

ORANGE BELT MANUAL



**Think with clarity.
Move with purpose.
Act with love.**



BUSHIDO MARTIAL ARTS

Dear Kenpo Novice,

Congratulations on your promotion to Yellow Belt. For many martial artists, it's the Yellow and Black Belt tests they remember the most clearly. Your new rank indicates a commitment to training and study that sets you apart from the average person. You are now ready to take your study of the martial arts to a new level.

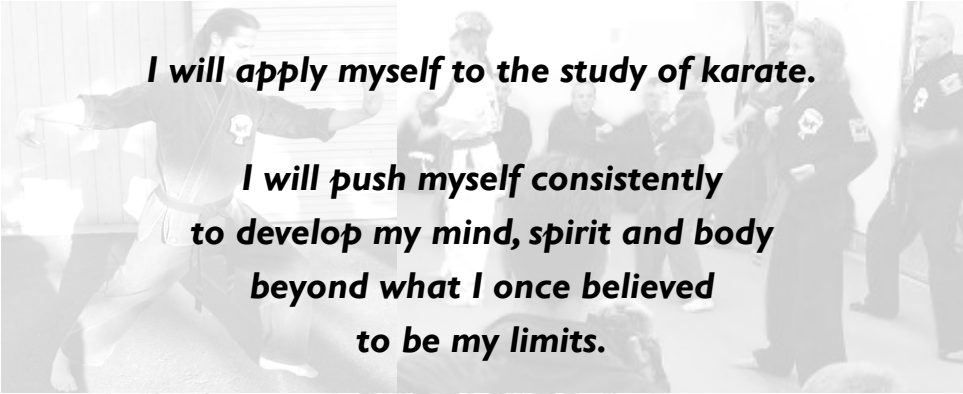
Sincerely,



Jason W. Brick

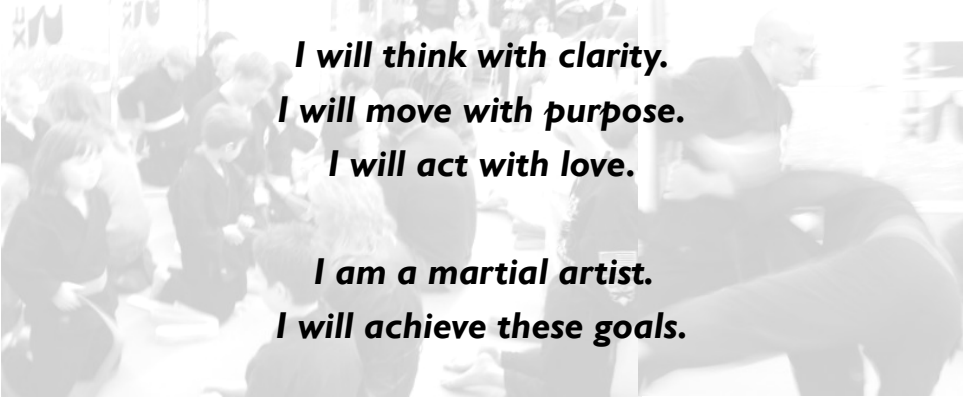
President, Bushido Martial Arts





I will apply myself to the study of karate.

***I will push myself consistently
to develop my mind, spirit and body
beyond what I once believed
to be my limits.***



***I will think with clarity.
I will move with purpose.
I will act with love.***

***I am a martial artist.
I will achieve these goals.***



ORANGE BELT MANUAL

KENPO KARATE

Black Belt Path—Adult

	Time	Material	Concepts
White Belt	Commitment	Basic Stances 2 Techniques	Continuing evolution in Basics Movement Coordination Combative Theory Artistry Self-Defense Grappling Physical Fitness Physical Awareness Mental Acuity Philosophical Knowledge Ethical Consideration Historical Understanding
Yellow Belt	2 - 3 months	13 Techniques 1 Kata	
Orange Belt	3 - 4 months	16 Techniques 1 Kata	
Purple Belt	3 - 5 months	16 Techniques 1 Kata	
Blue Belt	3 - 5 months	16 Techniques 1 Kata	
Green Belt	3 - 5 months	16 Techniques 2 Kata	
Advanced Green Belt	4 - 6 months	20 Techniques 2 Kata	
3rd Brown Belt	4 - 6 months	20 Techniques 2 Kata	
2nd Brown Belt	4 - 6 months	20 Techniques 2 Kata	
1st Brown Belt	4 - 6 months	20 Techniques 2 Kata	
Black Belt	4 - 6 months	30 Techniques 2 Kata	



