

BLUEGRASS MARTIAL ARTS

LOUISVILLE CHRISTIAN MARTIAL ARTS ACADEMY



KENPO KARATE

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

**CONFIDENCE, DISCIPLINE, LEADERSHIP
BECOME YOUR OWN SUPER HERO**

Yellow 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 Karate 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, Bluegrass Martial Arts 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 this martial art Academy.

ABOUT THIS LEVEL

The first level of study in the Kenpo Karate system is the yellow belt level. Prior to obtaining this rank, a student wears a white belt signifying no ranking. Obtaining the yellow belt rank demonstrates that the individual has gained a fair comfort level with the basic exercises and movements, which together establish the foundation of the Kenpo Karate system.

I teach Kenpo Karate from my worldview, that is the Christian worldview. Every martial arts instructor has a worldview, and cannot help but use the opportunity of being a teacher to find expression for what we believe to encourage character building. It is not just a physical exercise program you are investing in. All the benefits of confidence, self-control, and discipline will be taught. I teach the Kenpo Karate system, but I also use the classes as a way to role model the type of leadership that flows from believing the truth claims of the Christian faith.

The yellow belt material begins the student's journey from a point with little or no prior martial arts training, into what will become an exceptional martial artist. In the same way, this system, as I teach it, is designed to grow young men and women, into mature leaders.

I see the most important task as an instructor is to be a healthy role model in the lives of the younger students. I think it is imperative to take a genuine interest in their lives, thus becoming a trusted voice of counsel when and if they reach that awkward age where they will not hear the wisdom of their parents. I had such counsel during those years, and I am confident it made all the difference in the path I took.

Bluegrass Martial Arts strives to develop leaders that follow a strong moral compass. We are partnered with Karate for Christ International, and we are a certified representative of Karate for Christ International for Kentucky.

Physical Focus

Concerning the exercises and techniques studied in the yellow belt level, the student should be focused on matters of basic form. These elements involve things such as what the technique should look and feel like. The student should be mindful of the proper sequence of movements that make up a technique, and the proper shape of the body when performing these movements. Upon obtaining the rank of yellow belt, they should begin to feel comfortable with the body shapes and positions that set the foundation for more complex movements studied at later levels.

This level will require the student to perform 10 techniques, Blocking Set 1, Heian Shodan, and Short Form 1. Blocking Set should be executed in such a way the each block covers the correct area it is meant to protect. They must know the 2 forms by memory and have the correct stance positions for each step. Most important of all the 10 techniques of yellow 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.

Form is the keyword stressed by instructors to the yellow belt student. Concerns for speed, power and focus will come later. The beginning student will have enough to accomplish in just understanding the basic feel and sequence of a technique. 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 for Christ should be an affirming and enjoyable process.

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

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.

Do your best – We train hard, and leave exhausted at the end of every class. Give every workout the best you have. If you need to stop at any point then do so, and as soon as you can, feel free to rejoin the group. Please do not overdo it! Remember: We should be training, not straining!

If you experience any pain during the training, or if you need to stop to catch your breath, it is always ok to take a time out.

Attitude – The study of martial arts is a humbling experience. The result of this study should encourage you to have 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. That being said, we do want our academy to have a professional look. Once you have your uniform please 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. Training equipment such as punching targets, kicking shields, and weapons for some of the belt requirements may be needed. There is no need to purchase these things right away, but you should begin to budget for these tools. Whatever you invest in your ability to train outside of class time will pay off.

Cell phones – Please leave your cell phone turned off or on vibrate. When you are in class, you are there for training. Most calls can wait until after class is over. If there is an emergency or other situation wherein you must have your phone on, please quickly and quietly excuse yourself from the dojo, and take the call outside.

Water and bathroom breaks – I will excuse the class for breaks at certain points. Please stay present and attentive while class is in session. If you have an emergency, quietly excuse yourself.

