

BLUEGRASS MARTIAL ARTS

LOUISVILLE CHRISTIAN MARTIAL ARTS ACADEMY



KIDS KENPO KARATE

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

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

PARENTS & INSTRUCTORS

ABOUT KENPO KARATE

"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.

WELCOME!

Hello and welcome to what I hope will be an epic journey into the study of the martial arts. My name is Samuel Conver, and I will be your guide and instructor. It is my hope you will find this journey an exciting and fun experience. When you reach the end of your time studying with me, I hope you will have changed in many positive ways. You should be healthier, stronger, more flexible, self-confident, disciplined, and more secure in your ability to protect yourself.

This journey is life long, even if your time with me is brief. I hope you will discover a great appreciation for the martial arts during this time. I hope you will find great enlightenment into the character of yourself through every lesson. Most of all, I hope you will see the character of God reflected through Bluegrass Martial Arts.

ABOUT THE KIDS KENPO PROGRAM

The Kids Kenpo Karate is an introduction into martial arts. Children not yet old enough to join the adult population will enjoy this age appropriate and challenging arrangement of the Kenpo Karate system. Designed for kids between the ages of 4-10 years old, Kids Kenpo Karate will prepare younger children for the more complicated requirements of the adult program.

The classes will follow a rapid routine changing focus covering warm up footwork sets, drilling basics, forms, one-step techniques, and ending with a fun activity. We will cover the repetition necessary to develop the muscle memory and coordination imperative to studying martial arts. The drills will change enough to keep the kids from getting bored and keep the repetition a fun process.

The material begins easy to learn and with each new level adds enough to be appropriately more complex. With the completion of the final level the child should be well prepared to join the adult group even if they have not outgrown the age window set for Kids Kenpo Karate. If at any point the boy or girl does reach an age where they wish to move up to the adult group they may do so. It is not necessary for the child to finish the Kids curriculum before joining the adults. If a child grows past the age window set for Kids Kenpo Karate, but they wish to continue to finish the material before moving onto the adult program they may do so.

There are seven levels in Kids Kenpo Karate. Advancing to a new level comes as a promotion to a new belt level. The belts are white belts with a color stripe running along the center length of the belt. Everyone begins at white belt and then progress through yellow, orange, purple, blue, green, brown, then finally the red stripe.

Each level has one-step techniques, and a form that must be learned to advance to that belt level. At the advanced stage, or the

Brown and Red Stripe level there is also two Sets that must be learned for Brown, and one Set but two Forms for Red.

This manual is for instructors and parents with students in the Kids Kenpo class. Instructors should use this book as a guide to help coach the classes, Parents should encourage the kids to also practice at home. I encourage the parents to be involved in their children's martial art education. Please do not rush this process; it takes time to develop any skill. We keep the atmosphere fun in class; it should be the same training at home.

Kids Kenpo Karate should be a positive experience for the child. You should see improvements in their athletic abilities, mental focus, and emotional health. Strength, flexibility, and coordination will be challenged. The concentration and discipline demanded to learn Karate should reflect in their schoolwork as well. Best of all, the confidence the kids will develop in rising to each level's new challenges, and achieving their new belt, will be priceless.

WHAT YOU NEED TO KNOW: Guidelines for Class

Here are some housekeeping items that will be helpful. Studying the martial arts is a discipline. While I tend to have a gentle and informal attitude, there are a few guidelines I will expect to be followed during class times.

Discipline – Martial Arts is a study of discipline. It takes practice, more than the time I will have together in class with your child. This manual is intended to help you be an encouragement to your child and a coach while practicing at home.

Do your best – We train hard, and leave exhausted at the end of every class. Encourage your child to give every workout the best you have. He, she, or they should be ready to keep moving. Children have high energy levels and there will be plenty of opportunity to channel that energy in something constructive.

Self Control – Karate involves a lot of movement, but to receive instruction the movement must stop, in order for the ears to hear, and the mind to comprehend. There will be plenty of time for exercise. We will be moving most of the time, but in order for us to use our time efficiently the movement must stop from time to time. The kids will have to be ready to hear the instructions for the next activity. Our time is limited, and if we have trouble focusing long enough to regroup for the next thing, the whole class will miss whatever the final activity is.

Our toys – We have some great tools available for our martial arts training. The equipment we use can handle a lot of punishment and it will last the lifetime of our academy as long as we use our toys the way they are intended.

The mats are great for jumping, tumbling, and falling. The freestanding body opponent bags can handle any punishment in the

form of punches, kicks, elbows, and knee strikes, **but they are not playground equipment** intended for children to climb on. If we treat our toys well they will serve us well and be there for the next group of kids to use.

Attitude – The study of martial arts is a humbling experience. The result of this study should encourage a gentle spirit. Leave your ego at the door. This is not a place for a competitive spirit, rivalries, or rough housing. If anyone ever becomes a threat to the safety of these classes then they will be asked to leave.

Dues and fees – Please pay the necessary expenses on time and in full. I strive to keep my rates competitive and more than fair for the quality of instruction I offer. Be a good steward of the financial commitment you make to this martial arts academy, and we will be a good steward of your time and resources.

Uniforms – I realize the uniform is a separate expense from the dues. I do not insist that anyone purchase a uniform right away. That being said, we do want our academy to have a professional look. Once your child has a uniform please be sure they wear it. Try not to make a habit of attending class looking less than your best.

The uniform we have selected will be an asset to your training. It not only gives the student a feeling of being prepared for class, but some techniques make use of the uniform as well.

Other equipment expenses – I am limited in the equipment I can supply for student use. As class size grows you may need to bring your own tools to class. Training equipment such as punching targets, kicking shields, or sparring gear will be needed. There is no need to purchase these things right away, but you should begin to budget for these tools. Owning a set of these items for home use outside of class is also a great way to practice accuracy and power!