BUSHIDO MARTIAL ARTS

Black Belt Path—Junior

	Time	Material	Concepts
White Belt	Commitment	Basic Stances 2 Techniques	Continuing evolution in
Yellow Belt	2 - 3 months	6 Techniques 1 Kata	Basics
Orange Belt	3 - 4 months	6 Techniques 1 Kata	Scholarship
Purple Belt	3 - 5 months	6 Techniques 1 Kata	Coordination
Blue Belt	3 - 5 months	6 Techniques 1 Kata	Self-Confidence
Green Belt	3 - 5 months	6 Techniques 2 Kata	Artistry
Brown Belt	4 - 6 months	6 Techniques 2 Kata	Citizenship
Black Belt	4 - 6 months	Teaching Techniques 2 Kata	Self-Defense
			Self-Control
			Physical Fitness
			Physical Awareness

Junior Black Belts go on to get their Adult ranking in each belt level of the Bushido Kenpo system, picking up the more mature and complex concepts normally reserved for our adult and teen students.



ESSAYS



Opening Comments

The ideas presented in the essays here and in the other student manuals are drawn from a wide variety of experiences, lectures, philosophies, classes and texts. They are not meant to set out some sort of canonical wisdom, or to push a student into a specific mode of thought or belief. Rather, they are here as tools to help you draw your own conclusions about the study and practice of martial arts.

You have probably already begun to notice that your practice of the martial arts influences your life as a whole. Your endurance and energy have grown; you are able to maintain better under stress; you may notice an improvement in your personal discipline or productivity. The destructive aspects of the martial arts are real, but the one confrontation you might have in your life is a small thing compared to these daily benefits.



Historical

Kenpo is a growing and evolving art. After Master Parker and the Tracy Brothers set their styles down, stylists from numerous arts added their own gifts and insights. Some styles which obviously influence our American Kenpo include Chinese Kung Fu, Kosho-Ryu, Arnis, Boxing, Jiu Jutsu and Jeet Kun Do.

Master Ed Parker was a contemporary and friend of many seminal personalities in American Martial Arts. Bruce Lee, Chuck Norris, David German and Gene LeBelle all shared ideas and techniques, helping add to one of the most eclectic and effective styles being practiced today.



Courtesy — Rei



‘An armed society is a polite society.’

The Japanese kanji for courtesy includes the symbols for ‘bow’ and for ‘altar’. It can be read as ‘bowing to the altar’ or ‘giving respect to what deserves respect’.

As a martial artist, even an orange belt, you have power. Between knowledge, conditioning and reflex you already are a more effective combatant than the vast majority of the people you might meet. With this power comes the responsibility to treat people fairly, respectfully and courteously.

Our present society does not seem to value manners and courtesy. The most popular television and movie characters are often rude, disrespectful and defiant. There are no legal or social penalties to somebody who is intentionally rude or offensive to another human being — in fact, striking somebody who was offensive to your wife or children would more than likely result in legal and civil penalties for you. In such a society, a consciously courteous person stands out, is noticed and remembered.

Why did you decide to take karate? If you ask 100 different martial artists this question you will get 100 different answers. Some of the most common include discipline, self-defense, to get in shape, self-confidence, weight loss, interest in oriental culture, and boredom with daily routine.

These are all good reasons to study karate, but they are very rarely a person's true reasons. Nearly every decision we make can be boiled down to a choice between two motivators:

Hope and Fear.

Ultimately, people decide on a course of action, either because they are hoping for something better, or because they are afraid something will happen. Choose to study karate. Is your choice because you hope it will improve your life, or because you are afraid your life is missing something? Are you afraid of being harmed? Get into a new relationship. Is your choice of partner from hope of a happy relationship or fear of being alone? Order at a restaurant. Were you hoping your choice would be delicious or afraid you wouldn't like something new?

