

YELLOW BELT TO GREEN BELT TESTING REQUIREMENTS

8TH Keup to 7th Keup (low yellow to high yellow belt)

7th Keup to 6th Keup (high yellow to low green belt)



TABLE OF CONTENTS

CHAPTER 1

8th Keup Yellow Belt (low) to 7th Keup Yellow Belt (high)

8 th KEUP REQUIRED KNOWLEDGE	PAGE 4
STANCES	PAGE 5
BLOCKS	PAGE 5
KICKS	PAGE 5
PATTERNS/FUNDLEMENTALS	PAGE 6
Pyung Ahn Cho Dan	PAGE 6
Dan-Gun	PAGE 8
Taeguek Il Jang	PAGE 10
SELF DEFENSE	PAGE 11
Testing	PAGE 25

CHAPTER 2

7th Keup Yellow Belt (High) to 6th Keup Green Belt (low)

7 th KEUP REQUIRED KNOWLEDGE	PAGE 21
STANCES	PAGE 21
BLOCKS	PAGE 21
KICKS	PAGE 21
PATTERNS/FUNDLEMENTALS	PAGE 23
Pyung Ahn Yi Dan	PAGE 23
Do-San	PAGE 25
Taeguek Yi Jang	PAGE 27
SELF DEFENSE	PAGE 28
Condensed History of American Kenpo	PAGE 37

THIS BOOK BELONGS TO:

MEMBER #: _____

AGE: _____ **HEIGHT:** _____ **WEIGHT:** _____

DATE I RECEIVED 8TH KEUP: _____

Date received 1st Stripe for 8th Keup: _____

Date received 2nd Stripe for 8th Keup: _____

Date received 3rd Stripe for 8th Keup: _____

DATE I RECEIVED MY 7TH KEUP: _____

Date received 1st Stripe for 7th Keup: _____

Date received 2nd Stripe for 7th Keup: _____

Date received 3rd Stripe for 7th Keup: _____

8th Keup to 7th Keup (Low Yellow Belt to High Yellow Belt Yellow Stripe)

SECTION 1 – REQUIRED KNOWLEDGE

1a. the meaning of yellow belt (noran-tti): *The yellow belt represents gold, which means truth. An individual must be truthful, to have integrity. The yellow belt also symbolizes the seed. It is only a quality seed that can grow into a quality plant. A planted seed cannot grow into something that it is not. We must accept who we are as individuals and excel to the best of our abilities.*

1b. a yellow belt student is introduced to Taekwon-Do, Kenpo, Hapkido & Kido Kwan™ Martial Arts system while evolving a working knowledge of the basics and the lower intermediate techniques.

NEEDED FOR 1st KNOWLEDGE STRIPE

What are the classifications of the Black Belt? (Taekwon-Do)

1st-3rd Degree Black Belt is Novice and if instructing the title is “Bu-Sabom-nim”

4th-6th Degree Black Belt is Expert, and if instructing “Sabom-nim”

7th-8th Degree Black Belt is Master, and the title is “Sa Hyon-nim”

9th Degree Black Belt is Grandmaster, and the title is “Sa Sung-nim”

SECTION 2 – New Stances Sogi 서기

Stepping Stance

SECTION 4 – Blocks 막기

No New Blocks

SECTION 5 – New Kicks 차기

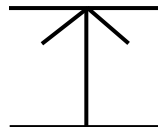
Side Piercing Kick (lead, rear, and led leg stepping)

NEEDED FOR 2nd KNOWLEDGE STRIPE

SECTION 6 – Patterns/Exercises

Kata 型 - **Hyung** 형 - **Poomse** 품세 - **Tul** 틀

Pyung Ahn Cho Dan 평안초단



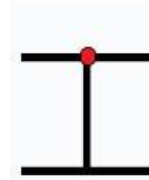
Number of Moves: 22

1. Left footsteps 90° counterclockwise into left Forward Stance. Left Low Block.
2. Right foot steps forward into right Forward Stance. Right, Middle Punch.
3. Turn 180° clockwise into the right Forward Stance. Right, Low Block.
4. Right foot retracts slightly. Simultaneously, the right fist goes to the left shoulder. Right Downward Hammer Fist Strike.
5. Left foot steps forward into left Forward Stance. Left Middle Punch.
6. Left footsteps 90° counterclockwise into left Forward Stance. Left Low Block.
7. Without stepping, left Knifehand High Block.
8. Right foot steps forward into right Forward Stance. Right High Block.
9. Left foot steps forward into left Forward Stance. Left High Block.
10. Right foot steps forward into right Forward Stance. Right High Block. **Kihap**.
11. Pivot 270° counterclockwise into left Forward Stance. Left Low Block.
12. Right foot steps forward into right Forward Stance. Right, Middle Punch.
13. Turn 180° clockwise into right Forward Stance. Right, Low Block.

14. Left foot steps forward into left Forward Stance. Left Middle Punch.
15. Left footsteps 90° counterclockwise into left Forward Stance. Left Low Block.
16. Right foot steps forward into right Forward Stance. Right, Middle Punch.
17. Left foot steps forward into left Forward Stance. Left Middle Punch.
18. Right foot steps forward into right Forward Stance. Right, Middle Punch. **Kihap**.
19. Pivot 270° counterclockwise into right L Stance. Left Double Knifehand Block.
20. Right foot steps forward so that you're on a 45° angle into left L Stance. Right Double Knifehand Block.
21. Right foot steps clockwise 225° into left L Stance. Right Double Knifehand Block.
22. Left foot steps forward so that you're on 45° angle into left L Stance. Left Double Knifehand Block.

The Pyung Ahn Hyung (平安) was created by Itosu Yasutsune from Okinawa, in around 1870. The term “Pyung Ahn” translates as “peaceful confidence”. The two characters of the word can Itosu Yasutsune be broken down further. Pyung is made up of characters meaning a ‘scale’ and ‘equal weight’. Ahn is made up of ‘house’ and ‘woman’. These Hyung characterize the turtle and are designed to teach balance and confidence. The old name for the Pyung Ahn forms is Jae Nam, meaning south border or southern frontier.

