

# **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**

**4<sup>th</sup> Green 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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Nicely done! You are now a 5th kyu green belt. You have worked hard, and that is evident in your new belt. You are now half way to first degree black belt. I hope your excitement and hard work will carry over again into this next challenge of 4<sup>th</sup> Green 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 4<sup>th</sup> Green belt.

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## ABOUT THIS LEVEL

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Completion of the sixth level of Kenpo Karate is rewarded with the advancement to 4<sup>th</sup> Green belt. The material in this level will further build on the skills of earlier levels such as form, speed, power, and breath control. The new element for this level is baiting. Baiting is using your fighting position to appear weak or exposed to draw out a certain response from an attacker.

### **Physical Focus**

One of the best tools for achieving success in a violent encounter is to stay a step ahead of your opponent by drawing out an attack you have already planned a strategy against. This ability is called baiting, and it can mean the difference in who will direct the encounter, you, or your opponent. The goal is to overwhelm your opponent with a perfectly timed defense to their fully committed attack.

Baiting can only work with a full understanding of fighting stance and the area covered by differing positions. No stance can be completely covered. There are always some holes, some portion of your body left exposed. The key to baiting is to use these weaknesses to your advantage. Make your opponent attack an area you have left exposed on purpose. Draw out a specific attack from your opponent and you can use a preplanned response instead of fighting blindly.

This level should challenge the student to experiment with different Kamae, or fighting positions. Learn to recognize the strengths and weaknesses in different stances, and learn how to capitalize on the weakness to your advantage. From this point on the student should practice each technique with some stance already committed when the Uke attacks.

Baiting an attack can be as simple as lowering the lead hand in neutral bow to expose a hole in your defense. The opponent should

see the hole as an opportunity and will attempt an attack to that area. Anticipating his attack you can then respond with a planned counter attack.

Changing your position from Closed to Open or vice versa can also be a way to draw out a response from your opponent, be it an attack that has a higher percentage of success from the new orientation, or force the opponent to change their position to return to the former position they were more comfortable with, Closed or Open. A counter attack can be launched during the transition.

In the last level the focus was on breath control, and the Kiai. Even the Kiai can be a way to draw out a response from your opponent, or cause them to stall momentarily as they launch an attack. Likewise a quick shift of the weight to the forward foot, maybe even stomping the forward foot can provoke a response from the opponent. You can even pretend to have some bad habits that telegraph your attack, and bait with some easily defended moves, just to flip the script and attack without telegraphing as soon as the opponent thinks they have discovered your weakness.

A fake attack to one side of the opponent's defense can draw out more coverage, or attention to that side of the body, setting the opponent to be more exposed on the other side or at another spot. Fake East then Go West, or Fake High then Attack Low can bait the opponent's defense to the wrong area and create an opening that can be leveraged for a counter attack.

Baiting is the new skill that should be stressed by instructors to the 4<sup>th</sup> Green belt student. Students should begin to attempt to lead the confrontation from its very beginning. 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.

Other Kenpo schools only have one level of Green belt. I have included a second to fit the mudansha structure of traditional

Japanese Martial Arts. Without another level inserted at some point the 10 kyu levels from white belt to black belt fall one short. Green belt was the natural spot for this because the Brown belt levels span the last three kyu's in every Kenpo school.

This level will require the student to perform Blocking Set 2, Bungi, and Long Form 3. 4<sup>th</sup> Green belts must be able to execute the basics with improved skill. Blocking set 2 should be executed with confidence. They must know the Bungi, and Long 3 by memory. Most importantly, the 20 techniques of 4<sup>th</sup> Green 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.

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

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# **BASICS**

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Jump Thrusting Side kick  
Jump Roundhouse kick  
Inward Crescent, Spinning Back kick

Outward Crescent – Spinning Side kick  
Roundhouse, Spinning Heel Hook kick  
Spring Front kick

Push drag Jab – Backfist, Cross, Hook  
Push drag Jab – Backfist, Cross, Uppercut  
Push drag Jab, Cross, Hook, cross Uppercut

Push drag Backfist, Cross, low Hook – high Hook  
Push drag double Jab, Cross, Hook, Cross, Uppercut  
Push drag double Backfist, Cross, Hook, Cross, Uppercut

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# **TARGET DRILLS**

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Replacement Heel Hook kick  
Push drag Backfist, Cross, Heel Hook kick  
Rear cross Heel Hook kick  
Rear cross Heel Hook – Jab, Cross  
Spinning Heel Hook kick

Replacement Heel Hook-Wheel kick  
Push drag Backfist, Cross, Wheel – Heel Hook kick  
Jump Heel Hook kick  
Push drag Jab, Cross, Hook, Spinning Heel Hook kick  
Jump Spinning Heel Hook kick, or (drop step, Spin Heel Hook)

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# TECHNIQUES

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## 1) GLANCING SPEAR

### **Attack – *right direct wrist grab***

1. left arm circles clockwise to inward block, right arm circles clockwise crossing in front of left with extended outward block and cross grab to Uke's right wrist – keep Uke's right wrist pinned between the back of both your hands
2. right retreat step to 6:00 and pivot clockwise into left reverse bow, both hands pull Uke's right arm forward and set a reverse goose neck to Uke's right wrist
3. pivot counterclockwise into left neutral bow facing 12:00, left outward horizontal elbow Uke's ribs, right extended outward cross grab Uke's right wrist pulling Uke forward
4. pivot counterclockwise into left forward bow right cross thrusting spear hand Uke's eyes glancing off Uke's right arm, left hand covers Uke's right arm horizontally
5. left hand grab Uke's right shoulder, right hand cross grab Uke's right wrist, left front cross step to 6:00 into left front twist stance sweeping Uke's right foot forward and pulling Uke down backwards
6. finish cover out to 6:00

## 2) SWEEPING ARM HOOK

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

1. left retreat step to 6:00 into right neutral bow, right and left inward downward hooking cane hook parries to clear Uke's arms open
2. right snapping front kick to Uke's abdomen
3. push drag advance to 12:00, right upward vertical elbow to Uke's chin
4. right downward vertical heel palm to Uke's nose
5. full cover out to 6:00

