping fashion, aiming toward the face.
11. Repeat with left hand.
12. Extend your right arm straight down, palm out. Place your left hand over the front of your right elbow and strike out forward (moving from finger to elbow only) with your fingers in a whipping fashion, aiming toward the groin.
13. Repeat with left hand.
14. Do a right inward, palm up eye slice (moving from right to left) followed by an outward, palm down eye slice (moving from left to right).
15. Repeat with left hand.
16. Do a right inward horizontal heel palm at face level followed by an in place (at face level where the heel palm struck) raking claw and draw your hand to your left shoulder. Follow with a right outward hand sword at neck level.
17. Repeat with left hand.
18. Do a right overhead/downward heel palm claw (striking with the heel of your palm and clawing down with your fingers) at face level as your left hand does a rear upward heel palm claw towards your back at groin level.
19. Repeat with left hand.
20. Do a right underhand heel palm claw (striking with the heel of your palm and clawing up with your fingers) at groin level as your left hand does a rear upward heel palm claw towards your back at groin level.
21. Repeat with left hand.
22. Do a right underhand claw to groin (don't move your left hand) then track both hands up to eye level and do double eye pokes with your thumbs.
23. Pull your hands back to your hips and do a right two finger eye hook.
24. Repeat with left hand.

## FINGER SET 2

This shows Finger Set #1 with complimentary foot maneuvers, an example of how to apply the strikes from Finger Set #1.

1. From a Horse Stance, step to 12:00 with your right foot into a right Forward Bow while doing a right 4-finger thrust at eye level. Your left hand checks under your right elbow.
2. Do a Front to Back stance switch into a left Forward Bow facing 12:00 while doing a left 4-finger thrust at eye level. Your right hand checks under your left elbow.
3. Step-Thru reverse into a right Neutral Bow facing 12:00 while doing a right vertical 4-finger thrust at chest level. Your left hand checks under your right elbow.
4. Do a Front to Back stance switch into a left Neutral Bow facing 12:00 while doing a left vertical 4-finger thrust to chest level. Your right hand checks under your left elbow.
5. Step-Thru forward into a right Neutral Bow facing 12:00 while doing a right 4-finger thrust at solar plexus level (in uppercut fashion). Your left hand checks above your right arm.
6. Do a Front to Back stance switch into a left Neutral Bow facing 12:00 while doing a left 4-finger thrust at solar plexus level (in uppercut fashion). Your left hand checks above your right arm.
7. Slide your left foot back into a Horse Stance facing 12:00 while doing a left Rear Elbow and a right 4-finger thrust over your left shoulder.
8. Slide your left foot to your right foot, then step out to 3:00 with your right foot into a Horse Stance facing 12:00. Do a right Rear Elbow and a left 4-finger thrust over your right shoulder.
9. Slide your right foot to your left foot, then step out to 9:00 with your left foot into a Horse Stance facing 12:00. Bring both hands to chest level, palms open and facing you and do double upward 4-finger pokes (snapping method of executing) to eye level.
10. As your hands come back to your chest, cross them and do double upward 2-finger pokes (snapping method of execution) to eye level.
11. Step to 12:00 with your right foot and turn into a right Rotating Twist stance while doing a right 2-finger poke toward 1:30 at eye level. Your left hand checks under your right elbow.
12. Step back to 3:00 with your right foot into a transitional Horse Stance facing 12:00 maintaining your hand positions. Step forward with your left foot and turn into a left Rotating Twist stance while doing a left 2-finger poke toward 10:30 at eye level. Your right hand checks under your left elbow.