Water and bathroom breaks – I will excuse the class for water breaks at certain points. Please stay present and attentive while class is in session. Try to remember to use the restroom before class. If there is an emergency, quietly excuse yourself.

Our Space – Help keep the dojo clean. Please dispose of any garbage in the trashcans. Be a good steward of the space. Please do not bring food or canned soda into the school.

Respect – This is as much a ministry as it is a martial arts class. I will be teaching regularly and deliberately from a Christian worldview. If you find offense with a point I make regarding the Biblical teaching, please address me after the class about it.

Questions – I encourage you to ask questions, by all means, please ask questions! You are here to learn. There are no dumb questions, except those left un-asked! But if you wish to challenge the fundamental truth claims of Christianity, please wait to address those issues with me outside class time. I would be honored to address any and all concerns and challenges you have!

Class Structure

Warm Up Wave Footwork Drills

Step through Punch
Push drag Backfist
Full Retreat Cross
Front cross step, Wheel kick
Rear cross step, Back kick
Replacement Side kick

Stance Set

Horse stance punch
Neutral Bow fighting stance
Cat stance
Crane
Forward Bow
Horse stance
(repeat from Neutral bow with other side)

Basics Week 1

Front kick (back leg)
Side kick (front leg)
Front, side kick combination

Cat stance: Front kick (front leg)
Forward Bow: Roundhouse kick (back leg)
Front kick, Roundhouse combination

Step through punch
Cross punch
Step through punch, Cross combination

Backfist
Push drag Backfist
Push drag Backfist, Cross Palm strike combination

Step through Front kick – Punch, Cross, Side kick (front leg) 3 count combination

Basics Week 2

Cat stance: Front kick (front leg)

Forward Bow: Roundhouse kick (back leg)

Front kick, Roundhouse combination

Wheel kick (front leg)

Back kick (back leg)

Wheel kick, Back kick (front, back) combination

Backfist

Push drag Backfist

Push drag Backfist, Cross Palm strike combination

Push drag Jab

Push drag Jab, Cross combination

Push drag Jab, Cross, Downward Hammerfist

Cat stance: Front kick – Backfist, Cross Palm strike – Roundhouse kick (4 count combination)

Basics Week 3

Wheel kick (front leg)

Back kick (back leg)

Wheel kick, Back kick (front, back) combination

Replacement Side kick

Heel Hook kick (front leg)

Replacement Side – Heel Hook kick combination

Push drag Jab

Push drag Jab, Cross combination

Push drag Jab, Cross, Downward Hammerfist

Push drag Backfist

Push drag Backfist, Cross Uppercut (low)

Push drag Backfist, Cross Uppercut, Inward Elbow

Push drag Jab, Cross, Downward Hammerfist – Wheel kick – Back kick (5 count Punch/Kick combination)

Basics Week 4

Replacement Side kick

Heel Hook kick (front leg)

Replacement Side – Heel Hook kick combination

Front kick (back leg)

Side kick (front leg)

Front, side kick combination

Push drag Backfist

Push drag Backfist, Cross Uppercut (low)

Push drag Backfist, Cross Uppercut, Inward Elbow

Step through punch

Cross punch

Step through punch, Cross combination

Replacement Side – Heel Hook kick - Backfist, Cross Uppercut, Inward Elbow (5 count Kick/Punch combination)

Advanced Basics if any 5th Week classes

Front snap kick (off back leg)

Front snap kick (off front leg)

Front snap kick (off back leg then front leg)

Snapping Side kick

Roundhouse kick

Snapping Side, Roundhouse kick

Push drag Jab

Push drag Jab, Cross

Push drag double Jab, Cross

Push drag Backfist

Push drag Backfist, Cross

Push drag double Backfist, Cross

Yellow Stripe

One Step Techniques

1) Whipping Backfist

Attack – right punch

1. right step forward into right fighting stance, right inward block Attacker's punch
2. right outward whipping backfist his temple

2) Step Through Punch

Attack – right punch

1. right step back into left fighting stance, left vertical outward block Attacker's punch
2. right step forward into right fighting stance, right thrusting vertical punch his chin

3) Inward Hammerfist

Attack – left punch

1. left step back into right forward stance, right extended outward block Attacker's punch
2. twist into right fighting stance, right inward hammerfist his temple

Basic Form 1

Opening Salutation

1. left step to 9:00 into left forward stance; left downward block, right chambers

2. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers
3. turn to the right with right step to 3:00 into right forward stance, right downward block
4. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers

5. turn to the left with left step to 12:00 into left forward stance, left downward block
6. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers
7. left step to 12:00 into left forward stance, left thrusting horizontal punch to center, right chambers
8. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers, Kiai

9. left rear cross step to 3:00 and turn to the left to face 3:00 in left forward stance, left downward block, right chambers
10. right step to 3:00 into right forward stance, right thrusting horizontal punch to center, left chambers
11. turn to the right with right step to 9:00 into right forward stance, right downward block
12. left step to 9:00 into left forward stance, left thrusting horizontal punch to center, right chambers

13. turn to the left with left step to 6:00 into left forward stance, left downward block
14. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers
15. left step to 6:00 into left forward stance, left thrusting horizontal punch to center, right chambers
16. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers, Kiai

17. left rear cross step to 9:00 and turn to the left to face 9:00 in left forward stance, left downward block, right chambers

18. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers

19. turn to the right with right step to 3:00 into right forward stance, right downward block, left chambers

20. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers

Turn to the left with left step to 9:00 to face 12:00 in attention

Closing Salutation

Orange Stripe

One Step Techniques

1) Shield and Fist

Attack – right punch

1. right step forward into right forward stance, right vertical outward block Attacker's punch, left cross horizontal punch his ribs

