ADVANCED GREEN BELT MANUAL

Think with clarity.

Move with purpose.

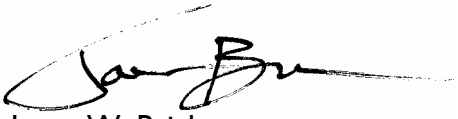
Act with love.

BUSHIDO MARTIAL ARTS

Congratulations on your newest achievement. Your next step is Brown Belt, which marks entry into the expert level of martial arts. By now you can feel the benefits of training in your health, your work and your relationships. You are a strong part of our martial arts community, a source of advice, leadership and inspiration for your fellow students.

With newer students' admiration pushing you from behind and your nearing Black Belt pulling from the front, now is an excellent time to commit to true excellence in your training. Ask yourself: what more can I do to make myself just that much better a martial artist?

Sincerely,



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President, Bushido Martial Arts

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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.

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	

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

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

Repetition is the mother of skill. At this point in your training, you have a lot of material to practice. Running your technique charts and kata is an excellent way to keep your movement sharp and your material close to hand. For deeper understanding, it can be helpful to narrow your focus.

Spend an hour on Short One kata. Practice just the transitions in Short Two. Work Five Swords to find extra strikes until it becomes Fifteen Swords. Figure out why the opening footwork of Swinging Pendulum is just that way, and what might happen if you were to change it. Take time to engage in the minutia of our Kenpo system and learn what the building blocks are made of.

This 'fractal practice' will improve your understanding immensely. By focusing on just a small part of our art, you will find that part flower open into an entire art of its own. Overall, this kind of practice will build your Kenpo skills as well as your knowledge of martial arts as a whole.

Historical

Kenpo is an eclectic art, drawing from many styles, individuals and cultures to create its form. In our art's recent history, there were three major junctions where ideas mixed to form what we study today.

Our first stop is Hawaii in the early 20th century. Hawaii became home to immigrants from many Pacific nations known for martial arts, including China, Japan and the Philippines. Hawaii also had its own fighting traditions. Though family and style secrets were often guarded, a certain degree of knowledge was exchanged by practitioners from all over the Pacific. While James Mitose was training William Chow (who then taught Ed Parker), the fighting styles of half a world were blending together as cultures mixed in Hawaii.

When Ed Parker came to America, he first taught in Utah at Brigham Young University. In September of 1956, he opened his first public academy in Pasadena, California. In Pasadena, he worked with talented martial artists like Bruce Lee and Chuck Norris, as well as Hollywood names such as Elvis Presley and Stirling Siliphant. The first group helped develop Master Parker's system even further, while the second began building the popularity of martial arts throughout America.

The third junction is active even today. As global communication and cultural understanding become a daily part of our lives, Kenpo practitioners are consistently learning new angles of thought on the arts. Deeper cooperation between martial artists bring more secrets and wisdom to light. It's an exciting time to be part of the world community of martial artists.

Compassion is the responsibility of anybody with power over others. To exercise power without compassion is to become a tyrant and a bully. This is true of any kind of power, whether that power is physical, mental, financial, social or any other sort.

As a martial artist, you have a level of physical power you can exert over others should the need arise. As a disciplined student, you have a level of personal control which equates to mental and emotional power. It's up to you to remain compassionate and not misuse your skills and training.

Compassion can be difficult, especially under stress. We all have bad days when it's hard to want to see the other's point of view. One interesting meditation on this is to consider all the people who have made something possible for you. Take for example this book. Somebody wrote it. Someone else did the layout. Somebody else printed it. Someone delivered it. Other people manufactured the ink, made the paper, built the communications infrastructure to get all the materials in one place. Other people contributed to the knowledge that made this book possible. Somebody paid you money with which to train and buy this book. Somebody else bought something to make that payment possible….

The list of people responsible for your wellbeing is nearly endless. If you find yourself having trouble being compassionate with someone, you may want to consider how likely it is that he or she is somehow involved in making your life better. Realizing that, it becomes easier to want to return the favor.

To maintain the boldly colored, emotionally intense state of a Dragon stylist can be exhausting, impossible to maintain continuously. The trick is to be able to detach oneself from that state when it is appropriate.

