

# **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**

**5<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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Good work! You have completed the Blue belt requirements. You have worked hard, and that is evident in your new belt. You are now 1/3<sup>rd</sup> completely through learning this whole martial art system. I hope your excitement and hard work will carry over again into this next challenge of 5<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 5<sup>th</sup> Green belt.

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## ABOUT THIS LEVEL

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Completion of the fifth level of Kenpo is rewarded with the advancement to 5<sup>th</sup> Green belt. The material in this level will further build on the skills of form, speed, and power with special attention to breath control. A 5<sup>th</sup> Green belt student should be able to perform all techniques up to this level without holding their breath. For this level students should begin breathing out with heavy stronger moves and breathing in with lighter motions.

### Physical Focus

The physical focus in 5<sup>th</sup> Green belt is breath control. Breath control is important for the development of power and endurance. Without breathing during high impact activities and stressful conditions you will quickly pass out. Also, if your opponent counters your technique and strikes or throws you to the ground, it is imperative to breath out rather than get your wind knocked out.

With any discussion on breath control comes the application of kiai. Kiai is the vocal release accompanying single explosive focus of will. It is usually expressed as a short shout originating from deep in the abdomen. Kiai can be silent. At its core, kiai is the coordination of breathing with a physical movement.

At the 5<sup>th</sup> Green belt level the student should begin to explore with this vocal release. It should not feel forced or choreographed. It is not the obnoxious distracting screaming as is often the custom of the modern tournament competitors. It is not a tool for show. When properly done the kiai should barely be noticed behind the effect of the technique it is used with.

This martial art system works in mudansha and yudansha divisions. The mudansha levels consist of 10 kyu rankings leading up to 1<sup>st</sup> degree Black belt. At 1<sup>st</sup> degree Black the yudansha levels begin. White belt begins the mudansha levels as 10<sup>th</sup> kyu. From there they count backwards to 1<sup>st</sup> kyu Brown belt. After 1<sup>st</sup> kyu

Brown belt is 1<sup>st</sup> dan Black belt. 5<sup>th</sup> Green belt, therefore, is 5<sup>th</sup> kyu, half way to 1<sup>st</sup> degree black belt.

This level will require the student to perform Finger Set, Heian Sandan and Short Form 3. 5<sup>th</sup> Green belts must be able to execute the basics with improved skill. Finger Set should be executed with confidence. They must know the forms by memory. Most importantly, the 20 techniques of 5<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.

Breath control is the element that should be stressed by instructors to the 5<sup>th</sup> Green belt student. Students at this level should have no trouble catching their breath. 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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Front Chicken kick  
Jump Back kick  
Heel Hook – Wheel – Side kick

Reverse Spinning Roundhouse kick  
Spinning Outward Crescent kick  
Gravity Snapping Back kick

Step Through Punch, Cross Sword Hand, Inward Ridge Hand  
Push Drag Jab, Cross Sword Hand, Inward Ridge Hand  
Push Drag Backfist, Cross Sword Hand, Inward Ridge Hand

Step Through Punch, Cross Sword Hand, Outward Sword Hand  
Push Drag Jab, Cross Sword Hand, Outward Sword Hand  
Push Drag Backfist, Cross Sword Hand, Outward Sword Hand

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# TARGET DRILLS

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Replacement Thrusting Side kick  
Replacement Thrusting Side kick - Backfist, Cross  
Gravity Side kick  
Rear cross Thrusting Side kick - Backfist  
Jump Thrusting Side kick

Replacement Side, Roundhouse kick  
Rear cross Backfist (fake) – Thrusting Side kick – Backfist, Cross,  
Uppercut  
Replacement Side, Spinning Heel Hook kick  
Replacement Side - Backfist, Cross, Hook, Spinning Back kick  
Jump Spinning Side kick, or (Step, Spinning Side kick)

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# TECHNIQUES

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## 1) CROSSING TALON

### **Attack – *right cross wrist grab***

1. left advance step to 12:00 into left side neutral bow, circle right arm clockwise to vertical outward block position