Dan-Gun **관군**



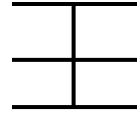
Number of Moves: 21

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a half-facing middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right Forward Stance toward B while executing a full-facing high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a half-facing middle guarding block to A with a knife hand.
4. Move the left foot to A forming a left Forward Stance toward A while executing a full-facing high punch to A with the left fist.
5. Move the left foot to D forming a left Forward Stance toward D while executing a half-facing low block to D with the left forearm.
6. Move the right foot to D forming a right Forward Stance toward D while executing a full-facing high punch to D with the right fist.
7. Move the left foot to D forming a left Forward Stance toward D while executing a full-facing high punch to D with the left fist.
8. Move the right foot to D forming a right Forward Stance toward D while executing a full-facing high punch to D with the right fist.
9. Move the left foot to E, turning counterclockwise to form a right L-stance toward E while executing a half-facing twin forearm block to E.
10. Move the right foot to E forming a right Forward Stance toward E while executing a full-facing high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a half-facing twin forearm block to F.
12. Move the left foot to F forming a left Forward Stance toward F while executing a full-facing high punch to F with the left fist.

- 13.** Move the left foot to C forming a left Forward Stance toward C while executing a half-facing low block to C with the left forearm.
- 14.** Execute a full-facing rising block with the left forearm, maintaining the left Forward Stance toward C. Perform 13 and 14 in a continuous motion.
- 15.** Move the right foot to C forming a right Forward Stance toward C, at the same time executing a full facing rising block with the right forearm.
- 16.** Move the left foot to C forming a left Forward Stance toward C, at the same time executing a full-facing rising block with the left forearm.
- 17.** Move the right foot to C forming a right Forward Stance toward C, at the same time executing a full facing rising block with the right forearm.
- 18.** Move the left foot to B turning counterclockwise to form a right L-stance toward B while executing a half-facing middle outward strike to B with the left knife hand.
- 19.** Move the right foot to B forming a right Forward Stance toward B while executing a full-facing high punch to B with the right fist.
- 20.** Move the right foot to A turning clockwise to form a left L-stance toward A while executing a half-facing middle outward strike to A with the right knife hand.
- 21.** Move the left foot to A forming a left Forward Stance toward A while executing a full-facing high punch to A with the left fist. Shout "Dan-Gun."

Dan-Gun (단군; 檀君) Dangun Wanggeom was the legendary founder and god-king of Gojoseon, the first Korean kingdom. He is said to be the "grandson of heaven" and "son of a bear", and to have founded the kingdom in 2333 BC.

Tae Guk II Jang 태극 1 장



Number of Moves: 18

1. Turn left 90° into a Forward Stance with left foot forward, left low block.
2. Step forward into Forward Stance with right foot forward, right-hand middle punch.
3. Turn right 180° into a Forward Stance with right foot forward, right low block.
4. Step forward into Forward Stance with left foot forward, left-hand middle punch.
5. Turn left 90° into a Forward Stance with left foot forward, left low block.
6. Maintain left Forward Stance and execute right middle punch.
7. Turn right 90° into a Forward Stance with right foot forward, execute left outside block.
8. Step forward into Forward Stance with left foot forward, right-hand middle punch.
9. Turn left 180° into a Forward Stance with left foot forward, right outside block.
10. Step forward into Forward Stance with right foot forward, left-hand middle punch.
11. Turn right 90° into a Forward Stance with right foot forward, right-hand low block.
12. Maintain a Forward Stance and execute the left middle punch.
13. Turn left 90° into a Forward Stance with left foot forward, left high block.
14. Right front kick, foot placed down into Forward Stance with right foot forward, right middle punch.
15. Turn right 180° into a Forward Stance with right foot forward, right high block.
16. Left front kick, foot placed down into Forward Stance with left foot forward, left middle punch.
17. Turn right 90° into a Forward Stance with left foot forward, left low block.

18. Step forward into a Forward Stance with right foot forward, right middle punch, **KI-HAP**.

NEEDED FOR 3rd KNOWLEDGE STRIPE

SECTION 7 – Hoshin Sul (Self Defense) 호신술

A = Attacker & D = Defender

1. Clutching Feathers

- 1 A.** Left Hand Hair Grab. **D.** Step 1 Pin your opponent's left hand to your head with your left hand, Step toward 6:00 with your left foot to form a right neutral bow stance, Deliver a right thrusting middle knuckle fist strike to your opponent's left armpit.

Step 2 Pivot clockwise to form a right forward bow stance. Deliver a right extended outward block to the inside of your opponent's left forearm. Execute a left thrusting heel palm strike to your opponent's chin.

Step 3 Pivot counterclockwise to form a right neutral bow stance. Deliver a right inward downward diagonal raking hammer fist strike across your opponent's face. Left-hand covers low.

Step 4 Right crossover and cover out toward 7:30.

The name **Clutching Feathers** comes from the term **feathers** being used to symbolize the hair and **clutching** being a synonym for grabbing. Therefore the name of the technique describes the attack in which your opponent is grabbing (**clutching**) your hair (**feathers**).

2. Triggered Salute

- 2 A. Front right-hand direct push D.** Step 1 Step toward 11:00 with your right foot to form a right neutral bow stance, buckling your opponent's right knee. Pin your opponent's right hand to your chest with your left hand (maintain through the entire technique), Deliver a right thrusting heel palm strike to your opponent's chin.

Step 2 Form a crane head with your right-hand hook behind his right elbow pull the opponent's right arm down and to your right.

Step 3 Deliver a right inward horizontal elbow strike to your opponent's solar plexus or right rib cage being sure to follow through.

Step 4 Deliver a right outward horizontal elbow strike to your opponent's right floating ribs.

Step 5 Follow through with a right outward horizontal back knuckle strike to your opponent's right kidney or floating rib.