13. Step back to 9:00 with your left foot into a Horse Stance facing 12:00 maintaining your hand positions. Step to 12:00 with your right foot into a right Neutral Bow facing 12:00 while doing a right overhead whip at face level. Your left hand checks under your right elbow.
14. Step-Thru forward into a left Neutral Bow facing 12:00 while doing a left overhead whip at face level. Your right hand checks under your left elbow.
15. Slide your left foot back and into a right 45 degree cat stance facing 1:30. As you plant, do a left Inside Downward (palm up) block and a right outside downward parry (using the shape of the crane). The parry completes at your right hip.
16. Step to 1:30 with your right foot into a right Neutral Bow while doing a right underhand whip at groin level.
17. Slide your right foot back and into a left 45 degree cat stance facing 10:30. As you plant, do a right Inside Downward (palm up) block and a left outside downward parry (using the shape of the crane). The parry completes at your right hip.
18. Step to 10:30 with your left foot into a left Neutral Bow while doing a left underhand whip at groin level.
19. Step-Thru reverse into a right Neutral Bow facing 1:30 while doing a right outside downward parry (using the shape of the crane), circling into right 2-finger inward eye slice and into a right 2-finger outward eye slice. Your left hand checks under your right elbow.
20. Step-Thru reverse into a left Neutral Bow facing 10:30 while doing a left outside downward parry (using the shape of the crane), circling into a left 2-finger inward eye slice and into a left 2-finger outward eye slice. Your right hand checks under your left elbow.
21. V-in and V-out with your left foot into a left Forward Bow facing 9:00 while doing a left inward downward diagonal heel palm parry into a left horizontal forearm check. At the same time, do a right inward heel palm claw at face level into a right outward circular five finger claw to eye level.
22. V-in and V-out with your right foot into a right Forward Bow facing 3:00 while doing a right inward downward diagonal heel palm parry into a right horizontal forearm check. At the same time, do a left inward heel palm claw at face level into a left outward circular five finger claw to eye level.
23. Turn counter clockwise into a right front rotating twist stance facing 10:30 while doing a left inward downward diagonal heel palm parry into a left outside downward parry (using the shape of the crane) and finally a left back stiff-arm underhand heel palm claw at groin level (towards 4:30). At the same time, do a right inward overhead heel palm claw at face level.
24. Circle your right foot in towards your left then out to 1:30 into a left front rotating twist stance while doing a right inward downward diagonal heel palm parry (using the shape of the crane)



into a left back stiff-arm underhand heel palm claw at groin level (towards 7:30). At the same time, do a left inward overhead heel palm claw at face level.

25. Turn counter clockwise into a left Neutral Bow facing 7:30 while doing a left inward downward diagonal parry (using the shape of the crane) into a left back stiff-arm underhand heel palm claw to groin level toward 1:30. At the same time do a right underhand heel palm claw to groin level towards 7:30.
26. Slide your left foot back to your right foot then step out to 4:30 with your right foot into a right Neutral Bow while doing a right inward downward diagonal heel palm parry into a right outside downward parry (using the shape of the crane) into a right back stiff-arm underhand heel palm claw at groin level toward 10:30. At the same time, do a left underhand heel palm claw at groin level toward 4:30.
27. Slide your right foot toward your left foot into an attention stance facing 12:00 while doing double underhand heel palm claws to groin level.
28. Cross your hands (palm up, right over left) and do double upward finger thrust into twin finger flicks at eye level into double outward thumb hooks at eye level.
29. Cross your hands (palm down, right over left) and do double outward overhead heel palm claws and move out into a Horse Stance facing 12:00.
30. Slide your right foot over to your left foot into a right 45 degree cat stance facing 12:00 while doing a right 2-finger eye hook at eye level. Your left hand checks under your right elbow.
31. Switch into a left 45 degree cat stance facing 12:00 while doing a left 2-finger eye hook at eye level. Your right hand checks under your left elbow. After the hook, your arms are used as inward forearm parries.
32. Slide your left foot to your right foot into an Attention Stance facing 12:00 (knees bent) while doing double push-down blocks.
33. While straightening your knees, do left and right 2-finger eye pokes towards 12:00 and circle your arms (left clockwise, right counter clockwise) into double 2-finger eye hooks (to 9:00 and 3:00).
34. Slide your left foot to 9:00 into a meditating Horse Stance then up to Attention Stance.

## Coordination Set I      Only the right foot moves

From Position

Step back right  
Left outward block with fist inward (opposite normal outward block)  
Left punch to head  
Right middle punch to solar plexus  
Left middle punch / Right kick – step back right back to left forward bow  
Right middle punch

Forward step-through to right neutral bow (left foot to the rear)

Repeat on the left side  
right outward block  
right punch to head  
left middle punch  
right middle punch / left kick - step left back to right neutral bow  
left middle punch

Rotate / cover ( right foot moves crescents toward left foot, rotate 90 degrees to 9:00, right foot continues back to end in left neutral bow) 90 degrees to 9:00 and repeat right and left