### **3) GATHERING CLOUDS**

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

1. left advance step to 10:30 into left forward bow, left hand inward parry Uke's punch, right cross inward horizontal middle knuckle rake Uke's ribs
2. right cross outward hammering sword hand Uke's ribs
3. right advance step to 12:00 into right neutral bow, right inward horizontal thrusting elbow to Uke's ribs, left hand cross checks high
4. left inward hooking crane hand Uke's right arm to clear
5. right arm circles counterclockwise to right inward hooking heel palm Uke's jaw, left cross thrusting palm strike Uke's chin, right retreating step through front vertical scoop kick Uke's groin
6. right plant to 6:00 into left neutral bow, then full cover out to 6:00

### **4) DETOUR FROM DOOM**

#### **Attack – *right step through roundhouse kick***

1. left retreat step to 4:30 into right side neutral bow facing 10:30, left downward outward block, right inward block Uke's kick (universal block)
2. left replacement step, right snapping front kick Uke's abdomen
3. right plant to 10:30 into right neutral bow, right thrusting vertical punch Uke's chin
4. pivot clockwise into right forward bow, left thrusting vertical cross punch Uke's sternum, right hand covers low
5. left retreat rear cross step to 1:30 into a right front twist stance facing 7:30 and pivot counterclockwise to right neutral bow facing 7:30, right outward hammering backfist Uke's abdomen, left hand covers high horizontally
6. pivot clockwise into left forward bow facing 7:30, left outward downward sword hand to Uke's neck (left hand hook behind neck to pull Uke's head forward)
7. pivot counterclockwise unwinding twist stance into right neutral bow facing 7:30, right arm circle clockwise for right inward overhead downward vertical hammerfist behind Uke's head (drop into this finishing move by flexing the knees)

8. full cover out to 1:30

## **5) TWIN KIMONO**

**Attack – front two-hand lapel grab, pushing**

1. left cross pin Uke's left hand, smother pinning right hand also, and rotate left hand palm up, left retreat step to right neutral bow, right rising forearm against Uke's elbows (high block straight arm lever)
2. left retreat adjustment step to 4:30 into a right neutral bow facing 10:30, right hammering backfist to Uke's abdomen, left hand still pins Uke's left hand
3. right arm circles counterclockwise over Uke's arms to inward downward raking hammerfist to Uke's left temple
3. continue hammerfist path to brush down Uke's left arm to release Uke's hold and friction pull Uke's head forward
4. as hammerfist reaches your left hip, reverse motion to outward upward hand sword to Uke's throat, left hand cross extended outward grab Uke's left wrist
5. full cover out to 4:30

## **6) BROKEN RAM**

**Attack – front tackle, close range**

1. left retreat step to 6:00 into right neutral bow, right arm counterclockwise circle to large overhead inward downward vertical hammerfist behind Uke's head, left hand checks Uke's forehead
2. right arm continue circle counterclockwise to wrap under Uke's left arm, left hand cross checks high Uke's head
3. pivot clockwise with right retreat step to 7:30, left guide Uke's head to pass under his left arm (half nelson take down)
4. Uke will fall forward on his back, right hold Uke's left arm as he falls, left cross grab Uke's left arm and with both hands pull up on Uke's left arm to a vertical position, left downward heel stomp Uke's ribs
5. left front cross step to 6:00 into a twist stance, then cover out to 6:00

## **7) TWISTED WINGS**

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

1. drop chin forward to protect throat, left cross grab (palm up) Uke's left wrist, left step to 6:00 into right neutral bow, right arm makes a figure 8 motion to inward circle over Uke's left arm and then under his right arm to extended outward grab his right wrist.
2. left step to 12:00 into left neutral bow, twist Uke's arms into a cross arm lock
3. pivot clockwise with right step to 10:30 into left neutral bow facing 4:30, pull back against Uke's right wrist, push forward with his left causing a cross arm lever
4. Uke will be thrown forward onto his back to avoid breaking his left arm (cross arm throw)
5. full cover out to 10:30

## **8) BOW OF COMPULSION**

### **Attack – *right arm Z lock***

1. right advance step to 12:00 into wide kneel stance, left hand pin Uke's hands to his chest, right hand slip out of Uke's hold with downward vertical heel palm Uke's sternum – this only works if you catch the wrist lock in an early stage
2. right uppercut to Uke's abdomen
3. right outward downward hammering backfist Uke's left knee
4. pivot counterclockwise to left close kneel facing 9:00, right inward horizontal hook Uke's right knee
5. full cover out to 7:30

## **9) CAPTURING THE STORM**

### **Attack – *front overhead inward downward diagonal club strike***

1. left advance step to 12:00 into left forward bow, right over left high cross arm block (X block) to intercept attack arm
2. pivot clockwise to left neutral bow, lower Uke's arm by turning cross arm block to right extended outward block and grab Uke's right wrist, left arm pivot to grab Uke's right wrist, swing Uke's club in a clockwise circle inward and downward to strike through the front of his right knee

3. right advance step to 10:30 into right neutral bow facing 10:30 slipping under Uke's right arm while still holding his wrist with both hands
4. pivot counterclockwise with left retreat step to 10:30 into right neutral bow facing 4:30, twist Uke's right arm clockwise palm up, right hand pulls club out of Uke's hand
5. pivot left hand to grab Uke's right hand thumb side palm up for one hand cross outward wrist lock – this hold will be awkward and not very secure, right inward downward vertical strike Uke's right elbow with the handle of his club
6. right hand snap forward to hit Uke in the back of the head with his own club – you should hit Uke's elbow and head almost at the same time with one motion
7. full cover out to 10:30

## **10) MENACING TWIRL**

### ***Attack – rear left hand belt grab***

1. right retreat step to 7:30 and pivot hard clockwise into right forward bow facing 6:00, right outward downward block to break Uke's hold and clear his left arm, left cross thrusting palm strike Uke's chin
2. left hand cross reach behind left side of Uke's neck, right arm circle counterclockwise to wrap under Uke's left arm and over his elbow locking his arm straight
3. left hand pull Uke forward into left thrusting knee to Uke's abdomen
4. left plant to 6:00 into left neutral bow, right upward snapping knee Uke's groin, left inward horizontal elbow Uke's chin
5. right foot plants to 6:00 into right neutral bow facing 6:00, right upward snapping forearm Uke's chin, left hand cross covers low
6. full cover out to 12:00