Of course, it is not a black-and-white, binary choice. No decision is made purely from Fear or purely from Hope; it is a continuum, with Fear on one side and Hope on the other.



Decisions based on Fear are usually limiting. They tend to cut off options, lead to withdrawal, restriction, and a dark outlook. Decisions based on Fear are generally reactions, waiting for circumstance to put you in motion.

Decisions based on Hope are generally liberating. They open doors, lead to new experiences, and broaden perspective, making life more vibrant, successful and enjoyable. Decisions based on Hope are actions. You choose to move forward; you are in charge of your circumstances. Decisions based on Hope make you powerful.

We make dozens, hundreds, perhaps thousands of choices every day. Be mindful of them. See how many are made from Fear and how many from Hope. See what you can do to shade them toward Hope. See how much it improves the feel of your life.

Intent drives the world. Consider a stick. Depending on the intent of the person holding the stick, it could be a weapon, a source of fuel, a lever, toy, or just a piece of wood. All great inventions, perhaps all great acts, begin with the application of intent to the world.

Intent can drive your training and practice: when you run through your basics, techniques and forms, be certain to add your desire and will to the practice. Why are you practicing? What are your goals?

Remembering your reasons for practicing will make your practice stronger, more effective, and more enjoyable.

Intent can empower your life: why do you do what you do? Do you watch television on purpose, or because it's there? Why do you do your homework or go to work every day? Why are you reading this essay right now? Keeping in mind your reasons for each and every action makes those actions more useful and fun. In addition, many people find their lives improve when they cut out actions that they are not doing on purpose. Do nothing by default.



The orange belt focuses on power. Physical power and mental energy are represented by the fiery colors of this belt. Still a novice, the orange belt stylist cannot yet rely on timing, speed, precision or finesse to survive a battle. Instead, the stylist conditions the body to make each strike count. Orange belt self-defense is typified by a wild, crushing offensive delivered in straight and powerful lines.

Traditional Kenpo thought links the orange belt with the tiger, with fire, and with aggression. Stances are low and strong, sacrificing mobility somewhat in exchange for the power to deliver a disabling strike. The immediate physical goal of orange belt techniques is to give a repertoire of reflexive self-defense. Rather than thinking about defense, the orange belt responds immediately, without thought.

To maintain such powerful motion, the orange belt must be in good physical shape. Now is the time to consider augmenting your training with strength, endurance, and cardiovascular exercises. Consult your sifu or a qualified trainer about how you can improve your physical conditioning.



TECHNIQUE DESCRIPTIONS



Clutching Feathers

Defense against a left-handed hair grab from the front.

1. Step back with your left foot into a right neutral bow.
Simultaneously pin opponent's hand to your head with left hand.
Strike opponent's left armpit with a right middle-knuckle fist.
2. Execute a right outward block to strike and throw off
opponent's left arm. Pivot into a forward bow while executing a
right extended outward block and a left palm heel to opponent's
jaw.
3. Cover out.

Notes:



Triggered Salute

Defense against a right push to left shoulder, from the front.

1. Let opponent's push pivot you as you step back into a right neutral bow. Simultaneously pin opponent's right hand to your left shoulder and execute a right palm heel strike to opponent's face.
2. Pivot into a right reverse bow as you rake a right claw counter-clockwise across the face and into the pit of opponent's right elbow.
3. Pivot into a right neutral bow as you rake a right claw clockwise across opponent's face.
4. Reverse direction of right arm to strike opponent's ribs or face with a right inward elbow.
5. Reverse direction of right arm to execute a right backfist to opponent's temple or face and follow with a left palm strike. Finish with a right uppercut to the solar plexus.
6. Cover out.

Notes:



Defense against a right overhead or boxer's punch from the front.

