"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, or right or wrong; then here are my weapons Karate, my empty hands."

--Ed Parker

NAME: _____

PHONE: _____

YELLOW BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

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KENPO CREED

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.

SYNONYMS

All self-defense techniques have been given names to simplify teaching. Many of the names or words have been chosen because of their symbolic meanings.

- SWORD - *Knife edge of the hand*
- MACE - *Fists*
- STORM - *Club Attack*
- TWIGS - *Arms*
- HAMMER - *Hammer fist*

SAYINGS

Distance is your best friend.

Whatever the attitude so is the response.

When blocking on the inside of an opponent's arm, do so below the elbow, never above it.

When blocking on the outside of an opponent's arm, do so at or above the elbow never below it.

The ankle is the wrist of the foot.

A knife-edge kick is a chop with the foot.

Defection; then infliction of pain.

YELLOW BELT REQUIREMENTS

TECHNIQUES	✓
1. Delayed Sword (Front -- right hand lapel grab)	
2. Alternating Maces (Front -- two-hand push)	
3. Sword of Destruction (Front -- left straight or roundhouse punch)	
4. Deflecting Hammer (Front -- right front thrust kick)	
5. Captured Twigs (Rear -- bear hug, arms pinned)	
6. Grasp of Death (Left flank -- right arm headlock)	
7. Checking the Storm (Front -- right step-through overhead club)	
8. Mace of Aggression (Front -- two-hand lapel grab, pulling in)	
9. Attacking Mace (Front -- right step through straight punch)	
10. Sword and Hammer (Right flank -- left hand shoulder grab)	

FORMS & SETS	✓
1. Short Form 1 (Right & Left sides)	
2. Blocking Set 1	