## **11) ROCKER**

### ***Attack – left cross push***

1. left pin Uke's left hand, right advance step to 1:30, pivot counterclockwise to face 9:00 in left forward bow, right cross thrusting vertical forearm press against Uke's left elbow

2. pivot clockwise to right forward bow facing 12:00, left cross inward thrusting sword hand to Uke's throat, right hand cross checks high
3. pivot counterclockwise to right neutral bow facing 12:00, right hand opens to vertical outward check, left hand grasp palm to palm with right catching Uke's left elbow and causing arm bar (reverse arm cradle)
4. right advance step to 10:30, bend Uke forward with arm bar
5. left thrusting knee to Uke's head
6. full cover out to 4:30

## **12) TWIRLING HAMMERS**

### ***Attack – left step through punch***

1. left front cross step to 1:30 into left front twist stance, left extended outward block Uke's punch, right hand chambers
2. right advance step to 12:00 into right neutral bow, right arm circle to overhead inward looping corkscrew punch back of Uke's head, left hand chambers
3. pivot clockwise into right forward bow, left cross inward elbow strike Uke's sternum, right hand check Uke's left arm
4. pivot counterclockwise into right neutral bow, right inward horizontal hammerfist Uke's left side kidney, left inward horizontal hammerfist Uke's abdomen
5. right hand grab Uke's right shoulder, left hand cross grab Uke's left wrist, right front cross step to 6:00 into right front twist stance sweeping Uke's left foot forward and pulling Uke down backwards
6. finish cover out to 6:00

## **13) THE SERPENT**

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

1. left advance set to 10:30 into left close knee stance facing 10:30, right outward downward block Uke's kick and catch his foot, left hand cross covers high
2. left side step to 3:00 into left neutral bow facing 12:00, right arm circles counterclockwise to hook under Uke's right foot catching his leg

3. right snapping inward side kick to buckle Uke's left knee – turn your foot outward clockwise, toes pointing outward
4. right foot plant back to 6:00 into left neutral bow, left forearm presses across Uke's right knee keeping his leg straight
5. left hand grasp palm to palm with right, pull up on Uke's foot with your right arm and press down on his knee with your left forearm throwing Uke to his back (straight leg lever)
6. full cover out to 6:00

## **14) TWIRLING SACRIFICE**

### **Attack – *full nelson***

1. right advance step to 3:00 into a side horse, right and left hands reach up to direct grab Uke's right and left thumbs
2. force Uke's thumbs back with right and left overhead inward downward elbow strikes to breaking Uke's hold
3. left foot slides toward 3:00 next to right foot, then back to 7:30 behind Uke's right leg (retreating “seven” step) into left reverse bow
4. left advance step to 12:00 into horse stance knocking Uke's hips forward, left outward hammering horizontal elbow to Uke's sternum, Uke will topple to his back (counter balance throw)
5. pivot clockwise for right spinning back kick to Uke's sternum
6. full cover out to 12:00

## **15) CATCHING THE LEG**

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

1. right hand pin Uke's arms, left rear downward heel palm Uke's groin
2. pivot hard clockwise into right reverse bow with right retreat reaping buckle to Uke's left leg, left outward hooking parry cover inside Uke's left arm to create space, right still pins Uke's right arm
3. right rear vertical scoop kick to Uke's groin
4. right foot plant to 7:30 into right reverse bow, right outward horizontal elbow to Uke's chin, left hand grab Uke's right wrist
5. full cover out to 1:30

## **16) CROSS OF DEATH**

### **Attack – *front cross arm choke***

1. drop chin to chest to protect your throat, left hand cross pins Uke's left hand, smother pinning right hand also, right advance step into right neutral bow, right step through thrusting vertical punch Uke's chin glancing off Uke's left arm
2. pivot clockwise to right forward bow, right hand cross pin's Uke's right hand, smother pinning left hand also, left cross thrusting palm up uppercut Uke's abdomen
3. left retreat rear cross step to 4:30 into right front twist stance, right arm circle clockwise with outward hammering heel palm and claw Uke's temple, left arm circle counterclockwise with vertical outward hooking parry to clear both of Uke's arms
4. pivot counterclockwise unwinding twist stance to right neutral bow facing 10:30, right thrusting vertical uppercut Uke's ribs, left hand cross extended outward grab Uke's left wrist
5. right outward whipping backfist Uke's left eye
6. full cover out to 4:30

## **17) SILENT ESCAPE**

### **Attack – *hammerlock***

1. left advance step to 1:30 into an inverted left forward bow, post right hand against your back and slide your right wrist toward your right arm pit
2. pivot clockwise to a right forward bow facing 6:00, right arm circle clockwise – elbow down – to slip out of Uke's hold and thumb fist thrust into Uke's right eye, left hand chambers
3. pivot clockwise to right forward bow, left cross thrusting palm strike Uke's chin, right hand extended outward covers Uke's right arm
4. pivot counterclockwise to right neutral bow, right thrusting palm up spear hand thrust Uke's throat, left arm covers Uke's right arm
5. right thrusting palm strike Uke's chin, left direct grab Uke's right wrist, right front cross step to 12:00 into twist stance sweeping Uke's right foot forward and pushing Uke down backwards
6. finish cover out to 12:00

## **18) OFFER OF DUST**

### **Attack – *front centerline club thrust***

1. left advance step to 12:00 into left neutral bow, left hooking uppercut under Uke's right elbow, right cross forearm smother Uke's right wrist to hyperextend Uke's right elbow and pull Uke forward (this may cause Uke to drop his club)
2. pivot clockwise with right retreat step to 12:00 into left neutral bow facing 6:00, pull back with right arm press forward with left at Uke's right elbow – Uke will be forced to spin clockwise (wizzer)
3. right step through thrusting knee to Uke's chin, right hand attempts disarms club from Uke's hand
4. right step to 12:00 into left neutral bow facing 6:00, (when disarm fails) left hand grab Uke's right hand thumb side, right adjust to grab Uke's right hand weak side
5. left retreat step to 12:00 into right neutral bow facing 6:00, twist Uke's right arm counterclockwise for outward wristlock takedown
6. full cover out to 12:00