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

Respect – No technique is perfect, nothing will work 100% of the time, and in every circumstance. I have labored greatly in all my years of study to practice techniques that have a high percentage of success. The system of Kenpo Karate has a long heritage of direct and effective self-defense techniques. Please do not take up the mantle of seeking every exception to every technique, and using class instruction time to do so.

Language – This is a family friendly atmosphere, but even if it were not, I still would have a high expectation of your choice of

words when you are in this space. Please abstain from any use of profanity or offensive language while you are here.

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!

Warm Up Wave Drills

We begin classes with a series of basics put to footwork as our warm up. A basic punch or kick attack is paired with a movement and we cross the dojo space back and forth to get the blood moving before we start class. This also serves as a means of regularly practicing these basics with each class.

Alternating Step Through Front Kick and Plant with Punch
Push Drag Jab
Full Retreat Back Kick
Push Drag Backfist
Front Cross, Wheel Kick
Push Drag Jab, Cross
Rear Cross, Heel Hook Kick
Push Drag Backfist, Cross
Replacement Thrusting Side Kick
Forward Ukemi (shoulder roll)
Forward, then Backward Ukemi

STANCE SET

Opening Formal Wisdom and Action Salutation
Close with Informal Scholar and Warrior Salute
Ready, Attention
Walk feet out with Convex, Concave steps to Horse Stance
Neutral Bow, Fighting Stance
Cat Stance
Crane Stance, Balance
Forward Bow, Aggressive Posture
Close Kneel , Lunge
Wide Kneel, Squat
Reverse Bow, Defensive Posture
Twist Stance
(Return to Ready and Repeat on the other Side)

BASICS

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

STRETCHING

After a good warmup and workout, the legs are ready for a deep stretch. Flexibility only improves with consistent and intentional stretching. We follow a routine that hits all the muscle groups of the legs and can unlock all the potential for kicking possible. Each stretch should be uncomfortable, but not painful. In time the routine gets easier and your kicks will be higher and faster.

Wide Leg Forward Bend (center, side, center, other side, center)

Sumo Stretch (press knees out)

Side Lunge Stretch, Spiderman (foot sideways, and toes up)

Chinese Splits

Jogger's Stretch, and Reverse Jogger's Stretch

American Splits

Butterfly Knee Press, and Rubber Guard Stretch

Seated Forward Toe Touch

Seated Wide Leg Forward Reach

Reclining Ankle Pull (quadriceps stretch)

TECHNIQUES

1) DELAYED SWORD

Attack – right direct lapel grab

1. left hand pins Uke's right hand, left retreat step to 6:00 into right side neutral bow, right arm covers high
2. right snapping front kick to Uke's abdomen
3. right plant to 12:00 into right neutral bow, right outward hammering sword hand strike behind Uke's right ear (mastoid)

2) ALTERNATING MACES

Attack – front two-hand push low

1. left retreat step to 6:00 into right side neutral bow, right inward downward smother block on Uke's forearms, left hand chambers
2. pivot clockwise to right forward bow, left cross thrusting vertical punch Uke's sternum, right arm horizontal check to Uke's arms
3. left hand cross grabs the inside of the Uke's left arm
4. pivot counterclockwise to right neutral bow, left pull Uke forward, right outward whipping backfist strike Uke's right temple

3) SWORD OF DESTRUCTION

Attack – left step through roundhouse punch

1. left retreat step to 6:00 into right side neutral bow, right extended outward block, left hand cross covers high
2. right snapping front kick to Uke's abdomen
3. right plant to 12:00 into right neutral bow, right hammering inward downward hand sword to Uke's neck, left hand cross covers high
4. right hand return to extended outward block to check Uke's left arm

4) DEFLECTING HAMMER

Attack – right step through thrusting front kick

1. left retreat step to 6:00 into right side neutral bow, and reverse push drag to 6:00 (full retreat), right outward downward

- hammerfist parry – use friction to pull Uke’s leg forward, left hand cross covers high
2. advance push drag to 12:00 with right horizontal thrusting elbow to Uke’s ribs, left hand still cross covers high