2) Cross Punch

Attack – right punch

1. left step forward into left fighting stance, left inward block Attacker's punch

2. twist into left forward stance, right cross thrusting horizontal punch his ribs, left cross covers high

3) Windmill Block *Attack – left punch*

1. right step forward into right fighting stance, right inward block Attacker's punch followed by left vertical outward block with right hammering backfist his abdomen

4) Glancing Mace *Attack – left punch*

1. right step back into left fighting stance, left extended outward block Attacker's punch, then grab his wrist

2. right step forward into right fighting stance, right thrusting vertical punch his chin glancing off his left arm

Basic Form 2

Opening Salutation

1. left step to 9:00 into left forward stance, left downward block, right chambers
2. right step to 9:00 into right forward stance, right thrusting horizontal punch high, left chambers
3. turn to the right with right step to 3:00 into right forward stance, right downward block
4. left step to 3:00 into left forward stance, left thrusting horizontal punch high, right chambers

5. turn to the left with left step to 12:00 into left forward stance, left downward block
6. right step to 12:00 into right forward stance, right high block, left chambers
7. left step to 12:00 into left forward stance, left high block, right chambers
8. right step to 12:00 into right forward stance, right high block, left chambers, Kiai

9. left rear cross step to 3:00 and turn to the left to face 3:00 in left forward stance, left downward block, right chambers
10. right step to 3:00 into right forward stance, right thrusting horizontal punch high, left chambers
11. turn to the right with right step to 9:00 into right forward stance, right downward block
12. left step to 9:00 into left forward stance, left thrusting horizontal punch high, right chambers

13. turn to the left with left step to 6:00 into left forward bow, left downward block
14. right step to 6:00 into right forward stance, right high block, left chambers
15. left step to 6:00 into left forward stance, left high block, right chambers
16. right step to 6:00 into right forward stance, right high block, left chambers, Kiai

17. left rear cross step to 9:00 and turn to the left to face 9:00 in left forward stance, left downward block, right chambers
18. right step to 9:00 into right forward stance, right thrusting horizontal punch high, left chambers
19. turn to the right with right step to 3:00 into right forward stance, right downward block, left chambers
20. left step to 3:00 into left forward stance, left thrusting horizontal punch high, right chambers

Turn to the left with left step to 9:00 to face 12:00 in attention

Closing Salutation

Purple Stripe

One Step Techniques

1) Whipping Backfist

Attack – right punch

1. right step forward into right fighting stance, right inward block Attacker's punch
2. right outward whipping backfist his temple
3. twist into right forward stance, left cross thrusting horizontal punch his ribs, right chamber

2) Step Through Punch

Attack – right punch

1. right step back into left fighting stance, left vertical outward block Attacker's punch
2. right step forward into right fighting stance, right thrusting vertical punch his chin
3. twist into right forward stance, left cross thrusting horizontal punch his sternum, right cross covers low

3) Inward Hammerfist

Attack – left punch

1. left step back into right forward stance, right extended outward block Attacker's punch, left cross thrusting palm strike his chin

2. twist into right fighting stance, right inward hammerfist his temple

4) Weaving Maces

Attack – left punch

1. left step forward into left fighting stance, left inward block
Attack's punch

2. twist into left forward bow, right cross his ribs, left cross cover high

3. twist back into left fighting stance, left outward whipping backfist his temple, right chamber

5) Breaking Talon

Attack – left cross wrist grab

1. left step back into right fighting stance, right downward block to break Attacker's grip, left chambers

Basic Form 3

Opening Salutation

1. left step to 9:00 into left fighting stance, left vertical outward block, right chambers

2. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers

3. turn to the right with right step to 3:00 into right fighting stance, right vertical outward block

4. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers

5. turn to the left with left step to 12:00 into left forward stance, left downward block

6. right step to 12:00 into right side horse stance, right thrusting vertical punch, left chambers

7. left step to 12:00 into left side horse stance, left thrusting vertical punch, right chambers

8. right step to 12:00 into right side horse stance, right thrusting vertical punch, left chambers, Kiai

9. left rear cross step to 3:00 and turn to the left to face 3:00 in left fighting stance, left vertical outward block, right chambers
10. right step to 3:00 into right forward stance, right thrusting horizontal punch to center, left chambers
11. turn to the right with right step to 9:00 into right fighting stance, right vertical outward block
12. left step to 9:00 into left forward stance, left thrusting horizontal punch to center, right chambers

13. turn to the left with left step to 6:00 into left forward stance, left downward block
14. right step to 6:00 into right side horse stance, right thrusting vertical punch, left chambers
15. left step to 6:00 into left side horse stance, left thrusting vertical punch, right chambers
16. right step to 6:00 into right side horse stance, right thrusting vertical punch, left chambers, Kiai

17. left rear cross step to 9:00 and turn to the left to face 9:00 in left fighting stance, left vertical outward block, right chambers
18. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers
19. turn to the right with right step to 3:00 into right fighting stance, right vertical outward block, left chambers
20. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers

Turn to the left with left step to 9:00 to face 12:00 in attention
Closing Salutation

Blue Stripe

One Step Techniques

1) Shield and Fist

Attack – right punch

1. right step forward into right forward stance, right vertical outward block Attacker's punch, left cross horizontal punch his ribs
2. twist into right fighting stance, right thrusting horizontal punch his ribs, left cross cover high

2) Cross Punch

Attack – right punch

1. left step forward into left fighting stance, left inward block Attacker's punch
2. twist into left forward stance, right cross thrusting horizontal punch his ribs
3. twist back into left fighting stance, right arm circle to extended outward cross grab his right wrist,
4. right step forward into right forward stance, left cross uppercut his ribs