Rotate 90 degrees to 6:00 and repeat right and left

Rotate 90 degrees to 3:00 and repeat right and left

Rotate 90 degrees to 12:00 and repeat right and left

Second half – left leg moves

step back left into right neutral bow  
right high punch to head  
left punch / left kick at the same time  
step back into right neutral bow with right punch to head  
left middle punch

step forward into left neutral bow (forward step-through)  
left high punch to head  
right punch / right kick at the same time  
step back into right neutral bow with left punch to head  
right middle punch

rotate 90 degrees to the right into right neutral bow facing 3:00

Repeat second half all the way around the clock

## **COORDINATION SET 1**

### **Set 1 (12 o'clock):**

1. Back into a left neutral bow while doing a left outward block.
2. Extend your left outward block forward into a head level left punch.
3. Into a left forward bow while doing a right punch.
4. Right front ball kick and left punch.
5. Land back into a left forward bow while doing a right punch.

### **Set 2 (12 o'clock):**

1. Step through with your right foot into a right neutral bow while doing a right outward block.
2. Extend your right outward block forward into a right punch.
3. Into a right forward bow while doing a left punch.
4. Left front ball kick and a right punch keeping the left hand palm up on your left hip.
5. Land back into a right forward bow while doing a left punch.

### **Set 3 (9 o'clock):**

1. Right foot back to 3 o'clock, turning to 9 o'clock into a left neutral bow while doing a left outward block.
2. Extend your left outward block forward into a head level left punch.
3. Into a left forward bow while doing a right punch.
4. Right front ball kick and left punch.
5. Land back into a left forward bow while doing a right punch.

### **Set 4 (9 o'clock):**

1. Step through with your right foot into a right neutral bow while doing a right outward block
2. Extend your right outward block forward into a right punch.
3. Into a right forward bow while doing a left punch.
4. Left front ball kick and a right punch keeping the left hand palm up on your left hip.
5. Land back into a right forward bow while doing a left punch.

### **Set 5 (6 o'clock):**

1. Right foot back to 12 o'clock, turning to 6 o'clock into a left neutral bow while doing a left outward block.
2. Extend your left outward block forward into a head level left punch.
3. Into a left forward bow while doing a right punch.
4. Right front ball kick and left punch.
5. Land back into a left forward bow while doing a right punch.

### **Set 6 (6 o'clock):**

1. Step through with your right foot into a right neutral bow while doing a right outward block
2. Extend your right outward block forward into a right punch.
3. Into a right forward bow while doing a left punch.
4. Left front ball kick and a right punch keeping the left hand palm up on your left hip.
5. Land back into a right forward bow while doing a left punch.

### **Set 7 (3 o'clock):**

1. Right foot back to 9 o'clock, turning to 6 o'clock into a left neutral bow while doing a left outward block.
2. Extend your left outward block forward into a head level left punch.
3. Into a left forward bow while doing a right punch.
4. Right front ball kick and left punch.
5. Land back into a left forward bow while doing a right punch.

### **Set 8 (3 o'clock):**

1. Step through with your right foot into a right neutral bow while doing a right outward block
2. Extend your right outward block forward into a right punch.
3. Into a right forward bow while doing a left punch.
4. Left front ball kick and a right punch keeping the left hand palm up on your left hip.
5. Land back into a right forward bow while doing a left punch.

**Set 9 (12 o'clock):**

1. Right foot back to 6 o'clock, turning to 12 o'clock into a left neutral bow while doing a left outward block.
2. Extend your left outward block forward into a head level left punch.
3. Into a left forward bow while doing a right punch.
4. Right front ball kick and left punch.
5. Land back into a left forward bow while doing a right punch.

**Set 10 (12 o'clock):**

1. Step through with your right foot into a right neutral bow while doing a right outward block
2. Extend your right outward block forward into a right punch.
3. Into a right forward bow while doing a left punch.
4. Left front ball kick and a right punch keeping the left hand palm up on your left hip.
5. Land back into a right forward bow while doing a left punch.
6. Step up with your left foot to into a horse stance facing 12 o'clock.

