

# **BLUEGRASS MARTIAL ARTS**

## **LOUISVILLE CHRISTIAN MARTIAL ARTS ACADEMY**



## **KENPO KARATE**

**THE SCHOLAR AND THE WARRIOR  
WISDOM AND ACTION**

**CONFIDENCE, DISCIPLINE, LEADERSHIP  
BECOME YOUR OWN SUPERHERO**

**3<sup>rd</sup> Brown Belt Manual**

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# ABOUT KENPO KARATE

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*"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."*  
*-Ed Parker*

Kenpo Karate is a self-defense system characterized by fast explosions of multiple strikes delivered to multiple targets. Kenpo Karate does not so much teach a set of standard responses to a set of limited scenarios, but rather teaches a set of principles that can be applied in any situation.

A simple translation of Kenpo Karate would be "Law of the Fist and Empty Hand". Kenpo Karate is a comprehensive system of modern self-defense. It is a deliberate and scientific take on modern self-defense.

Kenpo utilizes striking combinations and Jujutsu to control an attacker. Kenpo Karate as taught at Bluegrass Martial Arts is an adjusted version of the American and Traditional Kenpo Systems. There is greater emphasis on restraining an opponent, and targets are adjusted to be appropriate for a family friendly setting

This system of martial art has no eastern religious truth claims or faith practices. It is a complete system of self-defense that is coherent with the Christian worldview. If you are wishing to study martial arts, but you do not want exposure to non-Christian ideas, the Bluegrass Martial Arts Academy will be right for you.

We encourage Wisdom through disciplined Bible study and Action through a personal active ministry to the world. Bluegrass Martial Arts is dedicated to produce Agents that are equipped to protect the Sanctity of Life of everyone, and represent a Community set apart within a lost world.

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# GOOD WORK

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Excellent! You are now a 4th kyu Green belt. You have worked hard, and that is evident in your new belt. You are now beginning the advanced stages of this martial arts system, and you are only three levels away from first degree black belt. I hope your excitement and hard work will carry over again into this next challenge of 3<sup>rd</sup> Brown belt.

You will find this level a greater challenge. The basics are harder. The forms are more complex. The application of each technique becomes more advanced.

You may feel like you have regressed to the beginning all over again. Do not get frustrated. Each level by design challenges your ability a step further than the last. You may not feel like you have improved since your first class, trust me, you have. The new belt you wear proves this beyond any doubt. Enjoy the new challenge of a new belt level, and with time, you will be able to see how much improvement you have really made.

Welcome to the beginning of your journey toward 3<sup>rd</sup> Brown belt.

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## ABOUT THIS LEVEL

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Completion of the seventh level of Kenpo Karate is rewarded with the advancement to 3<sup>rd</sup> Brown belt. The material in this level will further build on the skills of earlier levels such as form, speed, power, breath control, and baiting. The application of these elements together is focus. Focus is a concentrated attention on one's objective.

### **Physical Focus**

Focus is possible only when the mind is not distracted by items like form, balance, speed, power, and breath control. The mind must be free to respond to a situation while the other elements of the technique take care of themselves. Muscle memory will respond with the other elements. The mind should focus only on what must be done.

This level is about concentration and determination. Use each technique to its full potential. Each punch and kick should snap. Every form should look as if the 3<sup>rd</sup> brown belt student was really in the midst of a great battle.

Focus is a mental discipline. The earlier levels are designed to challenge physical elements of techniques. Now with those separate elements part of the natural muscle memory, the mind is challenged to focus each of these other elements of form, posture, speed, power, and breath control into each separate movement.

Remember to stay relaxed. In order to focus your movements into explosive techniques you must stay relaxed and calm. Let your mind be aware of the setting you find yourself. What is the immediate threat and what is the level of danger you find yourself in.

The 3<sup>rd</sup> brown belt should always practice as if the danger is real. Without forgetting safety for your training partner is always

first, you must stay in control and aware of your fellow students and what their skill level is, but still begin to take on a new determination in your own training.

3<sup>rd</sup> brown is the beginning of the advanced levels. Other students will be looking to you as an example of what an advanced student looks like. Train your best, always. Become an encourager of other students to be their best also. Remember training should always be safe and fun. Do not become a taskmaster, but model disciplined energetic training and encourage others to do the same.

This level will require the student to perform Coordination Set 2, Heian Yondan, and Long Form 4. 3<sup>rd</sup> Brown belts must be able to execute the basics with improved skill. Coordination Set 2 should be executed with confidence. They must know Heian Yondan, and Long 4 forms by memory. Most importantly, the 20 techniques of 3<sup>rd</sup> Brown belt should be executed successfully from memory, and the student should be prepared to display the technique on a partner, or in open space with no Uke.

Focus is the new skill that should be stressed by instructors to the 3<sup>rd</sup> Brown belt student. The student should not become distracted or frustrated that they are not capable of performing at a mastery level. Studying any level of Kenpo Karate should be an affirming and enjoyable process.

**Learning this new level should be primarily a stress-free and fun process.**

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# BASICS

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Spring Roundhouse kick  
Spring Spinning Back kick  
Replacement Heel Hook–Wheel–Side kick

Jump Spinning Thrusting Side kick  
Jump Spinning Heel Hook kick  
Spring Spinning Outward Crescent kick

(cross Pak, low Jab), (Tan, high Cross), (cross Smother, Jab)  
cross Pak, Backfist, cross Pak, Bong Lop, Backfist, Cross  
(Slip out, Jab),(Slip in, Cross), Shoulder roll, Cross

Shoulder roll, cross Cover, Uppercut – Hook, Cross  
Jab, Cross, Duck: Cross, Hook, Duck: Hook, Cross  
Glancing Cross, Glancing Jab, cross Corkscrew, Uppercut

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# TARGET DRILLS

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Inward Crescent kick  
Inward Crescent – Jab, Cross  
Spring Inward Crescent kick, or (Drop Spinning Sweep)  
Inward Crescent, Spinning Back kick – Backfist, Cross  
Jump Spinning Inward Crescent kick, or (Spinning Outward  
Crescent, Inward Crescent)

Outward Crescent kick  
Outward Crescent – Roundhouse – Backfist, Cross  
Spinning Outward Crescent kick  
Push Drag Jab, Cross, Hook, Spinning Outward Crescent kick  
Spring Spinning Outward Crescent kick, or (Inward Crescent,  
Spinning Outward Crescent)

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# TECHNIQUES

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## 1) DARTING MACE

**Attack – *two-hand wrist grab to right arm***

1. left advance step to 12:00 into left neutral bow, left thrusting vertical punch to Uke's chin glancing off Uke's right arm, right hand cross grab Uke's right wrist and pull to chamber
2. pivot counterclockwise to left forward bow, left smother down and check Uke's arms, right thrusting vertical cross punch to Uke's sternum
3. right advance step to 12:00 into right cat stance, left cross outward thrusting sword hand Uke's neck, right hand chambers
4. right advance step to 12:00 to right neutral bow, right thrusting palm strike to Uke's chin, left hand downward outward clears Uke's right arm
5. full cover out to 6:00

