

GROUNDPLAY

Mount (O/D) _____

Guard (O/D) _____

Side (O/D) _____

Open (O/D) _____

STRESS TRAINING

In Your Face _____

From the Chair _____

PRINCIPLES OF SELF DEFENSE

Coordination: this process involves the synchronization of body, mind, and breath so that they react harmoniously and instinctively.

Focus: is the concentration of body, mind, breath, and strength culminating at the exact same instant when block or striking a specific target.

Power: is the magnification of force aided by concentrated focus. it's capacity is proportionate to the physical strength, force, or energy exerted.

Torque: is the utilization of rotating force to position the muscles to allow for ease of movement, extension, body flow and increased power.

Body Momentum: utilizes the mass of the body moving forward or reverse to enhance power.

Gravitational Marriage: utilizes gravity to increase power by synchronizing the dropping of the body while striking.

FITNESS

PUSHUPS X 30 _____

AIR SQUATS X 40 _____

SIT UP REACH X 30 _____

SQUAT THRUST X 30 _____

SPARRING

GRAPPLING X 3 mins (2) _____

BOXING X 3 mins (2) _____

SPARRING X 2 mins (LL) _____

PURPLE BELT TEST

COMMENTS: _____

DATE: _____

REQUIREMENTS FOR

PURPLE BELT

VERSION 4.0 4-14-11



NAME: _____

DATE: _____

BASICS

MANEUVERS

hop _____

pull drag _____

push drag _____

STANCES

rear cat _____

crane _____

STRIKES

inverted _____

straight punch _____ sweep _____

hook _____ crescent _____

roundhouse _____ heel raise _____

KICKS

axe _____

crescent _____

heel raise _____

cross _____

FORMS/SETS (AKKI Required)

Form 1-5 mechanical _____ execution _____

Form 1-cond. mechanical _____ execution _____

Form 2-Intro mechanical _____ execution _____

Form 2-1 mechanical _____ execution _____

Finger Set 1 mechanical _____ execution _____

SKILL DRILLS

Finger Attacks mechanical _____ execution _____

Position Series mechanical _____ execution _____

Back Attacks mechanical _____ execution _____

QUESTIONS

WHAT ARE THE TWO MAJOR COMPONENTS OF POWER? SPEED AND BODY MOMENTUM.

WHAT ARE THE THREE FORMS OF BODY MOMENTUM?

ROTATIONAL: USES THE DIMENSION OF WIDTH. THIS IS THE TWISTING FORCE THAT ENGAGES VARIOUS BODY PARTS AT DIFFERENT LEVELS AND TIME INTERVALS.

HORIZONTAL: USES THE DIMENSION OF DEPTH. IT IS THE SHIFTING OF THE WEIGHT OF THE BODY FORWARD OR REVERSE.

VERTICAL: USES THE DIMENSION OF HEIGHT. IT IS THE USE OF GRAVITY TO INCREASE POWER.

DEFINE "ECONOMY OF MOTION". ENTAILS AVOIDING WASTED ANGLES, AND THE MANAGEMENT OF STRENGTH IN OBTAINING THE MOST FOR YOUR EFFORT IN THE SHORTEST POSSIBLE TIME. EMPLOYS THE PRINCIPLE OF "POINT OF ORIGIN".

WHAT ARE THE THREE METHODS USED TO INCREASE SPEED?

ACCELERATION, CASE CHANGE, AND COMPOUNDING.

SELF DEFENSE

TWIN KIMONO (two hand lapel grab)

DIVIDED FURY (front high two-hand push)

THUNDERING HAMMER (step-thru right straight punch)

AVENGING PENDULUM (step-thru left front kick)

DARTING VIPER (front two hand choke)

EVADING THE STORM (step-thru right diagonal club)

SNAPPING LIMB (left straight push)

GATHERING CLOUDS (step-thru right straight punch)

CIRCLING WING (rear two-hand choke: arms bent)

SLEEPER (step-thru right straight punch)

OPTIONAL (AKKI Required)

TAMING THE BEAR (rear bear-hug: arms pinned)

RISEING THUNDER (front low two-hand push)

DESCENDING RAM (front tackle with left shoulder)

INTERCEPTING THE STORM (right roundhouse club)

DARTING MACE (right grab to right wrist)

INTERCEPTING DEVASTATION (right roundhouse punch)

To hear is to doubt, to see is to be deceived, but to feel is to believe.

Senior Grandmaster Ed Parker

THE THREE POINTS OF VIEW

The Master Key to Logic in the American Kenpo system is the THREE POINTS OF VIEW concept. This concept looks at self defense from the first person's view point (you), the second person's view point (your opponent), and the third person's view point (a bystander). With this in mind, one can discover how basics work, the principles of self defense, the logic of motion, and what you and your opponent are capable of doing in a given situation. For example, during combat, there are two ways to get hit, INTENTIONALLY and UNINTENTIONALLY. Using the THREE POINTS OF VIEW concept, we can analyze what is happening at any given moment during the fight. We already know that when ever you strike, you HAVE to leave an opening in your guard. Therefore you look from the third person point of view to find out what targets may get hit from his weapons. Once you see what possibilities may be used against you, you int-urn CHECK his weapons keeping yourself safe from the unintentional hit.