1. Step forward into a left neutral bow while simultaneously executing a left upward block and a right ridge hand to the opponent's groin.
2. Drop your left hand behind opponent's right knee to grab the leg. Immediately step between opponent's legs and execute a right inward elbow as you pull with your left hand, taking opponent down.
3. Strike opponent's right knee with a right back-knuckle. Continue circular motion of right hand and kneel to strike opponent's groin with a right downward chop.
4. Cover out.

Notes:

Thrusting Salute

Defense against a right step-through kick.

1. Step back into a left neutral bow while executing a left downward block. Right hand pulls to the pocket.
2. Execute a right step-through snap kick to opponent's groin, planting forward in a right neutral bow.
3. Execute a right palm heel to opponent's face, below the jaw.
4. Cover out.

Notes:



Defense against a false handshake.

1. Leap forward and to the left as you jerk opponent's right hand to your right hip while gripping right elbow with your left hand. As opponent moves forward, drive a right wheel knee strike into opponent's groin.
2. Execute a right knife edge kick to opponent's left knee. Land forward in a right neutral bow.
3. Keeping left hand up to check, execute a right inward elbow to opponent's face.
4. Cover out.

Notes:

Locking Horns

Defense against a headlock from the front.

1. Step forward into a right neutral bow and execute a right ridge hand to opponent's groin.
2. Rise to stand erect while executing a right obscure elbow and clearing opponent's arm with your left hand.
3. Grab opponent's head with left hand and deliver a right elbow sandwich to the face.
4. Cover out.

Notes:



Defense against a right overhead club attack.

1. Step forward and left to 10:30 while delivering a left inward-right outward block combination. Grab opponent's right wrist with your right hand.
2. Execute a right wheel kick to opponent's solar plexus.
3. Plant right foot in front of opponent and deliver a left punch to opponent's kidney as you rotate into a right forward bow.
4. Drive a left knee into back of opponent's right thigh, switch hips and drive right knee into front of opponent's right thigh.
5. Plant right foot to 6 o'clock, stripping club from opponent's hand.
6. Cover out.

Notes:

Defense against a left lapel grab from the front.

1. Step back into a right neutral bow as you pin opponent's left hand with your left hand. Perform a right upward block underneath opponent's left elbow.
2. Slide left foot towards 4 o'clock into a twist stance while delivering a right backfist to opponent's ribs.
3. Circle right arm around and rotate into a right neutral bow while driving right forearm down into the pit of opponent's left arm.
4. Rebound off of opponent's arm and execute a right outward chop into opponent's throat.
5. Cover out.

Notes:



Glancing Salute

Defense against a right push to right shoulder, from the front.

1. Let opponent's push pivot you as you step backward into a left neutral bow. Pin opponent's arm with your right hand as you strike opponent's right elbow with a left inward block.
2. Pivot into a left forward bow as you execute a right palm heel to opponent's face.
3. Grab opponent's hair with right hand and pull face down to meet a right rising knee strike.
4. Cover out.

Notes:

Five Swords

Defense against a right step-through hooking or haymaker punch.

1. Step forward into a right neutral bow while executing simultaneous left outward chop to opponent's right wrist and right inward chop to opponent's right bicep.
2. Execute a right outward chop to side of opponent's neck.
3. Pivot into a right forward bow as you drive a left palm heel into opponent's face. Right hand pulls to the pocket.
4. Pivot into a right neutral bow and execute a right uppercut to the solar plexus. Drop left hand to your right bicep to prepare for step 5.
5. Step with left foot behind right foot into a twist stance, simultaneously executing a left outward chop to opponent's neck.
6. Gripping opponent's head with left hand, unwind into a right neutral bow and deliver a right inward chop to the back of opponent's neck.
7. Cover out.

Notes:



Defense against an attempted rear full nelson.

1. Step left with left foot into a horse stance while punching straight down with both fists and arching head and body backwards into opponent.
2. Twist hips clockwise as you deliver a right rear kick to opponent's left knee.
3. Rebound right foot to execute a right front kick to opponent's right knee. Scrape right foot down opponent's shin to stomp heel onto the instep.
4. Cover out.

Notes:

Grip of Death

Defense against a head lock from the left side.

