

SKILL DRILLS

Universal	Mechanical	_____	Execution	_____
Ground Movement	Mechanical	_____	Execution	_____
Upright Movement	Mechanical	_____	Execution	_____
Basic 4+1	Mechanical	_____	Execution	_____

AWARENESS AND AVOIDANCE

New Car on the Block Drill	_____	Dark Alley Drill	_____
Whose Carrying Drill	_____	Pedestrian Pass Drill	_____

PRINCIPLES OF SELF DEFENSE

Posture: allows for ease of movement and quick directional changes. Also keeps you from leaning and over extending. Facilitates BALANCE and RELAXATION.

Balance: The body, as well as the joints, must be relaxed and flexible to insure good balance. It also prevents you from leaning and over extending reducing the chance of going to the ground.

Relaxation: relaxing enhances good balance. When the body is relaxed, it becomes supple which allows for quick reaction when attacking or defending. It aids greatly in the acceleration of your strikes.

Speed: this physical and cognitive attribute coupled with accuracy are the primary ingredients of skill. This combination takes precedence over power, although speed can contribute greatly to increasing power.

Accuracy: the ability to put the right weapon on the right target with the right amount of force at the right moment.

FITNESS

Pushups X 10	_____	Air Squats X 20	_____
Sit Up Reach X 10	_____	Squat Thrusts X 10	_____

SPARRING

Grappling X 2 mins	_____	Boxing X 2 mins	_____
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YELLOW BELT TEST

COMMENTS: _____

 DATE: _____

REQUIREMENTS FOR YELLOW BELT

VERSION 3.1 4-12-11



NAME: _____

DATE: _____

BASICS

STANCES

Attention	_____
Natural	_____
Horse	_____
Neutral Bow	_____
Meditation	_____

KICKS

Front kick	_____
Back kick	_____
Roundhouse	_____

MANEUVERS

Step-thru	_____
Step-drag	_____
Drag-step	_____
Cover	_____
Switch	_____

BLOCKS

Inward	_____
Outward	_____
Extended	_____
Outward	_____
Upward	_____
Downward	_____

HAND STRIKES

Straight	_____
Back fist	_____
Uppercut	_____
Hammer fist	_____
Elbow	_____
Handsword	_____

FORMS/SETS (AKKI Required)

TIP

Form 1-Intro.	Mechanical	_____	Execution	_____
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BELT

Form 1-1	Mechanical	_____	Execution	_____
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QUESTIONS

KENPO CAN TRACE ITS ROOTS BACK TO WHAT SYSTEM? CHINESE SHAOLIN BOXING.

WHO WAS THE FOUNDER OF AMERICAN KENPO? SENIOR GRANDMASTER ED PARKER.

WHO WAS THE FOUNDER OF AMERICAN KENPO KARATE INTERNATIONAL (AKKI)? MASTER OF THE ARTS PAUL MILLS.

NAME THE FIVE CATEGORIES OF BASICS.

STANCES - postures of defense and offense

MANEUVERS - methods of travel to enhance defense or offense

BLOCKS - methods of defense

STRIKES - methods of offense

SPECIAL MOVES AND METHODS - containing individual characteristics of their own. Used both offensively and defensively

WHAT IS A MASTER KEY? A MOVE, SERIES OF MOVES, OR A TECHNIQUE THAT CAN BE USED IN MORE THAN ONE SITUATION WITH EQUAL EFFECT.

SELF DEFENSE

FLASHING SWORDS (step-thru right straight punch)

SWORDS OF FURY (step-thru left punch)

DEFLECTING PENDULUM (step-thru right front kick)

EYE OF THE STORM (step-thru right diagonal club)

RAKING MACE (two hand lapel grab: pulling in)

ATTACKING MACE (right cross punch)

OPTIONAL

DESTROYING WEDGE (front two hand push)

REPEATED WING (rear bear-hug: arms pinned)

CRUSHING DEATH (left flank, right arm head-lock)

WHIP AND HAMMER (left hand shoulder grab)

CREED

"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**

CLOCK PRINCIPLE



Imagine yourself in the middle of a clock. The direction you face when starting a form, set, or technique will always be 12:00. For example, when on the mat facing the mirror, straight ahead is 12:00, your right wall is 3:00, your left wall is 9:00, and the wall behind you is 6:00. Your corners represent your 45 degree angles which are 1:30, 4:30, 7:30, and 10:30.