Step 6 Finish with a right snapping uppercut punch underneath your opponent's chin.

Step 7 Right front crossover and cover out toward 6:00.

The name **Triggered Salute** stems from the fact that your initial reaction, **triggered** by your opponent's attack, is a heel palm strike to the face which resembles an ancient way of rendering a **salute** used in many ancient cultures. The term salute in American Kenpo names will always represent a heel palm strike.

3. Dance of Death

3. A. Front Straight Right Punch. Step 1 Step toward 11:00 with your left foot to form a left neutral bow stance. Deliver a left thrusting inward block to your opponent's right arm. Your right arm rests and hangs naturally at your side.

Step 2 Maintain a left-hand check on your opponent's right arm. Pivot counterclockwise to form a left forward bow stance. Deliver a right underhand reverse hand sword strike to the groin.

Step 3 Slide your left hand down behind your opponent's right knee and pull upward, Step forward with your right foot to form a right neutral bow stance, Deliver a right inward horizontal elbow strike to your opponent's right rib cage.

Step 4 Deliver a right outward downward back knuckle strike to the inside of your opponent's left knee. The left-hand holds the opponent's right leg.

Step 5 Drop into a right wide kneeling stance Delivers a right inward downward finger slice to the groin.

Step 6 Clear the opponent's leg to the right with your right hand. Execute a right front crossover and a double cover out toward 7:30

The name **Dance of Death** isn't evident until you learn the extended version of this technique in 1st Brown. The series of moves in the extension, which involve several stomps, appear **dance-like** when performed in the air. This sequence can have a very devastating result that can lead to **death**, thus the term **Dance of Death**.

4. Thrusting Salute

4. A. Right Front Thrust Kick. **D.** Step 1 Step toward 4:30 with your right foot forming a left neutral bow stance, Deliver a left outward downward block to the inside of your opponent's right leg.

Step 2 Execute a right front snapping ball kick to your opponent's groin. Left-hand covers high.

Step 3 Plant your right foot toward 10:30 buckling your opponent's right knee as you form a right neutral bow stance. Deliver a right thrusting heel palm strike to your opponent's jaw

Step 4 Cover toward 4:30

The name **Thrusting Salute** is derived from the manner, **thrusting**, in which you deliver the heel palm strike (**salute**) to your opponent.

5. Gift of Destruction

5. A. Right Front Handshake. **D.** Step 1 Hop forward towards 11:00 on your left foot, Jerk your opponent's arm diagonally downward toward your right hip, deliver a right thrusting knee kick to your opponent's groin, Deliver a left inward horizontal heel palm strike to the outside of your opponent's elbow.

Step 2 Plant your right foot toward 11:00 into a right neutral bow stance to buckle the inside of your opponent's right knee, Check your opponent's right arm downward with your left push-down block, Deliver a right inward horizontal elbow strike to your opponent's jaw.

Step 3 Right front crossover and cover out toward 7:30.

The term **gift** in American Kenpo symbolizes a handshake as a handshake is traditionally a **gift** of one's trust. As we learned earlier in the yellow belt, the term **destruction** represents the left side. In this technique, your opponent offers a **gift of trust** (handshake) and then throws a left (**destruction**) punch. Hence the name **Gift of Destruction**

6. Locking Horns

A. Front Headlock. **D.** Step 1 Pull down on your opponent's choking arm, Tuck your chin in toward your chest and toward your opponent's elbow.

Step 2 Step forward with your right foot toward 11:00 forming a right wide kneel stance between your opponent's legs, Check your opponent's right knee with a left push-down block above your opponent's right kneecap, Deliver a right underhand reverse hand sword strike to your opponent's groin.

Step 3 Clear your opponent's right arm from around your neck with your left hand, pinning their arm against their body, quickly stand up into a right neutral bow, Deliver a right vertical obscure elbow strike underneath your opponent's chin.

Step 4 Shuffle forward, Deliver a right inward downward diagonal elbow strike to your opponent's left jaw. Deliver a left inward upward hooking heel palm strike to your opponent's right jaw. Cross over and cover out toward 7:30.

The name Locking Horns comes from how horned animals, such as the ram, would lock their horns in combat. With you being bent over and your head/neck locked it resembles this action.

7. Lone Kimono

A. Left Hand Lapel Grab **D.** Step 1 Pin the opponent's left hand to your chest with your left hand, Step back with your left foot toward 6:00 to form a right neutral bow stance, Deliver a right upward forearm strike (upward block) under your opponent's left arm at the elbow.

Step 2 Circle your arm counterclockwise and deliver an inward downward diagonal forearm strike to your opponent's left arm. Left-hand checks high.

Step 4 Deliver a right upward outward diagonal snapping hand sword strike to your opponent's throat. Crossover and cover out toward 7:30.

The name **Lone Kimono** stems directly from the attack itself. **Lone** is referencing the single hand grab to the lapel which is represented by the term **Kimono**, which is a traditional Japanese garment.

8. Glancing Salute

A. Front Right Hand Cross Push **D.** Step toward 11:00 with your left foot and slightly pivot clockwise to form a left neutral bow stance facing 1:00. Pin the opponent's right hand against your chest with your right hand. Pivot clockwise into a right forward bow stance facing 3:00, Deliver a left thrusting forearm strike behind your opponent's right elbow joint.

Step 2 Hook inside your opponent's right elbow joint with a left crane hook, Pivot counterclockwise to form a left forward bow stance facing 12:00, Pull down on your opponent's right arm down and push it against his body, Deliver a right thrusting heel palm strike to your opponent's jaw.

Step 3 Slide a right crane hook behind your opponent's neck, from their right side, Pull the opponent's head down with your right hand. Deliver a right upward knee kick to your opponent's stomach.

Step 4 Plant your right foot forward to check your opponent's right knee, Deliver a right inward horizontal elbow strike to your opponent's face. Left-hand checks low. Step 5 Crossover & cover out toward 6:00.