1. Step forward with right to 11 o'clock into a horse stance. Simultaneously cock both fists at head level.
2. Simultaneously execute a right hammer fist to opponent's kidneys and right hammer fist to opponent's groin.
3. Reach up and over opponent's head with left hand and grab hair or face.
4. Stand erect as you pull opponent's head backward. As you pivot into a left forward bow, execute a right palm heel to the chin.
5. Cover out.

Notes:



Defense against a left hand push from the front.

1. Step back with left foot to five o'clock into right neutral bow. Deliver a left outward block to hook and grab opponent's left hand.
2. Pivot into a horse stance while delivering a right raking hammerfist to opponent's left kidney. Reverse direction and pivot into a right neutral bow while delivering a right backfist to opponent's ribs.
3. Shift weight to left leg and execute a right downward wheel kick to the back of opponent's left knee.
4. Plant right foot to 12 o'clock and step forward with your left foot into a twist stance. Simultaneously execute a right reverse hammerfist to opponent's face.
5. Pivot clockwise into a left neutral bow as you execute a left palm heel to opponent's jaw.
6. Cover out.

Notes:

Shielding Hammer

Defense against a left jab.

1. Step back with your left foot into a right neutral bow and perform a left inward block followed by a right outward block.
2. Slide left foot up to bring feet together as you deliver a right vertical punch to opponent's head.
3. Step forward with your right foot and execute a right inward elbow to opponent's face.
4. Cover out.

Notes:



Striking Serpent's Head

Defense against a bear hug from the front, with hands free.

1. Step back with right foot into a left neutral bow and clap double palm heels onto opponent's ears.
2. Grab opponent's hair with your left hand and pull head backward and expose throat.
3. Execute a right half-fist to the throat.
4. Cover out.

Notes:

Crashing Wings

Defense against a bear hug from the rear, with arms free.

1. Step right with right foot into a horse stance as you circle both arms and drive elbows down onto opponent's forearms.
2. Slide left foot into a cat stance as you cowl left hand over right above your right hip.
3. Step back and behind opponent's legs as you shift into a left reverse bow.
4. Pivot counter-clockwise to a left forward bow as you deliver a left elbow strike to opponent's jaw and a right hammerfist to opponent's groin.
5. Cover out.

Notes:



FORMS



Beginning In Horse Stance

1. Right Upward Block
2. Right Inward Block
3. Right Outward Block
4. Right Downward Block
5. Chamber Right Hand
6. Right Palm-Downward Block

1. Left Upward Block
2. Left Inward Block
3. Left Outward Block
4. Left Downward Block
5. Chamber Left Hand
6. Left Palm-Downward Block



Long One Kata—Page I

1. Step back left into a right neutral bow while executing a right inward block. Shift into right forward bow while delivering a left reverse punch.
2. Step back right into a left neutral bow while executing a left inward block. Shift into left forward bow while delivering a right reverse punch.
3. Look left to 9 o'clock. Shift your right foot forward and turn to face 9:00 in a left neutral bow. Perform a left outward block. Shift into a left forward bow while delivering a right reverse punch.
4. Step back left into a right neutral bow while executing a right outward block. Shift into a right forward bow while delivering a left reverse punch.

Notes:



5. Look over your left shoulder to 3 o'clock. Shift your right foot towards 6:00 and turn counterclockwise to face 3:00 in a left neutral bow. Perform a left upward block. Shift into a left forward bow while delivering a right reverse punch.
6. Step back left into a right neutral bow while executing a right upward block. Shift into a right forward bow while delivering a left reverse punch.
7. Look right to 6 o'clock. Step left towards 12:00 and turn clockwise to face 6:00 in a right neutral bow. Perform a right downward block. Shift into a right forward bow while delivering a left reverse punch.
8. Step back right into a left neutral bow while executing a left downward block. Shift into a left forward bow while delivering a right reverse punch.

Notes:

Long One Kata—Page 3

9. Shift into a left neutral bow and deliver three inward blocks: left, right left.
10. Step back left into a right neutral bow and deliver three inward blocks: right, left, right.
11. Look right to 9 o'clock. Shift your left foot forward and turn to face 9:00 in a right neutral bow. Deliver three outward blocks: right, left, right.
12. Step back right into a right neutral bow. Deliver three outward blocks: left, right, left.