## 2) SNAKING TALON

**Attack – *front two-hand push, low***

1. left retreat push drag step to 6:00 into right cat stance, right and left direct inward downward push down parries to Uke's arms
2. right arm continues to circle clockwise to extended outward parry and cross grab Uke's right wrist, left hand covers high
3. right snapping front kick to Uke's abdomen, left spear hand thrust to Uke's eyes
4. right foot plant to 9:00 into right front twist stance, throw Uke's right arm open toward 9:00
5. pivot counterclockwise unwinding twist stance with left spinning back kick to Uke's sternum
6. left plant to 12:00 into left neutral bow then pivot clockwise with right spinning back kick to Uke's abdomen
7. full cover out to 6:00

### **3) SOWING THE SEEDS**

#### ***Attack – right step through punch***

1. left advance step to 12:00 and pivot clockwise into left reverse close kneel stance, right cross outward hooking parry and extended outward grab Uke's right wrist, left inward horizontal hooking heel palm to hyperextend Uke's right elbow and pull Uke forward
2. push drag forward and pivot counterclockwise to left close kneel facing 12:00, left outward hammering backfist to Uke's abdomen, right inward hooking heel palm and claw to Uke's chin
3. pivot clockwise to right close kneel facing 3:00, right hammering backfist Uke's left side kidney, left thrusting vertical cross punch back of Uke's head (V punch)
4. left step to 3:00 right step to 9:00 (back to front switch) into left neutral bow facing 3:00, left arm reach around Uke's throat from behind, right hand post on the back of Uke's head, left hand grab your right forearm and squeeze left elbow closed while pressing head forward (standing rear sleeper choke)
5. full cover out to 9:00

### **4) UNWINDING PENDULUM**

#### ***Attack – right step through front kick, right punch combination***

1. right rear cross step to 6:00 into left front twist stance facing 12:00, right outward downward block Uke's kick, left hand cross covers high
2. pivot clockwise unwinding stance into left neutral bow facing 12:00, left inward block Uke's punch, right arm hangs relaxed to right side
3. right inward side kick to Uke's right knee, left hand checks Uke's right arm
4. plant right foot to 12:00 between Uke's legs into right front twist stance, right thrusting uppercut to Uke's abdomen, left hand checks Uke's right arm
5. pivot counterclockwise unwinding stance to right neutral bow facing 12:00, left inward hooking crane hand clear Uke's right arm, right inward hooking heel palm Uke's jaw
6. continue to pivot counterclockwise with left step to 4:30 into right reverse bow facing 10:30, right rear scoop kick Uke's groin

7. plant right foot back to 12:00 into right reverse bow stance facing 12:00, right outward downward heel palm Uke's abdomen
8. full cover out to 6:00

## **5) BROKEN GIFT**

### **Attack – *handhold***

1. left hand pin Uke's right hand, left advance step to 12:00 into left neutral bow, turn Uke's right hand counterclockwise palm up, left upward flapping elbow to hyperextend Uke's right elbow
2. left retreat step to 6:00 into right neutral bow, turn Uke's right hand clockwise palm down and both hands pull his arm forward
3. right outward whipping backfist Uke's temple, left hand holds Uke's right wrist
4. left retreat rear cross step to 4:30 into right front twist stance and pivot counterclockwise unwinding twist stance to right neutral bow facing 10:30, right thrusting vertical uppercut Uke's ribs
5. pivot counterclockwise into right reverse bow facing 12:00, right inward downward elbow to Uke's jaw
6. right hand checks behind Uke's head, right rear step through hooking vertical scoop kick Uke's head
7. right foot plant to 4:30, continue cover out to 4:30

## **6) SQUATTING SACRIFICE**

### **Attack – *rear bear hug, arms free***

1. right advance step to 3:00 into a side horse, right and left overhead inward downward elbow strikes to Uke's right and left forearms
2. flex knees to sit back on Uke's right leg, bend forward and reach down with both hands to grab Uke's right foot and pull it up and forward off the ground – be careful that Uke does not push you over on your front when you bend forward
3. Uke will fall backwards behind you – be careful that Uke does not pull you down backwards as well, pivot clockwise with right hooking heel kick Uke's right temple
4. plant right foot to 7:30 and pivot clockwise into right forward bow facing 6:00, twist Uke's right ankle clockwise to roll Uke over to his front

5. left advance step to 4:30 and drop into a left close kneel stance, right knee drop on Uke's back
6. right advance step to 7:30 and drop into a right close kneel stance, left knee drop on Uke's back
7. full cover out to 7:30

## **7) CROSS OF DESTRUCTION**

### ***Attack – rear two-hand choke***

1. drop chin to chest to protect trachea, left side step to 9:00 into horse stance, left and right hands direct over the shoulder grab Uke's left and right wrists
2. turn both Uke's wrists outward so palm side is up, pull Uke arms forward so that his elbows rest on your shoulders
3. raise up from horse stance while pulling down on both Uke's wrists (straight arm shoulder lever)
4. lift Uke's left arm and slip head under Uke's arm and left step to 9:00, right leg reaps back to 7:30 sweeping Uke's left leg back into left forward bow facing 1:30
5. left arm pull Uke's left arm straight, right arm cross Uke's right arm under and behind his left elbow
6. pull back against Uke's left wrist, push forward with his right causing a cross arm lever, right step through front kick to Uke's right knee
7. plant right foot to 1:30 into right neutral bow, pivot counterclockwise Uke will be thrown forward onto his back to avoid breaking his left arm (cross arm throw)
8. full cover out to 7:30

## **8) DANCE OF DARKNESS**

### ***Attack – right thrusting front kick – right step through punch combination***

1. right retreat rear cross step to 6:00 into left front twist stance, right outward downward parry Uke's kick, left hand cross covers high
2. right step to 11:00 into an inverted right neutral bow, left inward brushing parry followed by right upward brushing parry to Uke's punch

3. left advance step to 12:00 and pivot counterclockwise to left close kneel stance, left outward hammering backfist to Uke's abdomen, right inward hooking heel palm and claw to Uke's chin
4. pivot clockwise to right close kneel facing 3:00, right hammering backfist Uke's left side kidney, left thrusting vertical cross punch back of Uke's head (V punch)
5. left hand downward vertical heel palm and grab Uke's right shoulder from behind and pull down, right rolling downward vertical backfist Uke's temple
6. left front cross inward sweep Uke's right foot forward toward 6:00 into twist stance, left thrusting two finger eye poke, right hand extended outward grab Uke's right wrist and pull his arm forward
7. cover out to 6:00

## **9) CRUSHING LIMB**

### ***Attack – two-hand lapel grab, pulling***

1. left step to 12:00 into left neutral bow buckling Uke's left knee outward, left inward slicing elbow Uke's left side ribs, right vertical outward hooking parry check Uke's left forearm, rear head butt Uke's nose
2. left hand grasp palm to palm with right catching Uke's left elbow and causing arm to bend (left arm comes from behind elbow and under Uke's arm, right arm hooks vertically over Uke's forearm)
3. hugging Uke's arm tight to your chest, pivot counterclockwise with left step to 6:00 into right neutral bow, Uke's arm should be pulled forward forcing Uke's to turn his back to you
4. pivot clockwise with right step to 6:00 into right wide kneel stance facing 6:00, Uke will fall forward on his back (arm cradle take down)
5. left dropping knee to Uke's sternum, left cross thrusting vertical punch to Uke's head
6. full cover out to 10:30

