

BLUE BELT SELF DEFENSE TECHNIQUES

1. TWIN KIMONO - (Front 2 hand lapel grab - push out)
2. PARTING WINGS - (Front two hand push)
3. THUNDERING HAMMERS - (Front right step through punch)
4. SWINGING PENDULUM - (Front right roundhouse kick)
5. SQUEEZING THE PEACH - (Rear high 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 wrist grab)
9. HOOKING WINGS - (Front two hand low push)
10. SHIELD AND SWORD - (Front left step through punch)
11. GIFT IN RETURN - (Front handshake)
12. BOW OF COMPULSION - (Front wrist lock against opponents chest)
13. CHARGING RAM - (Front tackle)
14. SLEEPER - (Front right step through straight punch)
15. CROSS OF DESTRUCTION - (Rear two hand choke)
16. FLIGHT TO FREEDOM - (Rear right hammer lock)

Peaches = Testicles * Pendulum = Downward Motion * Ram = Tackle

Forms

Long Form 2

SAYINGS

- 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.
- Flow first, power later.
- Guts are the anesthesia that deaden the pain of fear.
- The 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.
- Devote time to a particular move before deciding whether it does or does not work for you.



Blue Belt Pledge: 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