As previously stated a **salute** is the Kenpo term used to represent a heel palm strike. In this technique, your heel palm strike (**salute**) will essentially **glance** off of your opponent's jaw becoming a right crane beak that will hook around the right backside of his neck. This **glancing** action of your **salute** is what gives the technique its name, **Glancing Salute**.

9. Five Swords

A. Front Right Hook Punch **D.** Step 1 Step forward with your right foot into a right neutral bow stance facing 12:00 as you buckle the inside of your opponent's right knee, deliver a right thrusting inward block to your opponent's right biceps, Left-hand checks high with a left extended outward block to your opponent's right wrist.

Step 2 Deliver a right outward hand sword strike to the right side of your opponent's neck, Left continues checking at your opponent's wrist.

Step 3 Pivot clockwise into a right forward bow stance, Deliver a left five-finger thrust to your opponent's eyes, Right-hand cocks to your right hip.

Step 4 Pivot counterclockwise into a right neutral bow stance, deliver a right snapping uppercut punch to your opponent's solar plexus, left-hand covers diagonally above your right arm.

Step 5 Slide your left leg toward 4:30 to form a right forward bow stance facing 10:30, Deliver a left outward downward diagonal hand sword strike to the left side of your opponent's neck, bend your wrist outward (pointing fingers downward) to hook the back of your opponent's neck.

Step 6 Pivot counterclockwise into a right neutral bow stance facing 10:30, Deliver a right inward downward overhead hand sword strike to the back of your opponent's neck. Left-hand covers low.

Step 7 Right front crossover and cover out toward 4:30

The name **Five Swords** comes from the original version of this technique, where all **five** strikes after the block were done with hand **swords**. Due to practitioners not conditioning their hands for fingertip strikes some of the strikes were changed but the name remained the same.

10. Buckling Branch

A. Left Step Through Thrust Kick **D.** Step 1 Step back toward 4:30 with your right foot to form a left neutral bow stance facing 10:30, Deliver a left outward downward block to the outside of your opponent's leg.

Step 2 Deliver a right front snapping ball kick to your opponent's groin. Left-hand covers high.

Step 3 Plant your right foot toward 10:30 forming a right front twist stance. Deliver a left snapping knife-edge kick to the inside and back of your opponent's right knee.

Step 4 Plant back into a left front crossover, covering out toward 4:30.

In Ed Parker's American Kenpo the word "**Branch**" is used to represent the leg. The name of this technique comes from the **buckling** of your attacker's leg (**branch**) with a kick hence the name **Buckling Branch**.

11. Scraping Hoof

A. Attempted Full Nelson **D.** Step 1 Move your left foot slightly towards the right forming a narrow horse stance, straighten your knees, back, and neck into an upright position, Drive both of your arms down toward the ground, in front of your groin area, Deliver a rear head butt to your opponent's face.

Step 2 Continue pinning your opponent's arms, slightly bend your left knee forming a right rear bow stance. Deliver a right rear scooping heel kick to the inside of your opponent's left knee.

Step 3 Immediately deliver a right knife-edge kick to the inside of your opponent's right knee, scrape your foot down on your opponent's right inner shin, plant your right foot down as you deliver a right downward foot stomp onto your opponent's right instep.

Step 4 Continue pinning your opponent's arms, slightly bend your right knee forming a left rear bow stance. Deliver a left rear scooping heel kick to the inside of your opponent's right knee.

Step 5 Immediately deliver a left knife-edge kick to the inside of your opponent's left knee. Scrape your foot down on your opponent's left inner shin, plant your left foot down as you deliver a left downward foot stomp to your opponent's left instep (keep your left foot here).

Step 6 Continue pinning your opponent's left arm, Step toward 11:00 with your right foot Pivot counterclockwise into a left neutral bow stance facing 6:00

Step 7 Release your pin Left crossover and cover out toward 12:00

The name **Scraping Hoof** comes from the **scraping** action your foot, represented by the term **hoof**, makes against your opponent's legs.

12. Grip of Death

A. Right Arm Side Headlock D. Step 1 Grip your attacker's arm with both hands and pull down as you turn your head toward 9:00 (away from your opponent's elbow) and your chin into your chest

Step 2 Step toward 10:30 with your right foot to form a right close kneel stance so that your left knee buckles your opponent's right knee, Deliver a right inward hammer fist strike to your opponent's groin. Deliver a left inward hammer fist strike to your opponent's left kidney.

Step 3 Grab the opponent's hair or nerve point with your left hand and pull the opponent's head back and down.

Step 4 Pivot into a left forward bow stance toward 6:00. Deliver a right thrusting heel palm strike to your opponent's chin. Execute a sliding check on your opponent's right arm

Step 5 left front crossover & cover out toward 10:30.

Just like Grasp of Death, the name **Grip of Death** is derived from the severe nature of the attack as the attacker's **grip** can cause **death** if it is properly applied.

SECTION 6 – Breaking 격파

There are no breaking requirements at this rank.

SECTION 7 – Competition 겨루기 / 맞서기

Tournaments competition is not required at this level, however, if a tournament is available we recommend that every student.

TIME REQUIREMENTS

At this level, a student will have a minimum of 30 hours total training time as an 8th Keup Yellow Belt to be able to test to the 7th Keup Yellow Belt.

7th Keup to 6th Keup (High Yellow belt w/ Green Stripe – Low Green Belt)

SECTION 1 – REQUIRED KNOWLEDGE

What does it mean when high, middle, or low are used to state the placement of a punch, kick or block?

High placement means the tool being used is eye level. Middle means, the tool being used is the shoulder (side) or Sternum middle level. Low means the tool being used is at the belt/hip level.

NEEDED FOR 1st KNOWLEDGE STRIPE

What are the American Kenpo Black Belt Titles?

