

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**

Purple Belt Manual

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.

GOOD WORK

Congratulations on your promotion to Orange belt. You have worked hard to earn your new rank. I hope your excitement and hard work will carry over again into this next challenge of Purple 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 coordination 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 Purple belt.

ABOUT THIS LEVEL

Completion of the third level of Kenpo Karate is rewarded with the advancement to Purple belt. The material in this level will further build on the skills of form and posture adding the expectation of speed as well. A purple belt student should be able to perform all techniques up to this level at the optimal, true to combat, speed. This level is characterized by fast repetitious flurries of striking combinations.

Physical Focus

The physical focus in purple belt is speed. Do not compromise form or the safety of your training partner for the sake of speed. You must learn to speed up your technique while maintaining control of form. You also must continue to be cautious as these techniques could cause injury to your training partner. Safety must always come first.

This level will require the student to perform 20 techniques, Kicking Set #1, Heian Nidan and Short Form 2. The Purple belt must be able to execute the basics with improved speed and control. Kicking Set should be executed with confidence. They must know both forms by memory. Most importantly, the 20 techniques of Purple 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.

Speed, speed, and speed is stressed by instructors to the Purple belt student. Concerns for power and focus will come later. 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.

BASICS

Replacement Thrusting Side kick
Replacement Wheel kick
Spinning Back kick

Heel Hook kick (rear leg)
Gravity Side kick
Gravity Wheel kick

Step through Punch, Cross, inward Hammerfist
Push drag Jab, Cross, inward Hammerfist
Push drag Backfist, Cross, inward Hammerfist

Step through Punch, Cross, whipping Backfist
Push drag Jab, Cross, whipping Backfist
Push drag Backfist, Cross, whipping Backfist

TARGET DRILLS

Roundhouse kick
Push drag Jab, Cross – Roundhouse kick
Replacement Wheel kick
Replacement Wheel kick - Jab, Cross
Jump Roundhouse kick, or (Jump Wheel kick)

Roundhouse-Wheel kick
Push drag Jab, Cross, Hook, Drop step Roundhouse kick
Spring Roundhouse kick, or (Drop step Roundhouse kick)
Push drag Jab, Cross, Wheel – Canted Side
Jump Spinning Roundhouse kick, or (Reverse spinning
Roundhouse kick)

TECHNIQUES

1) CLUTCHING FEATHERS

Attack – *front left hand hair grab*

1. left hand pins Uke's left hand to your head, left retreat step to 6:00 into right neutral bow, right thrusting thumb punch between Uke's ribs
2. pivot clockwise to right forward bow, right arm circles clockwise to extended outward block to clear Uke's left arm, left cross thrusting palm strike to Uke's chin
3. pivot counterclockwise to right neutral bow, right inward horizontal raking hammerfist to Uke's left temple, left hand cross covers low
4. full cover out to 6:00

2) SNAPPING TWIG

Attack – *left direct push*

1. left retreat step to 6:00 into right neutral bow, left pin Uke's left hand, right inward horizontal hooking heel palm Uke's left elbow to hyperextend
2. advance push drag step to 12:00, right arm circle counterclockwise to crane hook Uke's left elbow to clearing his arm, left cross thrusting outward sword hand to Uke's throat
3. right inward overhead downward vertical hammerfist to bridge of Uke's nose to pull Uke's head forward
4. advance push drag step to 12:00, right inward horizontal elbow, left inward horizontal heel palm strike to Uke's temples
5. full cover out to 6:00

3) FIVE SWORDS

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 hammering outward hand sword to Uke's neck, left arm still checks Uke's right arm
3. pivot clockwise to right forward bow, left cross thrusting palm strike to Uke's chin, right hand chambers
4. pivot back to right neutral bow, right thrusting palm up uppercut Uke's abdomen, left arm chambers horizontally above right arm
5. left retreat rear cross step to 4:30 into a right front twist stance facing 10:30, left hammering outward downward hand sword 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 9:00, right arm circle clockwise for overhead downward vertical sword hand behind Uke's head (drop into this finishing move by flexing the knees)
7. full cover out to 3:00