3) Windmill Block Attack – left punch

1. right step forward into right fighting stance, right inward block Attacker's punch followed by left vertical outward block with right hammering backfist his abdomen
2. push drag forward and twist into right forward stance, left cross inward slicing horizontal elbow strike his ribs

4) Glancing Fist

Attack – left punch

1. right step back into left fighting stance, left extended outward block Attacker's punch then grab his wrist
2. right step forward into right fighting stance, right thrusting vertical punch his chin glancing off his left arm
3. twist into right forward stance, left cross thrusting horizontal punch his sternum, right cross covers low

5) Wrist Escape

Attack – right direct wrist grab

1. right step back into left fighting stance, left arm twist and pull back toward right shoulder to peel out of Attacker's grip
2. left outward whipping backfist his temple

6) Delayed Hammerfist

Attack – right direct lapel grab

1. left step back into right fighting stance, right thrusting inward block to clear his right arm
2. right step back into right cat stance then right front kick his abdomen
3. right plant into right fighting stance, right outward hammerfist his neck

Basic Form 4

Opening Salutation

1. left step to 9:00 into left fighting stance, left downward block, right chambers
2. twist into left forward stance, right cross thrusting horizontal punch to center, left chambers
3. twist back into left fighting stance, left high block, right chambers
4. turn to the right with right step to 3:00 into right fighting stance, right downward block
5. twist into right forward stance, left cross thrusting horizontal punch to center, right chambers
6. twist back into right neutral bow, right high block, left chambers
7. left step to 12:00 into left forward stance, left downward block, right chambers
8. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers
9. left cross thrusting horizontal punch to center, right chambers
10. right thrusting horizontal punch to center, left chambers
11. left step to 12:00 into left forward stance, left thrusting horizontal punch to center, right chambers

12. right cross thrusting horizontal punch to center, left chambers
13. left thrusting horizontal punch to center, right chambers
14. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers
15. left cross thrusting horizontal punch to center, right chambers
16. right thrusting horizontal punch to center, left chambers, Kiai

17. left rear cross step to 3:00 and turn to the left to face 3:00 in left fighting stance, left downward block, right chambers
18. twist into left forward stance, right cross thrusting horizontal punch to center, left chambers
19. twist back into left fighting stance, left high block, right chambers
20. turn to the right with right step to 9:00 into right fighting stance, right downward block, left chambers
21. twist into right forward stance, left cross thrusting horizontal punch to center, right chambers
22. twist back into right fighting stance, right high block, left chambers

23. left step to 6:00 into left forward stance, left downward block, right chambers
24. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers
25. left cross thrusting horizontal punch to center, right chambers
26. right thrusting horizontal punch to center, left chambers
27. left step to 6:00 into left forward stance, left thrusting horizontal punch to center, right chambers
28. right cross thrusting horizontal punch to center, left chambers
29. left thrusting horizontal punch to center, right chambers
30. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers
31. left cross thrusting horizontal punch to center, right chambers
32. right thrusting horizontal punch to center, left chambers, Kiai

33. left rear cross step to 9:00 and turn to the left to face 9:00 in left fighting stance, left downward block, right chambers

34. twist into left forward stance, right cross thrusting horizontal punch to center, left chambers
35. twist back into left fighting stance, left high block, right chambers
36. turn to the right with right step to 3:00 into right fighting stance, right downward block
37. twist into right forward stance, left cross thrusting horizontal punch to center, right chambers
38. twist back into right fighting stance, right high block, left chambers

Turn to the left with left step to 9:00 to face 12:00 in attention
Closing Salutation

Green Stripe

One Step Techniques

1) Whipping Backfist

Attack – right punch

1. right step forward into right fighting stance, right inward block Attacker's punch
2. right outward whipping backfist his temple
3. twist into right forward stance, left cross thrusting horizontal punch his ribs, right chamber
4. twist back into right fighting stance, right thrusting horizontal uppercut his abdomen, left cross cover high

2) Step Through Punch

Attack – right punch

1. right step back into left fighting stance, left vertical outward block Attacker's punch
2. right step forward into right fighting stance, right thrusting vertical punch his chin
3. twist into right forward stance, left cross thrusting horizontal punch his sternum, right cross covers low

4. twist back into right fighting stance, right outward whipping backfist his temple, left chamber

3) Inward Hammerfist

Attack – left punch

1. left step back into right forward stance, right extended outward block Attacker's punch, left cross thrusting palm strike his chin
2. left front kick his abdomen
3. left foot plant back into right fighting stance, right inward hammerfist his temple

4) Weaving Maces

Attack – left punch

1. left step forward into left fighting stance, left inward block Attack's punch
2. twist into left forward stance, right thrusting cross his ribs, left cross cover high
3. twist back into left fighting stance, left outward whipping backfist his temple, right chamber
4. twist into left forward stance, left smother his arms down, right cross thrusting vertical punch his sternum

5) Wrist Hook

Attack – right direct wrist grab

1. left step forward into left forward stance, left crane hand hook over Attacker's right wrist and chamber to break his grip
2. twist into left fighting stance, left thrusting horizontal jab his abdomen

6) Lone Retreat

Attack – left direct lapel grab

1. left step back into right fighting stance, right arm high block to clear his left arm
2. left step forward into left fighting stance, left thrusting palm strike Attacker's chin
3. turn to the right to run (reverse stance), left snapping back kick his right knee

7) Busted Ears Attack - front bear hug, arms free

1. both hands cupped and clap against Attacker's ears
2. both arms cross and outward scissoring sword hands both sides of Attacker's throat
3. both hands grab Attacker's shoulders and pull him forward with right step back into left fighting stance
4. right knee to his head or groin
5. right plant forward, right downward vertical elbow to his back