When engaged, the Dragon is totally engaged. When hungry, eat. When tired, sleep. When training, train with total commitment. When resting, truly rest without worrying about the work that comes at the end of that rest. Don't worry about lunch during your morning's work. Likewise, don't concern yourself with the afternoon while enjoying your lunch.

This may seem impractical in today's world, and in fact careful planning is a key to success. But experts agree that when planning, it should be during time you've set aside for planning. Once you've planned, consult your to do list and commit yourself totally to every task one by one.

Let's talk about Chi. You've heard it mentioned and probably already have an idea of what it means. Available definitions range from the human soul to some kind of eastern voodoo to something akin to The Force from *Star Wars*.

An in-depth definition of Chi could fill an entire library. To start, Chi becomes first apparent through the use of imaginative focus. By involving our imagination in our actions, we become more effective. Consider the following exercises.

The Unbending Arm. Hold out your arm straight in front of you. Allow a friend to bend it at the elbow. Then, resist your friend's attempts using the muscles of your arm. In both cases, your friend should be able to bend your arm with a little effort. Now, hold out your arm once more. Imagine your arm is a fire hose, with water flowing strongly from your shoulder and out your palm to splash across the room. Once you can almost see the water, have your friend try and bend your arm again.

The Gloved Hand. Punch a target a few times. Now, look at your closed hand and imagine it wearing a heavy steel glove. Stare until you can see the rivets and feel its weight. Once you can, punch the target some more, being sure to imagine the glove all the while.

Both of these exercises demonstrate the physical and powerful results of focusing your imagination. This is the beginning of the use of Chi.

Building on the earlier concepts of the Dragon stylist, we now take a look at turning powerful stances into powerful strikes.

Great power comes from movement that begins at the core. To hit with an arm, regardless of the strength and size of that arm, generates a fraction of the force generated by the entire body. As you strike, use your stance shifts to generate torque to fuel and power strikes and kicks.

One way to develop this habit is to relax your limbs, allowing all movement to begin at your core. Your strikes will only move as a result of a twist or shift of the torso. Moving in this rag-doll fashion quickly develops this valuable core movement.

Power, energy and focus also come from proper breathing. Work to keep your breath natural and regular so you don't get winded during training. Kata is an excellent opportunity to work on this, as it will force you to keep your breathing even while exerting yourself. Another important point is to remember to breathe – we often catch ourselves holding our breath while exercising or practicing.

TECHNIQUE DESCRIPTIONS

BUSHIDO MARTIAL ARTS

Defense against a two-handed choke or grab from the front.

1. Step forward right into a right neutral bow and execute a wedge block between opponent's arms to deliver twin eye pokes. Circle both hands outward to deliver two claw strikes to the groin.

2. Grab and pull testicles to circle hands outward and strike both kidneys with inverted backfists. Pull back into a right cat stance as you rake backfists along opponent's kidneys.

3. Shuffle in and jab both thumbs into opponent's eyes.

4. Slap hands down to pull down opponent's arms.

Notes:

5. Circle arms outwards to strike opponent's temples with inverted backfists.

6. Drop elbows and deliver twin hammerfists to opponent's mastoid bones.

7. Grab opponent's head with both hands and pull face into a right rising knee. Plant right foot forward to stomp opponent's right instep.

8. Cover out.

Notes:

Broken Ram

Defense against a running tackle from the front.

1. Step back left into a right neutral bow as you deliver a right hammerfist to base of opponent's skull.

2. As opponent's right arm catches the waist, circle right arm backwards. Pivot to a left forward bow as you punch forward and break opponent's right arm.

3. Deliver a right lifting heel hook to opponent's groin as you circle your right arm counter-clockwise.

4. Continuing motion of your right arm and deliver a right hammerfist to opponent's jaw as you plant into a right reverse bow, buckling opponent's legs.

Notes:

Brushing the Storm

Defense against a right step-through overhead club attack from the right flank.

1. Step right toward 1:30 into a right neutral bow. Simultaneously execute a left inward parry and a right palm heel strike to the face.

2. Step forward left into a left close kneel as your drive a right downward elbow to opponent's solar plexus. Left hand continues to check opponent's right arm.