## **10) CIRCLING FANS**

### **Attack – *left, right punch combination***

1. left retreat step to 6:00 into right neutral bow, right inward smother down block to Uke's left punch, left hand chambers
2. right foot slides toward 6:00 into right cat stance, left cross inward smother down block to Uke's right punch, right hand chambers
3. right snapping front kick Uke's abdomen
4. plant right foot to 12:00 into right neutral bow, right thrusting horizontal uppercut Uke's chin, left hand cross covers low
5. left front cross advance step to 12:00 into twist stance, left cross vertical thrusting punch Uke's sternum, right arm covers horizontally low
6. right thrusting knee Uke's right inner thigh, both hands chamber
7. plant right foot to 12:00 and pivot counterclockwise into right reverse bow to sweep Uke's left leg back and bending Uke forward, right outward hammerfist Uke's abdomen
8. full cover out to 6:00

## **11) KNEELING TIGER**

### **Attack – *right roundhouse kick***

1. begin in kneeling position (shizen)
2. right advance step to 12:00 into right kneeling stance, left cross outward downward block, right thrusting inward block (universal block)
3. left arm vertical outward block to check Uke's right leg, right upward vertical elbow strike Uke's abdomen
4. right downward vertical hammering backfist Uke's chin
5. stand with left step to 12:00 into left neutral bow, left hand grabs behind Uke's right knee, right hand grabs behind Uke's left knee, pull Uke's legs up out from under him dropping him to his back (front double leg tackle)
6. full cover out to 6:00

## **12) ENCOUNTER OF DANGER**

### **Attack – *front two-hand push, high***

1. caught off guard you lose balance and fall backwards, flex your knees, drop your chin to your chest, arch your back forward and attempt to roll along your back rather than hit the ground all at once in one place, use your arms to slap out toward both sides as your back comes into contact with the ground (backwards break fall)
2. from your back, post your left forearm on the ground and plant your right foot, left front stomping inward side kick Uke's right knee
3. press up with left hand and right foot to lift your hips up high enough to swing your left foot under you, back toward 6:00, and stand into right neutral bow facing 12:00 (Technical Stand Up)
4. left replacement step, right thrusting side kick Uke's ribs
5. left spinning thrusting back kick Uke's abdomen
6. left front cross plant to 6:00 into twist stance then cover out to 6:00

## **13) FLASHING MACE**

### **Attack – *right step through punch***

1. left advance step to 12:00 into left neutral bow, left thrusting inward block Uke's punch, right hand chambers high above head
2. right advance step to 10:30 into right neutral bow, right inward raking hammerfist strike Uke's nose, left hand cross checks high
3. pivot counterclockwise to face 6:00 in left neutral, left spinning outward hammering backfist Uke's ribs, right hand cross checks high – you should be standing to Uke's right side
4. left outward vertical hooking check Uke's right elbow, right advance step to 7:30, pivot counterclockwise to left neutral bow facing 1:30, right arm circle for overhead inward looping corkscrew punch Uke's nose
5. left retreat step to 7:30 into right neutral bow facing 1:30
6. full cover out to 7:30

## **14) DEFENSIVE CROSS**

### ***Attack – right snapping front kick***

1. left retreat step to 6:00 into right neutral bow, right over left low cross arm block (X block) to intercept Uke's kick and both arms cross parry Uke's kick past your left side toward 6:00
2. pivot clockwise to right forward bow, right outward horizontal hammering backfist Uke's right side temple, followed by left inward horizontal hammering horizontal heel palm strike Uke's chin
3. right foot draw back into right cat stance, right snapping front kick Uke's abdomen, left hand cross covers low
4. plant right foot back into right forward bow, right upward vertical lifting backfist to Uke's nose
5. full cover out to 6:00

## **15) UNFURLING CRANE**

### ***Attack – left, right punch combination***

1. left retreat step to 6:00 into right neutral bow, left cross inward parry followed by right vertical outward block Uke's left punch (windmill block)
2. forward push drag advance step, right inward parry followed by left cross vertical outward block Uke's right punch (windmill block)
3. right outward hammerfist Uke's abdomen, left arm vertical outward checks Uke's right arm
4. pivot clockwise to right forward bow, left cross overhead downward vertical heel palm Uke's nose, right hand chambers
5. right rolling downward vertical whipping backfist Uke's nose, left hand cross covers low
6. left foot slide forward to right cat stance, right outward hammerfist Uke's abdomen, left extended outward grab Uke's right arm
7. right upward vertical obscure elbow (or heel palm) Uke's chin followed by right front scoop kick Uke's groin
8. right inward downward sword hand Uke's neck, right snapping side kick Uke's left knee

9. right front cross plant to 6:00 into twist stance then cover out to 6:00

## **16) CIRCLING WINDMILLS**

**Attack – right overhead downward hammerfist strike**

1. left advance step to 12:00 into left neutral bow, right cross upward fanning high block Uke's punch, left thrusting outward sword hand Uke's sternum
2. pivot counterclockwise to left forward bow, left upward fanning high block to check Uke's right arm, right cross inward horizontal hammerfist Uke's left side ribs
3. pivot clockwise to left neutral bow, right cross upward fanning high block to check Uke's right arm, left inward horizontal hammerfist Uke's right side ribs
4. right advance step to 12:00 into right neutral bow, left inward hooking crane hand clear Uke's right arm, right inward raking hammerfist Uke's left side temple
5. pivot clockwise into twist stance, right outward horizontal finger slice Uke's eyes
6. pivot counterclockwise into right neutral bow, right inward horizontal finger slice Uke's eyes
7. full cover out to 6:00

## **17) STARTLED CAT**

**Attack – right side, right step through punch**

1. right advancing side step to 3:00 into right cat stance, left cross inward parry then right upward vertical brushing parry Uke's right arm
2. right advance step to 3:00 into right neutral bow facing 3:00, left cross inward smother block Uke's right arm, right thrusting palm strike Uke's chin
3. left advance step to 3:00 into left close kneel stance, right cross upward vertical elbow to Uke's chin
4. pivot clockwise with right retreat step to 3:00 into left neutral bow facing 9:00, both hands grab Uke's legs below the knees and pull both Uke's legs backward up out from under him causing him to fall forward (rear double leg tackle)

5. left snapping front kick Uke's abdomen
6. full cover out to 9:00

## **18) REVERSING CIRCLES**

### ***Attack – left roundhouse kick, left punch combination***

1. right advance step to 12:00 into right side neutral bow, right downward outward block, left cross inward block Uke's kick (universal block)
2. pivot clockwise to right forward bow, right upward fanning high block Uke's punch, left cross outward thrusting sword hand Uke's ribs
3. pivot counterclockwise to right neutral bow, left cross upward fanning high block and extended outward grab Uke's left wrist, right outward thrusting sword hand Uke's ribs
4. right thrusting vertical forearm press against Uke's left elbow, left hand pull Uke's left wrist to bend Uke forward (arm bar)
5. pivot counterclockwise to force Uke forward to the ground with pressure against his elbow (arm bar take down)