1. turn right hand to extended outward grab Uke's right wrist, left thrusting vertical forearm to Uke's right elbow

1. pull back with right hand press forward with left forearm to bend Uke forward (arm bar)

2. left hammering outward horizontal elbow to Uke's right temple

3. circle left arm clockwise to check Uke shoulders keeping him from standing, continue left arm clockwise circle to large hammering overhead downward vertical elbow to Uke's back (drop into this move by flexing the knees)

4. left hand checks behind Uke's head, right thrusting knee to Uke's head

5. right foot plants back to 6:00, full cover out to 6:00

## 2) FATAL CROSS

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

1. right advance step to 12:00 into right neutral bow, right and left inward downward cane hook parries to clear Uke's arms open, drop forehead low for possible front head butt as Uke is forced to bend forward

2. right and left thrusting vertical middle knuckle punches to Uke's abdomen

3. right over left scissoring outward whipping backfist strikes to Uke's temples

4. right over left scissoring outward two finger whips to Uke's eyes

5. full cover out to 6:00

### **3) SEVEN FISTS**

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

1. right advance step to 12:00 into right neutral bow, right inward block Uke's attack, left vertical outward block to reinforce (forearm shield)
2. right outward hammering backfist to Uke's right side temple, left arm still checks Uke's right arm
3. pivot clockwise to right forward bow, left cross thrusting horizontal punch to Uke's chin, right hand chambers
4. pivot counterclockwise to right neutral bow, right thrusting palm up uppercut to Uke's abdomen, left hand cross covers high horizontally
5. left retreat rear cross step to 4:30 into a right front twist stance facing 10:30, left hammering outward downward hammerfist to Uke's neck (left hand hook behind neck to pull Uke's head forward)
6. pivot counterclockwise unwinding twist stance into right neutral bow facing 10:30, right arm circle clockwise for inward hammering overhead downward vertical hammerfist behind Uke's head (drop into this finishing move by flexing the knees)
7. pivot clockwise with left upward knee strike Uke's sternum, left overhead downward hammerfist Uke's back, right check Uke's left shoulder
8. left foot plants back down and right upward knee strike Uke's abdomen, right overhead downward hammerfist Uke's back, left check Uke's left shoulder
9. right front cross step to 6:00 into right front twist stance, right downward thrusting palm strike behind Uke's left ear (mastoid), left cross cover high
10. cover out to 6:00

### **4) CIRCLE OF CHINA**

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

1. begin in kneeling position (shizen)
2. right advance step to 12:00 into right kneeling stance, left outward downward block, right inward block (universal block)

3. right outward downward hammerfist Uke's groin, left vertical outward block to check Uke's right leg
4. pivot counterclockwise with right inward wing block to clear Uke's right leg and turn over onto your hands and knees facing 6:00
5. right thrusting back kick Uke's left knee
6. plant your right foot down beside your right hand, pivot clockwise and stand with a left step to 6:00 into a right neutral bow facing 12:00
7. full cover out to 6:00

## **5) CHARGING RAM**

**Attack – *front tackle, middle range***

1. left rear cross step to 4:30 into right front twist stance, left outward downward sword hand to clear Uke's left arm from wrapping around your hips
2. unwind twist stance pivoting counterclockwise into a right neutral bow facing 9:00, right large hammering overhead downward vertical hand sword behind Uke's head (drop into this finishing move by flexing the knees)
3. as Uke continues forward, right snapping side kick behind Uke's left knee to buckle Uke's left leg and drop him forward onto his knee
4. right plant to 12:00, left roundhouse kick Uke's head from behind (or kick outside of Uke's right knee again if the side kick does not drop him down)
5. left front cross plant to 12:00, cover out to 12:00

## **6) SPIRALING TWIG**

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

1. strike right and left knuckles inward against back of Uke's hands
2. right advance step to 3:00 into a horse stance, right and left overhead inward downward elbow strikes to Uke's right and left forearms
3. right hand grabs Uke's right hand (palm side down) weak side, left hand grabs thumb side

