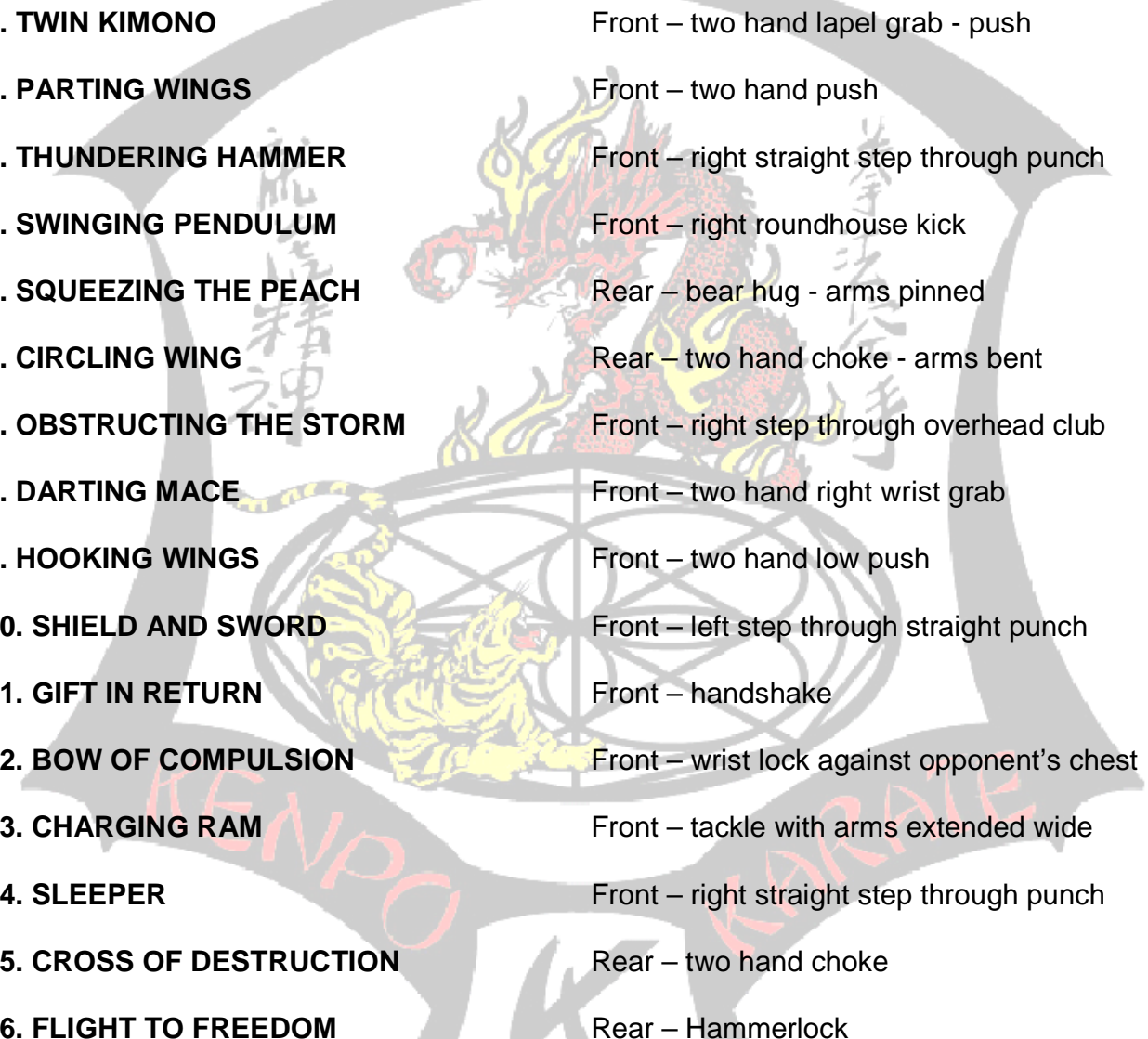


REQUIRED TECHNIQUES FOR BLUE BELT

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1. TWIN KIMONO Front – two hand lapel grab - push
 2. PARTING WINGS Front – two hand push
 3. THUNDERING HAMMER Front – right straight step through punch
 4. SWINGING PENDULUM Front – right roundhouse kick
 5. SQUEEZING THE PEACH Rear – bear hug - arms pinned
 6. CIRCLING WING Rear – two hand choke - arms bent
 7. OBSTRUCTING THE STORM Front – right step through overhead club
 8. DARTING MACE Front – two hand right wrist grab
 9. HOOKING WINGS Front – two hand low push
 10. SHIELD AND SWORD Front – left step through straight punch
 11. GIFT IN RETURN Front – handshake
 12. BOW OF COMPULSION Front – wrist lock against opponent's chest
 13. CHARGING RAM Front – tackle with arms extended wide
 14. SLEEPER Front – right straight step through punch
 15. CROSS OF DESTRUCTION Rear – two hand choke
 16. FLIGHT TO FREEDOM Rear – Hammerlock

CREED

I SHALL NEVER LET PRIDE RULE MY PASSIONS, AND WILL DEFEND WITH ALL THE SKILL I POSSESS, THE WEAK, THE HELPLESS, AND THE OPPRESSED. I PLEDGE AN UNSWERVING LOYALTY TO MY ART, MY FELLOW STUDENTS, AND MY INSTRUCTOR. IN ADDITION, I PLEDGE AN UNENDING EFFORT TO EARN THE SELF-SAME LOYALTY FROM THOSE WHO LOOK TO ME FOR TRAINING.

MASTER ED PARKER

PREREQUISITE BASICS FOR BLUE BELT

STANCES

Reverse Close Kneel
Reverse Wide Kneel

BLOCKS

Outside Downward Diagonal
Downward Horizontal Forearm

PARRIES

Inward Horizontal Heel Palm
Outward Horizontal Heel Palm

PUNCHES

Overhead (Palm Down)
Thrusting Inverted Vertical
Snapping Inverted Vertical
Hook

STRIKES

Looping Overhead Back Knuckle