- 1st Black – Junior Instructor
- 2nd Black – Associate Instructor
- 3rd Black – Head Instructor
- 4th Black – Senior Instructor
- 5th Black – Associate Professor
- 6th Black – Professor
- 7th Black – Senior Professor
- 8th Black – Associate Master of the Arts
- 9th Black – Master of the Arts
- 10th Black* – Senior Master of the Arts

***Note:** The 10th-degree title for the founder and head of the system is ‘Senior Grand Master of the Arts’. This title can only be bestowed upon the founder of the system and as such this title is reserved for Senior Grand Master Ed Parker alone.

SECTION 3 – New Kicks 차기

Turning Kick (Lead Leg, rear leg, led leg stepping)

Back Piercing Kick

SECTION 4 – Blocks 막기

NO new blocks at this level

SECTION 5 – New Stances Sogi 서기

No new stances at this level

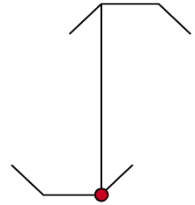
NEEDED FOR 2nd KNOWLEDGE STRIPE

SECTION 6 – Patterns/Exercises

Kata 型 - Hyung 형 - Poomse 품세 - Tul 들

Pyung Ahn Ee Dan 평안초관

Number of Moves: 24



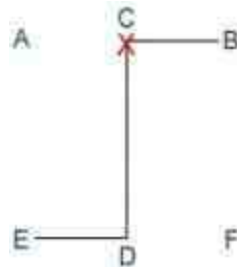
Ready Posture - PARALLEL READY STANCE

1. Left footsteps 90° clockwise into left L-Stance. Right, High Block simultaneous with left Outward Block, **Twin forearm block.**
2. Without stepping, right Uppercut simultaneously with left fist parry.
3. Without stepping, left Upper-Target Punch to the left.
4. Turn 180° clockwise into the right L-Stance. Left High Block simultaneous with right Outward Block, **Twin forearm block.**
5. Without stepping, left Uppercut. Right fist parry.
6. Without stepping, right Upper-Target Punch to right.
7. Left foot steps forward. simultaneously, right foot chambers (Crane Stance) and both fists chamber at left hip. Look right.
8. Right Side Kick simultaneous with right Punch to right, landing into left L-Stance. Left Double Knifehand Block.
9. Right foot steps forward into right L-Stance. Right Double Knifehand Block.
10. Left foot steps forward into left L-Stance. Left Double Knifehand Block.

11. Right foot steps forward into right Forward Stance. Right Vertical Fingertip Thrust. Left knife hand presses downward below right elbow. Kihap.
12. Pivot 225° counterclockwise into left L-Stance. Left Double Knifehand Block.
13. Right foot steps forward along the same angle into right L-Stance. Right Double Knifehand Block.
14. Right footsteps 90° clockwise into right L-Stance. Right Double Knifehand Block.
15. Left foot steps forward along the same angle into left L-Stance. Left Double Knifehand Block.
16. Left footsteps 135° counterclockwise into left elongated Forward Stance. As the body turns, the eyes stop at 45°. Right fist scoops low into Outward Block in front of eyes. Left fist chambers.
17. Right Front Kick, landing in right Forward Stance. Left reverse Middle Punch.
18. Twist torso 90° clockwise into right elongated Forward Stance. Left fist scoops low into Outward Block in front of eyes. Right fist chambers.
19. Left Front Kick, landing into left Forward Stance. Right reverse Middle Punch.
20. Right foot steps forward into right Forward Stance. Right, Double-Arm Block.
21. Pivot 225° counterclockwise into left Forward Stance. Left Low Block. Left Knifehand High Block.
22. Right foot steps forward along the same angle into right Forward Stance. Right High Block.
23. Right footsteps 90° clockwise into right Forward Stance. Right, Low Block. Right Knifehand High Block.
24. Left foot steps forward along the same angle into left Forward Stance. Left High Block with Kihap.

END: Bring the right foot back to a ready posture.

Do-San **관군**



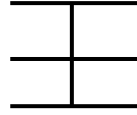
Number of Moves: 24

1. Move the left foot to B, forming a left Forward Stance toward B while executing a half-facing high side block to B with the left outer forearm.
2. Execute a full-facing middle punch to B with the right fist while maintaining a left Forward Stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right Forward Stance toward A while executing a half-facing high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a full facing right Forward Stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a half-facing middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right Forward Stance toward D while executing a full facing middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counterclockwise until its palm faces downward and then move the left foot to D, turning counterclockwise to form a left Forward Stance toward D while executing a half-facing high side strike to D with the left-back fist.
8. Move the right foot to D forming a right Forward Stance toward D while executing a half-facing high side strike to D with the right back fist.
9. Move the left foot to E, turning counterclockwise to form a left Forward Stance toward E while executing a half-facing high side block to E with the left outer forearm.

- 10.** Execute a middle punch to E with the right fist while maintaining a full facing left Forward Stance toward E.
- 11.** Move the left foot on line EF, and then turn clockwise to form a right Forward Stance toward F while executing a half-facing high side block to F with the right outer forearm.
- 12.** Execute a middle punch to F with the left fist while maintaining a full facing right Forward Stance toward F.
- 13.** Move the left foot to CE forming a left Forward Stance toward CE, at the same time executing a full-facing high wedging block to CE with the outer forearm.
- 14.** Execute a full-facing middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
- 15.** Lower the right foot to CE forming a right Forward Stance toward CE while executing a full facing middle punch to CE with the right fist.
- 16.** Execute a middle punch to CE with the left fist while maintaining a full facing right Forward Stance toward CE. Perform 15 and 16 in a fast motion.
- 17.** Move the right foot to CF forming a right Forward Stance toward CF while executing a full-facing high wedging block to CF with the outer forearm.
- 18.** Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
- 19.** Lower the left foot to CF forming a left Forward Stance toward CF while executing a full-facing middle punch to CF with the left fist.
- 20.** Execute a full-facing middle punch to CF with the right fist while maintaining a left Forward Stance toward CF. Perform 19 and 20 in a fast motion.
- 21.** Move the left foot to C forming a left Forward Stance toward C, at the same time executing a full-facing rising block with the left forearm.
- 22.** Move the right foot to C forming a right Forward Stance toward C while executing a full-facing rising block with the right forearm.
- 23.** Move the left foot to B, turning counterclockwise to form a sitting stance toward D while executing a side-facing middle side strike to B with the left knife hand.
- 24.** Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a side facing middle side strike to A with the right knife hand.