4. squeeze Uke's right arm straight under your right elbow (snaking straight arm lever), left advance step to 12:00, pivot clockwise to face 6:00 in a right neutral bow
5. pivot clockwise with right retreat step to 12:00, turn Uke's right wrist clockwise for inward wrist lock
6. right snapping front kick to Uke's abdomen, pull Uke's right arm toward 12:00
7. right plant to 12:00 into left neutral bow facing 6:00, full cover out to 12:00

## **7) DESTRUCTIVE TWINS**

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

1. drop chin forward to protect throat, right advance step to 12:00 into right neutral bow, left cross looping overhead punch Uke's chin, right step through thrusting uppercut Uke's abdomen (U punch)
2. left cross smothering downward block to break Uke's hold and clear his right arm, right inward block to break Uke's hold and clear his left arm (universal block)
3. pivot clockwise to right forward bow, left cross vertical outward block to check Uke's left arm, right hand chambers
4. left cross outward horizontal finger slice to Uke's eyes
5. pivot counterclockwise into side horse stance facing 10:30, left extended outward grab Uke's left wrist and pull Uke's arm forward as left hand chambers, right thrusting horizontal punch Uke's ribs
6. full cover out to 7:30

## **8) WINGS OF SILK**

### **Attack – *two-arm hammerlock***

1. left side step stomping on Uke's left foot, left rear thrusting palm strike left inside fold of Uke's hip, right rear vertical hooking scoop kick Uke's groin, right obscure elbow Uke's chin and slipping out of hammerlock
2. pivot counterclockwise with right step to 9:00 into horse stance facing 6:00, left cross grab Uke's left wrist
3. continue to pivot counterclockwise with left step to 9:00 into a horse stance facing 12:00, left hand pull Uke's left arm straight

toward 9:00, right hooking uppercut under Uke's arm hyper extending Uke's left elbow

4. full cover out to 9:00

## **9) TWISTING THE STORM**

**Attack – *front overhead downward club strike***

1. right advance step to 12:00 in right forward bow, left over right high cross arm block (X block) to intercept attacking arm
2. pivot counterclockwise to right neutral bow, lower Uke's arm by turning cross arm block to left extended outward grab Uke's right wrist
3. right hand palm down grab Uke's wrist with left, catching Uke's right elbow and causing arm to bend (right arm comes from behind and under Uke's elbow)
4. pivot counterclockwise with left step to 6:00 and bend knees to face 6:00 in left wide kneel stance
4. Uke's arm should be pulled forward forcing Uke's to turn his back to you and Uke will fall forward on his back (bent arm lever)
5. right dropping knee to Uke's sternum, right thrusting vertical punch to Uke's head
6. full cover out to 12:00

## **10) CROSSED TWIGS**

**Attack – *rear two-hand direct wrist grab***

1. right and left hands direct grab Uke's right and left wrists
2. left advance step to 12:00 into left forward bow, pull Uke's arms forward – do not allow Uke to catch you in a rear bear hug with your arms pinned
3. quickly pivot clockwise to right forward bow facing 6:00, right outward horizontal elbow Uke's chin, left arm folds behind your back to hammerlock position – both hands still holding Uke's wrists
4. right arm pull outward and downward bending Uke forward over the left arm you are still holding behind you
5. right hand release Uke's right wrist, right arm counterclockwise circle to large hammering overhead downward vertical elbow to Uke's back (drop into this move by flexing the knees)

6. left hand release Uke's left wrist, right and left hands check Uke's back, left thrusting knee to Uke's ribs
7. full cover out to 12:00