## **19) DESPERATE FALCONS**

### **Attack – *front two-hand direct wrist grab***

1. left advance step to 12:00 into left neutral bow, right arm circle clockwise under left arm to pin Uke's hands together and pull them to your right side hip
2. pivot counterclockwise to left forward bow, left hammering backfist Uke's left temple, right cross thrusting vertical cross Uke's sternum (V punch)
3. right advance step to 12:00 into right neutral bow, right thrusting vertical step through punch Uke's chin, left hand cross covers low
4. left rear cross advance step to 12:00 into twist stance, right inward horizontal elbow Uke's chin, left hand cross covers low
5. pivot counterclockwise with right advance step to 12:00 into right reverse bow to buckle Uke's left leg outward, right outward downward hammerfist Uke's abdomen, left hand cross covers high
6. full cover out to 6:00

## **20) PROTECTING FANS**

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

1. left advance step to 12:00 into left neutral bow, left inward block Uke's left punch, right hand chambers
2. pivot counterclockwise to left forward bow, right cross extended outward block and grab Uke's right punch, left hand chambers (windmill block)
3. right snapping front kick Uke's groin, left thrusting spear hand strike Uke's eyes, right chamber cross pulling Uke's right arm forward
4. right plant to 12:00 between Uke's feet into right neutral bow, right inward horizontal thrusting elbow Uke's sternum, left chamber
5. left inward hooking crane hand Uke's right arm to clear
6. right arm circles counterclockwise to right inward hooking heel palm Uke's jaw, left cross thrusting palm strike Uke's chin, right retreating step through front vertical scoop kick Uke's groin
7. right plant to 6:00 into left neutral bow, then full cover out to 6:00

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# BLOCKING SET 2

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## Opening Salutation

Both hands chamber

## Bridge Set

1. right inward parry
2. right vertical outward hooking parry
3. right inward forearm wing block
4. right extended outward sword hand block
5. left inward parry
6. left vertical outward hooking parry
7. left inward forearm wing block
8. left extended outward sword hand block

## Windmill Blocks

1. right inward parry followed by left vertical outward hooking parry
2. right inward forearm wing block followed by left extended outward sword hand block
3. left inward parry followed by right vertical outward hooking parry
4. left inward forearm wing block followed by right extended outward sword hand block

## Counter Strike from inside

1. right inward parry, left thrusting horizontal punch
2. right vertical outward hooking parry, left thrusting vertical punch
3. right inward forearm wing block
4. left extended outward sword hand block and grab, right rolling outward whipping backfist
5. right extended outward sword hand block, left thrusting vertical punch

## **Counter Strike from outside**

1. left inward parry, right thrusting horizontal punch
2. left vertical outward hooking parry, right thrusting vertical punch
3. left inward forearm wing block
4. right extended outward sword hand block and grab, left rolling outward whipping backfist
5. left extended outward sword hand block, right thrusting vertical punch

## **Opposing Blocking Pairs**

1. right high block, left push down block
2. right inward block, left hand chambers
3. right extended outward block, left outward downward block
4. right outward downward block, left extended outward block
5. right hand chambers, left inward block
6. right push down block, left high block
7. left inward block, right hand chambers
8. left extended outward block, right outward downward block
9. left outward downward block, right extended outward block
10. left hand chambers, right inward block
11. left push down block, right high block

## **Fanning Blocks**

1. left fanning high block, right fanning inward downward palm down block
2. right fanning high block, left fanning inward downward palm down block
3. left fanning high block, right fanning inward downward palm up block
4. right fanning high block, left fanning inward downward palm up block

## **Universal Blocks**

1. right inward block, left outward downward block
2. left vertical outward block, right inward downward palm down block

3. right inward block, left outward downward block
4. left vertical outward block, right inward block (forearm shield)
5. left inward block, right outward downward block
6. right vertical outward block, left inward downward palm down block
7. left inward block, right outward downward block
8. right vertical outward block, left inward block (forearm shield)

### **Hook and Catch**

1. right vertical outward hooking parry and grab, left inward hooking heel palm
2. right inward hooking crane hand parry and grab, left inward hooking heel palm
3. left vertical outward hooking parry and grab, right inward hooking heel palm
4. left inward hooking crane hand parry and grab, right inward hooking heel palm

### **Closing Salutation**

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# **BUNGI (Book Set)**

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## **Opening Salutation**

1. left step to 12:00 into left cat stance, left hand thrusts forward with open palm (scholastic hand), right hand thrusts forward with horizontal fist (martial hand)
2. left step back to attention and both hands roll inward to chamber

## **Left Dynamic Tension Isolation**

1. left hand lift toward 1:30 with thrusting palm up spear hand and circle counterclockwise behind and forward again up to shoulder level toward 1:30
2. left hand turn clockwise palm down then reverse circle clockwise behind then forward again down to shoulder level toward 1:30
3. left arm swings outward horizontally toward 9:00 then hooks to chamber at shoulder with palm open fingers pointing up
4. press slowly forward with thrusting palm strike toward 1:30 three times then chamber
5. close hand into a fist then rolling downward vertical backfist to chamber

## **Right Dynamic Tension Isolation**

1. right hand lift toward 10:30 with thrusting palm up spear hand and circle clockwise behind and forward again up to shoulder level toward 10:30
2. right hand turn counterclockwise palm down then reverse circle clockwise behind then forward again down to shoulder level toward 10:30
3. right arm swings outward horizontally toward 3:00 then hooks to chamber at shoulder with palm open fingers pointing up
4. press slowly forward with thrusting palm strike toward 10:30 three times
5. close hand into a fist then rolling downward vertical backfist to chamber

## **Stance adjustment**

1. left thrusting horizontal punch to 1:30
2. right thrusting horizontal punch to 10:30, left hand chambers
3. right rolling downward vertical backfist to chamber
4. adjust to horse stance pivoting toes inward to concave stance, then outward to convex stance, then repeat

## **Dynamic Breathing**

1. both arms rotate palm up and lift vertically (breath in)
2. both arms rotate palm down and lower with push down blocks (breath out)
3. both arms rotate palm up and lift vertically (breath in)
4. both arms lift to high sword hand blocks then lower with cross arm block then chamber to hips with downward outward hooking parries

## **Both arms dynamic tension isolation**

1. both hands raise to chamber at shoulders with palm open fingers pointing up, then both hands press slowly forward with thrusting palm strikes three times
2. both hand reach directly back over shoulders with rear claw hand strikes
3. both hands downward vertical heel palm and claw strikes