END: Bring the right foot back to a ready posture full facing towards D.

Tae Guk Ee Jang 태극 2 장



Number of Moves: 18

1. turn 90 degrees to the left into a Forward Stance with left foot forward, left-hand low block.
2. Step forward into a front stance with right foot forward, right arm middle punch.
3. Turn 180 degrees to the right into Forward Stance with right foot forward, right-hand low block.
4. Step forward into a front stance with left foot forward, left arm middle punch.
5. Turn 90 degrees to the left into Forward Stance with left foot forward, right arm outside the block.
6. Step forward into Forward Stance with right foot forward, left arm outside block.
7. Turn 90 degrees to the left into Forward Stance with left foot forward, left-hand low block.
8. Right foot front snap kick, landing in front stance with right foot forward, right arm high punch.
9. Turn 180 degrees to the right into Forward Stance with right foot forward, right arm low block.
10. Left foot front snap kick, landing in front stance with left foot forward, left arm high punch.
11. Turn 90 degrees to the left into Forward Stance with left foot forward, left arm high block.
12. Step forward into Forward Stance with right foot forward, right arm high block.
13. Turn 270 degrees (counter-clockwise) to the left into Forward Stance with left foot forward, right arm outside block.
14. Turn left 180 degrees into right Forward Stance with right foot forward, left arm outside block.

15. Turn 90 degrees to the left into Forward Stance with left foot forward, left arm low block.
16. Right foot front snap kick, landing in Forward Stance with right foot forward, right arm middle punch.
17. Left foot front snap kick, landing in Forward Stance with left foot forward, left arm middle punch.
18. Right foot front snap kick, landing in Forward Stance with right foot forward, right arm middle punch. **KEUP**

Bring Right leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started.

Ready Posture: Parallel Ready Stance

End: Bring the left foot back to a ready position.

NEEDED FOR 3rd KNOWLEDGE STRIPE

SECTION 7 – Hoshin Sul (Self Defense) 호신술

1-24 is required plus previous 10-34 total

A = Attacker & D = Defender

13 . Crossing Talon

A. Front Right Hand Cross Wrist Grab **D.** Step 1 Raising your forearm as if you were doing a right vertical outward block, counter grab your opponent's right wrist in a clockwise direction with your right hand, Step toward 1:30 with your left foot to form a left neutral bow stance in front of your opponent's right leg, Deliver a left thrusting forearm strike behind your opponent's right elbow.

Step 2 Settle deeper into your left neutral bow stance Pull your opponent's right wrist across your body, in toward and past your right hip, Keeping your left elbow anchored push forward and down against your opponent's right elbow with your left forearm

Step 3 Align your left elbow by bringing your left hand toward your chest and sliding your forearm on top of your opponent's right elbow, Deliver a left outward elbow strike to your opponent's right temple or jaw.

Step 4 Continue your outward motion Deliver a left heel palm strike to your opponent's face, Execute a five-finger rip to your opponent's face.

Step 5 Deliver a left inward overhead downward elbow strike to your opponent's spine. Drop your weight into a left wide kneel stance.

Step 6 Execute left downward heel palm strike to the base of your opponent's skull. Deliver a right upward knee kick to your opponent's face, planting back toward 4:30

Step 7 Left front crossover and cover out toward 6:00.

In American Kenpo, the term '**Talon**' is synonymous with a wrist grab. In **Crossing Talon**, your opponent is **crossing** his body, to grab your opposite wrist, thus executing a **Crossing Wrist Grab**. Hence the name **Crossing Talon**.

14. Repeating Mace

7 A. Front Left Hand Push. **D.** Step 1: Step 1 Step toward 4:30 with your left foot to form a right neutral bow stance, deliver a left outward hooking parry (palm up) to your opponent's left elbow, Execute a right inward horizontal hammer fist strike to your opponent's left kidney.

Step 2 Deliver a right outward back knuckle strike to your opponent's left rib cage.

Step 3 Deliver a right inward downward diagonal roundhouse kick to the back of your opponent's left knee.

Step 4 Right front crossover and cover out toward 4:30.

With the term **mace** representing the fist, the name **Repeating Mace** comes from your **repeating** the attack with your right fist (**mace**) immediately after the first.

15. Shielding Hammer

8. A. Front Left Roundhouse Punch **D.** Step1 Step back toward 6:00 with your left foot to form a right neutral bow stance facing 12:00, Deliver a right extended outward block to the inside of your opponent's left forearm, left-hand covers low.

Step 2 Deliver a right inward downward raking back knuckle strike across the bridge of your opponent's nose, Continue the motion until your fist is at your left shoulder, left-hand cover moves from low to high.

Step 3 Shuffle forward (step-drag), Deliver a right outward thrusting elbow strike to your opponent's solar plexus. Left-hand covers high.

Step 4 Right front crossover and cover out toward 7:30.

The term **shield** in American Kenpo refers to an extended outward block, in this technique the extended outward block is delivered in an outward **hammering** fashion. Now imagine holding a **hammer** in your hand and **shielding** yourself with it by performing an outward block with it, there you have **Shielding Hammer**.

16. Striking Serpents Head

9. A. Front Bear Hug, Arms Free **D.** Step 1: Step 1 Step back toward 6:00 with your right foot to form a left neutral bow stance facing 12:00, Deliver a left inward reverse hammer fist strike to the base of

your opponent's skull, Right-hand cocks in a palm up half fist position near your chest.