4) SWINGING PENDULUM

Attack – *right step through roundhouse kick*

1. left retreat step to 4:30 into right side neutral bow facing 10:30, left cross downward outward block, right inward block Uke's kick (universal block)
2. right advance push drag step toward 10:30, right outward downward hammerfist Uke's abdomen, left vertical outward block to Uke's right arm to monitor in case he punches
3. left retreat step to 1:30 into right neutral bow facing 7:30, right upward vertical obscure elbow to Uke's chin
4. full cover out to 1:30

5) REPEATED DEVASTATION

Attack – *full nelson*

1. left side step to 9:00 into a horse stance, left and right direct over the shoulder hand claw thrusts to Uke's eyes
2. left foot slide back to stand up straight at attention (shizen), rear head butt to Uke's nose, right and left arms punch down to break Uke's hold and pin both of Uke's arms under your arms
3. left arm cross to grab Uke's right wrist while still pinning both arms, left advance step to 1:00 into a left inverted forward bow

4. pivot clockwise to right forward bow facing 6:00, release Uke's arm with the right - leaving the left arm to hold both Uke's arms, right outward hammering horizontal elbow to Uke's jaw
5. full cover out to 12:00

6) DRIVING ELBOWS

Attack – rear bear hug, arms pinned

1. drop and spread both feet into a side horse stance, right and left arms punch forward while hips push back into Uke's hips to create space to move in
2. pivot clockwise into right cat stance facing 3:00 right rear thrusting elbow Uke's abdomen, left arm cover high to shield from choke
3. pivot counterclockwise into left cat stance facing 9:00, left rear thrusting elbow Uke's abdomen, right hand cross grab Uke's left wrist
4. left downward stomp Uke's left foot
5. full cover out to 12:00

7) CHINESE L CHOKE

Attack – rear two-hand choke

1. drop chin to chest to protect throat, left rear cross retreat step to 4:30 into right front twist stance
2. pivot counterclockwise unwinding twist stance to a left forward bow facing 6:00, left vertical outward block to clear Uke's hold, right inward horizontal hammering elbow to Uke's ribs
3. left retreat step to 12:00 into right neutral bow facing 6:00, left hand extended outward grab Uke's left wrist, right forearm checks at Uke's elbow
4. lift Uke's left arm vertically with your right arm in the bend of Uke's left elbow, pull Uke's elbow forward to touch your chest, right hand grab your left forearm, left vertical thrusting elbow strike to Uke's sternum
5. left advance step to 7:30 behind Uke's left leg, pivot clockwise to throw Uke toward 9:00 on his back (figure four take down)
6. full cover out to 10:30

8) LOCKED WING

Attack – *right arm hammerlock, palm up*

1. right hand return grab Uke's right wrist, left retreat step to 6:00 and pivot counterclockwise to face 6:00 in left forward bow, left hammering outward horizontal elbow to Uke's chin
2. left arm circle counterclockwise over Uke's right arm to heel palm and claw to Uke's jaw and hook under Uke's right elbow with a snaking straight arm lever - uppercut against Uke's elbow
3. pivot clockwise to face 12:00 in right forward bow, Uke will be forced into a clockwise spin to keep his right arm from being broken (wizzer)
4. right retreat step to 6:00 and pivot clockwise to right forward bow facing 6:00, Uke will be forced to accelerate clockwise spin
5. as Uke reaches 3:00 pivot counterclockwise to left neutral bow facing 12:00, right step through thrusting knee to Uke's abdomen
6. plant right foot to 1:30 into right forward bow, both hands push Uke toward 12:00
7. full cover out to 6:00

9) CALMING THE STORM

Attack – *front inward club strike*

1. right advance step to 12:00 into right neutral bow, right step through thrusting vertical punch to Uke's chin, left cross extended outward block to Uke's right arm
2. pivot clockwise to right forward bow, right inward check Uke's right arm, left thrusting vertical cross punch over right arm to Uke's sternum
3. pivot counterclockwise to right neutral bow, left cross vertical outward check Uke's right arm, right hammering outward backfist Uke's ribs
4. left hand strike down at the base of Uke's club, right hand strike up against Uke's right wrist to disarm
5. full cover out to 6:00