## COORDINATION SET 2

### From an Attention Stance Set 1 (12 o'clock):

1. Right foot steps back into a left Neutral Bow
2. Left Outward Block and a right Downward Block
3. Right Outward Block and a left Downward Block
4. While turning into a left Forward bow, do a left Upward Block and a right Inward Block
5. While turning back into a left Neutral Bow, do a right Upward Block and a left Inward Block
6. While turning into a Forward Bow, do a right Inward Block
7. Left Horizontal Thrust Punch while doing a right Ball Kick into a right Horizontal Thrust Punch while doing a right Rear Kick landing back in a left Forward Bow
8. Right Upward Parry and a left Pushdown Block

### Set 2 (12 o'clock):

1. Right foot forward into a right Neutral Bow
2. Right Outward Block and a left Downward Block
3. Left Outward Block and a right Downward Block
4. While turning into a left Forward bow, do a right Upward Block and a left Inward Block
5. While turning back into a left Neutral Bow, do a left Upward Block and a right Inward Block
6. While turning into a Forward Bow, do a left Inward Block
7. Right Horizontal Thrust Punch while doing a left Ball Kick into a left Horizontal Thrust Punch while doing a left Rear Kick landing back in a right Forward Bow
8. Left Upward Parry and a right Pushdown Block

### Set 3 (9 o'clock):

1. Right foot steps back into a left Neutral Bow facing 9:00
2. Left Outward Block and a right Downward Block
3. Right Outward Block and a left Downward Block
4. While turning into a left Forward bow, do a left Upward Block and a right Inward Block
5. While turning back into a left Neutral Bow, do a right Upward Block and a left Inward Block
6. While turning into a Forward Bow, do a right Inward Block
7. Left Horizontal Thrust Punch while doing a right Ball Kick into a right Horizontal Thrust Punch while doing a right Rear Kick landing back in a left Forward Bow
8. Right Upward Parry and a left Pushdown Block

### Set 4 (9 o'clock):

1. Right foot forward into a right Neutral Bow facing 9:00
2. Right Outward Block and a left Downward Block
3. Left Outward Block and a right Downward Block
4. While turning into a left Forward bow, do a right Upward Block and a left Inward Block
5. While turning back into a left Neutral Bow, do a left Upward Block and a right Inward Block
6. While turning into a Forward Bow, do a left Inward Block
7. Right Horizontal Thrust Punch while doing a left Ball Kick into a left Horizontal Thrust Punch while doing a left Rear Kick landing back in a right Forward Bow
8. Left Upward Parry and a right Pushdown Block

### Set 5 (6 o'clock):

1. Right foot steps back into a left Neutral Bow facing 6:00
2. Left Outward Block and a right Downward Block
3. Right Outward Block and a left Downward Block
4. While turning into a left Forward bow, do a left Upward Block and a right Inward Block
5. While turning back into a left Neutral Bow, do a right Upward Block and a left Inward Block
6. While turning into a Forward Bow, do a right Inward Block
7. Left Horizontal Thrust Punch while doing a right Ball Kick into a right Horizontal Thrust Punch while doing a right Rear Kick landing back in a left Forward Bow
8. Right Upward Parry and a left Pushdown Block

**Set 6 (6 o'clock):**

1. Right foot forward into a right Neutral Bow facing 6:00
2. Right Outward Block and a left Downward Block
3. Left Outward Block and a right Downward Block
4. While turning into a left Forward bow, do a right Upward Block and a left Inward Block
5. While turning back into a left Neutral Bow, do a left Upward Block and a right Inward Block
6. While turning into a Forward Bow, do a left Inward Block
7. Right Horizontal Thrust Punch while doing a left Ball Kick into a left Horizontal Thrust Punch while doing a left Rear Kick landing back in a right Forward Bow
8. Left Upward Parry and a right Pushdown Block

**Set 7 (3 o'clock):**

1. Right foot steps back into a left Neutral Bow facing 3:00
2. Left Outward Block and a right Downward Block
3. Right Outward Block and a left Downward Block
4. While turning into a left Forward bow, do a left Upward Block and a right Inward Block
5. While turning back into a left Neutral Bow, do a right Upward Block and a left Inward Block
6. While turning into a Forward Bow, do a right Inward Block
7. Left Horizontal Thrust Punch while doing a right Ball Kick into a right Horizontal Thrust Punch while doing a right Rear Kick landing back in a left Forward Bow
8. Right Upward Parry and a left Pushdown Block