3. Deliver a right underhand palm heel to opponent's groin.

4. Pivot clockwise and step back right toward 1:30 into a left neutral bow. Right hand grabs behind opponent's right knee and pulls as left hand pushes opponent's right hip.

5. While continuing to control opponent's leg, deliver a left front kick to opponent's groin.

6. Plant forward and deliver a right knife-edge front kick to opponent's left knee.

7. Cover out.

Notes:

Circle of Doom

Defense against a right front kick from the front.

1. Starting in a right neutral bow, pivot into a right reverse bow as you execute a right inward downward block. Circle right arm clockwise into a right extended outward block to loop opponent's leg in a wide arc.

2. Deliver a right lifting heel hook to opponent's groin.

3. Plant right foot forward and deliver a left spinning heel hook to opponent's head.

4. Cover out.

Notes:

Circling Destruction

Defense against a left step-through punch from the front.

1. Step forward right into a right neutral bow while executing a right inward-left outward blocking combination. Continue to circle right hand and deliver a right backfist to opponent's ribs.

2. Step left to 4:30 into a right forward bow. Deliver a left palm heel to opponent's face as you cock right hand at right ear in a sword hand.

3. Return to a right neutral bow and deliver a left claw across opponent's face followed by a right inward chop to opponent's neck.

4. Deliver a right front scoop kick to groin as you execute a left palm heel to opponent's kidney.

5. Cover out.

Notes:

Circling the Horizon

Defense against a right step-through punch from the front.

1. Step left to 10:00 into a horse stance as you deliver a left inward parry.

2. Draw right foot through a cat stance and into a right neutral bow behind opponent's left leg. Deliver a right backfist to opponent's temple.

3. Deliver a right inward elbow to opponent's ribs.

4. Drop into a right close kneel and deliver a right reverse hammerfist to back of opponent's right knee, following through.

5. Deliver a right ridge hand strike to opponent's groin.

6. Cover out.

Notes:

Desperate Falcons

Defense against a two-hand grab to both wrists from the front.

1. Step forward left into a left neutral bow and circle both arms clockwise over opponent's arms.

2. Deliver left backfist and right vertical fist to opponent body.

3. Step forward right into a right cat stance and deliver a right backfist to opponent's temple as left hand checks and presses down.

4. Step forward right into a right neutral bow and deliver a right inward elbow to opponent's face.

5. Shift into a right reverse bow and execute a right reverse hammer fist to opponent's right kidney.

6. Execute a left rear crossover to 2 o'clock and step through into a right reverse bow to buckle opponent's left leg.

7. Deliver a right rising knee to inside of opponent's right thigh.

8. Cover out.

Notes:

Detour From Doom

Defense against a right wheel kick from the front.

1. From a right neutral bow pull left foot to 4:30 into a right cat stance. Deliver a left downward block to the leg and a right vertical punch to the face.

2. Deliver a right front kick to opponent's groin.

3. Plant right foot to 10:30 in a right neutral bow. Shift into a right forward block to execute a left vertical punch to the solar plexus.

4. Shift back to a right neutral bow as you deliver a right backfist to the stomach.

5. Hook back of opponent's neck with your left hand. Circle right arm counterclockwise to deliver a right overhead hammerfist to the back of opponent's neck.

6. Cover out.

Notes:

Defense against a right shoulder grab with right hand from the right side.

1. Starting with feet together, circle right foot clockwise into a horse stance, buckling opponent's right leg. Simultaneously circle right arm clockwise over and down onto opponent's right arm while left hand checks and pins opponent's arm.

2. Slide right foot to 6 o'clock into a left forward bow while delivering a right palm heel to opponent's jaw.

3. Step forward right to 12 o'clock as you execute a left outward chop to opponent's throat. Right hand slides and checks along opponent's right arm.

4. Step left to 11 o'clock. Left hand hooks opponent's neck with a crane hand, dropping and turning opponent.

5. Slide right foot counter-clockwise to 9 o'clock, completing the throw. Right hand moves to outside of opponent's right wrist.

