

# AMERICAN KENPO



***Purple Belt Techniques***

***ADULT***

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## PURPLE BELT TECHNIQUES



**REVERSING MACE**

**THRUSTING  
PRONGS**

**BUCKLING  
BRANCH**

**TWISTED TWIG**

**RAINING CLAW**

**OBSCURE  
SWORD**

**CRASHING WINGS**

**REPEATING MACE**

**EVADING THE  
STORM**

**CAPTURED  
LEAVES**

**SNAPPING TWIG**

**TWIRLING WINGS**

**CIRCLING WING**

**LEAPING CRANE**

**CALMING THE  
STORM**

**CRUSHING  
HAMMER**



# **Purple Belt**

## **Self Defense Techniques**

### **1 Reversing Mace**

**(Front Straight Left Punch)**

- Step back with left foot into a right neutral bow
- Right inward block followed by a left parry (waiter's block)
- Right inward block continues down and around and becomes a back knuckle punch to left ribs
- Shoot a right roundhouse kick to back of opponent's left knee

*( Move should be a 1,2,3 )*

### **2 Buckling Branch**

**(Front Straight Left Kick)**

- Step back with right foot to 4:00
- Double downward block starting with the right hand palm up and crossing over with left palm down – Blocking very hard to make opponent's back face you
- Left hand checks in front
- Right instep kick to groin, plant foot down ( into a right front twist stance)
- Shoot a left side kick to inside of right knee

### **3 Raining Claw**

**(Right Uppercut)**

- Step back with left leg into a right neutral bow
- Right downward inward block
- Left hand claw to the bridge of the nose - claw downward while right blocking down
- Come back up with right back knuckle to the face

## **4 Crashing Wings**

**(Bear Hug from Rear – Arms**

**Free)**

- Right leg steps to the right into a horse stance
- Drop both elbows on top of forearms
- Drag left leg in and into a cat stance and bring leg in behind opponent (follow with your heel as a check)
- Shoot a left outward elbow to chin as you turn into a left neutral bow and drop elbow down
- Execute a right hammer fist to the groin

## **5 Evading the Storm**

**(Right Front Overhead Club)**

- Step forward to 10:00 with left foot into a left forward bow
- Left Parry to the right then right outward block and grab outside of opponents wrist – Shoot out a right roundhouse kick to groin (Left hand checks at chest)
- Plant right foot (towards 1:00) into a right neutral bow as you pull opponent's wrist down and past your right hip and **left punch** to ribs as you pivot into a right forward bow.
- Left knee to outside right thigh and immediately pivot counter clockwise and right knee breaking opponents right knee –shift back to the right and shoot a heel palm breaking opponents elbow.

## **6 Snapping Twig**

**(Push with left to Chest)**

- Drop back with left to 6:00 into a right neutral bow
- Simultaneously block and break opponents elbow by bringing right heel palm in to the left smashing the elbow as you bring the left heel palm in to the right smashing the wrist
- Right hand crane hook arm to the right while executing a left outward sword to the throat as you shuffle forward
- Right hand inward block and rake the bridge of the nose continuing with right to elbow face and sandwich with left

## **7 Circling Wing**

**(Rear Two Hand Choke)**

- Step to the right with left foot to 2:00 into a left neutral bow
- Turn clockwise to 8:00 and bring right elbow up and down onto opponents right arm pinning it.
- Complete the turn with a left four finger thrust to the eyes into a right forward bow
- Right inward/upward elbow to left jaw
- Shift into a left reverse Bow facing 2:00 and drop a right hammer fist to opponents groin

## **8 Calming the Storm**

**(Front Right Club)**

- Step slightly to the left with your right foot to 12:00
- Left extended outward block to wrist with a right vertical punch to face at same time
- Pivot into a right forward bow and shoot a left vertical punch (Thrust) to solar plexus (as you right hand inward parry)
- Drop back into a right neutral bow and deliver a right back knuckle to ribs while your left executes a left extended outward hand sword block

## **9 Thrusting prongs**

**(Front Bear Hug – Arms Pinned)**

- Step back with right
- Strike down with both fists
- Left hand hooks around his arm ( over and on top)
- Shoot a straight right knee to groin
- Right side kick to inside of opponents knee and plant foot
- Right elbow to face

## **10 Twisted Twig** (Front Wrist Lock from handshake or grab)

- Check right hand with your left and right foot step inside
- Right hand comes up with an elbow to the chin
- Bring right back down and execute a right outward elbow to the midsection ( from a right neutral bow)
- Turn into a right reverse bow and drop a right hammer fist to groin

## **11 Obscure Sword** (Shoulder grab from behind w/ Left)

- Pin hand with your left as you step forward with left – right hand is in front of your midsection palm up
- Pull opponent into you and turn to the right and execute a right sword to the throat as you turn into a right neutral bow
- Left front ball kick to stomach and plant foot back to starting point

## **12 Repeating Mace** (Front Left Hand Cross Push)

- Step back to 5:00 with left leg as your left hand comes up and around ( as a check and a block) on top of opponents arm- in a circle
- Hook left hand onto opponents arm while right middle knuckle catches his ribs or kidney unwinding into a right neutral bow
- Back fist to ribs with right
- Right leg roundhouse downward kick to the back of leg

## **13 Captured Leaves** (Finger Lock)

- Raise right hand high towards 11:00 while left raises and checks as you step with the right foot to 10:00
- Pivot counter clockwise and shoot out a left back elbow to opponents left kidney while in a left reverse bow.
- Immediately pivot into a horse and shoot a right back elbow to left ribcage as left check face

## **14 Twirling Wings**

**grab)**

**(Rear two-hand stiff arm shoulder**

- Step back with left to 4:00 or 5:00 into a left rear twist stance
- Turn to your left facing opponent into a left forward bow while delivering a left outward block to opponents left arm and a right inward elbow to left ribcage
- Pivot to the right into a horse stance facing 9:00 and shoot a left inward elbow to left rib as your right checks face

## **15 Leaping Crane**

**(Step Through Right Punch)**

- Hop to the left into a crane stance with right leg cocked on your left knee as your left hand parries inward and your right middle knuckle rakes horizontally to the left striking opponent's right ribs.
- Deliver a right snapping knife edge kick to right knee as you plant the foot between opponents leg
- Shoot a right back knuckle to left kidney followed by a right inward elbow to head as you left heel palm strikes the opposite side causing a sandwich effect

## **16 Crushing Hammer**

**(Rear Bear Hug – Arms Pinned)**

- Step to the left with left foot to 9:00 into a horse
- Simultaneously strike to the groin with right back hammer fist as your left hand pins left arm
- Bring right foot in to left ( close cat stance) and then around and behind opponent's left leg ( to 4:00) into a right reverse bow
- Strike the groin with a right heel palm then grab the testicles with a right squeezing claw
- Pivot into a right neutral bow facing 4:00 as your right arm follows the contour of your opponent's body and right elbow to the chin
- Continue into a right forward bow and shoot a left heel palm to the ribs