**Set 8 (3 o'clock):**

1. Right foot forward into a right Neutral Bow facing 3:00
2. Right Outward Block and a left Downward Block
3. Left Outward Block and a right Downward Block
4. While turning into a left Forward bow, do a right Upward Block and a left Inward Block
5. While turning back into a left Neutral Bow, do a left Upward Block and a right Inward Block
6. While turning into a Forward Bow, do a left Inward Block
7. Right Horizontal Thrust Punch while doing a left Ball Kick into a left Horizontal Thrust Punch while doing a left Rear Kick landing back in a right Forward Bow
8. Left Upward Parry and a right Pushdown Block

**Set 9 (12 o'clock):**

1. Right foot steps back into a left Neutral Bow facing 12:00
2. Left Outward Block and a right Downward Block
3. Right Outward Block and a left Downward Block
4. While turning into a left Forward bow, do a left Upward Block and a right Inward Block

5. While turning back into a left Neutral Bow, do a right Upward Block and a left Inward Block
6. While turning into a Forward Bow, do a right Inward Block
7. Left Horizontal Thrust Punch while doing a right Ball Kick into a right Horizontal Thrust Punch while doing a right Rear Kick landing back in a left Forward Bow
8. Right Upward Parry and a left Pushdown Block

**Set 10 (12 o'clock):**

1. Right foot forward into a right Neutral Bow facing 12:00
2. Right Outward Block and a left Downward Block
3. Left Outward Block and a right Downward Block
4. While turning into a left Forward bow, do a right Upward Block and a left Inward Block
5. While turning back into a left Neutral Bow, do a left Upward Block and a right Inward Block
6. While turning into a Forward Bow, do a left Inward Block
7. Right Horizontal Thrust Punch while doing a left Ball Kick into a left Horizontal Thrust Punch while doing a left Rear Kick landing back in a right Forward Bow
8. Left Upward Parry and a right Pushdown Block
9. Step up with your left foot into a Horse Stance

## STAFF SET 1

**Salutation:** Raise the staff to shoulder height, kneel and place the staff on the ground. Return to attention.

Do the Kenpo salutation, catching the staff with the left big toe on the second beat, and raising it up on the right instep on the fourth beat. Return to attention stance, with the staff held at the waist.

**Technique 1:** to defend against either a grab of your staff or a staff attack.

A. In attention stance, block high, block low, block to the left, and then block to the right.

**Technique 2:** for a punch, or as an extension of Technique #1

A. Step back with the right foot into a neutral bow, swing the staff over and under on the right side.

B. As you move through attention stance, twirl the staff through a vertical position (right hand high), and step back with the left foot into a neutral bow, swing the staff over and under on the left side.

**Technique 3:** as a defense against a poking staff.

A. Bring the left foot up to the right as you twirl the staff (left hand down to the left first) through a vertical position (left hand high). Without pause, do a right front crossover to 9:00 as you twirl the staff horizontally at shoulder height to strike his neck on your right side with the right hand forward and the left hand in the right armpit. Unwind counter clockwise, step with the right to 4:30 into a left neutral bow, twirling into a horizontal strike to the neck on your left side with the right hand in the left armpit.

B. Bring the right foot up to the left as you double twirl (left hand down to the right first) the staff through a vertical position (right hand high). Without pause, do a left front crossover to 3:00, as you twirl the staff horizontally at shoulder height to strike his neck on your left side with the left hand forward and the right hand in the left armpit. Unwind clockwise, step with the left foot to 7:30 into a right neutral bow, twirling into a horizontal strike his neck on your right side with the left hand in the right armpit.

**Technique 4:** used for a poking staff, a rear bear hug, or to clear a circle of attackers.

A. Bring the left foot up to the right as you double twirl (right hand down to the left first) the staff through a vertical position on the left side (left hand high), and without pause step back with the right foot to 4:30 into a left reverse bow as you twirl the staff into an overhead block (with the fingers back). Shift into a left forward bow as you put the staff horizontally behind your neck, and then drop into a left wide kneel as you swing the staff counter clockwise in the right hand through three revolutions (with the third circle being low). During the third swing, swing the right foot counter clockwise in a full circle to 4:30 into a left neutral bow to 12:00. The staff is on your right, with the left hand high.

B. Bring the right foot up to the left as you twirl (left hand down to the right first) the staff through a vertical position on the right side (right hand high), and without pause step back with the left foot to 7:30 into a right reverse bow as you twirl the staff into an overhead block (with the fingers back). Shift into a right forward bow as you put the staff horizontally behind your neck, and then drop into a right wide kneel as you swing the staff clockwise in the left hand through three revolutions (with the third being low). During the third swing, swing the left foot clockwise in a full circle to 7:30 into a right neutral bow to 12:00. The staff is on your left with the right hand high.

