

# AMERICAN KARATE STUDIOS BASICS

| STANCES |                         |
|---------|-------------------------|
| YEL     | 1. ATTENTION            |
| YEL     | 2. HORSE (Training)     |
| YEL     | 3. NEUTRAL BOW          |
| YEL     | 4. FORWARD BOW          |
| YEL     | 5. REVERSE BOW          |
| YEL     | 6. ONE LEG (Crane)      |
| ORG     | 7. 45 DEGREE CAT        |
| ORG     | 8. 90 DEGREE CAT        |
| ORG     | 9. FRONT TWIST          |
| ORG     | 10. REAR TWIST          |
| ORG     | 11. WIDE KNEEL          |
| PUR     | 12. CLOSE KNEEL         |
| PUR     | 13. CONCAVE             |
| BLU     | 14. SIDE HORSE          |
| BLU     | 15. REVERSE NEUTRAL BOW |
| BLU     | 16. REVERSE WIDE KNEEL  |
| BLU     | 17. REVERSE CLOSE KNEEL |
| BLU     | 18. DIAMOND             |

### PRINCIPLES OF BODY MOMENTUM

1. TORQUE (Width)
2. BACKUP MASS (Depth)
3. GRAVITATIONAL MARRIAGE (Height)

| BLOCKS |                                 |
|--------|---------------------------------|
| YEL    | 1. THRUSTING INWARD             |
| YEL    | 2. VERTICAL OUTWARD             |
| YEL    | 3. UPWARD                       |
| YEL    | 4. OUTSIDE DOWNWARD             |
| YEL    | 5. HAMMERING INWARD             |
| YEL    | 6. EXTENDED OUTWARD             |
| ORG    | 7. PUSH DOWN                    |
| ORG    | 8. INSIDE DOWNWARD PALM UP      |
| ORG    | 9. INSIDE DOWNWARD PALM DOWN    |
| PUR    | 10. UNIVERSAL                   |
| PUR    | 11. CROSS BLOCK – UP            |
| PUR    | 12. DOWNWARD HORIZONTAL FOREARM |
| PUR    | 13. INWARD VERTICAL FOREARM     |
| PUR    | 14. OUTWARD VERTICAL FOREARM    |
| BLU    | 15. INWARD ELBOW                |
| BLU    | 16. OUTWARD ELBOW               |
| BLU    | 17. UPWARD ELBOW                |
| BLU    | 18. DOWNWARD ELBOW              |
| BLU    | 19. INSIDE DOWNWARD ELBOW       |

### METHODS OF EXECUTION

1. HAMMER (High to Low)
2. THRUST (Low to High)
3. WHIP (Snap)
4. SLICE

| PARRIES |                       |
|---------|-----------------------|
| YEL     | 1. INWARD             |
| YEL     | 2. OUTWARD            |
| ORG     | 3. OUTSIDE DOWNWARD   |
| ORG     | 4. INSIDE DOWNWARD    |
| PUR     | 5. UPWARD             |
| PUR     | 6. INWARD HORIZONTAL  |
| PUR     | 7. OUTWARD HORIZONTAL |
| BLU     | 8. VERTICAL UPWARD    |
| BLU     | 9. VERTICAL DOWNWARD  |

| PUNCHES |                                    |
|---------|------------------------------------|
| YEL     | 1. THRUSTING STRAIGHT              |
| YEL     | 2. SNAPPING STRAIGHT               |
| YEL     | 3. THRUSTING VERTICAL              |
| YEL     | 4. SNAPPING VERTICAL               |
| ORG     | 5. VERTICAL THRUSTING BACK KNUCKLE |
| ORG     | 6. VERTICAL SNAPPING BACK KNUCKLE  |
| ORG     | 7. UPPER-CUT                       |
| ORG     | 8. ROUND HOUSE                     |
| PUR     | 9. HOOK                            |
| PUR     | 10. LOOPING OVERHEAD               |
| PUR     | 11. INVERTED VERTICAL ROUNDHOUSE   |
| BLU     | 12. INWARD BLOCKING PUNCH          |
| BLU     | 13. CHOPPING PUNCH                 |
| BLU     | 14. STIFF ARM LIFTING BACK KNUCKLE |

### BASICS

*“The simplified moves that comprise the fundamental of Kenpo.”*  
---ED PARKER

| STRIKES |                                      |
|---------|--------------------------------------|
| YEL     | 1. BACK HAMMERFIST                   |
| YEL     | 2. INWARD HANDSWORD                  |
| YEL     | 3. OUTWARD HANDSWORD                 |
| YEL     | 4. THRUSTING HEEL PALM (Straight)    |
| YEL     | 5. INWARD ELBOW                      |
| YEL     | 6. OUTWARD ELBOW                     |
| YEL     | 7. BACK ELBOW                        |
| YEL     | 8. OBSCURE BACK ELBOW                |
| YEL     | 9. INWARD OVERHEAD ELBOW             |
| YEL     | 10. OUTWARD OVERHEAD ELBOW           |
| ORG     | 11. UPWARD ELBOW                     |
| ORG     | 12. UNDERHAND REVERSE HAMMERFIST     |
| ORG     | 13. OUTWARD BACK KNUCKLE             |
| ORG     | 14. INWARD HORIZONTAL FOREARM        |
| ORG     | 15. OUTWARD HORIZONTAL FOREARM       |
| ORG     | 16. INWARD DIAGONAL INNER WRIST      |
| ORG     | 17. INWARD HORIZONTAL HEEL OF PALM   |
| ORG     | 18. UNDERHAND HEEL OF PALM           |
| PUR     | 19. OUTWARD HORIZONTAL HEEL PALM     |
| PUR     | 20. BACK STIFF-ARM LIFTING HEEL PALM |
| PUR     | 21. OVERHEAD HEEL PALM               |
| PUR     | 22. INWARD VERTICAL FOREARM          |
| BLU     | 23. FLAPPING ELBOW                   |
| BLU     | 24. OBSCURE VERTICAL ELBOW           |
| BLU     | 25. OUTWARD DIAGONAL REV. HANDSWORD  |

