

## Message to Students - Training in the Martial Arts

Congratulations on making the decision to train in Kenpo Karate! You're not the first to start this journey, and you won't be the last, but I wish you good luck and welcome you to the brotherhood of Kenpo.

It is normal at this point to be most aware of the physical aspects and benefits of the training. You're going to become faster, quicker, and stronger. You should see improved flexibility and better coordination, and your sense of balance should improve.

As we work through our defensive techniques, you'll learn to identify targets on your opponent, and you'll find that you really can hit those targets with an appropriate weapon in such a way as to stop the opponent in his or her tracks. You're going to develop practical and realistic methods of self-defense that will improve your safety and the safety of those around you.

You could go your whole life and never have a need to defend yourself or your loved ones, but the improved confidence that these skills bring will be with you every day. Even if you never use your skills, knowing that you have those skills will improve your level of self-confidence.

***In Kenpo Karate, we respect tradition without being bound by it. Whenever tradition can complement the present, as well as influence the future, we do not hesitate to adopt it. Formalities and ceremonies associated with the Martial Arts have served and still serve an important role in society. Because of their positive qualities, they are stressed and emphasized at karate schools. Through adherence to formalities and ceremonies, discipline and respect, as well as self-discipline and self-respect, become ingrained.***

Thank you for choosing PowerKenpo for your martial arts training! We appreciate your confidence and are confident that you'll be happy with the results.

## The Belts

Students of Kenpo Karate (*Kenpoists*) show their progress in the art by the color of belt that they wear. Each color belt is a step toward the goal of Black Belt. Requirements for each belt differ for Little Dragons (starting at 4-6 years), Junior Dragons (starting at 6-10 years) and Adults.

Students begin their journey with a white belt. Each month, ***in the first full week of the month***, students are tested to evaluate progress. The purpose of these tests is to make certain that each student is making adequate progress, and to provide feedback to students. Assuming that adequate progress is being made, the student receives a stripe indicating progress within his or her belt level or is awarded a new belt indicating his or her advancement to the next higher level. Each student has different strengths and weakness, and each student will advance at his or her own pace. If a student practices more and trains diligently, he or she will generally advance more rapidly.

**Students must wear complete uniform, including pants, top, and belt, for testing.**

Experience has shown, however, that the majority of students progress at a fairly standard rate if they apply themselves to their training. The chart below shows the average student's progression.

| <b><u>Belt Level</u></b> | <b><u># of Stripes</u></b> | <b><u>Approximate time</u></b> |
|--------------------------|----------------------------|--------------------------------|
| Yellow Belt              | 1 stripe                   | 2 months                       |
| Orange Belt              | 2 stripes                  | 3 months                       |
| Purple Belt              | 2 stripes                  | 3 months                       |
| Blue Belt                | 3 stripes                  | 4 months                       |
| Green Belt               | 4 stripes                  | 5 months                       |
| 3rd Brown Belt           | 5 stripe                   | 6 months                       |
| 2nd Brown Belt           | 5 stripes                  | 6 months                       |
| 1st Brown Belt           | 5 stripes                  | 6 months                       |
| Black Belt               | 5 stripes                  | 6 months                       |



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# POWERKENPO

**American Kenpo Karate  
- The Ultimate Defense**

## Adult Students

*Student Guidebook*

*"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."*

*Senior Grandmaster Ed Parker*



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**Belt Requirements – Forms & Techniques**

**Yellow Techniques**

- 1 Delayed Sword
  - 2 Sword of Destruction
  - 3 Deflecting Hammer
  - 4 Mace of Aggression
  - 5 Obscure Wing
  - 6 Lone Kimono
  - 7 Intellectual Departure
- Star Block*

**Orange Techniques**

- 8 Attacking Mace
  - 9 Checking the Storm
  - 10 Aggressive Twins
  - 11 Clutching Feathers
  - 12 Triggered Salute
  - 13 Locking Horns
  - 14 Scraping Hooves
  - 15 Shielding Hammer
- Short Form One*

**Purple Techniques**

- 16 Five Swords
  - 17 Striking Serpents' Head
  - 18 Grip of Death
  - 19 Buckling Branch
  - 20 Thrusting Salute
  - 21 Obscure Sword
  - 22 Raining Claw
  - 23 Crashing Wings
- Long Form 1 / Kicking Set*

**Blue Techniques**

- 24 Thrusting Prongs
  - 25 Reversing Mace
  - 26 Repeating Mace
  - 27 Locked Wing
  - 28 Crossing Talon
  - 29 Twirling Wings
  - 30 Snapping Twigs
  - 31 Leaping Crane
- Short Form 2 / Finger Set*

**Belt Requirements – Forms & Techniques**

**Green Techniques**

- 32 Charging Ram
  - 33 Parting Wings
  - 34 Circling Wing
  - 35 Calming the Storm
  - 36 Hooking Wings
  - 37 Twin Kimono
  - 38 Darting Mace
  - 39 Obstructing the Storm
- Long Form 2*