Outward Horizontal Heel Palm
Back Stiff-Arm Lifting Heel Palm

WEAPON: NUNCHAKU

BASICS

8 Clock Strikes
Figure 8 Strikes
Over Shoulder Grabs
Under Shoulder Grabs

TECHNIQUES

1. Delayed Sword
2. Sword of Destruction
3. Four Fists
4. Checking the Storm
5. Aggressive Twins

FINGER TECHNIQUES

Underhand Whip
Underhand Claw
Outward Overhead Claw
Back Finger Thrust (crossing over shoulder)

KICKS

Front Scoop
Back Scoop
Spinning Back Heel
Reverse Roundhouse
Pull-Drag Kicks
**Front Chicken (forward then rear)
**Front Chicken Rear then forward)
**Back Chicken (forward then rear)
**Back Chicken Rear then forward)
**Optional

FOOT MANEUVERS

Hop
Pull-Drag

FORMS & SETS

Strike Set #1
Finger Set #1
Long Form #2
Personal Form (* techniques)

SAYINGS FOR BLUE BELT

- Reaction can beat action if the target to be reached last is the first object to move out of the way.
- To aid your action, feed it with your opponent's reaction.
- A check, in most cases, is an application of, whereas a cover is used in anticipation of.
- Flow first, power later.
- Guts are the anesthesia that deaden the pain of fear.
- The ultimate aim of Kenpo is to elongate circles and round off corners.
- Low kicks are excellent weapons to neutralize your opponent's aggression. Knock out his support and you weaken his aggressive abilities and desires.
- An ounce of logic can be worth more than a ton of tradition that has become obsolete through the weathering of time.
- Refinement -- too much time and often too little progress.
- Never send an opponent's weapon into orbit only to have it re-orbit back to you.
- Devote time to a particular move before deciding whether it does or does not work for you.