## **Alternating sides dynamic tension isolation**

1. both arms cross in front of the chest, left over right, then open to vertical outward blocks (forearm shield)
2. left hand press slowly toward 9:00 with thrusting palm strike, right hand chambers as vertical outward block twisting forward into hammerfist
3. both arms cross in front of the chest, right over left, then open to vertical outward blocks (forearm shield) (forearm shield)
4. right hand press slowly toward 3:00 with thrusting palm strike, left hand chambers as vertical outward block twisting forward into hammerfist
5. both arms cross in front of the chest, left over right, then open to vertical outward blocks (forearm shield)

6. left hand press slowly toward 9:00 with thrusting palm strike, right hand chambers as vertical outward block twisting forward into hammerfist

### **Left Side Block and Counter**

1. left small step to 9:00 and pivot counterclockwise into left forward bow facing 9:00, left vertical outward block, right thrusting cross punch
2. right step to 9:00 into right forward bow facing 9:00, right vertical outward block, left thrusting cross punch
3. left step to 9:00 into left forward bow facing 9:00, left vertical outward block, right thrusting cross punch

### **Right Side Block and Counter**

1. pivot clockwise into right forward bow facing 3:00, right vertical outward block, left thrusting cross punch
2. left step to 3:00 into left forward bow facing 3:00, left vertical outward block, right thrusting cross punch
3. right advance step to 3:00 into right forward bow facing 3:00, right vertical outward block, left thrusting cross punch

### **Right Advancing Corner Steps**

1. pivot counterclockwise with small left adjustment step back into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers
2. left step to 12:00 into left side horse stance, left thrusting vertical punch, right hand chambers
3. right step to 3:00 into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers
4. left step to 12:00 into left side horse stance, left thrusting vertical punch, right hand chambers

### **Right Retreating Corner Steps**

1. left step to 9:00 into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers
2. right step to 6:00 into left side horse stance, left thrusting vertical punch, right hand chambers

3. left step to 9:00 into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers

### **Left Advancing Corner Steps**

1. right step to 12:00 into right side horse stance, right downward outward hooking parry, left cross thrusting palm strike (fingers point outward)

2. left step to 9:00 into horse stance facing 12:00, left downward outward hooking parry, right thrusting palm strike

3. right step to 12:00 into right side horse stance, right downward outward hooking parry, left cross thrusting palm strike (fingers point outward)

### **Left Retreating Corner Steps**

1. right step to 3:00 into horse stance facing 12:00, left downward outward hooking parry, right thrusting palm strike

2. left step to 6:00 into right side horse stance, right downward outward hooking parry, left cross thrusting palm strike (fingers point outward)

3. right step to 3:00 into horse stance facing 12:00, left downward outward hooking parry, right thrusting palm strike

### **Circle then Reverse**

1. right inward parry, left vertical outward hooking parry (windmill parry)

2. left thrusting claw and grab toward 1:30

3. left downward block and circle clockwise to overhead inward roundhouse punch

### **Advancing Uppercut**

1. left step to 12:00 into left forward bow, left rear underhand hammerfist, right cross hooking uppercut

2. right step to 12:00 into right forward bow, rear underhand hammerfist, left cross hooking uppercut

3. left step to 12:00 into left forward bow, left rear underhand hammerfist, right cross hooking uppercut

## **Retreating Haymaker**

1. right downward block and chamber, left step to 6:00 into right forward bow, left cross overhead inward roundhouse punch
2. right step to 6:00 into left forward bow, right cross overhead inward roundhouse punch, left hand chambers
3. left step to 6:00 into right forward bow, left cross overhead inward roundhouse punch, right hand chambers

## **Pivoting Close Kneel**

1. pivot counterclockwise into left close kneel stance facing 6:00, right outward downward hammerfist to 12:00, left hand cross checks high
2. pivot clockwise into twist stance facing 12:00, left outward downward hammerfist to 12:00, right hand cross checks high

## **Turning the handle**

1. left step to 12:00 into left neutral bow, left outward hammering backfist followed by right cross inward roundhouse punch – pivot counterclockwise into twist stance with punches
2. right inward roundhouse sweeping kick
3. right front cross plant to 6:00 into twist stance, both hands downward vertical hammering backfists

## **Chinese Swings**

1. pivot counterclockwise unwinding twist stance into left neutral bow, left outward downward block followed by right inward hammering knuckle fist

## **Isolation striking set**

1. right step to 12:00 into right forward bow, right outward downward block
2. left cross thrusting horizontal punch, right hand chambers
3. right thrusting horizontal punch, left hand chambers
4. left cross thrusting horizontal punch, right hand chambers
5. right step to 3:00 into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers

## **Butterfly Claw Strikes**

1. pivot clockwise to right forward bow facing 3:00, right low outward thumb side down thrusting claw, left cross high outward thumb side up thrusting claw strikes (butterfly claws)
2. pivot counterclockwise to left forward bow facing 9:00, left low outward thumb side down thrusting claw, right cross high outward thumb side up thrusting claw strikes (butterfly claws)

## **Butterfly Palm Strikes**

1. right cross inward parry, left downward outward hooking parry
2. pivot clockwise with right step to 1:30 into right forward bow, right over left thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)
3. left cross inward parry, right downward outward hooking parry
4. pivot counterclockwise with left step to 10:30 into left forward bow, left over right thrusting palm strikes – fingers pointing up and down (vertical butterfly palm strike)

## **Upward Hooking Heel Palm**

1. pivot clockwise into right cat stance facing 1:30, right crane hand circle inward for outward hooking parry and grab, left arm cross circle upward with inward hooking heel palm
2. pivot counterclockwise into left cat stance facing 10:30, left crane hand circle inward for outward hooking parry and grab, right arm cross circle upward with inward hooking heel palm
3. pivot clockwise into right cat stance facing 1:30, right outward claw toward 1:30
4. left step to 1:30 into cat stance, left cross thrusting claw toward 1:30, right hand chambers

## **Crushing Serpent's Head**

1. right step to 12:00 into right neutral bow, right inward horizontal elbow, left inward horizontal heel palm strike
2. right front cross step to 6:00 into twist stance, both arms outward downward vertical backfists, left hand chambers low horizontally
3. left downward stomp to 6:00 into attention stance facing 9:00