**3rd Brown Techniques**

- 40 Cross of Destruction
  - 41 Gift In Return
  - 42 Swinging Pendulum
  - 43 Flight to Freedom
  - 44 Spiraling Twig
  - 45 Evading the Storm
  - 46 Thundering Hammers
  - 47 Squeezing the Peach
- Short Form 3*

**2nd Brown Techniques**

- 48 Shield and Sword
  - 49 Sleeper
  - 50 Begging Hands
  - 51 Thrusting Wedge
  - 52 Flashing Wings
  - 53 Hugging Pendulum
  - 54 Repeated Devastation
  - 55 Defying the Storm
  - 56 Raking Mace
  - 57 Snaking Talon
  - 58 Shield and Mace
  - 59 Wings of Silk
  - 60 Tripping Arrow
  - 61 Fallen Cross
  - 62 Returning the Storm
  - 63 Crossed Twigs
- Long Form 3 U*

**1st Brown Techniques**

- 64 Flashing Mace
  - 65 Gripping Talon
  - 66 Dance of Death
  - 67 Glancing Salute
  - 68 Bow of Compulsion
  - 69 Gathering Clouds
  - 70 Destructive Twins
  - 71 Circling the Horizon
  - 72 Obscure Claws
  - 73 Circling Destruction
  - 74 Encounter with Danger
  - 75 Escape from Darkness
  - 76 Detour from Doom
  - 77 Squatting Sacrifice
  - 78 Escape from Death
  - 79 Brushing the Storm
- Staff Set*
- Black Belt Techniques**
- 80 Menacing Twirl
  - 81 Leap from Danger
  - 82 Circles of Protection
  - 83 Circle of Doom
  - 84 Broken Gift
  - 85 Unfolding the Dark
  - 86 Heavenly Ascent
  - 87 Capturing the Storm
  - 88 Conquering Shield
  - 89 Taming the Mace
  - 90 Twirling Sacrifice
  - 91 Cross of Death
  - 92 Securing the Storm
  - 93 Intercepting the Ram
  - 94 Kneel of Compulsion
  - 95 Clipping the Storm
  - 96 Broken Ram
  - 97 Glancing Wing
  - 98 Back Breaker
  - 99 Crushing Hammer
  - 100 Glancing Spear
- Two Man Set / Personal Form*
- Black Belt Thesis*

**Training in the martial arts allows you to work with students above and below you in ability, while moving at your own pace. Some students pick up forms and techniques quickly – others need time to absorb and internalize the lessons at each level.**

**Training at your own pace includes paying attention to the level of physical stress placed on your body. Know your limits – push them a little but know when to take a break. If we're warming up with pushups or crunches, do what you can do and then rest. Over time, your will become stronger and your endurance will rise and you will no longer need to rest, but be patient and avoid injury.**

**We have students start who are unable to do one pushup. We start them with negative pushups, then move up to 1 pushup. Remember that your goal is learn the system of American Kenpo Karate and to earn your Black Belt – focus on that goal, maintain your desire, and the secondary goals of physical fitness, improved balance and coordination, faster more controlled reflexes – these will all come in their own time.**

**Notes on Star Block**

- Start at Attention
- Left foot steps over to Meditation Horse
- Hands back to chambered position
- Right Hand:
  - o Upward Block
  - o Inward Block
  - o Extended Outward Block
  - o Downward Block
  - o Back Elbow
  - o Pushdown Block
  - o Back Elbow.
- Repeat with Left hand
- Double Blocks – repeat sequence with both hands
- Close to Meditation Horse
- Left foot comes back to Attention position.

**Notes on Short Form 1**

- Start at Attention, facing to 12:00
- Left foot steps over to Meditation Horse
- Slide left foot back to Right Neutral Bow with Right Inward Block
- Slide Right foot all the way back to Left Neutral Bow with Left Inward Block
- Look over your front shoulder – punch coming from left
- Right foot steps across and away from the incoming punch (cover)
- Unwind to Left Neutral, facing to 9:00, with Left Vertical Outward Block
- Left foot slides all the way back to Right Neutral Bow with Right Vertical Outward Block
- Look over the back shoulder – overhead club attack coming from behind you
- Right foot covers across and away from the incoming club
- Unwind to Left Neutral, facing to 3:00, with Left Upward Block
- Left foot slides all the way back to a Right Neutral Bow with Right Upward Block
- Look over your right shoulder – kick coming from 6:00.
- Left foot covers across and away from the incoming kick
- Unwind to a Right Neutral, facing to 6:00, with a Right Downward Block
- Right foot slides all the way back to a Left Neutral with a Left Downward Block.
- Left foot steps around clockwise so that you finish in a Meditation Horse, facing to 12:00
- For side two, left foot steps back and repeat all above steps on the other side.
- Close to Attention.