## **11) PARTING WINGS**

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

1. left advance step to 12:00 into left neutral bow, right and left extended outward sword hand blocks inside Uke's arms (wedge block)
2. pivot counterclockwise to left forward bow, right cross thrusting uppercut to Uke's ribs, left hand cross check high
3. pivot clockwise to left neutral bow, left outward whipping backfist to Uke's left side temple, right hand chambers
4. pivot counterclockwise to left forward bow, right cross thrusting vertical punch to Uke's sternum, left hand cross check low
5. pivot clockwise to left neutral bow, left outward whipping backfist to Uke's left side temple, right hand chambers
6. pivot counterclockwise to left forward bow, right cross thrusting uppercut to Uke's ribs, left hand cross check high
7. left front cross retreat step to 6:00 into twist stance, left outward whipping backfist Uke's left side temple then cover out to 6:00

## **12) CIRCLING THE HORIZON**

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

1. left advance step to 10:30 into left neutral bow, left inward parry Uke's punch, right hand chambers
2. right advance crescent step to 12:00 into right neutral bow – around Uke's right leg, right step through vertical thrusting punch Uke's chin, left cross low horizontal check Uke's right arm
3. right inward horizontal slicing elbow Uke's ribs
4. right outward hammering backfist Uke's kidney
5. right upward vertical ridge hand strike Uke's groin
6. full cover out to 6:00

### **13) REACHING FOR THE MOON**

#### **Attack – *right direct lapel grab***

1. left advance crescent step to inside of Uke's right leg into left neutral bow, left vertical outward block to clear Uke's right arm, right hand chambers
2. pivot hard clockwise to right forward bow facing 3:00 – left leg kick back buckling Uke's right foot toward 9:00, left cross thrusting palm strike Uke's chin toward 3:00
3. pivot hard counterclockwise to left forward bow facing 12:00, right cross thrusting palm strike Uke's chin – fingers point outward, left arm cross cover high
4. full cover out to 6:00

### **14) CONQUERING SHIELD**

#### **Attack – *left direct lapel grab***

1. left hand cross pins Uke's left hand and turn it palm up, right step through snapping front kick to Uke's groin, right thrusting inward forearm strike to Uke's left elbow to hyperextend
2. right arm circles counterclockwise to inward downward vertical elbow over Uke's left arm to hook Uke's left elbow and pull him forward (this happens as right foot plants to 12:00 between Uke's feet into right neutral bow)
3. right upward vertical elbow to Uke's chin
4. right downward vertical heel palm strike to Uke's nose, claw through Uke's face
5. full cover out to 6:00

### **15) CRUSHING HAMMER**

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

1. left hand pin Uke's arms, left side step to 9:00 into a horse stance, right rear hammering elbow to Uke's sternum
2. right downward hammerfist to Uke's groin
3. right foot slides toward 9:00 next to left foot, then back to 4:30 behind Uke's left leg (retreating “seven” step) into right reverse bow
3. right downward heel palm strike to Uke's groin

4. pivot clockwise to right neutral bow facing 4:30, right upward obscure vertical elbow to Uke's chin, left hand clears Uke's arms
5. continue to pivot clockwise to right forward bow facing 4:30, left cross inward downward heel palm push down to Uke's abdomen
6. full cover out to 10:30

## **16) BLINDING SACRIFICE**

**Attack – *front two-hand choke***

1. right step to 12:00 into right cat stance, right and left vertical outward blocks
1. right advance step to 12:00 into right forward bow bow, right and left outward finger slices eyes followed by right and left thumb thrusts to Uke's eyes
2. right and left inward downward crane hands hooks to clear Uke's arms open and pull Uke's head forward
3. pivot counterclockwise into right neutral bow, right inward hammering horizontal elbow, left inward horizontal hooking heel palm strikes to Uke's temples
4. right hand reach behind Uke's neck and pull him forward into right upward snapping knee to Uke's nose
5. right stomp down to 12:00 into right neutral bow on Uke's left foot
6. full cover out to 6:00

