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The A.K.K.A. Student Guidebook

by Mark R. DiNino

TELEPHONE: (781) 331-8008

WEBSITE: www.akka.com

INTRODUCTION

Mission Statement

To empower as many people as possible through martial arts training.

Purpose of the Student Guide Book

To establish a higher level of consistency and understanding of your martial arts material!

Basic Guidelines

- A) *This guidebook is not intended to teach new material, but to aid in material taught by the instructors and to serve as a core. This is not all that is taught at AKKA for Black Belt rank.*
- B) *Attempting to learn more advanced material on your own could hinder the learning process.*
- C) *Sparring & Grappling skills will develop throughout the rank process.*
- D) *All of the material in this guide is listed for right hand based attacks. All material is to be also practiced and performed on the left handed side.*

BASICS

Hand Strikes

- Front two knuckle punch
- Back two knuckle punch
- Thrust punch
- Palm heel
- Claw
- Round house elbow
- Rising elbow
- Downward elbow
- Inward elbow
- Outward elbow
- Driving elbow
- Fore-arm smash
- Tiger claw
- Bear paw
- Round house punch
- Chicken wrist
- Ridgehand
- Clothes line
- Back hand
- Back fist
- Shuto- knife hand
- Rising fist
- Hammers
- Rake

Poison Strikes

- Leopards paw
- Spear hand
- Tiger's mouth
- Eagle talon
- Immortal man
- Trigger finger
- Two finger poke
- One finger poke
- Snake bite
- Phoenix strike

Foot Strikes

- Front ball
- Front instep
- Front thrust
- Round house ball
- Round house instep & helicopter kick
- Hook with back of heel & spin
- Hook with bottom of foot & spin
- Crescent & butter fly kick
- Reverse crescent & spin
- Side blade
- Side thrust
- Inside ax
- Outside ax
- Stomp
- Back & spin
- Wheel
- Rising knee
- Round house knee
- Driving knee
- Snake kick
- Hurricane kick
- Jumping side blade
- Stepping stool
- Scissors kick
- Rising heel
- Heel
- Toe kick

Blocks

- 1-8
- Palm blocks
- Sword hand
- Ridge hand
- T-block
- Crane's wing
- Iron fortress
- Back hand
- Dragon
- Whipping dragons tail
- Tensu
- Rising sun
- Monkey
- Uplifting hands
- Parry

8 Point Blocking System with Strikes

- 1 & 2** Front two knuckle punch to face & chamber back
- 3 & 4** Back two knuckle punch to face & chamber back
- 5 & 6** Hammer to ribs
- 7 & 8** Chicken wrist to chin

8 Point Blocking System with Simultaneous Blocks & Strikes

- 1 & 2** Front two knuckle punches to the face
- 3 & 4** Back two knuckle punches to the solar plex
- 5 & 6** Speerhands to the throat
- 7 & 8** Chicken wrists to the temple

Plumb Tree Blocking System

* Plumb tree has soft branches and can bend in the wind. (See instructor for proper flow)

Start in front across position, bow, step into a horse stance with the right.

ALL WITH RIGHT & SOLAR PLEX HEIGHT

- 1) Rising sword block
- 2) Down & inward horizontal palm block
- 3) Monkey block
- 4) Cross palm block
- 5) Tensu block

ALL WITH LEFT & SOLAR PLEX HEIGHT

- 6) Rising sword block
- 7) Down & inward horizontal palm block
- 8) Monkey block
- 9) Cross palm block
- 10) Tensu block

ALL START WITH RIGHT HAND BLOCKS (SOLAR PLEX HEIGHT)

- 11) 4 Deflecting cross palm blocks (solar plex height)
- 12) 4 Uplifting hand blocks (face height)
- 13) 4 Downward knife hand blocks (groin height)
- 14) 4 Back hand blocks (face height)
- 15) 4 Parry blocks simultaneously (solar plex height)
- 16) 4 Pressing cross palm blocks (solar plex height)
- 17) Right T-Block (face height)
- 18) Left T-Block (face height)
- 19) Left Tensu block (face height)
- 20) Right Tensu block (face height)

Slide right foot to left into front position and bow.

