Techniques

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.

Techniques

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DELAYED SWORD (front- right lapel grab)

1. With your feet together step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, while simultaneously executing a right inward block to the right inner wrist of your opponent. At the same time position your left hand at solar plexus level as a precautionary check against further action.

2. Immediately slide your right foot back into a cat stance.

3. Without hesitation deliver a right front snapping ball kick to your opponent's groin.

4. Plant your right foot (back lo its point of origin) into a right neutral bow, facing 12:00, while employing Gravitational Marriage, as you strike with a right outward hand sword to the right side of your opponent's neck. Immediately slide your right hand (after the strike) to the right wrist of you opponent as a precautionary check.

ALTERNATING MACES (front- two handed push)

1. With your feet together, and as your opponent pushes you, step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, while simultaneously executing a right inward block to the outside of your opponent's left arm, while your left hand cocks to your left hip.

2. Immediately collapse your right arm across the lop of both of your opponent's arms (to

act as a check), as you deliver a left vertical thrust punch to your opponent's sternum or solar plexus, while torquing into a right forward bow stance. Remember both stance change and punch must work in synchronization with each other in order to maximize the force of the punch.

3. Have your left hand (after the punch, shift palm open and down) on top of both your opponent's arms (to check) while simultaneously having your right hand rapidly travel inside of your left arm and out into a right outward back knuckle strike to the right temple of your opponent, while pivoting back into a right neutral bow stance. (The torque stemming from the stance change will greatly increase the whipping action of your right hand).

4. Immediately have your right hand snap back into a checking position.

SWORD OF DESTRUCTION (front- left straight or round house punch)

1. With your feet together, step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, as you simultaneously execute a right outward extended block to the left inner wrist of your opponent's left punch. Your left hand should be in a positional check, covering your solar plexus.

2. Immediately slide your right foot back into a cat stance.

3. Without hesitation deliver a right front snapping ball kick to your opponent's groin.

4. Plant your right foot forward (to its point of origin) into a right neutral bow, facing 12:00 and while employing Gravitational Marriage execute a right inward hand sword strike to the left side of your opponent's neck.

5. Immediately snap your right hand back to the left inner wrist of your opponent to act as a check.

DEFLECTING HAMMER (front- right front thrusting ball kick)

1. With your feet together step back with your left foot toward 7:00 into a right neutral bow stance (to move out of the Line of Attack), while simultaneously executing a right downward diagonal block, against the outside of your opponent's right kicking leg. Your left hand checks at your solar plexus.

2. Without hesitation and while still in your right neutral bow, shuffle forward as your left hand checks inward and toward your opponent's biceps. Your right hand cocks at the right hip in preparation for an elbow strike.

3. Just as you conclude the shuffle execute a right inward horizontal elbow strike to your opponent's face, "with" a left sliding check down and onto your opponent's right elbow.

CAPTURED TWIGS (rear- bear hug around waist with arms pinned)

1. With your feet together and your opponent's arms around you, step toward 9:00 with your left foot into a horse stance, facing 12:00, as you simultaneously pin your opponent's hands (to your body) with your left hand. Just as your weight settles into your horse stance execute a right back hammer fist strike to your opponent's groin.

2. Immediately bring your right foot into a right cat stance (turning 90 degrees while facing 3:00) as your left hand releases the pin, clears your opponent's left arm and covers the front of your face as a check if needed. Simultaneous with the action of your left arm have your right hand cover your groin and proceed to clear opponent's right arm.

3. Do a right heel stomp to your opponent's right instep.

4. Slide your right foot toward 4:30 into a horse stance, facing 1:30. Immediately have your right forearm contour up the middle of your opponent's body as you execute a right vertical obscure elbow strike to the underside of your opponent's chin. Have your right arm snap back after the strike and cover your groin

THE GRASP OF DEATH (left flank right arm headlock)

1. With you bent forward and your opponent to your left applying a headlock with his right arm, initiate your action by tucking your chin to the left and against your chest, as you grab your opponent's right wrist with your right hand. All of this is done as your right foot steps forward toward 12:00 into a right close kneel stance while simultaneously grabbing your opponent's right inner thigh with your left hand and pinching the flesh of that leg with as much strength as possible. Your opponent will experience a horse bite effect if it is done correctly. Be sure you continue checking the outside of your opponent's right leg with your left knee.