## **17) REVERSE HAMMERLOCK**

**Attack – *hammerlock, left hand palm down***

1. press your right arm tight to your back to pin Uke's left hand
2. right advance step to 10:30 and pivot counterclockwise into left neutral bow facing 7:30, left rear hammering elbow to Uke's left elbow
3. pivot clockwise to left reverse bow facing 7:30, left arm circles clockwise to downward rolling hammerfist Uke's abdomen
4. pivot counterclockwise to left neutral bow facing 7:30, left arm circles counterclockwise to outward whipping backfist to Uke's left side temple
5. full cover out to 1:30

## **18) BRUSHING THE STORM**

**Attack – *right side, overhead downward club strike***

1. right advancing side step to 3:00 into right inverted neutral bow, left inward brushing parry Uke's right arm, right thrusting palm strike Uke's chin
2. left advance step to 3:00 into left close kneel stance, right cross downward vertical thrusting elbow to Uke's sternum
3. pivot clockwise with right retreat step to 3:00 into left neutral bow facing 9:00, left hand checks Uke's hip, right hand grab Uke's right leg below the knee and pull Uke's right leg backward up out from under him causing him to bend forward (single leg shoot from behind)
4. right step through snapping side kick behind Uke's left knee to buckle and drop Uke forward onto his left knee
5. full cover out to 9:00

## **19) RAKING MACE**

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

1. left hand cross pins Uke's left hand, smother pinning right hand also, right advance step into right neutral bow, right step through thrusting uppercut Uke's abdomen
2. right inward hammerfist to Uke's left temple
3. right arm smothers down at Uke's elbows pulling him forward
4. right arm bounce off Uke's elbows to inward thrusting sword hand to Uke's throat – before Uke's head can smash into yours
5. right and left inward downward hooking cane hook parries to clear Uke's arms open and bring his head forward
6. right inward horizontal elbow and left inward heel palm strike Uke's temples
7. full cover out to 6:00

## **20) CIRCLES OF PROTECTION**

**Attack – *right overhead downward hammerfist strike***

1. left advance step to 12:00 into left forward bow, right cross high block Uke's right arm, left hand chambers
2. pivot clockwise to left neutral bow, left high block to Uke's right arm

3. left arm grab Uke's right arm and circle downward counterclockwise pulling im forward, right arm orbits clockwise to snapping uppercut Uke's abdomen
4. left hand passes Uke's right arm to right hand, right cross grab Uke's right wrist
5. left outward whipping backfist Uke's left temple
6. left hand grab Uke's right shoulder, left front cross step to 6:00 into left front twist stance sweeping Uke's right foot forward and pulling Uke down backwards
7. finish cover out to 6:00

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# FINGER SET #1

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## Opening Salutation

### Long Range

1. right horizontal spear hand thrust (long range), left hand chambers
2. left horizontal spear hand thrust (long range), right hand chambers

### Middle Range

1. right vertical spear hand thrust (middle range), left hand chambers
2. left vertical spear hand thrust (middle range), right hand chambers

### Close Range

1. right horizontal palm up spear hand thrust (close range), left hand chambers
2. left horizontal palm up spear hand thrust (close range), right hand chambers

### Rear Attack

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

### Lapel Grab Defense

1. right and left inward overhead elbow strikes
2. right and left upward palm up thrusting spear hand strikes
3. right over left outward horizontal scissoring finger whips

### Finger Whip Attacks

1. right hand chambers in vertical crane hand position, left hand checks low horizontally
2. right overhead downward vertical finger whip

3. left hand chambers in vertical crane hand position, right hand checks low horizontally
4. left overhead downward vertical finger whip
5. right hand chambers low in underhand crane position, left hand checks horizontally
6. right underhand vertical rising finger whip
7. left hand chambers low in underhand crane position, right hand checks horizontally
8. left underhand vertical rising finger whip

### **Finger Slice Attacks**

1. right inward horizontal palm up finger slice, left hand chambers
2. right outward horizontal palm down finger slice, right inward crane hook
3. left inward horizontal palm up finger slice, right hand chambers
4. left outward horizontal palm down finger slice, left inward crane hook