Stances

- Side horse
- Horse stance (50/50)
- 1/2 moon stance (60/40)
- Cat Stance (90/10)
- T-Stance (50/50)
- Bow Stance
- Flamingo Stance
- Neutral

Stretches

- Straddle
- Front Ball
- Hamstring
- Frog
- Cat Stretch

COMBINATIONS

- #1** Draw back into a left cat stance while doing a left parry block. Lunge forward and wrap the right arm from the inside out with your left grabbing the tricep. Follow-up with a right rake to the side of the face then a right cross chicken wrist to the temple. 1/2 moon around opponents right leg with your right for a leg hack, drive opponent down to the ground with a fore arm across the close side collar bone all while maintaining control of the arm. Then do a right front two knuckle punch to the nose and then a right shuto to the nose throw away the arm;
- #2** Slide left foot to right, turn 90° to the left and step forward with right foot into a right side horse stance, do a #3 block followed by a right back two knuckle punch to the face, slide left foot to right, step to the right with the right foot into a right side horse stance and do a right outward elbow to solar plex, swing right hand around and sweep out opponents left foot at the back of the heel while trapping the base of the shin with the left hand, then do a right driving shuto to the groin; move away.
- #3** Step forward with left foot into a left 1/2 moon stance, guard face with left hand and throw a right front two knuckle punch to groin, grab shoulder with left and strike with a right back two knuckle punch to temple / takedown: reach around the neck with right and apply pressure to the nerve on the neck and twist the opponents body center counter clockwise while you do a right pivot rear and strike with/ a left thrust punch to the solar plex.
- #4** Step back with right foot into a left 1/2 moon stance and do a right rising sword hand block, sweep hand in a circular movement to your right and do a right cross rake to the face followed by a right round house ball kick to far side of chest bringing your right leg down to a right Chinese twist stance. When opponent falls, do a right inside axe kick to the groin, jump up and over the opponent's body with each foot on either side. Bend your knees and do a double thrust punch to the eye sockets then do a right and left front two knuckle punches to the nose, follow up with a right crescent kick across the side of the face and a right side thrust to the cheekbone, then cross and cover.
- #5** Slide left foot to right, step forward with right into a right side horse stance and do a chicken wrist block to attackers radial never on the fore-arm, do a right back two knuckle punch to the face and a right side thrust kick to the solar plex, cross right over left and cover on guard.
- #6** Right front ball kick to groin, cross Right over Left and cover in a right side horse stance at a 45° angle.

- #7** Step to a forward 45° angle with left foot, lean to left, and do a right side thrust kick to the ribs, cross right foot over left and cover in a right side horse stance at a 45° angle.
- #8** Step back with right foot into a left 1/2 moon stance and do a left sword hand block, grab wrist, do a right front ball kick to the groin, keeping right leg chambered, do a right round house ball kick to the temple, let go of the wrist, cross right foot over left and cover.
- #9** Same beginning as #8, after right round house kick, step down with right, switch hands on wrist and drive a right side thrust kick to the ribs, cross cover in a right side horse stance on a 45°.
- #10** Step back with right foot into a left 1/2 moon stance and do a left sword hand block, 1/2 moon in forward with right into a right 1/2 moon stance, do a right spearhand to the bladder, wrap arm up from the inside out grab tricep with left followed by a right bear paw to the side of the head taking opponent down while doing a left pivot rear and still holding the right arm (swing down) do two right shuto to the ribs, let the arm go, rise up, drop down, clear chin with left hand, finish with a right shuto to the throat.
- #12** Do a left front ball kick to the groin, step forward into a left side horse stance, do a right spin back kick to the solar plex and drive forward and land in a right 1/2 moon stance.
- #13** Step forward with a left foot into a left side horse while blocking punch with your belt in a left hand high and right low block snapping to the right. Drop a left downward fore arm strike to nerve on right fore arm followed by a right back two knuckle to the temple. Swing belt over opponents head, step through with right foot into a right side horse stance, judo throw opponent over right shoulder pull the belt in opposite direction and snap the neck.
- #14** Step back with right into a left 1/2 moon stance and do a left sword hand block, spring up into a right scissors kick to the solar plex and land in a right 1/2 moon stance.
- #15** Cross right foot over left into a right Chinese twist stance while doing a right sword hand block, then do a left crescent step then a right wheel step into a left side horse stance around opponent while striking with a left ridge hand to the front of the throat dropping opponent back across your left knee. Grab throat with left hand, turn left and strike the nose with a right palm heel, reach down and do a right rake to the groin and face, then drop a right downward elbow to the sternum followed by a right shuto to the groin. Slide left knee out and drive down with left tiger mouth to the throat.