### ***Uke Resists***

6. right outward whipping backfist Uke's nose
7. right grab Uke's left hand thumb side, right adjust to grab Uke's left hand weak side
7. right retreat step to 6:00 into left neutral bow facing 12:00, twist Uke's left arm clockwise for outward wristlock takedown
8. full cover out to 6:00

## **19) PRANCE OF THE TIGER**

### ***Attack – right step through thrusting uppercut***

1. from right side neutral bow, right inward smother down block Uke's right arm, left inward snapping side kick Uke's right knee, left thrusting vertical cross Uke's sternum
2. left foot plants back down as right foot delivers snapping side kick to Uke's left knee, right outward whipping backfist Uke's temple, left hand direct grabs Uke's right wrist
3. right front cross step toward 6:00 into twist stance, right thrusting palm strike Uke's chin

4. pivot counterclockwise unwinding twist stance with left spinning outward reaping leg sweep Uke's right leg to 9:00 into left reverse bow facing 12:00, left outward heel palm Uke's groin, right hand cross covers high
5. cover out to 6:00

## **20) KUNG FU WRIST**

**Attack – Multiple Attackers: two-hand wrist grab from both sides**

1. right and left hands cross grab both attackers wrists, right rear cross step to 9:00 stomping left side attacker's (attacker A) right foot into a twist stance facing 12:00, right hand pull right side attacker (attacker B) forward toward 9:00
2. right snapping front kick to attacker B's abdomen to release his hold
3. pivot counterclockwise with right plant to 9:00 into right neutral bow facing 9:00, turn left hand to extended outward grab attacker A's left wrist, right thrusting vertical forearm to his right elbow
4. pull back with left hand press forward with right forearm to bend attacker A forward (arm bar)
5. pivot counterclockwise with left step to 9:00 into right neutral bow facing 3:00, Attacker A will be forced into a counterclockwise spin to keep his left arm from being broken (wizzer)
6. keeping Attacker A between yourself and Attacker B, (barricade) right hammering outward horizontal elbow to attacker A's left temple
7. circle right arm counterclockwise to check attacker A's shoulders keeping him from standing
8. continue right arm counterclockwise circle to large inward overhead downward vertical hammering elbow to attacker A's back (drop into this move by flexing the knees)
9. full cover out to 9:00

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# **COORDINATION SET #2**

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## **Opening Salutation**

### **Section A – toward 12:00**

1. right step to 6:00 into left neutral bow, left vertical outward block, right cross outward downward block
2. right cross vertical outward block, left outward downward block
3. pivot counterclockwise to left forward bow, left fanning high block, right cross inward horizontal hammerfist
4. pivot clockwise to left neutral bow, right cross fanning high block, left inward horizontal hammerfist
5. pivot counterclockwise to left forward bow, right cross inward block, left hand chambers
6. right snapping front kick, left horizontal punch, right hand chambers
7. right thrusting back kick, right horizontal punch, left hand chambers
8. right foot plant to 6:00 into left neutral bow, left high block, right hand cross covers low
  
9. right step to 12:00 into right neutral bow, right vertical outward block, left cross outward downward block
10. left cross vertical outward block, right outward downward block
11. pivot clockwise to right forward bow, right fanning high block, left cross inward horizontal hammerfist
12. pivot counterclockwise to right neutral bow, left cross fanning high block, right inward horizontal hammerfist
13. pivot clockwise to right forward bow, left cross inward block, right hand chambers
14. left snapping front kick, right horizontal punch, left hand chambers
15. left thrusting back kick, left horizontal punch, right hand chambers

16. left foot plant to 6:00 into right neutral bow, right high block, left hand cross covers low

**Section B** – *towards 9:00*

1. right step to 3:00 into left neutral bow, left vertical outward block, right cross outward downward block
2. right cross vertical outward block, left outward downward block
3. pivot counterclockwise to left forward bow, left fanning high block, right cross inward horizontal hammerfist
4. pivot clockwise to left neutral bow, right cross fanning high block, left inward horizontal hammerfist
5. pivot counterclockwise to left forward bow, right cross inward block, left hand chambers
6. right snapping front kick, left horizontal punch, right hand chambers
7. right thrusting back kick, right horizontal punch, left hand chambers
8. right foot plant to 3:00 into left neutral bow, left high block, right hand cross covers low
  
9. right step to 9:00 into right neutral bow, right vertical outward block, left cross outward downward block
10. left cross vertical outward block, right outward downward block
11. pivot clockwise to right forward bow, right fanning high block, left cross inward horizontal hammerfist
12. pivot counterclockwise to right neutral bow, left cross fanning high block, right inward horizontal hammerfist
13. pivot clockwise to right forward bow, left cross inward block, right hand chambers
14. left snapping front kick, right horizontal punch, left hand chambers
15. left thrusting back kick, left horizontal punch, right hand chambers
16. left foot plant to 3:00 into right neutral bow, right high block, left hand cross covers low

**Section C – towards 6:00**

1. right step to 12:00 into left neutral bow, left vertical outward block, right cross outward downward block
2. right cross vertical outward block, left outward downward block
3. pivot counterclockwise to left forward bow, left fanning high block, right cross inward horizontal hammerfist
4. pivot clockwise to left neutral bow, right cross fanning high block, left inward horizontal hammerfist
5. pivot counterclockwise to left forward bow, right cross inward block, left hand chambers
6. right snapping front kick, left horizontal punch, right hand chambers
7. right thrusting back kick, right horizontal punch, left hand chambers
8. right foot plant to 12:00 into left neutral bow, left high block, right hand cross covers low
  
9. right step to 6:00 into right neutral bow, right vertical outward block, left cross outward downward block
10. left cross vertical outward block, right outward downward block
11. pivot clockwise to right forward bow, right fanning high block, left cross inward horizontal hammerfist
12. pivot counterclockwise to right neutral bow, left cross fanning high block, right inward horizontal hammerfist
13. pivot clockwise to right forward bow, left cross inward block, right hand chambers
14. left snapping front kick, right horizontal punch, left hand chambers
15. left thrusting back kick, left horizontal punch, right hand chambers
16. left foot plant to 12:00 into right neutral bow, right high block, left hand cross covers low

**Section D – towards 3:00**

1. right step to 9:00 into left neutral bow, left vertical outward block, right cross outward downward block

2. right cross vertical outward block, left outward downward block
3. pivot counterclockwise to left forward bow, left fanning high block, right cross inward horizontal hammerfist
4. pivot clockwise to left neutral bow, right cross fanning high block, left inward horizontal hammerfist
5. pivot counterclockwise to left forward bow, right cross inward block, left hand chambers
6. right snapping front kick, left horizontal punch, right hand chambers
7. right thrusting back kick, right horizontal punch, left hand chambers
8. right foot plant to 9:00 into left neutral bow, left high block, right hand cross covers low
  