## **Cross Coordination**

1. pivot clockwise to face 12:00 with left thrusting horizontal punch, right snapping front kick, right hand chambers
2. plant right foot to 12:00 and left advance step to 12:00 into left forward bow, left outward downward vertical hammering backfist followed by a right cross thrusting horizontal punch

## **Corner Rolling U Punch**

1. pivot clockwise with right step to 1:30 into right forward bow facing 1:30, right high block, left cross thrusting vertical punch
2. pivot counterclockwise with left step to 10:30 into left forward bow facing 10:30, left high block, right cross thrusting vertical punch
3. pivot clockwise with right step to 7:30 into right forward bow facing 7:30, right high block, left cross thrusting vertical punch
4. pivot counterclockwise with left step to 4:30 into left forward bow facing 4:30, left high block, right cross thrusting vertical punch

## **Side Hammering Backfists**

1. left rear cross step to 6:00 into a right front twist facing 6:00, both hands circle for outward downward vertical whipping backfist strikes
2. left grab then pivot counterclockwise unwinding twist stance into a right neutral bow facing 12:00, left rear high chamber, right inward overhead roundhouse punch

## **Advancing Rolling U Punch**

1. pivot clockwise to right forward bow facing 1:30, right high block, left cross hooking uppercut
2. left step to 10:30 into left forward bow, left high block, right cross hooking uppercut

## **Inward block**

1. right inward block, left hand chambers
2. left cross inward block, right hand chambers

## **Retreating Cross Punch**

1. left retreat step to 6:00 into right forward bow, left cross thrusting horizontal punch, right hand chambers
2. right retreat step to 6:00 into left forward bow, right cross thrusting horizontal punch, left hand chambers

## **Hanging Punch and Cross**

1. pivot clockwise with right step to 3:00 into right forward bow, right outward downward vertical hammering backfist followed by a left cross thrusting horizontal punch
2. left step to 3:00 into left forward bow, left outward downward vertical hammering backfist followed by a right cross thrusting horizontal punch
3. right step to 3:00 into right forward bow, right outward downward vertical hammering backfist followed by a left cross thrusting horizontal punch

## **Chinese Swings**

1. pivot counterclockwise to left forward bow facing 9:00, left outward hammering backfist followed by right inward hooking knuckle fist
2. right step to 9:00 into right neutral bow facing 9:00, right outward hammering backfist followed by left inward hooking knuckle fist
3. left step to 9:00 into left forward bow facing 9:00, left outward hammering backfist followed by right inward hooking knuckle fist

## **Final Section**

1. right snapping front kick to 12:00
2. right plant to 12:00 and pivot clockwise into twist stance, right outward downward grab and pull, left cross inward downward grab and pull
3. unwind twist stance into right neutral bow, left cross fanning high block, right hooking uppercut
4. pivot clockwise to right forward bow, left cross inward horizontal hammerfist, right hand chambers

## **Twist and Grab**

1. right foot slide back into right cat stance, right extended outward sword hand block, left hand chambers
2. right hand circle counterclockwise for inward claw and grab then circle clockwise for outward claw and grab
3. right step to 12:00 into right forward bow, left thrusting cross punch, right hand chambers
4. pivot counterclockwise into right neutral bow, right thrusting palm strike (fingers point outward), left hand chambers

## **Inward Corkscrew Punches**

1. pivot clockwise to right forward bow, both arms circle inward with push down blocks
2. left step to 12:00 into left forward bow, both arms circle counterclockwise to outward downward vertical hammering backfists
3. both arms circle inward to loop up with inward hooking corkscrew punches
4. left downward vertical heel palm and claw followed by right downward vertical heel palm and claw followed by left downward vertical heel palm and claw

## **Vertical Elbow**

1. pivot counterclockwise to left forward bow, right cross upward vertical elbow strike followed by left upward vertical elbow strike followed by right cross upward vertical elbow strike, left hand chambers
2. pivot clockwise into left neutral bow, left thrusting vertical punch, right hand chambers
3. left step to 6:00 into horse stance facing 12:00, right thrusting horizontal punch, left hand chambers

## **Obscure Attack**

1. left front cross step to 12:00 into twist stance facing 9:00, left downward vertical crane hand hook, right hand chambers
2. right step to 12:00 into horse stance facing 9:00, right thrusting punch toward 9:00, left hand chambers

3. pivot clockwise into right forward bow facing 12:00, left cross thrusting horizontal punch, right hand chambers

### **Crane Kick**

1. left cross outward downward grab and pull, right inward downward grab and pull to left side hip
2. left snapping front kick
3. right cross high block, left thrusting palm strike, left snapping front kick

### **Pulling the Rope**

1. left plant to 12:00 into left neutral bow, right cross outward downward grab and pull, left inward downward grab and pull to right side hip
2. left step to 6:00 into right neutral bow, left cross outward downward grab and pull, right inward downward grab and pull to left side hip
3. right step to 6:00 into left neutral bow, right cross outward downward grab and pull, left inward downward grab and pull to right side hip

### **Iron Palm**

1. pivot counterclockwise into left forward bow, right cross overhead inward downward vertical palm slap, left hand chambers
2. left step to 6:00 into right forward bow, left cross overhead inward downward vertical palm slap, right hand chambers
3. right step to 6:00 into left forward bow, right cross overhead inward downward vertical palm slap, left hand chambers
4. left step to 6:00 into left cat stance, both arms circle inward to end with left push down block, right hand rear chamber high

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

1. left arm circles up clockwise showing sword hand, right arm swings inward horizontally to meet the left showing the fist
2. left foot steps back as left hand closes to a fist, and both hands circle inward traveling backward and downward toward your centerline

3. 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

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# LONG FORM 3

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## Opening Formal Wisdom and Action Salutation

1. from attention stance (standing straight, feet together, head up looking directly forward, both arms at your sides)
2. 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)
3. left hand pulls back to cover the right fist (The Scholar and the Warrior are United)
4. left step forward into left cat stance, both hands press forward showing the weapons (The Scholar and the Warrior Press Forward)
5. 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)
6. 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)

## DESTRUCTIVE TWINS

1. right step to 12:00 into right neutral bow, left cross looping over head punch, right step through thrusting uppercut (U punch)
2. left cross smothering downward block, right inward block (universal block)
3. pivot clockwise to right forward bow, left cross vertical outward block, right hand chambers
4. left cross outward horizontal finger slice
5. pivot counterclockwise into side horse stance facing 10:30, left hand chambers, right thrusting horizontal punch