Notes:

6. Pull on opponent's right arm with both hands, dislocating opponent's right shoulder.

7. Deliver a right kneeling strike to opponent's head.

8. Cover out.

Notes:

Encounter with Danger

Defense against a two hand push from the front.

1. Execute a standing rear breakfall to land on your back with feet toward 12 o'clock.

2. As opponent approaches, deliver a left knife-edge kick to opponent's groin.

3. Roll onto left hip as you execute a right knife-edge wheel kick to opponent's jaw.

4. Roll counter-clockwise onto all fours and deliver a left rear kick to opponent's stomach.

5. Ukemi roll forward into a standing position.

6. Cover out.

Notes:

Fallen Cross

Defense against a two-hand choke from the rear.

1. Grab opponent's wrists with both hands as you step to left to 9 o'clock into a horse stance.

2. Step right to 10 o'clock and twist counter-clockwise, ducking your head and crossing opponent's arms.

3. Execute a right front kick, planting forward.

4. Deliver a right elbow sandwich to opponent's face.

5. Cover out.

Notes:

Flashing Mace

Defense against a right step-through punch from the front.

1. Step left to 11 o'clock into a left neutral bow and execute a left inward block. Right arm cocks high and to the rear.

2. Step forward into a right twist stance and deliver a right raking backfist to opponent's right temple.

3. Pivot counterclockwise into a left twist stance and deliver a left backfist to opponent's ribs.

4. Shift right foot counterclockwise to 7 o'clock. Loop right hand diagonally and deliver a left inverted backfist to opponent's left temple.

5. Cover out.

Notes:

Defense against a right straight punch from the front.

1. Step forward left to 10:30 into a left neutral bow. Simultaneously execute a left inward block and a right middle-knuckle rake. Reverse motion of right hand and deliver a right outward chop to ribcage.

2. Step to 1:30 with right into a right neutral bow, buckling opponent's right knee. Deliver a right inward elbow to opponent's ribcage with left hand continuing to check and press against opponent's right arm.

3. Deliver a right front scoop kick to opponent's groin as you execute a right two-finger eye hook to opponent's left eye.

4. Plant right foot back in a left neutral bow.

5. Cover out.

Notes:

Gift of Destiny

Defense against a false handshake.

1. Grabbing opponent's hand with your left hand, step forward right into a right neutral bow, buckling opponent's right knee. As you step in, bend right arm to deliver a right inward elbow to opponent's solar plexus.

2. Circle right hand counterclockwise while left hand controls opponent's wrist.

3. Step back to 6 o'clock into a left neutral bow while turning right hand clockwise to twist opponent's wrist palm. Reach around opponent's right wrist with left hand and twist wrist further. Settle into neutral bow and release with right hand.

4. Deliver a right palm heel to the back of opponent's right hand.

5. Deliver a right front kick to opponent's solar plexus.

6. Cover out.

Notes:

Defense against a grab to left wrist with opponent's right hand from the front.

1. Step back right into left neutral bow as your right hand moves under your left wrist to grab opponent's right wrist.

2. Shift into a left reverse bow and pull opponent forward and down.

3. Return to left neutral bow and deliver a left driving elbow to opponent's rib cage as your right hand pulls opponent towards you.

4. Release grip with right hand and deliver a right four-finger eye strike.

5. Sweep opponent's right foot with your left while stepping into a left twist stance.

Notes:

6. Pivot clockwise to deliver a right leg check and land in a left front twist stance facing 12 o'clock.

7. Deliver a right downward wheel kick to opponent's head.

8. Cover out.

Notes:

Gripping Talon

Defense against a left grab to right wrist from the front.

1. Step forward into a right neutral bow as you circle your right arm counterclockwise with support form left arm. Left hand should capture opponent's wrist from below.

2. Maintain grip with left hand as right hand delivers a reverse hammerfist to the groin.

3. Execute a right inward elbow to opponent's rib cage. Reverse direction and deliver a right outward elbow to ribs.

4. Cross behind with left foot towards 1 o'clock as you deliver a right outward backfist to opponent's ribs.

5. Step out toward 1 o'clock into a right reverse bow, buckling opponent's legs while striking opponent's right mastoid with right inner wrist.