Step 2 Grab the opponent's hair with your left hand and pull his head back and down, Pivot counterclockwise into a left forward bow stance buckling your opponent's right knee, Deliver a right snapping half fist strike (palm down) to your opponent's throat. Pivot clockwise into a left neutral bow stance, facing 12:00

Step 3 Left front crossover and cover out toward 4:30.

The final move of the base technique, the half-fist **strike** to the throat, resembles the **head** of a **serpent** making a **strike** thus the name **Striking Serpent's Head**. It is believed that this type of **strike** (half-fist) was traditionally called a **serpent's head strike** along with being called a leopard's fist/claw/paw.

17. Locked Wing

A. Rear Right Arm Hammerlock D. Step 1 Slide your foot back toward 4:30 with your left foot as you counter to grab your opponent's right hand with your right hand. Pivot counterclockwise into a left neutral bow facing 6:00, Deliver a left outward horizontal elbow strike to your opponent's face.

Step 2 Continue moving your left arm counterclockwise over and under your opponent's right arm, Pivot clockwise into a right forward bow facing 10:30, Deliver a left uppercut strike so that your left inner elbow hits your opponent's right outer elbow.

Step 3 Step back toward 4:30 with your right foot to form a left forward bow facing 10:30, positioning your opponent in front of you.

Step 4 Maintain your hold on your opponent's right arm with your left arm as you release your right hand, deliver a right upward knee kick to your opponent's chest, Deliver a right inward overhead heel palm strike to the back of your opponent's neck.

Step 5 Plant your right foot toward 10:30 to form a right neutral bow stance, Push your opponent away with both hands.

Step 6 Right front cross over and cover out toward 4:30.

The term **wing** in American Kenpo is synonymous with the elbow joint. In this case, the attacker is applying a right **hammerlock** on your right elbow (**wing**), thus the name **Locked Wing**.

18. Obscure Wing

A. Right Flank Left Hand Shoulder Grab **D.** Step 1 Pin your opponent's left hand with your left hand, Step toward 3:00 with your right foot to form a right fighting horse stance, Deliver a right rear elbow strike to your opponent's solar plexus.

Step 2 Continue pinning your opponent's left hand, Deliver right downward back hammer fist strike to your opponent's groin, Grab your opponent's groin.

Step 3 Rip your opponent's groin upward, deliver a right upward snapping obscure elbow strike underneath your opponent's chin.

Step 4 Right front crossover and cover out toward 10:30.

As mentioned in the last technique, the **wing** is the Kenpo term for an elbow. In this technique you will use an elbow (**wing**) strike that will travel through a space your opponent can't see, a blind spot, called an **obscure** zone. Put this together and you are essentially delivering an **obscure wing** to your opponent, thus the name.

19. Reversing Mace

A. Front Left Step Through Punch **D.** Step 1 Slide your left foot toward 4:30 to form a right neutral bow stance facing 10:30, Deliver a right inward parry to the back of your opponent's left elbow, deliver a left vertical outward parry to the back of your opponent's left elbow, execute a right outward back knuckle strike as you settle into your stance.

Step 2 Deliver a right inward downward looping roundhouse kick to the back of your opponent's left knee.

Step 3 Without planting your foot, execute a right front crossover and cover out toward 4:30.

With the Kenpo term, '**mace**' used to represent the closed fist in conjunction with the use of **reverse** motion, by **reversing** the **mace** that you blocked with to deliver a counterstrike, you get the name **Reversing Mace**.

20. Thrusting Prongs

A. Front Bear Hug, Arms Pinned **D.** Step 1 Step back slightly toward 6:00 with your right foot to form a modified left forward bow stance, deliver right and left thrusting prong strikes into your opponent's groin/bladder area.

Step 2 Check your opponent's right arm with a left crane hook, execute a right thrusting knee kick to your opponent's groin, Deliver a right rear elbow block.

Step 3 Without planting your foot, deliver a right knife-edge kick to the inside of your opponent's left knee.

Step 4 Scraping your right foot down your opponent's left shin, Deliver a right downward stomp to your opponent's left instep. Deliver a right inward elbow strike to your opponent's face.

Step 5 Execute a right front crossover Cover out toward 7:30.

Prongs are a symbolic reference to the protrusion of your thumbs from your fists during the initial move.

You **thrust** your **prongs** (thumbs) into your opponent's bladder area, an obscure zone, thus providing the name **Thrusting Prongs**.

21. Obscure Sword

A. Right Flank Left Hand Rear Shoulder Grab **D.** Step 1 Pin your opponent's left hand with your left-hand Step forward to 12:30 with your left foot to form a left forward bow stance facing 12:30, Cock your right hand below your left elbow in a hand sword position.

Step 2 As your opponent tugs, pivot clockwise to form a right forward bow stance facing 4:30. Deliver a right outward horizontal hand sword strike to your opponent's throat.

Step 3 Pivot counter clockwise into a right neutral bow facing 4:30, Deliver a right extended outward block to clear/check your opponent's left arm, Left-hand covers low,

Step 4 Deliver a left front snapping ball kick to your opponent's groin, planting back.

Step 5 Right Front Crossover Cover out toward 12:00.

As we have come to learn the term **Sword** in Ed Parker's American Kenpo is the term used to symbolize a hand **sword** strike. In this technique, you will deliver a hand **sword** strike from angle **obscurity** or rather from an area that your opponent is unable to view, thus the name **Obscure Sword**

22. Twisted Twig

A. Front Wrist Grab **D.** Step 1 Pin the opponent's left hand with your left hand. Step toward 11:00 with your right foot to form a right neutral bow stance, buckling the inside of your opponent's right knee, Deliver a right upward elbow strike to your opponent's chest or face.

Step 2 Pivot counterclockwise to form a horse stance. Deliver a right outward elbow strike to your opponent's solar plexus.

Step 3 Pivot counterclockwise to form a right reverse bow stance. Deliver a right back hammer fist strike to your opponent's groin

Step 4 Right front crossover toward 7:30 Cover out toward 7:30.