## REVERSING GRASP

1. right crane hand circles counterclockwise free from grab and chamber
2. right thrusting horizontal punch

3. right wrist torques counterclockwise free from grab and rolling outward whipping backfist
4. right step to 6:00 into horse stance facing 12:00, right hand chambers

### **DESTRUCTIVE TWINS (alternate side)**

1. left step to 12:00 into left neutral bow, right cross looping over head punch, left step through thrusting uppercut (U punch)
2. right cross smothering downward block, left inward block (universal block)
3. pivot counterclockwise to left forward bow, right cross vertical outward block, left hand chambers
4. right cross outward horizontal finger slice
5. pivot clockwise into side horse stance facing 1:30, right hand chambers, left thrusting horizontal punch

### **REVERSING GRASP (alternate side)**

1. left crane hand circles clockwise free from grab and chamber
2. left thrusting horizontal punch
3. left wrist torques clockwise free from grab and rolling outward whipping backfist
4. left step to 6:00 into horse stance facing 12:00, left hand chambers

### **CRASHING WINGS**

1. right advance step to 3:00 into a side horse, right and left overhead inward downward elbow strikes
2. left foot slides toward 3:00 next to right foot, then back to 7:30 (retreating “seven” step) into left reverse bow, both hands chamber to right hip (palm to palm, left over right)
3. pivot counterclockwise to left neutral bow facing 7:30, left outward hammering horizontal elbow (counter balance throw)
4. continue to pivot counterclockwise to left forward bow facing 7:30, right inward downward hammerfist

### **TRIPPING ARROW (alternate side)**

1. left crescent step to horse stance facing 12:00, left overhead outward downward vertical elbow
2. pivot clockwise to right forward bow facing 3:00, left cross downward vertical palm strike, right hand chambers
3. pivot counterclockwise to horse stance facing 12:00, left hand chambers

### **DOUBLE WRIST GRAB ESCAPE**

1. right and left downward horizontal thrusting punches
2. right and left outward snapping uppercut punches
3. both hands chamber
4. right over left downward cross arm block
5. both hands chamber to hips with downward outward hooking parries

### **CRASHING WINGS (alternate side)**

1. left advance step to 9:00 into a side horse, right and left overhead inward downward elbow strikes
2. right foot slides toward 9:00 next to left foot, then back to 4:30 (retreating “seven” step) into right reverse bow, both hands chamber to left hip (palm to palm, right over left)
3. pivot clockwise to right neutral bow facing 4:30, right outward hammering horizontal elbow (counter balance throw)
4. continue to pivot clockwise to right forward bow facing 4:30, left inward downward hammerfist

### **TRIPPING ARROW**

1. right crescent step to horse stance facing 12:00, right overhead outward downward vertical elbow
2. pivot counterclockwise to left forward bow facing 9:00, right cross downward vertical palm strike, left hand chambers
3. pivot clockwise to horse stance facing 12:00, right hand chambers

### **DOUBLE WRIST GRAB ESCAPE**

1. right and left downward horizontal thrusting punches

2. right and left outward snapping uppercut punches
3. both hands chamber
4. left over right downward cross arm block
5. both hands chamber to hips with downward outward hooking parries

### **FLASHING DAGGERS**

1. right retreat step to 6:00 into left neutral bow, right and left extended outward sword hand blocks (wedge block)
2. pivot counterclockwise to left forward bow, right cross thrusting inward sword hand, left hand cross check high
3. pivot clockwise to left neutral bow, left outward hammering sword hand, right hand chambers
4. pivot counterclockwise to left forward bow, right cross thrusting vertical punch, left hand cross check low
5. right foot step to 12:00 into concave attention stance, both hands chamber

### **FLASHING DAGGERS (alternate side)**

1. left retreat step to 6:00 into right neutral bow, right and left extended outward sword hand blocks (wedge block)
2. pivot clockwise to right forward bow, left cross thrusting inward sword hand, right hand cross check high
3. pivot counterclockwise to right neutral bow, right outward hammering sword hand, left hand chambers
4. pivot clockwise to right forward bow, left cross thrusting vertical punch, right hand cross check low

### **GLANCING SPEAR**

1. right retreat step to 6:00 and pivot clockwise into left reverse bow, both hands pull toward 6:00
2. pivot counterclockwise into left forward bow facing 12:00, right cross glancing palm strike and horizontal spear hand thrust, left hand cross covers low horizontally

## **GLANCING SPEAR (alternate side)**

1. left retreat step to 6:00 and pivot counterclockwise into right reverse bow, both hands pull toward 6:00
2. pivot clockwise into right forward bow facing 12:00, left cross glancing palm strike and horizontal spear hand thrust, right hand cross covers low horizontally

## **WRAP AROUNDS**

1. right retreat step to 6:00 into horse stance facing 12:00, both hands chamber
2. right inward overhead downward vertical elbow
3. right outward snapping uppercut punch
4. left inward overhead downward vertical elbow
5. left outward snapping uppercut punch
6. right arm circle clockwise with outward overhead heel palm and claw
7. right hooking uppercut punch
8. right outward whipping backfist
9. left arm circle counterclockwise with outward overhead heel palm and claw
10. left hooking uppercut punch
11. left outward whipping backfist
12. right and left inward overhead downward vertical elbows
13. right and left outward snapping uppercut punches
14. right and left arm circle to with outward overhead heel palm and claw strikes
15. right and left hooking uppercut punches
16. right and left outward whipping backfists

## **CROSSING TALON (alternate side)**

1. right advance step to 12:00 into right side neutral bow, circle left arm counterclockwise to vertical outward block position
2. turn left hand counterclockwise to extended outward grab, right thrusting vertical forearm
2. pull back with left hand press forward with right forearm (arm bar)
3. right hammering outward horizontal elbow

4. circle right arm counterclockwise, continue right arm counterclockwise circle to large hammering overhead downward vertical elbow (drop into this move by flexing the knees)
5. right retreat step to 6:00 into horse stance facing 12:00