Basic Form 5

Opening Salutation

1. left step to 9:00 into left forward stance, left downward block, right chambers
2. left foot slide back into left cat stance, left vertical outward block
3. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers
4. left cross thrusting horizontal punch to center, right chambers
5. right high block, left chambers
6. turn clockwise with right step to 3:00 into right forward stance, right downward block
7. right foot slide back into right cat stance, right vertical outward block
8. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers
9. right cross thrusting horizontal punch to center, left chambers
10. left high block, right chambers
11. turn to the left with left step to 12:00 into left forward stance, left downward block
12. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers
13. left cross thrusting horizontal punch to center, right chambers
14. twist into right side horse stance, right thrusting vertical punch, left chambers
15. left step to 12:00 into left forward stance, left thrusting horizontal punch to center, right chambers

16. right cross thrusting horizontal punch to center, left chambers
17. twist into left side horse stance, left thrusting vertical punch, right chambers
18. right step to 12:00 into right forward stance, right thrusting horizontal punch to center, left chambers
19. left cross thrusting horizontal punch to center, right chambers
20. twist into right side horse stance, right thrusting vertical punch, left chambers, Kiai

21. left rear cross step to 3:00 and turn to the left to face 3:00 in left forward stance, left downward block, right chambers
22. left foot slide back into left cat stance, left vertical outward block
23. right step to 3:00 into right forward stance, right thrusting horizontal punch to center, left chambers
24. left cross thrusting horizontal punch to center, right chambers
25. right high block, left chambers
26. turn to the right with right step to 9:00 into right forward stance, right downward block, left chambers
27. right foot slide back into right cat stance, right vertical outward block
28. left step to 9:00 into left forward stance, left thrusting horizontal punch to center, right chambers
29. right cross thrusting horizontal punch to center, left chambers
30. left high block, right chambers

31. turn to the left with left step to 6:00 into left forward stance, left downward block
32. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers
33. left cross thrusting horizontal punch to center, right chambers
34. twist into right side horse stance, right thrusting vertical punch, left chambers
35. left step to 6:00 into left forward stance, left thrusting horizontal punch to center, right chambers
36. right cross thrusting horizontal punch to center, left chambers

37. twist into left side horse stance, left thrusting vertical punch, right chambers
38. right step to 6:00 into right forward stance, right thrusting horizontal punch to center, left chambers
39. left cross thrusting horizontal punch to center, right chambers
40. twist into right side horse stance, right thrusting vertical punch, left chambers, Kiai

41. left rear cross step to 9:00 and turn to the left to face 9:00 in left forward stance, left downward block, right chambers
42. left foot slide back into left cat stance, left vertical outward block
43. right step to 9:00 into right forward stance, right thrusting horizontal punch to center, left chambers
44. left cross thrusting horizontal punch to center, right chambers
45. right high block, left chambers
46. turn to the right with right step to 3:00 into right forward stance, right downward block
47. right foot slide back into right cat stance, right vertical outward block
48. left step to 3:00 into left forward stance, left thrusting horizontal punch to center, right chambers
49. right cross thrusting horizontal punch to center, left chambers
50. left high block, right chambers

Turn to the left with left step to 9:00 to face 12:00 in attention

Closing Salutation

Brown Stripe

One Step Techniques

1) Shield and Fist

Attack – right punch

1. right step forward into right forward stance, right vertical outward block Attacker's punch, left cross horizontal punch his ribs
2. twist into right fighting stance, right thrusting horizontal punch his ribs, left cross cover high
3. twist back into right forward stance, right outward hooking parry his right arm, left cross vertical punch his chin
4. left step forward into left forward stance, right inward horizontal elbow his ribs, left cross cover high

2) Cross Punch

Attack – right punch

1. left step forward into left fighting stance, left inward block Attacker's punch
2. twist into left forward stance, right cross thrusting horizontal punch his ribs
3. twist back into left fighting stance, right arm circle to extended outward cross grab his right wrist,
4. right step forward into right forward stance, left cross uppercut his ribs
5. twist into right fighting stance, right inward horizontal elbow his chin

3) Windmill Block

Attack – left punch

1. right step forward into right fighting stance, right inward block Attacker's punch followed by left vertical outward block with right hammering backfist his abdomen
2. push drag forward and twist into right forward stance, left cross inward slicing horizontal elbow strike his ribs

3. twist back into right fighting stance, left cross outward hammering backfist his kidney
4. continue twisting into right reverse stance, right inward slicing horizontal elbow strike his ribs

4) Glancing Fist

Attack – left punch

1. right step back into left fighting stance, left extended outward block Attacker's punch then grab his wrist
2. right step forward into right fighting stance, right thrusting vertical punch his chin glancing off his left arm
3. twist into right forward stance, left cross thrusting horizontal punch his sternum, right cross covers low
4. twist back into right fighting stance, right thrusting palm strike his chin, left cross grab and pull his left arm

5) Snapping Wrist

Attack – direct wrist grabs to both hands

1. both hands punch forward
2. left step back into right cat stance, both hands pull back to vertical outward blocks to peel out of Attacker's grip
3. right snapping front kick his abdomen
4. right plant forward into right forward stance, left snapping front kick his abdomen

6) Breaking the Grip

Attack – two hand lapel grab, pushing

1. right step back into left fighting stance, both hands circle over his arms to clear with downward blocks, forward head butt his nose
2. right snapping front kick his abdomen
3. right plant forward into right fighting stance, right hooking uppercut his chin

7) Sinking Elbows

Attack – rear bear hug, arms pinned

1. left hand pin Attacker's arms, push your head back for a rear head butt to his nose
2. left step to 9:00 into horse stance, right rear thrusting elbow his abdomen
3. right downward hammerfist his groin