The term 'twig' in American Kenpo is a symbolic term that represents an arm. In this technique your arm (twig) is being twisted at the wrist by your opponent, thus the name Twisted Twig.

23. Raining Claw

A. a right uppercut punch. **D** Step 1 Step back toward 6:00 with your left foot to form a right neutral bow stance facing 12:00, Deliver a right downward inward block (smother block) to your opponent's right forearm. Left-hand guards high.

Step 2 Deliver a left overhead claw to your opponent's face.

Step 3 Shuffle forward (push-drag), Deliver a right vertical back knuckle thrust to your opponent's face. Left-hand guards low.

Step 4 Right front crossover Cover out toward 7:30.

The name **Raining Claw** is based on the type of one of your counter strikes and the direction it comes from. You deliver an overhead **claw** strike; thus the **claw** is coming from above as **rain** would.

24. Crashing Wings

A. Rear Bear Hug, Arms Free **D.** Step 1 Step toward 3:00 with your right foot to form a horse stance facing 12:00, Deliver right and left inward downward diagonal elbow strikes to your attacker's forearms.

Step 2 Slide your left foot toward 3:00 to form a left transitional 45° cat stance. Cock both of your hands to your right hip in a cup & saucer fashion.

Step 3 Slide your left foot behind your opponent's right leg, toward 7:30, to form a left reverse bow stance.

Step 4 Pivot counterclockwise to form a left neutral bow stance facing 7:30. Deliver a left outward horizontal elbow strike to your opponent's face. Deliver a left outward horizontal heel palm claw to your opponent's face, Cock your right fist by your right ear.

Step 5 Pivot counterclockwise to form a left forward bow stance facing 7:30, Deliver a right inward downward diagonal hammer fist strike to your opponent's bladder.

Step 6 Pivot counterclockwise forming a left neutral bow stance, left front crossover Cover out toward 12:00.

The wing is the American Kenpo term used to symbolize the elbow. In this technique, you circle your **wings** (elbows) out and up to bring them **crashing** down on your opponent's forearms. This **crashing** of your **wings** (elbows) into your attacker's arms gives the technique its name, **Crashing Wings**. Incidentally, the **circling** motion of your **wings** (elbows), gives the related Tracy's Kenpo technique, **Circling Wings** its name.

SECTION 6 – Breaking

No new break, but you can break with any type of kick learned at this point.

SECTION 7 – Competition

A tournament's competition is not required at this level, however, if a tournament is available we recommend that every student at least attends as a spectator, this could be local "open" tournaments or any sanctioned Kido Kwan™ event.

TIME REQUIREMENTS

At this level, a student will have a **minimum** of 30 hours total training time as a 7th Keup Yellow Belt to be able to test to 6th Keup Green Belt.

CONDENSED HISTORY OF AMERICAN KENPO

Edmund K. Parker (10th-degree black belt) is the undisputed "Father" of American Karate having opened the first commercial Karate studio in 1954 at the age of 23. He was a native of Honolulu, Hawaii, and a graduate of Kamehameha High School. In 1956 Ed Parker graduated from Brigham Young University (BYU) with a B.S. in Psychology. As he learned Karate in Hawaii, he realized the need for innovations to combat modern-day methods of fighting. To fulfill this need, he developed revolutionary concepts, theories, and practical principles - not classical. Because of this, his innovative concepts and ideas have greatly enhanced the Martial Arts in the United States and throughout the world. After graduation from BYU, he moved to California and opened his second school in Pasadena; at this time he was a 3rd-degree black belt.

Time Magazine referred to him in 1961 as the "High Priest and Prophet of the Hollywood Sect." Parker taught many well-known screen personalities including, Robert Wagner, Blake Edwards, Robert Culp, Robert Conrad, Darrin McGavin, Jose Ferrar, George Hamilton, Warren Beatty, Dick Martin, Elke Sommers, Joy Hymans, Joey Bishop, the late Elvis Presley, Audie Murphy, Jeff Speakman, and many others.

Quoting Black Belt Magazine, "Many Kenpo stylists refer to Ed Parker as the last word on the proper way to do their techniques" (February 1975). Similar praise for Ed Parker appeared in a special issue of Inside Kung Fu, commemorating 20 years of Karate in America. "You don't become the father of American Karate by being second in line. Universally acknowledged as the man who introduced Karate to America some twenty-nine years ago, Ed Parker

has been one of the most innovative and successful influences in the development of the Art in the new environment" (May 1974). Karate Kung-Fu Illustrated quotes Ed Parker's Kenpo as being "America's logical and unstoppable fighting system ... Discovered in America, it's Karate's gold mine of motion") September 1986).

The interest Mr. Parker had in employing logic dates to his beginning Martial Arts studies in Honolulu. He approved of the exciting methods that he learned as a novice in Kenpo, but, as an experienced street fighter felt that innovations were necessary for the classical concepts he learned to become practical concepts on the street. As a result of his research, Mr. Parker generated innovative answers by comparing Kenpo to other fields of endeavor. By relating past experiences with the functional aspects of Kenpo, he has revealed astounding breakthroughs in body movement as it applies to martial arts, power shifting, and strong concepts. Because of his formal education, Mr. Parker was able to extract principles from physics, geometry, mathematics, and alpha-numeric systems and compare them to life experiences that caused a new Kenpo discipline to emerge which is without equal in the world today. As a result, his use of analogies, short stories, and quotes has created distinctive methods to convert verbal language into physical body motion. His unique ability to communicate Kenpo and other Martial Arts information remains unparalleled.

Through formal martial arts training under William K.S. Chow, experience, experimentation, and thought-provoking study, Mr. Parker developed the Parker Kenpo System as we know it today. The Parker Kenpo System has achieved steady growth and with-it Mr. Parker developed a timeless Martial Art. The Parker Kenpo System was effective yesterday, is effective today, and will continue to be effective in the future.

Edmund Kealoha Parker
Born March 19, 1931
Died December 15, 1990
(aged 59)