**Technique 5:** a defense against a side staff swing.

A. As you step with the left to 1:00 in attention, twirl (right hand down to the left side first) the staff to your left side



(with the right hand high). Do a right roundhouse to the stomach and plant to 1:00 in a right neutral bow. Do a left descending strike, a right upward underhand strike. As you do a left rear crossover to 1:30, poke behind the head into his throat and then bring the stick overhead in front of the chest.

B. Pivot clockwise, and shift the right foot to 7:00 in a right neutral bow, twirl (left hand down to the right side first) the staff to your right side (with the left hand high). Do a left roundhouse kick to the stomach and plant to 7:00 in a left forward bow. Do a right descending strike, a left upward underhand strike. As you do a right rear crossover to 5:30, poke behind your head into his throat and then bring the stick overhead in front of the chest.

**Technique 6:** a defense against a front kick.

A. Pivot clockwise into a left forward bow to 12:00, twirl the right hand down to the left and then to the right, ending with the staff horizontal at waist height.

B. Swing the left hand low, and as the right hand swings low, step with the right foot to 12:00, pivot counter clockwise 180 degrees into a left neutral bow to 6:00 as the left hand stabs or strikes to the rear on the left side.

C. Bring the right foot up to the left foot, twirl the right hand down to the left. As you twirl to the right, step to 12:00 with the left into a right neutral bow to 6:00, ending with the staff horizontal (at waist).

D. As the right hand swings low, step with the left foot to 7:00, and as the left hand swings low, pivot clockwise 180 degrees into a right neutral bow to 12:00 as the right hand stabs or strikes to the rear on the right side.

**Technique 7:** a defense against a punch

A. Pivot counter clockwise, do left spinning crescent and right inward outward crescent kicks. Plant briefly in a right front crossover, and do the same kicks to 12:00, planting in a right front crossover.

B. Twist counter clockwise in place to face 6:00, and do right spinning crescent and left inward outward crescent kicks to 6:00. Plant briefly in a left front crossover, and do the same kicks to 6:00, planting in a left front crossover.

**Technique 8:** a defense against a kick or punch

A. Step back slightly with the right foot to 12:00, into a left neutral bow to 6:00, as you poke to 6:00. Do a right front kick to 6:00 with a rear poke to 12:00, on the right side. Plant back to 12:00 in a left neutral bow, and then strike over and under on the right side.

B. Shift the right foot to 3:00, and pivot clockwise into a right neutral bow to 12:00, with a high right block. Poke to 12:00. Do a left front kick to 12:00 with a rear poke to 6:00, on the left side. Plant back to 6:00 in a right neutral bow, and strike over and under on the left side.

**Technique 9:** a defense against a punch

A. As the left foot c-steps to 9:00 around his leg, into a horse facing 12:00, do a left inward strike to take him down. Do a right downward strike as he falls, and then a left downward strike (In the set, these should be horizontal strikes). Step with the right foot to 6:00, into a left neutral bow to 12:00, and do a right downward strike, followed by a left downward strike (poke in the technique).

B. As the right foot c-steps to 12:00 around his leg, into a horse facing 12:00, do a right inward strike to take him down. Do a left downward strike as he falls, and then a right downward strike. (In the set, these should be horizontal strikes). Step with the left foot to 6:00, into a right neutral bow to 12:00, and do a left downward strike, followed by a right downward strike (poke in the technique). For a transition, as the right downward strike occurs, step with the left foot to 12:00 into a horse facing 12:00, and then do a left downward strike.

**Technique 10:** for an overhead club from the right side

A. Pivot clockwise into a right front twist to 3:00 with left, right, and left overhead downward blocks on the right side. On the second swing, twirl on your right. Do a double stomp on the third strike.

B. Pivot counter clockwise into a left front twist to 9:00 with right, left, and right overhead downward blocks on the left side. On the second swing, twirl on your right. Do a double stomp on the third strike.

**Technique 11:** for a grab, punch, or poking stick.

A. Unwind clockwise, bring the left foot to the right foot in attention stance. Do a right side block, a left side block, a low horizontal block, and a high horizontal block.