8) Palm Salute

Attack – right kick

1. right step back into left fighting stance, left downward block Attacker's kick
2. right step forward into right neutral bow, right thrusting palm strike his chin

Kicking Set

Opening Salutation

Right step back into left fighting stance

1. Right front kick (back foot)
2. Right plant back to 6:00, left side kick
3. Cat stance left front kick (front foot)
4. Right roundhouse kick
5. Right plant forward, right wheel kick
6. Pivot to the left, left back kick toward 6:00
7. Right replacement side kick
8. Right plant forward, right heel hook kick

Other Side

Right plant forward into right fighting stance

1. Left front kick (back foot)
2. Left plant back to 6:00, right side kick
3. Cat stance right front kick (front foot)
4. Left roundhouse kick
5. Left plant forward, left wheel kick
6. Pivot to the right, right back kick toward 6:00
7. Left replacement side kick
8. Left plant forward, left heel hook kick

Left step back into horse stance

Closing Salutation

Striking Set

Opening Salutation (Scholar & Warrior)

Right step back into left fighting stance

1. Right step forward into right fighting stance with right punch
2. Twist into right forward stance, left thrusting cross punch
3. Push drag forward with right whipping backfist
4. Twist into right forward stance, left thrusting cross palm strike
5. Push drag forward with right jab
6. Twist into right forward stance, left thrusting cross punch
7. Twist into right fighting stance, right downward hammerfist
8. Push drag forward with right whipping backfist
9. Twist into right forward stance, left cross thrusting uppercut
10. Twist into right fighting stance, right inward horizontal elbow

Other Side

1. Left step forward into left fighting stance with left punch
 2. Twist into left forward stance, right thrusting cross punch
 3. Push drag forward with left whipping backfist
 4. Twist into left forward stance, right thrusting cross palm strike
 5. Push drag forward with left jab
 6. Twist into left forward stance, right thrusting cross punch
 7. Twist into left fighting stance, left downward hammerfist
 8. Push drag forward with left whipping backfist
 9. Twist into left forward stance, right cross thrusting uppercut
 10. Twist into left fighting stance, left inward horizontal elbow
- Left step back into horse stance

Closing Salutation

Advanced Form 1

Opening Salutation (Scholar & Warrior)

Sinking Elbows Attack – rear bear hug, arms pinned

1. left hand pin, push your head back for a read head butt
2. left step to 9:00 into horse stance, right rear thrusting elbow
3. right downward hammerfist

Toward 9:00 – Cross Punch Attack – right punch

1. left step forward to 9:00 into left fighting stance, left inward block

2. twist into left forward stance, right cross thrusting horizontal punch
3. right step forward into right forward stance, left cross uppercut, right chamber
4. twist into right fighting stance, right inward horizontal elbow

Toward 3:00 – Shield and Fist *Attack* – left punch

1. right step to 3:00 into right forward stance, right vertical outward block, left cross horizontal punch
2. twist into right fighting stance, right thrusting horizontal punch, left cross cover high
3. twist back into right forward stance, right vertical outward hooking parry, left cross thrusting vertical punch
4. left step to 3:00 into left forward stance, right inward horizontal elbow, left cross cover high

Toward 12:00 – Thrusting Palm *Attack* – right kick

1. right step back to 6:00 into left fighting stance facing 12:00, left downward block
2. right step forward into right neutral bow, right thrusting palm strike

Snapping Wrist *Attack* – both hands direct wrist grabs

1. both hands punch forward
2. left step back into right cat stance, both hands pull back to vertical outward blocks
3. right snapping front kick
4. right plant forward into right forward stance, left snapping front kick

Breaking the Grip *Attack* – two hand lapel grab, pushing

1. left plant forward into left fighting stance, both hands circle with downward blocks, forward head butt
2. right snapping front kick
3. right plant forward into right fighting stance, right hooking uppercut, Kiai

Toward 3:00 – Glancing Fist Attack – left punch

1. left rear cross step to 3:00 and turn into left fighting stance facing 3:00, left extended outward block then grab
2. right step forward to 3:00 into right fighting stance, right thrusting vertical glancing punch
3. twist into right forward stance, right smother his arms down, left cross thrusting horizontal punch
4. left cross grab, twist back into right fighting stance, right thrusting palm strike

Toward 9:00 – Windmill Block Attack – left punch

1. right step to 9:00 into right fighting stance, right inward block followed by left vertical outward block, with right hammering backfist
2. push drag forward and twist into right forward stance, left cross inward horizontal elbow
3. twist back into right fighting stance, left cross outward hammering backfist
4. continue twisting into right reverse stance, right inward slicing horizontal elbow

Toward 6:00 – Thrusting Palm Attack – right kick

1. right step back into left fighting stance facing 6:00, left downward block
2. right step forward into right neutral bow, right thrusting palm strike

Snapping Wrist Attack – both hands direct wrist grabs

1. both hands punch forward
2. left step back into right cat stance, both hands pull back to vertical outward blocks
3. right snapping front kick
4. right plant forward into right forward stance, left snapping front kick

Breaking the Grip *Attack* – two hand lapel grab, pushing

1. left plant forward into left fighting stance, both hands circle with downward blocks, forward head butt
2. right snapping front kick
3. right plant forward into right fighting stance, right hooking uppercut, Kiai

Toward 9:00 – Cross Punch *Attack* – right punch

1. left step forward to 9:00 into left fighting stance, left inward block
2. twist into left forward stance, right cross thrusting horizontal punch
3. right step forward into right forward stance, left cross uppercut, right chamber
4. twist into right fighting stance, right inward horizontal elbow