6. Drive a right rising knee into opponent's face.

7. Cover out.

Notes:

Obscure Claws

Defense against a left hand grab to your right shoulder from the right flank.

1. Pin opponent's left hand with your left as you step back right into a left neutral bow. Right hand circles up and backward to claw across opponent's face.

2. Step forward right into a right neutral bow as you wrap opponent's left hand pull forward.

3. Step forward left into a left neutral bow, pivoting to a right forward bow as you circle right hand forward to strike mastoid with a looping backfist. Simultaneously deliver a left palm heel to solar plexus.

4. Deliver a right backfist to opponent's face.

5. Step left toward 4:30 into a left neutral bow as you deliver a left palm heel to opponent's face.

6. Cover out.

Notes:

Returning Storm

Defense against an inward roundhouse-backhand club combination from the front.

1. Starting from a right neutral bow, shuffle back and pull to a right cat stance as inward club attack swings past.

2. As backhand club strike comes in, step forward left into left neutral bow. Deliver right extended outward block and left inward block to opponent's arm.

3. Slide right foot clockwise to 10 o'clock as you grab opponent's right wrist and drive your left forearm into opponent's elbow, pulling him down and clockwise.

4. Deliver a right front kick to opponent's ribs.

5. Plant forward and execute a right backfist to opponent's face.

6. Cover out.

Notes:

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

1. Step right to 3 o'clock into a horse stance as you deliver twin downward elbows onto opponent's forearms.

2. Squat on opponent's right knee as you his right ankle with both hands and pull. As opponent falls to his back, shift your hips to avoid a kick to the groin.

3. Twist opponent's right ankle as you circle right leg clockwise. Rake across opponent's face as you plant right foot to 7:30 into a right reverse close kneel stance.

4. Pivot into a right forward bow, continuing to twist opponent's ankle and forcing him to roll onto his stomach.

5. While maintaining grip on the right ankle with your right hand, step forward left into a left close kneel and grab left wrist with your left hand.

Notes:

6. Pull up with both arms as you deliver a right stomp to opponent's lower spine.

7. Crossover right, sweeping opponent's left arm.

8. Cover out.

Notes:

Twist of Fate

Defense against a two-hand push from the front.

1. Step back right into a left neutral bow while delivering open-handed outward blocks with both arms.

2. Grab opponent's wrists with each hand.

3. Execute a right front kick to opponent's ribs.

4. With foot still in the air, pivot counterclockwise to face 6 o'clock. Maintain hold on both hands, crossing arms over your left shoulder. Plant right foot toward 11 o'clock in a left neutral bow.

5. Pull opponent's arms forward and down as you shuffle backwards, throwing opponent over your right shoulder.

6. As opponent continues to fall, maintain your grip on opponent's arms and deliver a right rising knee to opponent's head or spine.

7. Cover out.

Notes:

FORMS

Long Three Kata—Set 1: Destructive Twins

1. Step forward right into right neutral bow.
   Right over left U punch.

2. Step slightly right and rotate to right forward bow facing 1:00.
   Right inward block.
   Left outward block, left finger spear to eye.

3. Pivot counterclockwise into horse stance facing 11:00.
   Right reverse punch midsection.

4. Chamber right hand, right reverse punch midsection.
   Chamber right hand, right looping backfist temple.

5. Right foot returns to feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 2: Destructive Twins

1. Step forward left into left neutral bow.
   Left over right U punch.

2. Step slightly left and rotate to left forward bow facing 11:00.
   Left inward block.
   Right outward block, right finger spear to eye.

3. Pivot clockwise into horse stance facing 1:00.
   Left reverse punch midsection.

4. Chamber left hand, left reverse punch midsection.
   Chamber right hand, right looping backfist temple.

5. Left foot returns to feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 3: Crashing Wings

1. Step right into horse stance.
   Circle arms forward and bring elbows down at hips.

2. Step around and behind to 8:00 with left foot.
   Rotate counterclockwise into a left neutral bow facing 8:00.
   Left rear elbow, right hammerfist.