10) TWIRLING WINGS

Attack – rear two-hand shoulder grab, pulling

1. drop chin to chest to protect throat, left rear cross retreat step to 4:30 into right front twist stance
2. pivot counterclockwise unwinding twist stance to a left forward bow facing 6:00 (buckling Uke's right leg outward if his right leg is forward), left vertical outward block to clear Uke's hold, right cross inward horizontal hammering elbow to Uke's ribs
3. right hand cross pin Uke's left elbow, pivot clockwise to left neutral bow (buckling Uke's left leg outward if his left leg is forward), left inward horizontal hammering elbow to Uke's ribs
4. full cover out to 12:00

11) FLASHING DAGGERS

Attack – front two-hand push high

1. right retreat step to 6:00 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 inward sword hand to Uke's ribs, left hand cross check high
3. pivot clockwise to left neutral bow, left outward hammering sword hand to Uke's neck, 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 hammering sword hand to Uke's abdomen, right cross vertical outward check Uke's left arm
6. full cover out to 6:00

12) LEAPING CRANE

Attack – right step through punch

1. left leap advance step to 10:30 into crane stance, left inward parry to Uke's punch, right inward raking middle knuckle to Uke's ribs or inside of Uke's right elbow
2. right outward whipping backfist to Uke's right side kidney
3. right thrusting side kick to back of Uke's right knee to buckle Uke's right leg and drop Uke forward onto his right knee

4. right foot plant to 1:30 behind Uke, right inward horizontal elbow, left inward horizontal heel palm strike to Uke's head from behind
5. full cover out to 7:30

13) HUGGING PENDULUM

Attack – *right replacement thrusting side kick*

1. left retreat step to 6:00 into right side neutral bow, and reverse push drag (full retreat), right outward downward hammerfist parry, use friction to pull Uke's leg forward
2. left front cross advance step to 12:00 into left front twist stance, right inward raking middle knuckle to Uke's ribs (if Uke's right arm is down then middle knuckle rake his elbow or bicept)
3. right step through snapping side kick behind Uke's right knee to buckle his leg forward dropping onto his knee
4. pivot clockwise with right step to 1:30 into right forward bow, right hammering backfist back of Uke's head
5. pivot counterclockwise into right neutral bow, right inward horizontal heel palm Uke's jaw throwing Uke to his back
6. full cover out to 7:30

14) GIFT OF DESTINY

Attack – *handhold*

1. strike left knuckles against back of Uke's right hand
2. left hand pin Uke's right hand, right advance step to 12:00 in right neutral bow, right inward horizontal elbow strike to Uke's sternum
3. right upward flapping elbow to Uke's chin
4. right elbow smothers counterclockwise over Uke's right arm to pin at the elbow
4. adjust right hand to grab weak side of Uke's right hand, left hand adjust to grab thumb side
5. squeeze Uke's right arm straight under your right elbow (snaking straight arm lever)
6. right retreat step to 6:00 into left neutral bow, twist Uke's right wrist clockwise for inward wrist lock
7. right front snap kick to Uke's ribs

8. right plant to 6:00 into left neutral bow then full cover out to 6:00

15) KNEE LIFT

Attack – front bear hug, arms pinned

1. right retreat step to 6:00 into a left forward bow, right and left direct inward downward thrusting thumb fist strikes to inside folds of Uke's hips, drop forehead low for possible front head butt as Uke is forced to bend forward
2. left arm circles clockwise to crane hook pin Uke's right arm, right arm rear elbow strike to chamber position breaking Uke's hold
3. right thrusting knee to Uke's abdomen
4. right plant to 12:00 right uppercut to Uke's chin
5. full cover out to 6:00