### **Clawing Attacks**

1. right thrusting horizontal palm strike (fingers to outside), left hand chambers
2. right inward counterclockwise claw strike
3. right outward sword hand strike, right outward clockwise claw strike
4. left thrusting horizontal palm strike (fingers to outside), right hand chambers
5. left inward clockwise claw strike
6. left outward sword hand strike, left outward counterclockwise claw strike

### **Heel Palm Strikes**

1. right inward downward overhead heel palm strike, left rear underhand heel palm
2. left inward downward overhead heel palm strike, right rear underhand heel palm
3. right front underhand heel palm strike, left rear underhand heel palm strike

4. left front underhand heel palm strike, right rear underhand heel palm strike

### **Finger Pokes**

1. right front underhand heel palm joining the left, both hand meet palm to palm and lift
2. right and left outward downward overhead heel palms strikes (to the sides)
3. right two finger poke and inward hook, left hand chambers
4. left two finger poke and inward hook, right hand chambers

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

### **Closing Salutation**

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# Heian Sandan (peaceful mind 3)

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## Opening Salutation

1. left advance step to 9:00 into left neutral bow, left vertical outward block, right hand chambers
2. right advance step to 9:00 into right neutral bow, right inward block, left cross outward downward block (left universal block)
3. right foot slide back into right cat stance, pivot clockwise with left cross inward block, right outward downward block (right universal block)
4. right advance step to 3:00, pivot clockwise to right neutral bow, right vertical outward block, left hand chambers
5. left advance step to 3:00 into left neutral bow, left inward block, right cross outward downward block (right universal block)
6. left foot slide back into left cat stance, pivot counterclockwise with right cross inward block, left outward downward block (left universal)
7. both hands chamber to right hip, pivot counterclockwise into left cat stance facing 12:00
8. left advance step to 12:00 into left forward bow, left reinforced vertical outward block
9. right advance step to 12:00 in right forward bow, right vertical trusting spear hand strike, left hand cross covers horizontally low
10. spin counterclockwise with left advance step to 12:00 into left side horse stance, left spinning outward hammerfist, right arm folds behind back into hammerlock position
11. right advance step to 12:00 in right forward bow, right step through punch, left hand chambers, Kiai
12. pivot counterclockwise sliding the left foot forward to turn to face 6:00 in attention stance, both hands chamber resting on the hips
13. right step through inward crescent kick to 6:00
14. plant right foot into right neutral bow, right inward horizontal elbow

15. right outward whipping backfist
16. left step through inward crescent kick to 6:00
17. plant left foot into left neutral bow, left inward horizontal elbow
18. left outward whipping backfist
19. right step through inward crescent kick to 6:00
20. plant right foot into right neutral bow, right inward horizontal elbow
21. right outward whipping backfist
22. left advance step to 12:00 in left forward bow, left step through punch, right hand chambers, Kiai
  
23. right advance step to 6:00 into horse stance – keep left arm extended from the last move
24. left rear crossover step to 9:00 pivot counterclockwise unwinding into a horse stance facing 12:00, turn to look, right back spear hand thrust over the left shoulder, left rear thrusting elbow strike
25. left front crossover swinging kick toward 3:00, leap off the right toward 3:00, land in horse stance facing 12:00 (side leap), turn to look, left back spear hand thrust over the right shoulder, right rear thrusting elbow strike, Kiai

## **Closing Salutation**

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# SHORT FORM 3

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## Opening Salutation

### 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 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

### CRASHING WING

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

### TWIRLING WINGS (alternate side)

1. both hands chamber to left hip (palm to palm, right over left), right foot slides back into right cat stance facing 9:00
2. right rear cross retreat step to 4:30
3. pivot clockwise to a right forward bow facing 3:00, right vertical outward block, left cross inward horizontal hammering elbow
4. left advance step to 9:00 into left forward bow, left hand cross checks high, pivot counterclockwise with right cross inward horizontal hammering elbow