3. Left foot steps around and in front to 10:00.
   Left arm winds clockwise to pin.
   Right hand grabs at waist.

4. Pivot clockwise into right forward bow facing 3:00.
   Pull with hands and press with double palms.

5. Right foot returns to feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 4: Crashing Wings

1. Step left into horse stance.
   Circle arms forward and bring elbows down at hips.

2. Step around and behind to 4:00 with right foot.
   Rotate clockwise into a right neutral bow facing 4:00.
   Left rear elbow, right hammerfist.

3. Right foot steps around and in front to 2:00.
   Right arm winds counterclockwise to pin.
   Left hand grabs at waist.

4. Pivot counterclockwise into left forward bow facing 9:00.
   Pull with hands and press with double palms.

5. Left foot returns to feet together.
   Hand chambered.

Notes:

1. Right steps back into left neutral bow.
   Twin outward blocks with hands in sword form.

2. Right inward chop.
   Left outward chop.
   Right vertical punch.

3. Right steps forward to feet together.

Notes:

Long Three Kata—Set 6: Parting Wings

1. Left steps back into right neutral bow.
   Twin outward blocks with hands in sword form.

2. Left inward chop.
   Right outward chop.
   Left vertical punch.

3. Left steps forward to feet together.

Notes:

1. Right steps back into left neutral bow.
   Right supports left wrist circling arms clockwise to right hip.

2. Left driving elbow.
   Right four-finger eye strike.

3. Left steps back into horse facing 12:00.
   Hands chambered.

Notes:

Long Three Kata—Set 8: Glancing Spear

1. Left steps back into right neutral bow.
   Left supports right wrist circling arms counterclockwise to left hip.

2. Right driving elbow.
   Left four-finger eye strike.

3. Right steps back into horse facing 12:00.
   Hands chambered.

Notes:

Long Three Kata—Set 9: Pinning Wings

1. Right hand circles clockwise to pin. Right uppercut to 3:00.
2. Left hand circles counterclockwise to pin. Left uppercut to 9:00.
3. Right hand circles clockwise to trap. Right hammer to 3:00.
4. Left hand circles counterclockwise to trap. Left hammer to 9:00.
5. Both hands simultaneously perform steps 1 & 2.
6. Both hands simultaneously perform steps 3 & 4.

Notes:

Long Three Kata—Set 10: Crossing Talon

1. Left outward blocking motion into countergrab.
   Right foot steps to 10:00 into horse stance facing 8:00.
   Right inward blocking strike.

2. Right reverse elbow.
   Right downward elbow.

3. Right foot returns to feet together.
   Hands chambered.

Notes:

1. Right outward blocking motion into countergrab.
   Left foot steps to 2:00 into horse stance facing 4:00.
   Left inward blocking strike.

2. Left reverse elbow.
   Left downward elbow.

3. Left foot returns to feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 12: Thrusting Wedge

1. Rotate counterclockwise and step right to 8:00 into right neutral bow.
   Wedge block high.

2. Right rising elbow.
   Right downward claw.
   Right ridge hand groin.

3. Rotate clockwise and bring right foot back to feet together.
   Hands chambered.

Notes:

1. Rotate clockwise and step left to 4:00 into left neutral bow.
   Wedge block high.

2. Left rising elbow.
   Left downward elbow.
   Left ridge hand groin.

3. Rotate counterclockwise and bring left foot back to
   feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 14: Blinding Sacrifice

1. Step left to 10:00 into left neutral bow.
   Twin claws to face.

2. Circle hands upward and outward and double claw groin.
   Reverse direction and circle hands to double backfist kidneys.

3. Rake kidneys as you roll hands to finer poke both eyes.

4. Circle hands downward and outward to double backfist mastoid.

5. Double hammer neck.
   Grab head and pull face down into right rising knee.

6. Plant in left neutral bow.
   Return left foot to feet together.
   Hands chambered.

Notes:

1. Step left to 2:00 into right neutral bow.
   Twin claws to face.

2. Circle hands upward and outward and double claw groin.
   Reverse direction and circle hands to double backfist kidneys.