*“USE ELBOWS WHEN TOO CLOSE TO PUNCH”*

*“SHUFFLES GO WHERE THEY ARE NEEDED”*

| FOOT MANEUVERS |                                    |
|----------------|------------------------------------|
| YEL            | 1. STEP THROUGH                    |
| YEL            | 2. STEP DRAG                       |
| YEL            | 3. DRAG STEP                       |
| YEL            | 4. COVER                           |
| YEL            | 5. FRONT FOOT TO BACK FOOT SWITCH  |
| ORG            | 6. PUSH DRAG                       |
| ORG            | 7. FRONT CROSS OVER                |
| PUR            | 8. REAR CROSS OVER                 |
| PUR            | 9. SWITCH (Jump)                   |
| PUR            | 10. BACK FOOT TO FRONT FOOT SWITCH |
| PUR            | 11. HOP (1 foot to same foot)      |
| BLU            | 12. PULL DRAG                      |
| BLU            | 13. JUMP (1 foot to other foot)    |
| BLU            | 14. LEAP (2 feet to anywhere)      |

| FINGER TECHNIQUES |                                 |
|-------------------|---------------------------------|
| YEL               | 1. STRAIGHT FINGER THRUST       |
| YEL               | 2. OVERHEAD CLAW                |
| YEL               | 3. OUTWARD WHIP                 |
| ORG               | 4. VERTICAL FINGER THRUST       |
| ORG               | 5. UPWARD FINGER THRUST         |
| ORG               | 6. OVERHEAD WHIP                |
| PUR               | 7. UNDERHAND WHIP               |
| PUR               | 8. UNDERHAND CLAW               |
| PUR               | 9. BACK THRUST (over shoulder)  |
| PUR               | 10. BACK CLAW (over shoulder)   |
| BLU               | 11. UPWARD CLAW                 |
| BLU               | 12. BACK WHIP (over shoulder)   |
| BLU               | 13. BACK WHIP (below the waist) |
| BLU               | 14. INWARD HORIZONTAL SLICE     |
| BLU               | 15. OUTWARD HORIZONTAL SLICE    |

### EIGHT CONSIDERATIONS OF COMBAT

- |                |            |
|----------------|------------|
| 1. ENVIRONMENT | 5. TARGETS |
| 2. RANGE       | 6. WEAPONS |
| 3. POSITIONS   | 7. BLOCKS  |
| 4. MANEUVERS   | 8. COVER   |

| KICKS |                                  |
|-------|----------------------------------|
| YEL   | 1. FRONT SNAP – BALL             |
| YEL   | 2. SIDE SNAP – KNIFE EDGE        |
| YEL   | 3. BACK SNAP – HEEL              |
| YEL   | 4. ROUND HOUSE – INSTEP          |
| ORG   | 5. FRONT THRUST                  |
| ORG   | 6. SIDE THRUST                   |
| ORG   | 7. BACK THRUST                   |
| ORG   | 8. SHOVEL                        |
| PUR   | 9. FRONT SCOOP                   |
| PUR   | 10. BACK SCOOP                   |
| PUR   | 11. SPINNING BACK HEEL KICK      |
| PUR   | 12. FRONT CHICKEN (FORWARD-REAR) |
| PUR   | 13. FRONT CHICKEN (REAR-FORWARD) |
| PUR   | 14. FRONT STOMP KICK             |
| BLU   | 15. SIDE STOMP KICK              |
| BLU   | 16. BACK STOMP KICK              |
| BLU   | 17. FRONT CROSS STOMP KICK       |
| BLU   | 18. REAR CROSS STOMP KICK        |
| BLU   | 19. HOOK KICK                    |
| BLU   | 20. THRUSTING SWEEP              |
| BLU   | 21. FRONT ROUNDHOUSE SWEEP       |
| BLU   | 22. REVERSE ROUNDHOUSE SWEEP     |
| BLU   | 23. INWARD CRESCENT              |
| BLU   | 24. OUTWARD CRESCENT             |
| BLU   | 25. SPINNING CRESCENT            |
| BLU   | 26. SIDE CHICKEN                 |
| BLU   | 27. BACK CHICKEN                 |

### GENERAL RULES

1. ESTABLISH YOUR BASE
2. STRIKE HIGH, CHECK LOW
3. FRONT HAND NEUTRAL BOW – REAR HAND FORWARD BOW

| FALLING MANEUVERS |                                    |
|-------------------|------------------------------------|
|                   | 1. FRONT FALL                      |
|                   | 2. BACK FALL                       |
|                   | 3. SIDE FALL                       |
|                   | 4. ROLLING FALLS<br>(Front & Back) |