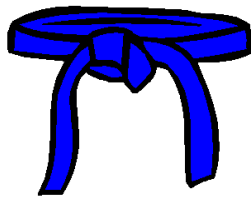


AMERICAN KENPO



Blue Belt Techniques



Children's

AMERICAN KENPO
BLUE BELT TECHNIQUES



Parting Wings
Calming the Storm
Twin Kimono
Hooking Wings
Bow of Compulsion



Blue Belt

Self Defense Techniques

1. CALMING THE STORM

(Front Right Roundhouse Club)

- Step slightly to the left with your right foot to 12:00 between opponent's legs
- 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 to solar plexus (as your right hand slides to the left *under your left* punch as an 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

2. PARTING WINGS

(Front Two Hand High Push)

- Step back with Right foot into a Left Neutral Bow
- Both hands come up and clear- **outward extended block** – open palms facing you
- 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 your left hand down to check center line
- **Right middle knuckle punch** to midsection

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

3. BOW OF COMPELSION

(Front Wrist Lock – Against Chest)

- With opponent pinning your right hand against his chest – **Step in** with **right foot** 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 **right closed kneel** and **right hand ridge** 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
- **Cross out to 7:00** with a right back knuckle to the face

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

4. TWIN KIMONO

(Double Lapel Grab)

- Drop back with left foot to 6:00 into a right neutral bow *as* your left hand slices the eyes *and then* pins opponent's wrists *and* shoot a right upward forearm breaking 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

5. HOOKING WINGS

(Front Two- Hand Low Push)

- Step back with left leg into a Right Neutral Bow as **both hands** come up and then down onto opponents thumbs (crane hand) *pulling* arms out of the way as you execute a **right front kick to groin** and *plant* right foot
- 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 **right claw** to face