Notes:

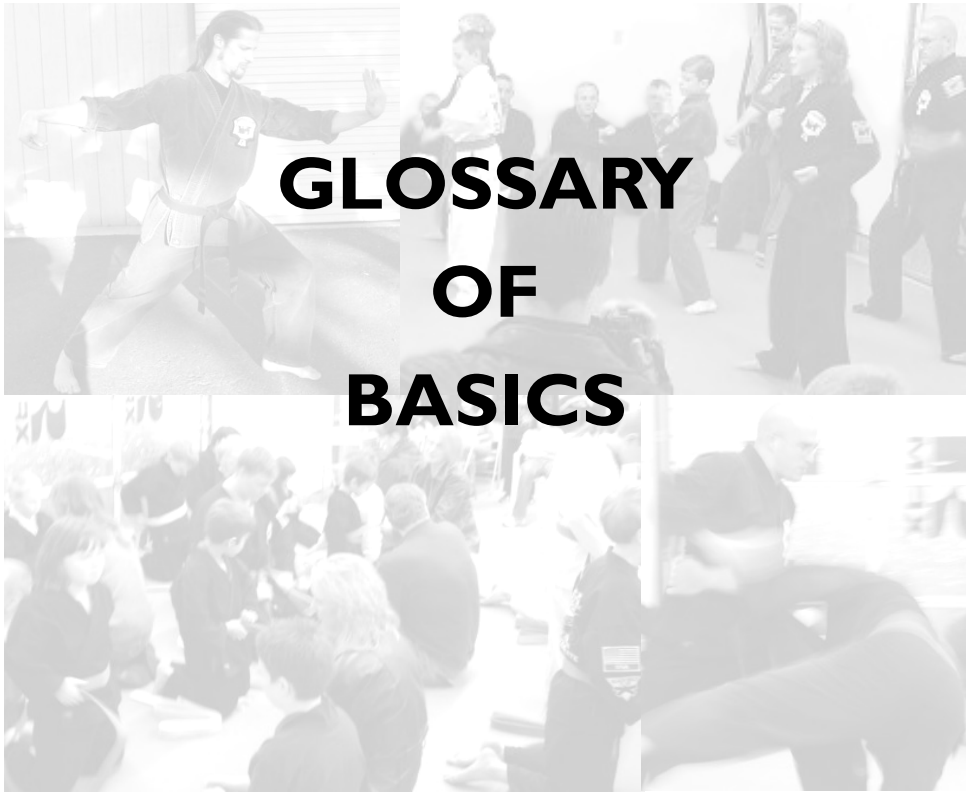


13. Look over your right shoulder to 3 o'clock. Shift your left foot towards 12:00 and turn clockwise to face 9:00 in a right neutral bow. Deliver here upward blocks: right, left, right.
14. Step back right into a left neutral bow. Deliver three upward blocks: left, right, left.
15. Look over your left shoulder to 12 o'clock. Step right towards 9:00 and turn clockwise to face 12:00 in a left neutral bow. Deliver three downward blocks: left, right, left.
16. Step back left into a right neutral bow. Deliver three downward blocks: right, left, right.

Notes:

17. Shift your left foot forward to face 12:00 in a horse stance.
Perform three inward downward blocks with your palms facing you: left, right, left.
18. Perform three inward downward blocks with palms facing away: right, left, right.
19. Perform three palm-downward blocks: left, right, left.
20. Right – left reverse punches forward. Right – left reverse punches to 45 degrees. Right-left reverse punches to the sides. Right-left uppercuts.
21. Close.

Notes:



GLOSSARY OF BASICS



4 – Finger Eye Strike

With fingers rigid and slightly apart, thrust hand forward into a soft tissue target. Striking surface is the points of the fingers.

Claw

With fingers extended and flexed in claw form, shoot out hand and strike with the palm. Follow through with your flexed fingers, raking at the target you've just hit.