- #16** Do a double cross palm block in opposite direction with the right at the inside of the wrist and the left at the elbow while doing a right front ball kick to the lower ribs. Grab the wrist with the right hand, twist 90° to the right and step into a right 1/2 moon stance, control the arm with the left at the elbow into a right inverted wrist lock, placing the forearm across your right knee. Follow up with a left outside axe kick to the upper elbow for a break. Step forward with left into a left 1/2 moon stance, do a right wheel step sweeping the arm away, finish with a left thrust punch to the ribs.
- #17** Step back with right foot into a left 1/2 moon stance and do a left sword hand block, 1/2 moon forward with right into a right 1/2 moon stance and do a left twisting palm to cheek and a right palm heel to the groin simultaneously, wrap opponent's right arm with your left from the inside out, grab tricep, follow up with a right bear paw to the side of the head, do a left pivot rear, taking opponent down while holding the arm (swing down), do a right thrust punch to the ribs, let arm go, do a left thrust punch to the ribs, then a right spear hand to the throat
- #18** Step back with right into a left cat stance and do a left parry block, lunge in with your left foot forward and do a left back hand to side of head, grab back of neck with left, pull back and down into a right 45° horse stance, do a right downward elbow to the spine followed by a right reverse hammer to the temple into a right front ball stretch/stance; move away
- #20** Draw back and fade out to the right at a 45° angle, lunge back in at a 45° to the left while doing a left shuto to the radial nerve at right forearm and a right shuto to the opponent's left collar bone. 1/2 moon around opponent's right leg with your right for a leg hack, drive opponent down to the ground with a fore arm across the opponent's left side collar bone all while maintaining control of the arm. Then do a right front two knuckle punch to the nose and then a right shuto to the nose throw away the arm;
- #21** Do a #6 block and a right inverted leopard's paw to the arm-pit simultaneously. Then, grab the right wrist with the left, do a right step through while twisting the arm over your head, cross left behind right, pivot into a left side horse then do a right forearm strike above the elbow to break the arm, then a right back fist to the back of the neck still holding opponent's wrist with left hand, let go, then do a left side thrust kick to the back of the right knee, step down, then do a right spinning hook kick with the back of the heel to the back of the neck
- #22** Step forward with left and do a #5 block followed by a left rising fore arm strike to the nerve above the elbow. Then do a right spear hand to the throat followed by a left cross shuto to the side of the neck, grab right shoulder with left hand then do a left round house shin kick to the lower calf taking opponent to the ground, step down and do a right spinning inside axe

kick to the groin.

- #23** Draw back into a left cat stance while doing a left t-block, lunge forward into a left 1/2 moon stance and pull opponent in while doing a simultaneous left cross shuto to the ribs and a right shuto (butterfly shutos) to the solar plex and strike through then do a left cross palm to the cheek while twisting your hips to the right. Then grab the right wrist and do a left wrist lock taking opponent down and tent peg the wrist for a break.
- #26** Do a left rising sword hand followed by a right inverted leopard's paw to the right arm pit as you step through with your right foot into a right side horse stance. Turn left into a left side horse stance followed by a left outward elbow to the solar plex, then do a right claw to the groin, then a left hand sweep to the opponents right leg at the back of the heel then do a right shuto to the groin; left hand guards

KEMPOS

- A** Step forward with left foot and do a #1 block, then a right reverse hammer to floating ribs followed by a left palm heel to same ribs. **Take-down:** 1/2 moon around the opponents right leg with your right into a right 1/2 moon stance, grab both opponents shoulders and leg hack attacker down to ground, hold opponents right shoulder with your left hand and do a right thrust punch to the ribs.
- B** Do a #2 block followed by a right front two knuckle punch to the face, a left front two knuckle punch to solar plex, and a right front two knuckle punch to groin. Take-down: Right Roll Down- Scoop left arm under opponents right arm, swing right arm over the opponent's back and twist hips 180° to the right rolling down the attacker to the ground and end up in a right 1/2 moon stance.
- C** Slide left foot to right, step forward with the right into a side horse stance while using a #3 block. Strike with a right reverse hammer to the groin followed by a right back fist to the face / takedown: slide left foot to right foot, use a right hook kick to back of opponents left leg and drive opponent down with a right tiger mouth and use a left front thrust kick to groin. Then step back and away with the left foot.
- D** Slide right foot to left, step forward with left into a left side horse stance and do a #4 block, follow up with a right and left thrust punch to the ribs. Reach up with left hand, grab front of hair, pull back, step to the left with left foot into a left 1/2 moon stance and do a right shuto to the right side of the neck knocking opponent down.

Sword Hand

- Sword Hand** Step back with right and do a left sword hand block, grab wrist and do a right front ball kick to the groin and step forward, then pull opponents into a right thrust punch to the face pushing the opponent away.

