

AMERICAN KENPO



Blue Belt Techniques

ADULTS

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BLUE BELT TECHNIQUES



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Blue Belt

Self Defense Techniques

1. PARTING WINGS

(Two Hand High Push)

- Step back with Right foot into a Left Neutral Bow
- Both hands come up and clear- outward extended blocks
- Right hand continues around and turns into a right heel palm to ribs as you shift into a forward bow – left hand checks centerline
- Shoot a left outward sword to throat and then drop left down to check center line
- Right middle knuckle punch to midsection

(Move should be - 1,2,3,4)

2. THUNDERING HAMMERS

(Straight Right Punch)

- Step forward with left leg towards 10:00 into a Left Neutral Bow & Left Inward Parry
- Shuffle into a left closed kneel and strike into opponents right knee with your right knee as you turn slightly counter clockwise (left) and **come up** with right forearm hammer to midsection as left hand goes up to your left ear loaded up
- Turn into a right closed kneel, striking back of calf muscle with your left and strike down with left hammer to opponent's left kidney
- Turn back into Left closed kneel & Right overhead hammer to back of neck

Beginning of Extension:

- Step off to the left with left foot and shoot a right back knuckle to face
- Shuffle forward and with right hand, claw the face from below and rip up as you cross out.

3. OBSTRUCTING THE STORM

(Front Right Overhead Club)

- Step forward with left leg to 10:00 into a LNB as you double cross block up (right hand over left) towards 12:00
- Right hand controls the wrist as left hand rolls around and brings opponent down breaking elbow if possible
- Adjust your Step with left towards 2:00 around opponent's front foot as you continue to control opp.
- Shoot a right knee to face and step back to start point of kick

4. DARTING MACE

(Front two hand wrist gab)

- Step forward with left foot towards 10:00 into a LNB as right hand counters around wrists
- Left thrust (vertical) punch to face **catching opponents elbow on the way with forearm breaking it hopefully**
- Drop left hand down and check opponent's hands to body (setting up for next strike)
- Right vertical punch to chest as you shift into a Left Forward Bow
- Shoot an upward hand sword with **left** from check (straightening opponent up) as you simultaneously shoot a right knee to midsection and step through
- Continue stepping through with right into a RNB – buckling opponents right knee and checking the body with left as you shoot a right heel palm to the face

5. SHIELD & SWORD

(Front Left Step Through Punch)

- Step to 1:00 with right foot into a RFB
- Left outward parry as right hand goes to right ear
- Turn into a RNB as you execute a right inward hand sword to back of neck
- Drop back to a RFB and strike with a left inward elbow to ribs as right checks at shoulder pushing it
- Go up the circle with left **to the left** as left hand comes up and around into a **waiters block** over opponents left arm as you unwind into a RNB as you shoot out a right middle knuckle strike to opponent's left kidney
- Immediately shoot a right roundhouse kick to right kidney and cross out with right foot

6. TWIN KIMONO

(Double Lapel Grab)

- Drop back with left to 6:00 into a right neutral bow as your left hand slices the eyes and then pins opponent at the wrists and shoot a right upward forearm to opponent's elbows
- Left leg moves to the left (Go up the circle towards 4:00) as you right back knuckle punch to solar plexus
- Come up and around with right inward diagonal down block clearing the hands
- Shoot a right outward hand sword to the throat

7. HOOKING WINGS

(Front Two- Hand Low Push)

- Step back with left leg into a RNB as both hands come down onto opponents thumbs (crane hand) pulling arms out of the way as you simultaneously execute a right front kick to groin and plant right foot forward
- Right hand continues **down and around and up** into a hammerfist to the bridge of the nose
- Right hand continues down and reverses into a **figure eight** and back knuckles to the face
- Right upward elbow to face and come down with claw to face

(1,2,3,4,5,6)

8. SPIRALING TWIG

(Rear High Bear Hug – Arms Free)

- Step to the right with right foot towards 3:00 into a horse position
- Strike back of the hands with both middle knuckles and then collapse the elbows down to pin arms while peeling back the fingers to break them
- Come underneath his left hand with your left and grab his right wrist
- Step to 2:00 with left foot & **step thru reverse** with right continuing to twist wrist breaking and controlling his wrist.
- Right Ball kick to midsection or face
- Lifting back knuckle to face with right