Toward 3:00 – Shield and Fist *Attack* – right punch

1. right step to 3:00 into right forward stance, right vertical outward block, left cross horizontal punch
2. twist into right fighting stance, right thrusting horizontal punch, left cross cover high
3. twist back into right forward stance, right vertical outward hooking parry, left cross thrusting vertical punch
4. left step to 3:00 into left forward stance, right inward horizontal elbow, left cross cover high

Turn to the left with left step to 9:00 to face 12:00 in attention

Closing Salutation (Scholar & Warrior)

Red Stripe

One Step Techniques

1) Whipping Backfist

Attack – right punch

1. right step forward into right fighting stance, right inward block Attacker's punch
2. right outward whipping backfist his temple
3. twist into right forward stance, left cross thrusting horizontal punch his ribs, right chamber
4. twist back into right fighting stance, right thrusting horizontal uppercut his abdomen, left cross cover high
5. left cross outward whipping backfist his temple
6. right inward hook punch his jaw

2) Step Through Punch

Attack – right punch

1. right step back into left fighting stance, left vertical outward block Attacker's punch
2. right step forward into right fighting stance, right thrusting vertical punch his chin
3. twist into right forward stance, left cross thrusting horizontal punch his sternum, right cross cover low
4. twist back into right fighting stance, right outward whipping backfist his temple, left chamber
5. right side kick his right knee

3) Inward Hammerfist

Attack – left punch

1. left step back into right forward stance, right extended outward block Attacker's punch, left cross thrusting palm strike his chin
2. left front kick his abdomen
3. left foot plant back into right fighting stance, right inward hammerfist his temple
4. twist into right reverse stance, right outward hammerfist abdomen

4) Weaving Maces

Attack – left punch

1. left step forward into left fighting stance, left inward block
Attack's punch
2. twist into left forward stance, right thrusting cross his ribs, left cross cover high
3. twist back into left fighting stance, left outward whipping backfist his temple, right chamber
4. twist into left forward stance, left smother his arms down, right cross thrusting vertical punch his sternum
5. twist back into left fighting stance, left outward whipping backfist his temple, right chamber

5) Rolling Wrist

Attack – right cross wrist grab

1. left step forward into left fighting stance, right arm circle to cross extended outward grab Attacker's right wrist
2. right roundhouse kick his abdomen
3. right plant forward into right forward stance, left thrusting cross punch his ribs

6) The Wedge

Attack – two hand lapel grab, pulling

1. left step forward into left fighting stance, both hands wedge forward to break Attacker's grip
2. right step forward into right fighting stance, left arm wrap over his right and pin, right upward vertical elbow his chin
3. release his right arm, turn to the left into right reverse stance, right outward hammerfist his abdomen

7) Crashing Elbows

Attack – rear bear hug, arms free

1. both hands reach back over shoulders to poke Attacker's eyes
2. right side step into horse stance, both hands inward downward elbow strike on his forearms to break his hold
3. right step forward and turn to the left into left side forward stance facing 6:00, left spinning outward elbow his chin

8) Buckling Knee

Attack – left kick

1. right step back into left fighting stance, left downward block Attacker's kick
2. right roundhouse kick his left knee just before it touches down

9) Spinning Escape

Attack – rear two hand choke

1. drop chin to chest to protect throat, left rear cross step to 3:00 into a twist stance, bend forward at hips
1. twist to the left unwinding twist stance into horse stance facing 6:00, flex knees to drop stance low ducking under both Attacker's arms to slip out of his hold

Escape Set

Opening Salutation (Scholar & Warrior)

Breaking Talon *Attack – left cross wrist grab*

1. left step back into right fighting stance, right downward block, left chambers

Wrist Escape *Attack - left direct wrist grab*

1. right arm twist thumb side down and pull back toward left shoulder
2. right outward whipping backfist

Delayed Hammerfist *Attack - right direct lapel grab*

1. right thrusting inward block
2. right step back into right cat stance then right snapping front kick
3. right plant into right fighting stance, right outward hammerfist

Wrist Hook *Attack - right direct wrist grab*

1. left crane hand hook clockwise
2. left step forward into left fighting stance, left thrusting punch

Lone Retreat Attack - left direct lapel grab

1. left step back into right fighting stance, right arm high block
2. left step forward into left fighting stance, left thrusting palm strike
3. turn to the right into left reverse stance, left snapping back kick

Busted Ears Attack - front bear hug, arms free

1. left step to 9:00 into horse stance facing 12:00, both hands cupped and clap
2. both arms cross and outward scissoring sword hands
3. both hands grab and pull forward with right step back into left fighting stance,
4. right knee
5. right plant forward, right downward vertical elbow

Right step back into horse stance

Closing Salutation (Scholar & Warrior)

Advanced Form 2

Opening Salutation (Scholar & Warrior)

Crashing Elbows Attack – rear bear hug, arms free

1. both hands reach back over shoulders to poke
2. right side step into horse stance, both hands inward downward elbow strike
3. right step forward and turn to the left into left side forward stance facing 6:00, left spinning outward elbow

Toward 9:00 – Step Through Punch Attack – right punch

1. right step back to 3:00 into left fighting stance facing 9:00, left vertical outward block
2. right step forward into right fighting stance, right thrusting vertical punch
3. twist into right forward stance, left cross thrusting horizontal punch, right cross covers high
4. twist back into right fighting stance, right outward whipping backfist

5. right snapping side kick

Toward 3:00 – Whipping Backfist Attack – right punch

1. right plant to 3:00 into right fighting stance facing 3:00, right inward block
2. right outward whipping backfist
3. twist into right forward stance, left cross thrusting horizontal punch
4. twist back into right fighting stance, right thrusting horizontal uppercut, left cross cover high
5. left cross outward whipping backfist
6. right inward hook punch