**Finish:** Drop the weapon into your arms, do the basic Kenpo salutation, flip the weapon into the air and grab it in both hands, and then twirl the staff to the right rear.

## TWO-MAN SET

**1. Two-Man Set: side 1 (starting on the right). In the presentation of this Form in "Secrets Of Chinese Karate", by Ed Parker, this side is listed as Opponent #1. The numbers in parentheses below identify the corresponding figures in Chapter 19 of that book, while the attacks listed after each block identify the attack from Opponent 2.**

- a. With feet together, form a triangle with both hands, so index fingers and thumbs touch. (1-3)
- b. Step back (left) to 4:30 into bow and do a right outward block (back-knuckle, 2b) with a left reverse punch to the head. (4-7)
- c. Step (right) with a right front crossover to 7:30 as you do a right outward parry (chop, 2c), and cock your left fist at the hip. Your right heel should be almost touching his right foot. Take an additional step (left) to 9:00, cock your right fist to your left ear. Pivot both feet into a horse stance (facing 12:00) as you do a right back-knuckle (also a forearm strike) to the kidney. (8-12).
- d. Pull your right foot back into a cat as you do a left outward block from under his arm (punch, 2d) followed by a right front snap kick to the stomach. (13-15).
- e. Pivot on your left foot (counterclockwise) and plant your right foot to 7:30 into a bow, as you bring your hands to your left hip in a cup & saucer. (16-19)
- f. Step (left) to 7:30 in a left rear crossover as you do a left outward block (back-knuckle, 2f), and immediately do a left side thrust kick (with the knife-edge) to the stomach. Land to 12:00 in horse (facing 1:00) as you cock your left hand (spear hand with the palm out) overhead. (20-23)
- g. Pivot low and to the left into a closed kneeling stance as you do a right scooping block a/k/a wing block (left uppercut, 2g). Pivot back into horse as you do a left chop to the temple. (24-28)
- h. Step back (right) to 9:00, pull your left foot into a cat and do a left inward forearm block (hammerfist, 2h). Step (left) to 3:00 into a bow, just inside his left leg, as you do a dart (two fingers) to the eye. (29-31)
- i. Step slightly (left) to 3:00 in horse, deeper between his legs, as your right hand reaches up to grab your opponent's arm (half-fist, 2i). Do a left dagger elbow to the ribs as you pull your right hand back to the hip. (32-34)
- j. Drop lower into the horse as your right hand (palm up) pushes his right hand up (back-knuckle, 2j). Cock your left hand (palm open and upward) across your chest, and follow with a left chop to the ribs (palm down). (35-38).
- k. Step slightly (right) to 9:00 and pull your left back into a cat as you do a left downward back knuckle to the forearm (elbow, 2k). Step (left) to 1:30 into a bow stance behind his right foot as you do a left top knuckle to the temple. (39-42)
- l. Shift (left) slightly back to 9:00 as the right hand scoops overhead and down and outward (palm heel, 2l) while the left hand cocks back to the hip (palm open and up). Pivot to the right into a horse as you do a left palm strike (fingers pointing left) to the ribs. (43-46).
- m. Step back (left) to 9:00 in horse, and do an right outward scooping block coming from underneath his kick (kick, 2m) as you cock your left fist above and slightly to the left of your head. Shift your weight into a final bow stance. (47-48)

**2. Two-Man Set: side 2 (starting on the left). In the presentation of this Form in "Secrets Of Chinese Karate", by Ed Parker, this side is listed as Opponent #2. The numbers in parentheses below identify the corresponding figures in Chapter 19 of that book, while the attacks listed after each block identify the attack from Opponent 1.**