### **CROSSING TALON**

1. left advance step to 12:00 into left side neutral bow, circle right arm clockwise to vertical outward block position
2. turn right hand clockwise to extended outward grab, left thrusting vertical forearm
2. pull back with right hand press forward with left forearm (arm bar)
3. left hammering outward horizontal elbow
4. circle left arm clockwise, continue left arm clockwise circle to large hammering overhead downward vertical elbow (drop into this move by flexing the knees)
5. left retreat step to 6:00 into horse stance facing 12:00

### **THRUSTING WEDGE**

1. pivot counterclockwise with right advance step to 7:30 into right forward bow, right and left extended outward hand sword blocks (wedge block) both hands outward finger slice
2. pivot counterclockwise to right side horse stance, right upward vertical elbow, left hand chambers
3. pivot clockwise to right neutral bow, right downward vertical heel palm strike and claw
4. pivot clockwise with right retreat step to 12:00 into horse stance facing 12:00

### **THRUSTING WEDGE (alternate side)**

1. pivot clockwise with left advance step to 4:30 into left forward bow, right and left extended outward hand sword blocks (wedge block) both hands outward finger slice
2. pivot clockwise to left side horse stance, left upward vertical elbow, right hand chambers
3. pivot counterclockwise to left neutral bow, left downward vertical heel palm strike and claw

4. pivot counterclockwise with left retreat step to 12:00 into horse stance facing 12:00

### **ORBITING TRANSITION**

1. drop chin forward to protect throat, right advance step to 10:30 into right forward bow, right and left extended outward sword hand blocks (wedge block) 2. right arm large circle clockwise, left arm large circle counterclockwise to thrusting underhand heel palm strikes
3. right foot slide back into right cat stance, both arms circle back to inward inverted hooking backfist strikes

### **BLINDING SACRIFICE**

1. right advance step to 10:30 into right neutral bow, right and left outward finger slices followed by right and left thumb thrusts
2. right and left inward downward crane hands hooks
3. right inward hammering horizontal elbow, left inward horizontal hooking heel palm strike
4. both hands pull down into right upward snapping knee strike
5. stomp right foot down to 10:30 into right neutral bow
6. right retreat step to 6:00 into horse stance facing 12:00

### **ORBITING TRANSITION (alternate side)**

1. drop chin forward to protect throat, left advance step to 1:30 into left forward bow, right and left extended outward sword hand blocks (wedge block) 2. right arm large circle clockwise, left arm large circle counterclockwise to thrusting underhand heel palm strikes
3. left foot slide back into left cat stance, both arms circle back to inward inverted hooking backfist strikes

### **BLINDING SACRIFICE (alternate side)**

1. left advance step to 1:30 into left neutral bow, right and left outward finger slices followed by right and left thumb thrusts
2. right and left inward downward crane hands hooks
3. left inward hammering horizontal elbow, right inward horizontal hooking heel palm strike

4. both hands pull down into left upward snapping knee strike
5. stomp left foot down to 10:30 into left neutral bow
6. left retreat step to 6:00 into horse stance facing 12:00

### **WINGS OF SILK**

1. left stomping side step to 9:00, left rear thrusting palm strike, right rear vertical hooking scoop kick, right obscure elbow
3. pivot counterclockwise with right step to 9:00 into horse stance facing 6:00
4. continue to pivot counterclockwise with left step to 9:00 into a horse stance facing 12:00, left hand chambers, right hooking uppercut
5. right crane hand hook to chamber, left hand chamber.
6. reverse pivot clockwise with left step to 3:00 into a horse stance facing 6:00 followed by right step to 3:00 into a horse stance facing 12:00

### **WINGS OF SILK (alternate side)**

1. right stomping side step to 3:00, right rear thrusting palm strike, left rear vertical hooking scoop kick, left obscure elbow
3. pivot clockwise with left step to 3:00 into horse stance facing 6:00
4. continue to pivot clockwise with right step to 3:00 into a horse stance facing 12:00, right hand chambers, left hooking uppercut
5. left crane hand hook to chamber, right hand chamber.
6. reverse pivot counterclockwise with right step to 9:00 into a horse stance facing 6:00 followed by left step to 9:00 into a horse stance facing 12:00

### **SCRAPING HOOF**

1. left and right direct over the shoulder spear hand thrusts to Uke's eyes
2. left foot slide back to stand up straight at attention (shizen), rear head butt, right and left arms punch down
3. pivot clockwise to face 3:00 in a right back stance, right reverse snapping heel kick
4. right snapping side kick

5. right foot stomps to 3:00
6. pivot counterclockwise to face 9:00 in a left back stance, left reverse snapping heel kick
7. left snapping side kick
8. left foot stomps to 9:00

### **REPEATED DEVASTATION**

1. left arm cross to grab, left advance step to 1:00 into a left inverted forward bow
2. pivot clockwise to right forward bow facing 6:00, right outward hammering horizontal elbow
3. pivot counterclockwise with left retreat step to 6:00 into attention stance facing 12:00, right and left arms punch down
4. right arm cross to grab, right advance step to 11:00 into a right inverted forward bow
5. pivot counterclockwise to left forward bow facing 6:00, left outward hammering horizontal elbow
7. pivot clockwise with right retreat step to 6:00 into attention stance facing 12:00, right and left arms punch down

### **DESPERATE FALCONS**

1. left advance step to 12:00 into left neutral bow, right arm circle clockwise under left and pull them to your right side hip
2. pivot counterclockwise to left forward bow, left hammering backfist, right cross thrusting vertical cross punch

### **DESPERATE FALCONS (alternate side)**

1. right advance step to 12:00 into right neutral bow, left arm circle counterclockwise under right and pull them to your left side hip
2. pivot clockwise to right forward bow, right hammering backfist, left cross thrusting vertical cross punch

### **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

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## **4<sup>th</sup> GREEN BELT TEST:** What you need to know

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### **Techniques**

Glancing spear  
Sweeping arm hook  
Gathering clouds  
Detour from doom  
Twin kimono  
Broken ram  
Twisted wings  
Bow of compulsion  
Capturing the storm  
Menacing twirl  
Rocker  
Startled cat  
The serpent  
Twirling sacrifice  
Catching the leg  
Cross of death  
Silent escape  
Offer of dust  
Desperate falcons  
Protecting fans

### **Set**

Blocking Set 2

### **Forms**

Bungi  
Long Form 3

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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)**