5) GIFT OF DESTRUCTION

Attack – handhold

1. right counter grab and pull Uke’s right arm forward, left inward horizontal heel palm to Uke’s right elbow – to keep his arm straight, left advance step to 12:00, right thrusting knee to Uke’s right thigh
2. right plant to 12:00 between Uke’s feet into right neutral bow, right inward horizontal elbow strike Uke’s sternum, continue to hold Uke’s hand, left hand checks behind Uke’s elbow

6) CAPTURED TWIGS

Attack – rear bear hug, arms pinned

1. left hand pins Uke’s hands to your chest, left side step to 9:00 into horse stance, right reverse thrusting elbow strike to Uke’s abdomen
2. pivot clockwise to face 3:00 in right cat stance, right upward vertical obscure elbow to Uke’s chin, left hand forces Uke’s hold open
3. right snapping sidekick to Uke’s right knee buckling his leg outward

7) DANCER

Attack – rear two-hand choke

1. drop chin to chest to protect throat, right rear cross step to 9:00 into a twist stance, bend forward at hips
1. pivot clockwise unwinding twist stance into horse stance facing 6:00, flex knees to drop stance low ducking under both Uke’s arm to slip out of Uke’s hold
2. rise back up, left cross uppercut punch to abdomen
3. right retreat step to 12:00 into left neutral bow facing 6:00, left rolling outward whipping backfist Uke’s left temple

8) PASSING THE HORIZON

Attack – *right arm hammerlock, palm up*

1. right hand grab Uke's right wrist, left retreat step to 6:00 into right neutral bow facing 12:00, left thrusting rear elbow to Uke's sternum
2. left downward vertical hammerfist Uke's groin
3. left upward vertical obscure elbow to Uke's chin

9) CHECKING THE STORM

Attack – *front overhead club strike*

1. right side step to 3:00, right inward parry, left foot slide right into left cat stance, left extended outward block and grab to cover club (windmill parry)
2. left snapping front kick to Uke's abdomen
3. left plant to 10:30 pivoting counterclockwise into left front twist stance, right step through snapping sidekick to Uke's right knee to buckle his leg outward
4. right plant to 12:00 into right neutral bow, right outward hammering backfist strike to Uke's right side temple, left hand still covering Uke's right hand
5. right hand grabs Uke's right hand weak side and turns his arm clockwise – club tip pointing down
5. left hand strips club away

10) SWORD AND HAMMER

Attack – *left hand shoulder grab from right side*

1. left hand pins Uke's left hand to right shoulder, right side step to 3:00 in horse stance to pin Uke's left foot, right outward hammering sword hand strike Uke's throat
2. right downward outward hammerfist strike to Uke's abdomen

BLOCKING SET 1

Opening Salutation

Stay in horse stance, both hands chamber to side at ribs

BLOCKER

1. right upward block
2. right hammering inward block
3. right extended outward block
4. right outward downward block
5. right rear elbow block and chamber
6. right push-down block

ATTACKER

1. left hammering overhead heel palm
2. right punch to face
3. left punch to face
4. right punch to abdomen
5. right hand chamber to ribs
6. right knee to groin

BLOCKER

7. left upward block
8. left hammering inward block
9. left extended outward block
10. left outward downward block
11. left rear elbow block and chamber
12. left push-down block

ATTACKER

7. right hammering overhead heel palm
8. left punch to face
9. right punch to face
10. left punch to abdomen
11. left hand chamber to ribs
12. left knee to groin

Closing Salutation

HEIAN SHODAN (peaceful mind 1)

Opening Salutation

1. left step to 9:00 into left forward bow; left downward block, right chambers
2. right step to 9:00 into right forward bow, right punch to solar plexus, left chambers
3. turn clockwise with right step to 3:00 into right forward bow, right downward block
3. right wrist torques counterclockwise free from grab and downward vertical hammer-fist strike collar bone
4. left step to 3:00 into left forward bow, left punch to solar plexus, right chambers