9. right step to 3:00 into right neutral bow, right vertical outward block, left cross outward downward block
10. left cross vertical outward block, right outward downward block
11. pivot clockwise to right forward bow, right fanning high block, left cross inward horizontal hammerfist
12. pivot counterclockwise to right neutral bow, left cross fanning high block, right inward horizontal hammerfist
13. pivot clockwise to right forward bow, left cross inward block, right hand chambers
14. left snapping front kick, right horizontal punch, left hand chambers
15. left thrusting back kick, left horizontal punch, right hand chambers
16. left foot plant to 9:00 into right neutral bow, right high block, left hand cross covers low

**Section E – towards 12:00**

1. right step to 6:00 into left neutral bow, left vertical outward block, right cross outward downward block
2. right cross vertical outward block, left outward downward block
3. pivot counterclockwise to left forward bow, left fanning high block, right cross inward horizontal hammerfist

4. pivot clockwise to left neutral bow, right cross fanning high block, left inward horizontal hammerfist
5. pivot counterclockwise to left forward bow, right cross inward block, left hand chambers
6. right snapping front kick, left horizontal punch, right hand chambers
7. right thrusting back kick, right horizontal punch, left hand chambers
8. right foot plant to 6:00 into left neutral bow, left high block, right hand cross covers low
  
9. right step to 12:00 into right neutral bow, right vertical outward block, left cross outward downward block
10. left cross vertical outward block, right outward downward block
11. pivot clockwise to right forward bow, right fanning high block, left cross inward horizontal hammerfist
12. pivot counterclockwise to right neutral bow, left cross fanning high block, right inward horizontal hammerfist
13. pivot clockwise to right forward bow, left cross inward block, right hand chambers
14. left snapping front kick, right horizontal punch, left hand chambers
15. left thrusting back kick, left horizontal punch, right hand chambers
16. left foot plant to 6:00 into right neutral bow, right high block, left hand cross covers low

right step to 3:00 into horse stance facing 12:00

left hand opens to sword hand, right hand punches into left palm

**Closing Salutation**

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# Heian Yondan (peaceful mind 4)

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## Opening Salutation

1. both hands chamber to right hip (palm to palm, left over right), pivot counterclockwise to face 9:00 in left cat stance
2. left extended outward sword hand block, right sword hand chambers high above head
3. both hands chamber to left hip (palm to palm, right over left), pivot clockwise to face 3:00 in right cat stance
4. right extended outward sword hand block, left sword hand chambers high above head
  
5. left step to 12:00 into left forward bow, right over left low cross arm block (x block)
6. right step to 12:00 into right neutral bow, right reinforced vertical outward block
7. both hands chamber to right hip (palm to palm, left over right), lift left foot into crane stance facing 12:00
8. left thrusting side kick and left outward whipping backfist strike toward 10:30
9. left foot plants to 10:30 into a left forward bow, right cross inward horizontal elbow, left inward horizontal hooking heel palm strike
10. both hands chamber to left hip (palm to palm, right over left), lift right foot into crane stance facing 12:00
11. right thrusting side kick and right outward whipping backfist strike toward 1:30
12. right foot plants to 1:30 into a right forward bow, left cross inward horizontal elbow, right inward horizontal hooking heel palm strike
13. left outward downward block, right rear chambers high
14. left advance step to 12:00 into a left forward bow facing 12:00, left fanning high block, right cross inward hammering horizontal sword hand high
15. right snapping step through front kick, left arm covers high, right hand still extended from sword hand strike

16. left rear cross step to 1:30 into a right front twist stance facing 12:00, right hammering outward downward vertical backfist, left hand chambers, Kiai
17. pivot counterclockwise unwinding twist stance to face 4:30 and left advance step to 4:30 into left neutral bow, left and right extended outward blocks
18. right snapping step through front kick
19. plant right foot to 4:30 into right forward bow, right thrusting horizontal punch, left hand chambers
20. pivot clockwise with left horizontal thrusting cross punch, right hand chambers
21. pivot clockwise drawing right foot back to right cat stance facing 7:30, right and left arms cross cover high to x block position
22. right advance step to 7:30 into right neutral bow, left and right extended outward blocks
23. left snapping step through front kick
24. plant left foot to 7:30 into left forward bow, left thrusting horizontal punch, right hand chambers
20. pivot counterclockwise with right horizontal thrusting cross punch, left hand chambers
21. left step to 6:00 into left cat stance, left reinforced vertical outward block
22. right step to 6:00 into right cat stance, right reinforced vertical outward block
23. left step to 6:00 into left cat stance, left reinforced vertical outward block
24. both hands reach forward as if grabbing an opponent behind the neck
25. both hands pull down with right step through thrusting knee, Kiai
26. right foot plants to 6:00, pivot counterclockwise into left neutral bow facing 12:00, left extended outward sword hand block, right hand chambered at heart palm up

27. right advance step to 12:00 into right neutral bow, right extended outward sword hand block, left hand chambered at heart palm up

right foot step to 3:00

**Closing Salutation**

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# LONG FORM 4

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## Opening Formal Wisdom and Action Salutation

from attention stance (standing straight, feet together, head up looking directly forward, both arms at your sides)

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand (The Scholar), right hand chambers by your right shoulder showing your closed fist (The Warrior)
2. left hand pulls back to cover the right fist (The Scholar and the Warrior are United)
3. left step forward into left cat stance, both hands press forward showing the weapons (The Scholar and the Warrior Press Forward)
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline (The Scholar and the Warrior Journey Back to Back)
5. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs (Showing Your Only Weapons – Your Empty Hands)
6. left side step with informal scholar and warrior salutation

## PROTECTING FANS

1. left step to 10:30 into left neutral bow, left inward block, right hand chambers
2. pivot counterclockwise into left forward bow, right cross extended outward block, left hand chambers (windmill block)
3. right snapping front kick, left thrusting two finger eye jab, right hand chambers
4. plant right foot to 3:00 into horse stance facing 12:00, right inward horizontal thrusting elbow, left hand chamber

## Isolation Set A

1. turn to look, left back spear hand thrust over the right shoulder, right rear thrusting elbow strike
2. right front thrusting horizontal spear hand, left rear outward vertical sword hand strike

3. left front vertical outward block, right rear outward vertical hammerfist strike
4. right front vertical outward block
5. right forearm punch forward, left forearm pull back (arm bar break)
6. left forearm punch forward, right forearm pull back (arm bar break)
7. both arms outward snapping uppercuts to the either side
8. right step to 9:00 into ready position facing 12:00, right and left outward downward overhead heel palms strikes (to the sides)

### **PROTECTING FANS (alternate side)**

1. right step to 1:30 into right neutral bow, right inward block, left hand chambers
2. pivot clockwise into right forward bow, left cross extended outward block, right hand chambers (windmill block)
3. left snapping front kick, right thrusting two finger eye jab, left hand chambers
4. plant left foot to 9:00 into horse stance facing 12:00, left inward horizontal thrusting elbow, right hand chamber