16) FALLEN CROSS

Attack – rear two-hand choke

1. drop chin to chest to protect trachea, left side step to 9:00 into horse stance, left and right hands direct over the shoulder grab Uke's left and right wrists
2. turn both Uke's wrists outward so palm side is up, pull Uke arms forward so that his elbows rest on your shoulders
3. raise up from horse stance while pulling down on both Uke's wrists (straight arm shoulder lever)
4. right advance step to 11:00 and pivot counterclockwise to face 6:00 in left forward bow, pull outward and downward crossing Uke's left arm under his right at his elbows
5. right step through thrusting knee to Uke's abdomen
6. plant right foot to 6:00 into right neutral bow pulling Uke's arms across your hip and pinning his elbows to his abdomen, right inward horizontal elbow, left inward horizontal hooking heel palm strike to Uke's jaw
7. full cover out to 12:00

17) TWISTED TWIG

Attack – *right outward wristlock*

1. left cross grab Uke's left wrist (use left forearm as a wedge on top of Uke's right arm to stop him from completing the twist of your wrist) – this only works if you catch the wrist lock in an early stage
2. right advance step to 12:00 into forward bow, right upward flapping elbow to Uke's left elbow to hyperextend
3. pivot counterclockwise to face 9:00 in side horse stance, right outward hammering horizontal elbow to Uke's sternum
3. left arm pulls Uke's left arm straight across chest
4. pivot counterclockwise into a right reverse bow facing 12:00, left arm stretches Uke's left arm across chest setting a straight arm lever, right outward downward hammerfist to Uke's abdomen
5. full cover out to 6:00

18) DEFYING THE STORM

Attack – *front inward club strike*

1. right advance step to 12:00 into right neutral bow, right thrusting inward block, and left extended outward block Uke's right arm (left side forearm shield)
2. right hammering outward sword hand to Uke's neck, left direct grabs Uke's right wrist
3. right retreat step to 6:00 into left neutral bow facing 12:00, right crane hand hook Uke's right elbow and pull arm straight (straight arm lever) – Uke will be pulled forward
4. right step through knee to front of Uke's right shoulder
5. plant right foot to 12:00 in right neutral bow, right overhead downward vertical elbow to Uke's back, left hand still holding Uke's right wrist
6. pry the club from Uke's hand and full cover out to 6:00

19) THUNDERING HAMMERS

Attack – *right step through punch*

1. left advance step to 12:00 into left side neutral bow, left thrusting inward block to Uke's punch, right arm hangs relaxed to right side

2. push drag advance to 12:00, pivot counterclockwise to left wide kneel stance, right hammering forearm strike across Uke's abdomen, left hand chambers to high block position
3. right hand vertical outward hooking parry to check Uke's right shoulder and bend Uke forward
3. pivot clockwise to right close kneel stance facing 3:00, left overhead downward vertical hammering hammerfist to Uke's right side kidney
4. pivot counterclockwise to left wide kneel stance facing 12:00, right overhead downward vertical hammering hammerfist to Uke's back, left hand cross checks Uke's right shoulder
5. left step to 6:00 into right neutral bow, right downward hammering backfist to back of Uke's head
6. full cover out to 6:00

20) RETURNING THE STORM

Attack – inward horizontal club strike

1. left retreat step to 6:00 into right side neutral bow, and reverse push drag (full retreat)
1. continue to drag in right foot into right cat stance, pull both arms in close vertically, (forearm shield) - so they are not hit by Uke's first attack

Outward horizontal club strike

2. right advance step, then left advance step to 1:30 into left neutral bow, left thrusting inward block to Uke's right arm, right hand grab Uke's right wrist
3. pivot clockwise with right retreat step to 10:30 into left neutral bow facing 4:30, pull back with right hand press forward with left forearm at Uke's right elbow to bend Uke forward (arm bar) – Uke will be forced to spin clockwise (wizzer)
4. right thrusting knee to Uke's head, right hand disarms club from Uke's hand
5. right foot plant to 4:30 into right neutral bow facing 4:30, right cross upward vertical strike to Uke's head with his own club (short end), left arm covers horizontally at Uke's elbow
6. poke the long end (back side) of the club into your abdomen sliding your grip along the club to bring the longer portion to the

front side, then overhead downward vertical club strike to the back of Uke's head

7. full cover out to 10:30

KICKING SET #1

Kicking set 1 has four parts. The footwork of this set follows the pattern of a large square. The set begins from the lower left hand corner of the square.