Tensu

- #1** Turn & wheel step 90° to the left into a right side horse stance and do a right Tensu block. Do a left crescent step into a left side horse stance while holding the wrist, then do a #4 block/strike above the elbow. Turn hips to the left into a left 1/2 moon stance and follow up with a left reverse hammer to the ribs and a right palm heel to the same ribs. Reach up with left hand, grab front of hair, pull back, step to the left with left foot into a left 1/2 moon stance and do a right shuto to the right side of the neck knocking opponent down
- #2** Turn & wheel step 90° to the left into a right side horse stance and do a right Tensu block immediately followed by a right side thrust kick to the ribs, do a left spin hook with back of heel to the groin, grab both shoulders and drive a rising knee into solar plex, then do a right roll down.

Dragon

- #1** Step back with right foot into a left 1/2 moon stance and do an inside dragon block, pull opponent into a right front ball kick to the groin, step forward into a right 1/2 moon stance, follow up with a right forearm smash to the face, wrap head with right and hold opponents right arm with the left at the wrist, twist to the right and roll opponent to the ground still holding the wrist with left hand and pull into a left side thrust kick to the face
- #2** Step back with right foot into a left 1/2 moon stance and do an outside dragon block, pull into butterfly hammers to the solar plex and ribs followed by a right outward elbow to the kidney, then do a right step through into a right side horse and do a left inward elbow to the same kidney. do a left reverse crescent step around opponent into a horse stance followed by a right ridge hand to the side of the neck, grab shoulders then do a right kickdown into a right 1/2 moon stance. Finish with a left palm heel to the temple.
- #3** Step forward with left foot into a left 1/2 moon stance and do an inside whipping dragon tail block, follow up with a right chicken wrist to ribs, then do a left crescent step into a left side horse stance and do a left face rake, then do a right spinning reverse crescent kick to the outside of the opponents right leg

Tiger

- #1** Step forward with left into a left 1/2 moon stance and do a left sword hand block, crescent step with right foot while doing a right tiger claw to the side of the face. Spin left and follow up with a left cross tiger claw to same side of the face, then step around with right foot while delivering a right tiger claw to the face simultaneously doing a right leg hack which will take opponent down to the ground; move away.
- #2** Step in with left foot into a left 1/2 moon stance and do a left forearm block followed by a right tiger claw to the face followed by a left tiger claw to the back of the neck, grab nerve on the neck with left and pull to the left while you pivot rear into a left 1/2 moon stance. Follow through with right tiger claw up the face while opponent is falling to the ground

Leopard

- #1** Draw back into a left cat stance while doing a left parry block, shuffle and switch feet so the right foot moves forward into a right 1/2 moon stance and do a right leopards paw to the throat. Do a double slap to the ears, grab head with both hands and pull into a left driving knee into the solar plex and step forward with left into a left 1/2 moon stance. Using head control with right hand on the bottom, twist opponent to the left while stepping back 180° with left into a left 1/2 moon stance and roll opponent to the ground.
- #2** Draw back into a left cat stance while doing a left parry block, shuffle and switch feet into a right 1/2 moon stance forward opponent and do three claws to the face starting with the right. 1/2 moon forward with a left into a left 1/2 moon stance in between opponents legs for an inside leg hack, trap opponents right leg with your left, grab throat with left tiger mouth, sweep to the ground and finish with a right front thrust kick to groin. Step back and away with the right foot.

Crane

- #1** Do a left downward knife hand block while crossing the right foot over the left into a right Chinese twist, all while doing a right downward palm heel to the nose. Do a left step through into a left side horse stance clearing arm with left hand, then do a left thrust punch to the ribs, followed by a right thrust punch to the ribs while cross chambering left hand for a cross shuto to side of the neck, grab shoulder with left hand pulling opponents weight on the right foot, take-down with a left round house shin kick to calf, step down with left, spin to the right a drop a right spinning inside axe kick to the groin.
- #2** Do a right wheel step into a left side horse stance while doing a left crane's wing block, continue turning to the right with a right wheel step into a right side horse stance, followed by a right inward elbow to the kidney, then do a left crescent step into a horse stance behind opponent, do a left thrust punch to the opponent's left kidney then a right thrust punch to the right side kidney, grab and pull back of shoulders, do a right kickdown and finish with a left palm heel to the temple.

Snake

- #1** Step forward with right while doing a right cross palm block and a left cross chicken wrist to the temple from the inside of your right arm, reach around, grab the back of the neck with left hand, pull down into a left rising knee to the solar plex, step forward with left into a left 1/2 moon stance, drop a right downward elbow to back of the neck, grab chin around neck with right, control with left as you twist neck to the right and step back with right as you turn to the right into a right 1/2 moon stance rolling and strike with a left shuto to drop the opponent to the ground.
- #2** Do a right uplifting hand block, step left behind right toward opponent into a right Chinese twist stance followed by a left shuto to the ribs then a right cross shuto to the side of the neck. Twist your body to the left and pivot your

feet so that you face the same directions as the opponent as you reach under the opponent's right arm and judo throw opponent over right shoulder then finish with a right snake bite to the Adam's apple.