### **Isolation Set B**

1. turn to look, right back spear hand thrust over the left shoulder, left rear thrusting elbow strike
2. left front thrusting horizontal spear hand, right rear outward vertical sword hand strike
3. right front vertical outward block, left rear outward vertical hammerfist strike
4. left front vertical outward block
5. left forearm punch forward, right forearm pull back (arm bar break)
6. right forearm punch forward, left forearm pull back (arm bar break)
7. both arms outward snapping uppercuts to the either side

## **PRAYING MANTIS**

1. right step to 1:30 into right cat stance, left cross thrusting inward block, right hand chambers
2. right snapping front kick, right two finger eye jab, left cross covers low

## **PRAYING MANTIS (alternate side)**

1. plant right foot to 3:00 into horse stance facing 12:00, left step to 10:30 into left cat stance, right cross thrusting inward block, left hand chambers
2. left snapping front kick, left two finger eye jab, right cross covers low

## **UNFURLING CRANE (alternate side)**

1. left plant to 10:30 into left neutral bow facing 10:30, right cross inward fanning parry followed by left vertical outward block (windmill block) right arm continues to circle to cross downward block
2. push drag advance to 10:30, left inward parry followed by right cross vertical outward block (windmill block) with left outward hammerfist
3. pivot counterclockwise to left forward bow, right cross overhead downward vertical heel palm
4. pivot clockwise to left neutral bow, left rolling downward vertical whipping backfist, right arm cross covers low

## **UNFURLING CRANE**

1. left step to 7:30 into right neutral bow facing 1:30, left cross inward fanning parry followed by right vertical outward block (windmill block) left arm continues to circle to cross downward block
2. push drag advance to 1:30, right inward parry followed by left cross vertical outward block (windmill block) with right outward hammerfist
3. pivot clockwise to right forward bow, left cross overhead downward vertical heel palm

4. pivot counterclockwise to right neutral bow, right rolling downward vertical whipping backfist, left arm cross covers low

### **SOWING THE SEEDS**

1. right step to 6:00 and pivot clockwise into left reverse close kneel stance, right cross outward hooking parry and extended outward grab, left inward horizontal hooking heel palm
2. pivot counterclockwise to left close kneel stance, left outward hammering backfist, right inward hooking heel palm and claw
3. pivot clockwise to right close kneel stance, right hammering backfist, left thrusting vertical cross punch

### **SOWING THE SEEDS (alternate side)**

1. left step to 6:00 and pivot counterclockwise into right reverse close kneel stance, left cross outward hooking parry and extended outward grab, right inward horizontal hooking heel palm
2. pivot clockwise to right close kneel stance, right outward hammering backfist, left inward hooking heel palm and claw
3. pivot counterclockwise to left close kneel stance, left hammering backfist, right thrusting vertical cross punch

### **FLASHING WINGS**

1. right front cross step to 9:00 into right front twist stance, right high block, left hand chambers
2. left advance step to 12:00 into left neutral bow, left thrusting inward block
3. push drag advance to 12:00, pivot counterclockwise to a left forward bow, right cross inward horizontal slicing elbow strike, left hand cross checks high
4. pivot clockwise to a left neutral bow, right cross outward downward hammering elbow strike, left hand chambers high
5. pivot clockwise to right neutral bow facing 6:00, push drag advance to 6:00, right outward downward hammering sword hand
6. left inward downward hammering sword hand
7. pivot counterclockwise and flex knees to left wide kneel stance facing 12:00, right cross inward thrusting palm up sword hand, left hand palm down check

### **FLASHING WINGS (alternate side)**

1. left front cross step to 3:00 into left front twist stance, left high block, right hand chambers
2. right step to 12:00 into right neutral bow, right thrusting inward block, left hand chambers
3. push drag advance to 12:00, pivot clockwise to a right forward bow, left cross inward horizontal slicing elbow strike, right hand cross checks high
4. pivot counterclockwise to a right neutral bow, left cross outward downward hammering elbow strike, right hand chambers high
5. pivot counterclockwise to left neutral bow facing 6:00, push drag advance to 6:00, left outward downward hammering sword hand
6. right inward downward hammering sword hand
7. pivot clockwise and flex knees to right wide kneel stance facing 12:00, left cross inward thrusting palm up sword hand, right hand palm down check

### **GATHERING CLOUDS**

1. pivot counterclockwise to horse stance facing 9:00, left hand inward parry, right cross inward horizontal middle knuckle rake
2. right outward hammering sword hand
3. right step to 9:00 into right neutral bow, right inward horizontal thrusting elbow, left inward heel palm strike
4. right front scoop kick, right inward two finger eye hook, left thrusting palm strike

### **GATHERING CLOUDS (alternate side)**

1. right plant to 3:00 and pivot clockwise into right neutral bow facing 3:00, right hand inward parry, left cross inward horizontal middle knuckle rake
2. left outward hammering sword hand
3. left step to 3:00 into left neutral bow, left inward horizontal thrusting elbow, right hand inward heel palm strike
4. left front scoop kick, left inward two finger eye hook, right thrusting palm strike

## **CIRCLES OF PROTECTION**

1. left plant to 10:30 and pivot counterclockwise into left forward bow facing 10:30, right cross high block, left hand chambers
2. pivot clockwise to left neutral bow, left high block
3. left arm circles counterclockwise, right arm orbits clockwise to snapping uppercut
4. push drag advance to 10:30, left outward whipping backfist, right hand chambers

## **CIRCLES OF PROTECTION (alternate side)**

1. left front cross step to 4:30 into left front twist stance facing 4:30
2. right advance step to 4:30 into right forward bow, left cross high block, right hand chambers
3. pivot counterclockwise to right neutral bow, right high block
4. right arm circles clockwise, left arm orbits counterclockwise to snapping uppercut
5. push drag advance to 4:30, right outward whipping backfist, left hand chambers

## **DANCE OF DARKNESS**

1. pivot clockwise with right retreat rear cross step to 12:00 into left front twist stance facing 6:00, right outward downward parry, left hand cross covers high
2. right step to 6:00 into an inverted right neutral bow, left inward brushing parry followed by right upward brushing parry
3. left advance step to 7:30 into left close kneel stance, right inward hooking heel palm
4. pivot clockwise into right close kneel stance, right outward hammering backfist, left thrusting vertical cross punch
5. left hand downward vertical heel palm and grab, right rolling downward vertical backfist
6. left front cross inward sweep toward 12:00 into left front twist stance, right cross extended outward wrist grab, left outward thrusting two finger poke

## **DANCE OF DARKNESS (alternate side)**

1. pivot clockwise into left neutral bow facing 12:00
2. left retreat rear cross step to 6:00 into right front twist stance facing 12:00, left outward downward parry, right hand cross covers high
3. left step to 12:00 into an inverted left neutral bow, right inward brushing parry followed by left upward brushing parry
4. right advance step to 12:00 into right close kneel stance, left inward hooking heel palm
5. pivot counterclockwise into left close kneel stance, left outward hammering backfist, right thrusting vertical cross punch
6. right hand downward vertical heel palm and grab, left rolling downward vertical backfist
7. right front cross inward sweep toward 6:00 into right front twist stance, left cross extended outward wrist grab, right outward thrusting two finger poke