Opening Salutation

Right retreat step to 6:00 into a left neutral bow

Section A moving toward 12:00

1. right step through snapping front kick to 12:00 stepping into right neutral bow
2. left front crossover step, right snapping side kick (knee level), plant to 12:00 in right neutral bow
3. left replacement step, right wheel kick, plant to 12:00 into right neutral bow
4. left step through spinning back kick, plant to 12:00 into left neutral bow

right retreat step to 9:00, pivot clockwise to face 3:00 in left neutral bow

Section B moving toward 3:00

1. right step through thrusting side kick, plant to 3:00 into right neutral bow
2. left replacement step, right snapping front kick, plant to 3:00 in right neutral bow
3. left replacement step, right wheel kick, plant to 3:00 in right neutral bow
4. left replacement step, pivot counterclockwise to face 9:00, right snapping back kick to 3:00, plant to 3:00 into right neutral bow

left advance step to 12:00, pivot clockwise to face 6:00 in right neutral bow

Section C moving toward 6:00

1. left step through spinning back kick, plant to 6:00 into left neutral bow
2. right replacement step, left wheel kick, plant to 6:00 in left neutral bow
3. right replacement step, left front snap kick, plant to 6:00 in left neutral bow
4. right replacement step, left thrusting side kick, plant to 6:00 in left neutral bow

right retreat step to 3:00, pivot clockwise to face 9:00 in left neutral bow

Section D moving toward 9:00

1. right step through front snap kick, plant to 9:00 into right neutral bow
2. left step through roundhouse kick, plant to 9:00 into left neutral bow
3. right step through spinning back kick, plant to 9:00 into right neutral bow
4. left step through thrusting side kick, plant to 9:00 into horse stance facing 12:00

Should be back to the place where the set was started

Closing Salutation

HEIAN NIDAN (Peaceful Mind 2)

Opening Salutation

1. both hands chamber to right hip (palm to palm, left over right), pivot counterclockwise to face 9:00 in left cat stance
2. left extended outward block, right hand chambers high above head
3. right inward hammerfist strike, left hand checks high
4. left step to 9:00 in left side horse stance, left outward hammerfist strike, right hand chambers
5. both hands chamber to left hip (palm to palm, right over left), pivot clockwise to face 3:00 in right cat stance
6. right extended outward block, left hand chambers high above head
7. left inward hammerfist strike, right hand checks high
8. right step to 3:00 in right side horse stance, right outward hammerfist strike, left hand chambers

9. both hands chamber to left hip (palm to palm, right over left), slide right foot in to form right cat stance facing 3:00
10. right thrusting side kick and right whipping backfist strike toward 6:00
11. right foot plants to 6:00, pivot counterclockwise to face 12:00 in left neutral bow, left extended outward sword hand block
12. right advance step to 12:00 in right neutral bow, right extended outward sword hand block, left hand chambers at heart palm up
13. left advance step to 12:00 in left neutral bow, left extended outward sword hand block, right hand chambers at heart palm up
14. right advance step to 12:00 in right forward bow, right vertical trusting spear hand strike, left hand cross covers horizontally low, Kiai

15. left rear cross step to 3:00, pivot counterclockwise to face 3:00 in left neutral bow, left extended outward sword hand block, right hand chambers at heart palm up

16. right advance step to 4:30 in right neutral bow, right extended outward sword hand block, left hand chambers at heart palm up
17. pivot clockwise, right step to 9:00 in right neutral bow, right extended outward sword hand block, left hand chambers at heart palm up
18. left step to 7:30 in left neutral bow, left extended outward sword hand block, right hand chambers at heart palm up

19. left advance step to 6:00 in left forward bow, right cross inward downward (palm down) block continuing into a vertical outward block, left hand chambers
20. right step through front kick
21. left horizontal cross punch
22. left cross inward downward (palm down) block continuing into a vertical outward block, right hand chambers
23. left step through front kick
24. right horizontal cross punch
25. right advance step to right forward bow, right reinforced vertical outward block, Kiai