## **CIRCLING WING**

1. pivot clockwise to face 7:30 in right neutral bow, right outward overhead elbow
2. pivot to clockwise right forward bow, left cross thrusting palm strike
3. left inward downward crane hand hook, right upward vertical elbow
4. pivot counterclockwise to right reverse bow still facing 7:30, right outward downward hammerfist, left hand cross checks high

## **CROSSING TALON**

1. pivot clockwise to right neutral bow facing 7:30, left hand pinning check your right wrist
2. left step to 7:30 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)

## **SCRAPING HOOF**

1. left side step to 7:30 into a horse stance facing 10:30, 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 1:30 in a right back stance, right reverse snapping heel kick
4. right snapping side kick
5. right foot stomps to 1:30

## **FATAL CROSS**

1. right step to 10:30 into right neutral bow, right and left inward downward hooking cane hook parries

2. right and left thrusting vertical middle knuckle punches
3. right over left scissoring outward whipping backfist strikes
4. right over left scissoring outward two finger whips

### **GRIP OF DEATH (alternate side)**

1. left step to 10:30 into wide kneel stance, tuck chin to chest, right and left inward downward hammerfist strikes
2. right arm circles counterclockwise to for chin lift, left hand chambers
3. pivot clockwise to face 4:30 in right forward bow, left thrusting cross palm strike

### **LOCKED WING**

1. left step to 4:30 into transitional natural stance facing 10:30, left arm chamber low horizontally to your front, right arm chamber low horizontally to your back
2. left step to 4:30 and pivot counterclockwise to face 4:30 in left forward bow, left hammering outward horizontal elbow
3. left arm circle counterclockwise with outward hammering heel palm and claw to hook with an uppercut snaking straight arm lever
4. pivot clockwise to face 10:30 in right forward bow
5. right retreat step to 4:30 and pivot clockwise to right forward bow facing 4:30
6. pivot counterclockwise to left neutral bow facing 10:30, right step through thrusting knee

### **CROSSED TWIGS**

1. plant right foot to 10:30, both hand chamber to your back
2. left advance step to 10:30 into left forward bow, pull both hands to your front
3. quickly pivot clockwise to right forward bow facing 4:30, right outward horizontal elbow, left arm folds behind your back to hammerlock position
4. right arm counterclockwise circle to large hammering overhead downward vertical elbow (drop into this move by flexing the knees)
6. right and left hands check low to the front, left thrusting knee

## **WINGS OF SILK**

1. plant left foot to 10:30 and pivot counterclockwise into horse stance facing 1:30, both hands chamber
2. left stomping side step to 10:30, left rear thrusting palm strike, right rear vertical hooking scoop kick, right obscure elbow
3. pivot counterclockwise with right step to 10:30 into horse stance facing 7:30
4. continue to pivot counterclockwise with left step to 10:30 into a horse stance facing 1:30, left hand chambers, right hooking uppercut

## **CONQUERING SHIELD**

1. left hand cross pinning check your right lapel, right step through snapping front kick, right thrusting inward forearm
2. right elbow circles counterclockwise to inward downward vertical elbow strike, right foot plants to 1:30 into right neutral bow
3. right upward vertical elbow
4. right downward vertical heel palm strike and claw

## **STRIKING SERPENT'S HEAD**

1. right retreat step to 7:30 into a left side horse stance facing 1:30, left inward hooking corkscrew punch, right hand cross checks low
2. left arm circles clockwise for chin lift, right hand chambers
3. right snapping half fist punch

right step to 3:00

**Closing Salutation**

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

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### **Techniques**

Crossing talon  
Fatal cross  
Seven fists  
Circle of China  
Charging ram  
Spiraling twig  
Destructive twins  
Wings of silk  
Twisting the storm  
Crossed twigs  
Parting wings  
Circling the horizon  
Reaching for the moon  
Conquering shield  
Crushing hammer  
Blinding sacrifice  
Reverse hammerlock  
Brushing the storm  
Raking mace  
Circles of protection

### **Set**

Finger Set 1

### **Forms**

Heian Sandan  
Short 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)**