## **THUNDERING HAMMERS**

1. left step to 9:00 into left neutral bow, left thrusting inward block, right arm hangs relaxed to right side
2. push drag toward 9:00, pivot counterclockwise to left wide kneel stance, right inward hammering forearm strike, left hand chambers to high block position
3. right hand vertical outward hooking parry to check, pivot clockwise to right close kneel stance facing 12:00, left overhead downward vertical hammerfist
4. pivot counterclockwise to left wide kneel stance facing 9:00, right overhead downward vertical hammerfist, left hand cross checks
5. left retreat step to 3:00 into right neutral bow facing 9:00, right downward outward backfist
6. push drag toward 9:00, right upward vertical heel palm and claw, left hand cross checks low horizontally

## **THUNDERING HAMMERS (alternate side)**

1. pivot counterclockwise into left front twist stance facing 3:00, right chamber in high block position

2. right step to 3:00 into right neutral bow, right thrusting inward block, left arm hangs relaxed to left side
3. push drag toward 3:00, pivot clockwise to right wide kneel stance, left inward hammering forearm strike, right hand chambers to high block position
4. left hand vertical outward hooking parry to check, pivot counterclockwise to left close kneel stance facing 12:00, right overhead downward vertical hammerfist
5. pivot clockwise to right wide kneel stance facing 3:00, left overhead downward vertical hammerfist, right hand cross checks
6. right retreat step to 9:00 into left neutral bow facing 3:00, left downward outward backfist
7. push drag toward 3:00, left upward vertical heel palm and claw, right hand cross checks low horizontally

### **UNWINDING PENDULUM**

1. pivot clockwise with right rear cross step to 1:30 into left front twist stance facing 7:30, right outward downward block, left hand cross covers high
2. pivot clockwise unwinding stance into left neutral bow facing 7:30, left inward block, right arm hangs relaxed to right side
3. right inward side kick, left hand cross checks low horizontally
4. plant right foot to 7:30 into right front twist stance, right upward vertical crane hand strike

### **UNWINDING PENDULUM (alternate side)**

1. pivot counterclockwise with left rear cross step to 10:30 into right front twist stance facing 4:30, left outward downward block, right hand cross covers high
2. pivot counterclockwise unwinding stance into right neutral bow facing 4:30, right inward block, left arm hangs relaxed to left side
3. left inward side kick, right hand cross checks low horizontally
4. plant left foot to 4:30 into left front twist stance, left upward vertical crane hand strike

## **REVERSING CIRCLES**

1. right step to 6:00 into right side neutral bow, right downward outward block, left cross inward block (universal block)
2. pivot clockwise to right forward bow, right upward fanning high block, left cross outward thrusting sword hand
3. pivot counterclockwise to right neutral bow, left cross upward fanning high block, right outward thrusting sword hand

## **REVERSING CIRCLES (alternate side)**

1. left step to 6:00 into left side neutral bow, left downward outward block, right cross inward block (universal block)
2. pivot counterclockwise to left forward bow, left upward fanning high block, right cross outward thrusting sword hand
3. pivot clockwise to left neutral bow, right cross upward fanning high block, left outward thrusting sword hand

## **SLIKING TALON**

1. left retreat push drag step to 1:30 into right cat stance facing 7:30, left cross inward parry, right low outward hooking parry
2. right and left direct inward downward push down parries
3. right arm continues to circle clockwise to extended outward parry and cross grab, left hand covers high
4. right snapping front kick toward 6:00, left cross thrusting horizontal spear hand, right hand chambers

## **SLIKING TALON (alternate side)**

1. right retreat push drag step to 10:30 into left cat stance facing 4:30, right cross inward parry, left low outward hooking parry
2. right and left direct inward downward push down parries
3. left arm continues to circle counterclockwise to extended outward parry and cross grab, right hand covers high
4. left snapping front kick, right cross thrusting horizontal spear hand, left hand chambers

## **CIRCLING FANS**

1. plant left foot to 3:00 and pivot clockwise into right neutral bow facing 9:00, right inward smother down block, left hand chambers

2. right foot slides toward 3:00 into right cat stance facing 9:00, left cross inward smother down block, right hand chambers
3. right snapping front kick
4. plant right foot to 9:00 into right neutral bow, right thrusting uppercut, left hand cross covers low

### **CIRCLING FANS (alternate side)**

1. pivot counterclockwise into left neutral bow facing 3:00, left inward smother down block, right hand chambers
2. left foot slides toward 9:00 into left cat stance facing 3:00, right cross inward smother down block, left hand chambers
3. left snapping front kick
4. plant left foot to 3:00 into left neutral bow, left thrusting uppercut, right hand cross covers low

### **CIRCLING WINDMILLS**

1. pivot clockwise into horse stance facing 6:00, right upward fanning high block, left thrusting palm strike
2. left upward fanning high block, right inward horizontal hammerfist
3. right upward fanning high block, left inward horizontal hammerfist
4. right hammering inward block, left hand chambers
5. right extended outward horizontal finger slice
6. right inward horizontal finger slice
7. right extended outward horizontal finger slice
8. right inward hooking crane hand
9. left hammering inward block, right hand chambers
10. left extended outward horizontal finger slice
11. left inward horizontal finger slice
12. left extended outward horizontal finger slice
13. left inward hooking crane hand and chamber

### **FINGER SET**

1. right and left thrusting two finger eye pokes
2. right and left thrusting thumb fist strikes
3. right and left weak finger outward hooks

#### 4. right and left thumb thrusts

### **DEFENSIVE CROSS (alternate side)**

1. right retreat step to 12:00 into left neutral bow facing 6:00, left over right low cross arm block (X block) and parry to your right side
2. pivot counterclockwise to left forward bow, left outward horizontal hammering backfist, followed by right inward horizontal hammering horizontal heel palm strike
3. left foot draw back to cat stance, left right snapping front kick, right hand cross checks low horizontally
4. plant left foot back into left forward bow facing 6:00, left upward vertical lifting backfist

### **DEFENSIVE CROSS**

1. left retreat step to 12:00 into right neutral bow facing 6:00, right over left low cross arm block (X block) and parry to your left side
2. pivot clockwise to right forward bow, right outward horizontal hammering backfist, followed by left inward horizontal hammering horizontal heel palm strike
3. right foot draw back to cat stance, then right snapping front kick, left hand cross checks low horizontally
4. plant right foot back into right forward bow facing 6:00, right upward vertical lifting backfist

### **KNEELING TIGER**

1. drop into right kneeling stance facing 6:00, right thrusting inward block, left cross outward downward block (universal block)
2. forward push drag to 6:00, left arm hook to vertical outward block position, right upward vertical elbow strike
3. right downward vertical hammering backfist, left upward vertical heel palm

### **KNEELING TIGER (alternate side)**

1. left advance step, right retreat step (back to front switch) into left kneeling stance facing 6:00, left thrusting inward block, right cross outward downward block (universal block)

2. forward push drag to 6:00, right arm hook to vertical outward block position, left upward vertical elbow strike
3. left downward vertical hammering backfist, right upward vertical heel palm