- a. With feet together, form a triangle with both hands, so index fingers and thumbs touch. (1)
- b. Step (right) to 3:00 into a horse stance, just behind his left foot, as you do a back knuckle to the temple. The left hand cocks back to the hip. (2-5)
- c. Step (left) to 10:30, and pivot on the right foot into a bow stance facing 7:30, as you do a right (upward and outward) chopping block (punch, 1b). Immediately bring your right down into a chop to the neck. (6-9)
- d. Step (left) to 3:00, and pivot, so you are in a bow stance facing 9:00, as you do an outward chopping block (back-knuckle, 1c). Follow up with a reverse punch, as you harden and extend the bow stance. (10-14)
- e. Shift back into a reverse bow stance as you do a right downward block (front snap, 1d), with your left fist cocked overhead. (15-17)
- f. Do a left front crossover to 9:00 as your hands do Crossing Guard. Step (right) to 9:00 into a bow stance, slightly in front of him, and do a right back knuckle to the temple (left cocked at the hip). (18-21)
- g. Step (left) slightly to 6:00, as you do a right downward block (kick, 1f). Step (left) to 9:00 into horse stance between his legs as you do a left uppercut to the stomach and a right reverse punch to the chest. (22-25)
- h. Do a right rising block (chop, 1g), circle the arm behind your shoulder, and do a right hammerfist to the ribs as you shift into a bow stance. (26-30)
- i. Shift back into a horse stance, as your right hand grabs his left arm (dart, 1h). Follow with a left half-fist to the throat. (31-32)
- j. Step (right) to 9:00, and do a right elbow strike to his forearm (elbow, 1i), as you pull your left foot back to 3:00 into a horse stance. Shift immediately into a bow stance, as you do a back knuckle to the temple. (33-36)
- k. Shift (left) back to 1:30 into a horse stance as you do a right inward block (chop, 1j). Shift into a forward bow stance as you do a right horizontal elbow strike to the upper ribs. (37-40)
- l. Shift (left) slightly to 6:00, maintaining the bow stance, as you do a left inward parry (top knuckle, 1k) and cock your right hand back to the hip (hand open and palm up). Do a right palm heel strike to the ribs as you extend the bow stance. (41-44)
- m. Step (left) to 4:30 into a reverse bow as you do a right downward block (palm strike, 1l) with the left arm cocked above the head. Follow with a right side kick to 9:00. (45-47)
- n. Pivot 180 degrees on the left foot (keeping your right foot in the air as you do the turn), and finish in a reverse bow stance facing 12:00, with both hands in spears. The right hand should be overhead, while the left arm is down and parallel to your left leg. (48)

## **Star Block Set**

Upward  
Inward  
Outward  
Downward  
Rear Elbow  
Push Down  
return

## **Stances**

Attention  
Horse (Formal & Training)  
Neutral Bow  
Non-obvious

## **Kicks**

Front (Snap)  
Back (Straight Snap)  
Side (Snap)

## **Punches**

Straight (Thrust & Snap)  
Vertical (Thrust & Snap)  
Hand Sword (Outward)  
Back Knuckle  
Reverse Punch

## **Strikes**

Heel Palm (straight thrust)  
Hand Sword (inward and outward)  
Hammer Fist (back)

## **Finger Techniques**

Whip (outward)

## **Foot Maneuvers**

Step-Thru (Forward & Reverse)  
Step-Drag (Forward and Reverse)

## **Blocks**

Upward  
Inward  
Outward (& Extended)  
Downward  
Push Down (Palm Heel)

## **Locks / Releases**

Wrist Release 1-4

## **Parries**

Inward  
Outward

## **Short Form 1**

Right Side

Inward Right, Inward Left

Side Cover

Outward Left, Outward Right

Rear Cover

Upward Left, Upward Right

Side Cover

Downward Right, Downward Left

Return to position

Left Side – mirror above

## Belt Rank Order

### YOUTH

#### **Fundamentals**

No-Belt

White

Advanced White (white with yellow stripe)

#### **Level 1**

Yellow

Advanced Yellow (yellow with orange stripe)

Orange

Advanced Orange

#### **Level 2 – Requires Sparring**

Purple

Advanced Purple

Blue

Advanced Blue

Green

Green Chevron

Advanced Green

Advanced Green Chevron

#### **Level 3 – begins at Red**

Red

Red Chevron

Advanced Red

Advanced Red Chevron

Brown

Brown Chevron

Advanced Brown

Advanced Brown Chevron

Provisional Black

### ADULT

#### **Fundamentals**

No-Belt

White

Advanced White (white with yellow stripe)

#### **Level 1**

Yellow

Advanced Yellow (yellow with orange stripe)

Orange

Advanced Orange

#### **Level 2 – Requires Sparring**

Purple

Advanced Purple

Blue

Advanced Blue

Green

Green Chevron

Advanced Green

#### **Level 3 – begins at Adv Grn Chv**

Advanced Green Chevron

Red

Red Chevron

Advanced Red

Advanced Red Chevron

Brown

Brown Chevron

Advanced Brown

Advanced Brown Chevron

Provisional Black