3. Rake kidneys as you roll hands to finer poke both eyes.

4. Circle hands downward and outward to double backfist mastoid.

5. Double hammer neck.
   Grab head and pull face down into left rising knee.

6. Plant in right neutral bow.
   Return right foot to feet together.
   Hands chambered.

Notes:

Long Three Kata—Set 16: Wings of Silk

1. Step left to horse stance.
   Stomp with right foot.
   Stomp with left foot.

2. Circle right foot counterclockwise to horse stance facing 6:00.
   Circle left foot counterclockwise to horse stance facing 12:00.
   Right uppercut.

3. Circle left foot clockwise to horse stance facing 6:00.
   Circle right foot clockwise to horse stance facing 12:00.

Notes:

1. Stomp with left foot.
   Stomp with right foot.

2. Circle left foot clockwise to horse stance facing 6:00.
   Circle right foot clockwise to horse stance facing 12:00.
   Left uppercut.

3. Circle right foot counterclockwise to horse stance facing 6:00.
   Circle left foot clockwise to horse stance facing 12:00.

Notes:

Long Three Kata—Set 18: Scraping Hoof

1. Snap head back an punch down with both hands.

2. Right side kick left knee.
   Right side kick right knee.

3. Left side kick right knee.
   Left side kick left knee.

4. Plant left foot in horse stance.

Notes:

1. Step back right into left neutral bow facing 12:00.
   Right rear elbow 6:00.

2. Bright right foot forward to feet together.
   Step back left into right neutral bow facing 12:00.
   Left rear elbow 6:00.

Notes:

1. Circle arms counterclockwise to left hip.
   Pivot into right forward bow.
   Right backfist, left vertical punch.

2. Step forward right into left neutral bow.
   Circle arms clockwise to right hip.
   Pivot into left forward bow.
   Left backfist, right vertical punch.

Notes:

BASICS & CONCEPTS

Blending Motion

The second of three ways to deal with an attack. By getting out of the way and helping the attack continue on its intended vector, you avoid injury and place the attacker off balance. This is more difficult than intercepting motion as it requires more precise timing. It has a wider margin for error in avoiding injury but a narrower margin for performing effectively.

Directed Breathing

A simple breathing exercise is to breathe deeply into your entire torso. Let the air start in the lower diaphragm, then fill your core as if you were pouring water into a pitcher. Once you're full, hold for moment, then exhale. Exhale top to bottom, as though emptying a pitcher.

Directing Motion

The third and most difficult way to deal with an attack. Begin by blending with the motion, then alter the direction of the attacker's force. This can be used to manipulate and throw an attacker or to set the attacker up for a strike.

Lock Flow

Locks and holds are rarely static. You don't place your attacker in a lock and then hold on until they give up. Rather, practice moving from one lock to another lock, or using a lock to set up a strike or throw. This way, your locks become another tool in your box rather than a potential stumbling point.

Intercepting Motion
One of three ways to deal with an attack. Simply getting in the way and stopping it. This is usually the easiest to perform. Also the easiest to get hurt doing, as your force intercepts and meets their force head on.

Zone of Awareness
The area in which you know what's going on. This should, in theory, extend at least as far as your Zone of Responsibility.

Zone of Influence
The area in which you have no direct affect, but can affect indirectly. This is a double edged sword, as you must take care not only of that which you can influence, but of whose zones of influence you find yourself in. Remember, if you're not programming yourself, you can be certain somebody is programming you.

Zone of Responsibility
The area in which you can cause good or harm. In class, this extends to the range of your longest weapon. In life, this extends rather longer.

APPENDICES

BASICS & CONCEPTS

Blending Motion
Directed Breathing
Directing Motion
Lock Flow
Intercepting Motion
Zone of Awareness
Zone of Influence
Zone of Responsibility

TECHNIQUES

Blinding Sacrifice	Broken Ram	Brushing the Storm
Circle of Doom	Circling Destruction	Circling the Horizon
Desperate Falcons	Detour From Doom	Dominating Circles
Encounter with Danger	Fallen Cross	Flashing Mace
Gathering Clouds	Gift of Destiny	Glancing Spear
Gripping Talon	Obscure Claws	Returning Storm
Squatting Sacrifice	Twist of Fate	

FORMS

Long Three Kata

SCHOLARSHIP

Understanding of principals explained in the curriculum manual.

ATTENDANCE

Minimum of four months (32 classes) in rank.