2. As your opponent reacts to your pinch and releases his grip, have your right hand bring his right arm over your head and down to your chest, making sure that your right forearm angles diagonally while acting as a check.

3. Immediately release the grip of your left hand and have your left foot step forward toward 11:00 into a left neutral bow stance as you simultaneously strike the back of your opponent's right elbow with your left forearm while pulling in and toward you with your right hand. This action should cause your opponent to step forward with his left foot prior to bending over at the waist.

4. Roll your left forearm on the back of your opponent's right elbow until your left forearm is parallel to the ground. Now slide your left hand to your opponent's right elbow. While controlling your opponent's right elbow with your left hand, pivot into a transitional left forward bow, facing 11:00 as you immediately execute a right snapping vertical punch to the base of your opponent's skull, behind his right mastoid bone.

CHECKING THE STORM (front - right step through overhead club)

1. Standing naturally with your feet together, as your opponent swings his club in an overhead fashion, quickly step off the line of attack, to your right toward 3:00 with your right foot . Simultaneously drag your left foot toward your right foot as you form a 45

degree cat stance facing 10:30. Without a break in the flow of your action execute a right inward hand parry followed by a left extended outward block (employing the "Double Factor" principle) to the right inner wrist of your opponent's right arm. During the natural flow of your motion have your right hand stop, hand open, to act as a check in front of your solar plexus.

2. Immediately execute a left front snapping ball kick to your opponent's groin.

3. Plant your left foot (toward 10:00) as a gauging leg toward your opponent (twist stance), as you deliver a right snapping knife edge kick to the inside of the opponent's right knee.

4. Plant your right foot toward 10:00 into a right neutral bow, and while employing Gravitational Marriage, execute a right outward back knuckle to the left temple, as your left hand checks at the solar plexus.

MACE OF AGGRESSION (front- two hand lapel grab - pulling in)

1. With your feet together and your opponent grabbing your lapel with both of his hands, while pulling you in and toward him, execute a right stomp on the arch of your opponent's right foot while simultaneously striking diagonally across the bridge of your opponent's nose (from 1:00 to 7:00) with a right inward downward raking back knuckle strike. Have your left hand pin and check both of your opponent's hands at the same time the stomp and strike are taking place.

2. Continue the motion of your right arm so that it travels horizontally and down, striking both of your opponent's forearms in the process which in turn will force your opponent to bend forward.

3. Immediately execute a right inward horizontal elbow strike to your opponent's left jaw making sure that you follow through with your action.

4. Without hesitation return with a right outward horizontal elbow strike to the right jaw of your opponent.

ATTACKING MACE (front - right step through straight punch)

1. With your feet together, drop back with your right foot toward 6:00 into a left neutral bow stance, facing 12:00, as you execute a left inward block to the outside of your opponent's right punch. During this action your right hand cocks to your hip (fist clenched and palm up).

2. Immediately pivot into a left forward bow stance as you execute a right straight thrust punch to the right lower ribcage of your opponent. Make sure that your left hand is open as it checks your opponent's right elbow.

3. Circle your right hand clockwise down, in, over, and around your opponent's right arm as you counter grab the outside of your opponent's wrist. Immediately pull your opponent toward you while simultaneously delivering a right roundhouse kick to the groin. During this action cock your left hand at your left hip (fist clenched and palm up).

4. Drop forward into a right neutral bow, facing 12:00, while simultaneously executing a left snapping vertical punch to your opponent's right kidney, "with" your right leg On and Over the Line of Entry. (your right knee is inside of your opponent's right knee and pressing up against it). Simultaneously pull the opponent's right arm down and to the right checking their height, width, and depth zones.

SWORD AND HAMMER (right flank- left hand shoulder grab)

1. While you are standing naturally, your opponent (standing between 3:00 and 4:00) grabs your right shoulder with his left hand. Step off and to your right with your right foot toward 3:00 into a horse stance, facing 12:00 while striking your opponent's throat with a right upward outward diagonal hand sword. Simultaneous with this action pin your opponent's left hand to your right shoulder with your left hand.

2. As your opponent reacts to your hand sword strike and bends backward, execute a right back hammer fist strike to your opponent's groin as you settle your stance utilizing Gravitational Marriage.