### **PRANCE OF THE TIGER**

1. stand with right retreat push drag step to 6:00 into left cat stance facing 6:00, left push down block, right rear chamber high
2. right inward smother down block toward 9:00, left hand cross covers high
3. left inward snapping side kick and left downward heel palm toward 9:00, right arm covers low horizontally
4. left foot plants back down as right foot delivers snapping side kick and right outward whipping backfist toward 9:00, left hand cross covers low horizontally

### **PRANCE OF THE TIGER (alternate side)**

1. stand with left step to 6:00 into right cat stance facing 6:00, right push down block, left rear chamber high
2. left inward smother down block toward 3:00, right hand cross covers high
3. right inward snapping side kick and right downward heel palm toward 3:00, left arm covers low horizontally
4. right foot plants back down as left foot delivers snapping side kick and left outward whipping backfist toward 3:00, right hand cross covers low horizontally

### **SHIELD AND MACE**

1. pivot clockwise with left plant to 12:00 into left neutral bow, right vertical outward block, and left thrusting horizontal punch
2. pivot counterclockwise to left forward bow, right arm circle counterclockwise to outward downward hammerfist, left arm circle clockwise to cross cover high
3. pivot clockwise to left neutral bow, left arm circle clockwise to crane hand clear, right arm circle counterclockwise to inward hammering heel palm strike

4. flex knees dropping to left wide kneel stance, right arm circle counterclockwise to outward downward hand sword, left arm circles clockwise to cover high
5. stand back up to left neutral bow, right snapping side kick toward 1:30

### **SHIELD AND MACE (alternate side)**

1. pivot counterclockwise with right plant to 12:00 into right neutral bow, left vertical outward block, and right thrusting horizontal punch
2. pivot clockwise to right forward bow, left arm circle clockwise to cross outward downward hammerfist, right arm circle counterclockwise to cross cover high
3. pivot counterclockwise to right neutral bow, right arm circle counterclockwise to crane hand clear, left arm circle clockwise to inward hammering heel palm strike
4. flex knees dropping to right wide kneel stance, left arm circle clockwise to cross outward downward hand sword, right arm circles counterclockwise to cover high
5. stand back up to right neutral bow, left snapping side kick toward 10:30

### **FIVE SWORDS**

1. left plant to 12:00 into left neutral bow, left outward downward block, right hand chambers
2. right advance step to 12:00 into right neutral bow, right inward block, left hand chambers
3. right outward hammering hand sword
4. pivot clockwise to right forward bow, left cross thrusting palm strike, right hand chambers
5. pivot counterclockwise to right neutral bow, right thrusting palm up uppercut, left hand cross covers high horizontally
6. left retreat rear cross step to 4:30 into a right front twist stance facing 10:30, left hammering outward downward diagonal hand sword
7. pivot counterclockwise unwinding twist stance into right neutral bow facing 10:30, right arm circle clockwise for inward

hammering overhead downward vertical hand sword (drop into this finishing move by flexing the knees)

### **FIVE SWORDS (alternate side)**

1. right step to 12:00 into right neutral bow facing 12:00, right outward downward block, left hand chambers
2. left advance step to 12:00 into left neutral bow, left inward block, left hand chambers
3. left outward hammering hand sword
4. pivot counterclockwise to left forward bow, right cross thrusting palm strike, left hand chambers
5. pivot clockwise to left neutral bow, left thrusting palm up uppercut, right hand cross covers high horizontally
6. right retreat rear cross step to 7:30 into a left front twist stance facing 1:30, right hammering outward downward diagonal hand sword
7. pivot clockwise unwinding twist stance into left neutral bow facing 1:30, left arm circle counterclockwise for inward hammering overhead downward vertical hand sword (drop into this finishing move by flexing the knees)

### **TWIRLING HAMMERS**

1. pivot counterclockwise into left front twist stance facing 12:00, left extended outward block, right hand chambers
2. right advance step to 12:00 into right neutral bow, right arm circle to overhead inward looping corkscrew punch, left hand chambers
3. pivot clockwise into right forward bow, left cross inward elbow strike, right hand covers high
4. pivot counterclockwise into right neutral bow, right inward horizontal hammerfist, left hand covers high

### **TWIRLING HAMMERS (alternate side)**

1. right step to 9:00 and pivot clockwise into right front twist stance facing 12:00, right extended outward block, left hand chambers

2. left advance step to 12:00 into left neutral bow, left arm circle to overhead inward looping corkscrew punch, right hand chambers
3. pivot counterclockwise into left forward bow, right cross inward elbow strike, left hand covers high
4. pivot clockwise into left neutral bow, left inward horizontal hammerfist, right hand covers high
5. left front cross sweep step to 4:30 into left front twist stance, left inward hooking heel palm strike, right inward roundhouse punch

### **Final Transition**

1. right leap to 4:30 into crane stance facing 12:00, right and left back of hands brush left thigh
2. left step to 9:00 into horse stance facing 12:00, informal salutation

### **Closing Formal Wisdom and Action Salutation**

1. right front cross step into right twist stance, left hand forward thrusting palm strike to show your empty hand, right hand chambers by your right shoulder showing your closed fist
2. left hand pulls back to cover the right fist
3. left step forward into left cat stance, both hands press forward showing the weapons
4. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline
5. right foot steps back next to left in attention as both hands continue the circle to downward vertical backfists and come to chamber at each side by your ribs
6. left side step with informal scholar and warrior salutation

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## **3<sup>rd</sup> BROWN BELT TEST:** What you need to know

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### **Techniques**

Darting mace  
Snaking talon  
Sowing the seeds  
Unwinding pendulum  
Broken gift  
Squatting sacrifice  
Cross of destruction  
Dance of darkness  
Crushing limb  
Circling fans  
Kneeling tiger  
Encounter of danger  
Flashing mace  
Defensive cross  
Unfurling crane  
Circling windmills  
Twirling hammers  
Reversing circles  
Prance of the tiger  
Kung fu wrist

### **Set**

Coordination Set 2

### **Forms**

Heian Yondan  
Long Form 4

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## **About the Instructor**

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Samuel Conner is a 6<sup>th</sup> degree black belt in Ed Parker's American Kenpo Karate, 4<sup>th</sup> degree black belt in Al Tracy's Traditional Kenpo Karate, 1<sup>st</sup> degree black belt in Bujinkan Taijutsu, 1<sup>st</sup> degree black belt in Tae Kwon Do, and 1<sup>st</sup> degree black belt in Tang Soo Do.

Mr. Conner has also studied in the Arnis de Mano stick fighting system, Muso Jikiden Eishin Ryu Iaijutsu, and Wing Tsun Kung Fu. Beginning his training at 8 years old, Sam is excited to offer instruction in the Martial Arts to anyone that wishes to get involved.

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Sam is a graduate of the Southern Baptist Theological Seminary. He is a certified instructor through Karate for Christ International. He has made teaching martial arts his life purpose. For more information about our academy visit the web page

**[www.bluegrassmartialarts.com](http://www.bluegrassmartialarts.com)**