9. CHARGING RAM

(Front Tackle)

- Slide left leg to the left towards 3:00 into a RNB (Go up the circle counterclockwise) as opponent comes at you and left hand sword to throat (left Side) and then **instantly** deliver a right overhead hand sword to back of opponent's neck stopping him
- Immediately shoot a right front ball kick to left ribs (towards 9:00)
- Plant right foot & shoot a left ball kick to jaw

10. SQUEEZING THE PEACH

(Bear Hug – Arms Pinned)

- Step back with left **towards 5:00 buckling** opponents right knee & strike groin with left heel palm
- Grab & Squeeze Testicles
- Step forward with left towards 12:00 bringing opponent with you by the testicles
- Scoop groin with right rear kick & plant foot at 8:00 **with a stiff leg-buckling** opponents left leg
- Turn clockwise to the right & shoot out an obscure elbow with right

11. BOW OF COMPULSION

(Front Wrist Lock – Against Chest)

- With opponent pinning your right hand against his chest – Step in with right to 12:00 & Claw face with left and come down on arm - then check.
- Shoot a right upward elbow followed by a downward rake towards testicles as left hand becomes an outward hand sword up and to the throat
- Move into a closed kneel and right hand reverses to ridge hand to groin turning it into a right backfist to opponent's left knee
- Continue right hand in a figure 8 and come back around with a hammerfist to opposite knee (Right)
- Cross out to 7:00 with a right back knuckle to the face

(1,2,3,4,5,6)

12. SWINGING PENDULUM

(Right Roundhouse Kick)

- Step to the left with left foot towards 4:00 or 5:00 (Go up the circle)
- Universal Block to the left (Right inward – Left downward)
- Right hand reverse hammer fist to groin (Catch groin while kicking leg is still in the air) – Shuffle in if you need
- Left hand checks
- Go up the circle again with left as you shoot a right obscure elbow to face

(1,2,3)

13. GIFT IN RETURN

(Handshake)

- Step with left to 11:00 and control right hand as you check and follow with left (push wrist) – Sink or drop into a closed kneel as you swing opponent's hand through his own legs striking groin with his forearm
- Reach around and grab his hand and give a quick pull to his right knee breaking his elbow as you continue with your right leg up the circle
- Right side kick to back of knee, plant foot and follow with a left knee strike to tail bone.

14. CROSS OF DESTRUCTION

(Rear Two Handed Choke)

- Step to 9:00 into a horse position and grab both of opponent's wrist behind you pulling them forward to break his thumbs on you neck
- **Step through reverse** with right foot toward 8:00 as your left hand crosses opponents left arm over his right – end up in a LNB facing 5 O'clock - Keep holding both arms while pushing the right and pulling the left breaking opponent's elbow
- Right front ball kick to inside of knee cap and plant foot
- PUSH & PULL – Push with right (as if shooting an inverted punch up) & Pull with left breaking opponents elbow again and dislocating shoulder

15. SLEEPER

(Right Front Step Thru Punch)

- Step to 10:00 with left into a LNB as you do a left inward parry
- Turn into a left forward bow as you strike with a right ridge hand to left side of neck (right hand JUST comes up and around the neck to grab your right hand)
- Slip right leg around opponents and stump his right leg as left hand continues to grab your own right hand pulling & choke opponent
- Turn upper body counter clockwise (Left) towards 9:00 bringing opponent to the ground
- Drop into a left closed kneel and right vertical punch to face

16. FLIGHT TO FREEDOM

(Hammerlock – with a block)

- Step back and to the right with left foot to 5:00 into a RNB – right hand counter grabs opponents wrist
- Pivot entire body counterclockwise into a LNB while shooting a left outward elbow – **THAT IS BLOCKED**
- Step forward slightly with left foot to 2:00 and stop and shoot a right stiff back kick to midsection (This should straighten opponents right arm)
- Grab and turn opponents wrist as you turn to the right facing opponent in a RNB towards 7:00
- Heel palm to elbow with left
- Throw a left kick to front knee
- Cross out from kick