26. left rear cross step to 9:00, pivot counterclockwise to face 9:00 in left forward bow, left outward downward block, right hand chambers
27. left high block
28. left hand opens to sword hand
29. right advance step to 10:30 in right forward bow, right high block, left hand chambers
30. pivot clockwise with right step to 3:00 in right forward bow, right outward downward block, left hand chambers
31. right high block
32. right hand opens to sword hand
33. left advance step to 1:30 in left forward bow, left high block, right hand chambers

left step to 9:00 to face 12:00 in attention

Closing Salutation

SHORT FORM 2

Opening Salutation

Toward front

1. right advance step to 12:00 into right neutral bow, right thrusting inward block, left hand cross covers low
2. right outward downward diagonal sword hand strike
3. left advance step to 12:00 into left neutral bow, left hammering inward block, right hand cross covers low
4. left outward downward diagonal sword hand strike

Toward left and right sides

5. slide left foot back into left cat stance facing 12:00, both hands chamber at right side hip (palm to palm, left over right)
6. left advance step to 9:00, pivot counterclockwise to left neutral bow facing 9:00, left vertical outward block, right cross horizontal thrusting punch
7. slide right foot to 9:00 into right cat stance facing 12:00, both hands chamber at left side hip (palm to palm, right over left)
8. right advance step to 3:00, pivot clockwise to right neutral bow facing 3:00, right vertical outward block, left cross horizontal thrusting punch

Toward back and front

9. slide left foot to 3:00 into left cat stance facing 12:00, both hands chamber at right side hip (palm to palm, left over right)
10. left retreat step to 6:00 pivot counterclockwise into left wide kneel facing 6:00, left fanning high block, right cross thrusting palm up uppercut
11. slide right foot to 6:00 into left cat facing 6:00, both hands chamber at left side hip (palm to palm, right over left)
12. right retreat step 12:00 (V step), pivot clockwise into right wide kneel facing 12:00, right fanning high block, left cross thrusting palm up uppercut

Toward right and left rear diagonals

13. slide left foot to 12:00 into right cat facing 12:00, both hands chamber at right side hip (palm to palm, left over right)

14. left retreat step to 4:30, pivot counterclockwise to left neutral bow facing 4:30, left outward downward block, right hand chambers

15. right advance step to 4:30 into right neutral bow, right thrusting palm strike, left hand cross checks low

16. slide right foot toward 10:30 into right cat stance facing 4:30, both hands chamber at left side hip (palm to palm, right over left)

17. right advance step to 7:30, pivot clockwise to right neutral bow facing 7:30, right outward downward block, left hand chambers

18. left advance step to 7:30 into left neutral bow, left thrusting palm strike, right hand cross checks low

Toward right and left front diagonals

19. slide right foot toward 7:30 and pivot clockwise to face 1:30 in right cat stance, left cross thrusting inward block, right hand chambers

20. right step to 1:30 into right neutral bow, right extended outward block, left hand chambers in half fist

21. pivot clockwise into right forward bow, left cross snapping half fist strike – keep right block up

22. pivot counterclockwise back to right neutral bow, keep right outward block to check

23. slide left foot to 10:30, pivot counterclockwise to face 10:30 in left cat stance, right cross thrusting inward block, left hand chambers

24. left step to 10:30 into left neutral bow, left extended outward block, right hand chambers in half fist

25. pivot counterclockwise into left forward bow, right cross snapping half fist strike – keep left block up

25. pivot clockwise back to left neutral bow, keep left outward block up to check

Closing Salutation

PURPLE BELT TEST: What you need to know

Techniques

Clutching feathers
Snapping twig
Five swords
Swinging pendulum
Repeated devastation
Driving elbows
Chinese L choke
Locked wing
Calming the storm
Twirling wings
Flashing daggers
Leaping crane
Hugging pendulum
Gift of destiny
Knee lift
Fallen Cross
Twisted twig
Defying the storm
Thundering hammers
Returning the storm

Set

Kicking Set 1

Forms

Heian Nidan
Short Form 2

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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.

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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