Dropping Strike

Start in horse stance with hands in the pocket. Turn hips ninety degrees and drop what is now the rear knee towards the ground. Strike opponent on the ground with a vertical punch from the hand on the same side as the dropping knee. Immediately straighten and return to horse stance.

Elbow Sandwich

Simultaneous with an inward elbow, grab opponent's head with your opposite hand. Bring hand and elbow together, with opponent's head in between.

Extended Outward Block

Execute an outward block. At the end of the block, rotate forearm away from body so the palm of your (closed) hand faces away from you.

Forward Bow Stance

Starting in a neutral bow stance, shift hips and feet to point forward. The front leg will bend and rear leg straighten.



Front Crossover

Starting in a neutral bow, step with one foot, crossing in front of the other. Unwind into a neutral bow.

Half-Fist

With fingers bent so that the second knuckle of each finger is foremost, strike as you would with a reverse punch. Striking surface is the points of the second knuckles.

Jab

From a neutral bow stance, execute a punch from the front hand in snapping action. As you perform the punch, pivot front hip forward to add your weight to the punch.

Kneeling Strike

Starting in a neutral bow, shuffle advance. Drop rear knee to the floor. While in motion, the front hand parries and the rear hand follows with a vertical punch. Immediately return to neutral bow stance and shuffle retreat.

Middle-Knuckle Fist

With hand forming good fist, extend middle finger so the second knuckle pokes out from the fist. Squeeze index and ring fingers together to support the middle knuckle. Striking surface is the point of the middle knuckle.



Obscure Elbow

Pointing elbow directly upward, raise elbow straight up, perpendicular to the ground, striking with the point of the elbow.

Palm-Downward Block

With hand in Palm Strike form, drive hand straight out and down, blocking a rising kick or knee.

Palm Strike

Beginning in stance, drive open hand into target with fingers together and thumb tucked tight against the hand. Striking surface is the heel of your open palm.

Rear Crossover

Starting in a neutral bow, step with one foot, crossing behind the other. Unwind into a neutral bow.

Reverse Bow Stance

Start in a neutral bow stance. Keeping focus forward, shift hips and feet to point backward. The rear leg will bend and the front leg straighten.

Ridge Hand

With thumb tucked inward across the palm, swing the arm inward towards the target. Striking surface is the meat of the hand on the index finger side.

Shuffle Advance

Starting in a neutral bow, pick up front foot and push off rear foot, sliding forward.

Shuffle Retreat

Starting in a neutral bow, pick up rear foot and push off front foot, sliding backward.

Straight Punch

From a neutral bow stance, execute a punch from the rear hand with your full power behind it. As you perform the punch, pivot rear hip to add your full weight to the punch.

Uppercut

Keeping elbow near hip, dip down and shift weight forward. Drive fist upward and diagonally with palm up. Striking surface is as with a reverse punch.

Wheel Knee

Starting in a neutral bow stance, swing your leg as you would in a wheel kick. Keep the leg cocked and strike with the top of the knee.



APPENDICES



Chart of Requirements

BASICS MODULES

Stance Module I: Neutral Bow, Forward Crossover, Reverse Crossover, Shuffle Advance, Shuffle Retreat, Dropping Strike, Kneeling Strike, Forward Bow, Reverse Bow

Horse Stance Strikes II: Claw, Half-fist, Middle-Knuckle, Palm Strike, 4-Finger Eye Strike, Obscure Elbow, Ridgehand

Star Block Set: Upward Block, Inward Block, Outward Block, Downward Block, Chamber, Palm-Down Block

Kickboxing Combo: Neutral Bow, Jab, Straight Punch, Uppercut, Rising Knee, Wheel Knee, Elbow Sandwich

TECHNIQUES

Clutching Feathers	Glancing Salute	Triggered Salute
Five Swords	Dance of Death	Scraping Hoof
Thrusting Salute	Grip of Death	Gift of Destruction
Repeating Mace	Locking Horns	Shielding Hammer
Evading the Storm	Striking Serpent's Head	Lone Kimono
Crashing Wings		

FORMS

Long One Kata

SCHOLARSHIP

Understanding of principals explained in the curriculum manual.

ATTENDANCE

Minimum of three months (24 classes) in rank.