5. turn counterclockwise with left step to 12:00 into left forward bow, left downward block
5. left high block and open hand with sword hand
6. right step to 12:00 into right forward bow, right high block, open hand with sword hand, left chambers
7. left step to 12:00 into left forward bow, left high block, open hand with sword hand, right chambers
8. right step to 12:00 into right forward bow, right high block, left chambers, Kiai

9. left rear cross step to 3:00 and unwind counterclockwise to face 3:00 in left forward bow, left downward block, right chambers
10. right step to 3:00 into right forward bow, right punch to solar plexus, left chambers
11. turn clockwise with right step to 9:00 into right forward bow, right downward block
12. left step to 9:00 into left forward bow, left punch to solar plexus, right chambers

13. turn counterclockwise with left step to 6:00 into left forward bow, left downward block

14. right step to 6:00 into right forward bow, right punch to solar plexus, left chambers

15. left step to 6:00 into left forward bow, left punch to solar plexus, right chambers

16. right step to 6:00 into right forward bow, right punch to solar plexus, left chambers, Kiai

17. left rear cross step to 9:00 and unwind counterclockwise to face 9:00 in left neutral bow, left extended outward sword hand block, right hand chambered at heart, palm up

18. right step to 10:30 into right neutral bow, right outward sword hand strike, left hand chambered at heart, palm up

19. turn clockwise with right step to 3:00 into right neutral bow, right extended outward sword hand block, left hand chambered at heart, palm up

20. left step to 1:30 into left neutral bow, left outward sword hand strike, right hand chambered at heart, palm up

Left step to 9:00 to face 12:00

Closing Salutation

SHORT FORM 1

Opening Salutation

1. left step to 6:00 into a right neutral bow, right thrusting inward block, left chamber
2. right step to 6:00 into a left neutral bow, left hammering inward block, right chamber
3. right step to 3:00 and pivot counterclockwise into a left neutral bow facing 9:00, left vertical outward block
4. left step to 3:00 into a right neutral bow facing 9:00, right vertical outward block, left chamber
5. right small step to 6:00 and pivot counterclockwise into left neutral bow facing 3:00, left high block, right chamber
6. left step to 9:00 into a right neutral bow facing 3:00, right high block, left chamber
7. left step to 12:00 and pivot clockwise into a right neutral bow facing 6:00, right outward downward block
8. right step to 12:00 into a left neutral bow facing 6:00, left outward downward block, right chamber
9. left step to 9:00 pivoting clockwise into horse stance facing 12:00

Repeat Salutation

1. right step to 6:00 into a left side neutral bow, left thrusting inward block, right chamber
2. left step to 6:00 into a right neutral bow, right hammering inward block, left chamber
3. left step to 9:00 and pivot clockwise into a right neutral bow facing 3:00, right vertical outward block
4. right step to 9:00 into a left neutral bow facing 3:00, left vertical outward block, right chamber
5. left small step to 6:00 and pivot clockwise into a right neutral bow facing 9:00, right high block, left chamber
6. right step to 3:00 into a left neutral bow facing 9:00, left high block, right chamber

7. right step to 12:00 and pivot counterclockwise into a left neutral bow facing 6:00, left outward downward block
8. left step to 12:00 into a right neutral bow facing 6:00, right outward downward block, left chamber
9. right step to 3:00 pivoting counterclockwise into horse stance facing 12:00

Closing Salutation

YELLOW BELT TEST: What you need to know

Techniques

Delayed sword
Alternating maces
Sword of destruction
Deflecting hammer
Gift of destruction
Captured twigs
Dancer
Passing the horizon
Checking the storm
Sword and hammer

Set

Blocking Set 1

Forms

Heian Shodan
Short Form 1

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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.

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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 passion. For more information about our academy visit the web page

www.bluegrassmartialarts.com