Toward 12:00 – Buckling Knee Attack – left kick

1. right step back to 6:00 into left fighting stance facing 12:00, left downward block
2. right roundhouse kick

The Wedge Attack – two hand lapel grab, pulling

1. right plant forward then left step forward into left fighting stance, both hands wedge forward
2. right step forward into right fighting stance, left arm wrap over and pin, right upward vertical elbow
3. turn to the left into right reverse stance, right outward hammerfist

Rolling Wrist Attack – right cross wrist grab

1. left step forward into left fighting stance, right arm circle to cross extended outward grab
2. right roundhouse kick
3. right plant forward into right forward stance, left thrusting cross punch

Spinning Escape Attack – rear two hand choke

1. drop chin to chest to protect throat, left rear cross step to 3:00 into a twist stance, bend forward at hips

1. twist to the left unwinding twist stance into horse stance facing 6:00, flex knees to drop stance ducking low

Toward 3:00 – Weaving Maces *Attack – left punch*

1. twist into left fighting stance facing 3:00, left inward block
2. twist into left forward stance, right cross thrusting uppercut, left cross cover high
3. twist back into left fighting stance, left outward whipping backfist
4. twist into left forward stance, left cross smother block, right cross thrusting vertical punch
5. twist back into left fighting stance, left outward whipping backfist

Toward 9:00 – Inward Hammerfist *Attack – left punch*

1. twist into right forward stance facing 9:00, right extended outward block, left cross thrusting palm strike
2. left front kick
3. left foot plant back into right fighting stance, right inward hammerfist
4. twist into right reverse stance, right outward hammerfist

Toward 6:00 – Buckling Knee *Attack – left kick*

1. right step back to 12:00 into left fighting stance facing 6:00, left downward block
2. right roundhouse kick

The Wedge *Attack – two hand lapel grab, pulling*

1. right plant forward then left step forward into left fighting stance, both hands wedge forward
2. right step forward into right fighting stance, left arm wrap over, right upward vertical elbow
3. turn to the left into right reverse stance, right outward hammerfist

Rolling Wrist Attack – right cross wrist grab

1. left step forward into left fighting stance, right arm circle to cross extended outward grab
2. right roundhouse kick
3. right plant forward into right forward stance, left thrusting cross punch

Spinning Escape Attack – rear two hand choke

1. drop chin to chest to protect throat, left rear cross step to 9:00 into a twist stance, bend forward at hips
1. twist to the left unwinding twist stance into horse stance facing 12:00, flex knees to drop stance ducking low

Toward 9:00 – Step Through Punch Attack – right punch

1. twist into left fighting stance facing 9:00, left vertical outward block
2. right step forward into right fighting stance, right thrusting vertical punch
3. twist into right forward stance, left cross thrusting horizontal punch, right cross covers high
4. twist back into right fighting stance, right outward whipping backfist
5. right snapping side kick

Toward 3:00 – Whipping Backfist Attack – right punch

1. right plant to 3:00 into right fighting stance facing 3:00, right inward block
2. right outward whipping backfist
3. twist into right forward stance, left cross thrusting horizontal punch
4. twist back into right fighting stance, right thrusting horizontal uppercut, left cross cover high
5. twist into right forward stance, left cross outward whipping backfist
6. twist back into right fighting stance, right inward hook punch

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

1. both hands reach back over shoulders to poke
 2. right side step into horse stance, both hands inward downward elbow strike
 3. right step forward and turn to the left into left side forward stance facing 6:00, left spinning outward elbow
- Right step back into horse stance facing 12:00

Closing Salutation (Scholar & Warrior)

Short Form 1 (first half)

Opening Salutation (Scholar & Warrior)

1. left step to 6:00 in a right fighting stance, right inward block, left chamber
2. right step to 6:00 in a left fighting stance, left inward block, right chamber
3. right step to 3:00 and turn to the left to face 9:00 in a left fighting stance, left vertical outward block
4. left step to 3:00 in a right fighting stance facing 9:00, right vertical outward block, left chamber
5. turn to face 3:00 in left fighting stance, left high block, right chamber
6. left step to 9:00 in a right fighting stance facing 3:00, right high block, left chamber
7. left step to 12:00 and turn to the right to face 6:00 in right fighting stance, right downward block
8. right step to 12:00 in a left fighting stance facing 6:00, left downward block, right chamber

Left step to 9:00 turning to the right into horse stance facing 12:00

Closing Salutation

Brown Stripe

Shield and Fist – <i>right punch</i>	Advanced Form 1
Cross Punch – <i>right punch</i>	Kicking Set
Windmill Block – <i>left punch</i>	Striking Set
Glancing Fist – <i>left punch</i>	
Snapping Wrist – <i>direct wrist grabs to both hands</i>	
Breaking the Grip – <i>two hand lapel grab, pushing</i>	
Sinking Elbow – <i>rear bearhug, arms pinned</i>	
Thrusting Palm – <i>right front kick</i>	

Red Stripe

Whipping Backfist – <i>right punch</i>	Advanced Form 2
Step Through Punch – <i>right punch</i>	Short Form 1 (1 st half)
Inward Hammerfist – <i>left punch</i>	Escape Set
Weaving Maces – <i>left punch</i>	
Rolling Wrist – <i>right cross wrist grab</i>	
The Wedge – <i>two hand lapel grab, pulling</i>	
Crashing Elbows – <i>rear bearhug, arms free</i>	
Buckling Knee – <i>left front kick</i>	
Spinning Escape – <i>rear two hand choke</i>	

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About the Instructor

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

Bluegrass Martial Arts
2506 Plantside Dr.
Louisville, KY 40299
(502) 499-4050

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