Iron Fortress

Iron Fortress

Step back with right foot and do a right outside iron fortress block, then do a right palm heel to the cheek followed by a left cross shuto to side of the neck and a right leopards paw to the same target, grab the back of the neck with the right, pull down into a right round house knee to the inside of the right leg, followed by a left downward forearm to the back of the neck immediately followed by a left rising knee to the face.

T-Block

#1

Draw back into a left cat stance while doing a left an outside T-Block, pull opponent into a right thrust punch to the ribs while lunging forward, reach up with left hand and pull hair back, then do a left heel kick to the opponents right calf, step into a left 1/2 moon stance, finish with a right downward forearm across the collar bone.

#2 (optional)

Draw back into a left cat stance while doing a left outside left T-Block pulling opponent forward, step forward with left into a left side horse stance extending opponent's elbow with your left elbow. Swing arm over your head while maintaining control of wrist. Turn to the right, pull arm down, and step back with right foot breaking the wrist and bring the opponent to the ground.

Rising Sun

Rising Sun

Draw back into a left cat stance while doing a left rising sun block, lunge forward into a left 1/2 moon stance and do a right vertical downward palm heel to the nose followed by a left vertical rake to the face followed by a right inverted chicken wrist to the nose, step across to the right with the left foot while doing a left cross palm heel to the cheek followed by a right spin back kick to the solar plex.

WEAPON DEFENSES

Clubs

#1 Over-head Club
(Take Power)

Step forward with left and guide club with right hand in between opponents legs, pass the club to your left hand and strike the back of the opponents head. (Kids technique: strike the back of the opponent's right leg with the club)

#2 Over-head Club
(Take Power)

Step forward with the left foot into a left 1/2 moon stance and do an right open deflecting x-block at the opponent's wrist, swing club down to the right and up to the left over your head while doing a right step through into a right side horse stance, disarm the club at the apex of the arm swing, then do a left reverse crescent step while maintaining control of the weapon, put attacker's arm behind his back and wrap your right arm around the opponent's neck keeping the opponent under control

#3 Over-head Club
(Stop Power)

Lunge forward with left foot into a left 1/2 moon stance and do a left rising sword hand block, swing right hand under the opponent's right arm and grab the opponent's wrist, shuffle forward and break shoulder by dropping your grip down which will bring the opponent down to the ground.

#1 Side Club
(Stop Power)

Step in with left foot while doing a sword left hand block, wrap arm with left while doing a right round house elbow to the face followed by a right outward elbow to the temple, keeping arm wrapped, leg hack opponent down with right leg, do a right thrust punch to ribs and remove weapon.

#2 Side Club
(Stop Power)

Lunge and step forward with left while doing a left sword hand block while doing a right forearm smash to the front of the ribs, grab wrist with left and do a right outward elbow to the side of the ribs, step back with left into a right 1/2 moon stance, extend opponent's right arm and do a right rising forearm strike above the elbow, pull opponent into to right side thrust kick to the floating ribs, step in with right, grab club from opponent with right and strike the side of the head with the club.

#3 Side Club
(Take Power)

Lunge in with the right foot into a right 1/2 moon stance and do a left sword hand block absorbing the energy, wrap the right arm from the inside out with your left hand and grab the tricep as you strike with a right bear paw to the side of the head, then do a left wheel step while taking the opponent to the ground (swing down take down). Do a right thrust punch to the ribs, then remove the weapon with the left hand.

Knives

**#1 Straight
In Knife**
(Take Power)

Step back with right foot while doing a left cross palm block followed by a right tensu block, grab opponents wrist, shift hips to the right while striking with a left palm heel to the elbow. Grab elbow with left and control the weapon against opponents solar plex / takedown: while maintaining control of the weapon, 1/2 moon right foot around opponent's right leg and leg hack the opponent to the ground. Remove the weapon with the right hand.

**#2 Straight
In Knife**
(Take Power)

Do a right wheel step into a left side horse stance while doing a left cross palm block followed by a right tensu block. Then do a left forearm strike under the attacker's forearm to control the weapon, while holding the wrist with the right hand, do a right side thrust kick to the back of the opponent's knee forcing the opponent to kneel on his right knee, step into a right 1/2 moon stance on a 45° angle 1/2 moon forward with the left foot into a left 1/2 moon stance on a 45° angle and do a left palm heel to the back of the neck, controlling the arm, twist your stance to the right and strip the weapon away with the right hand

**#3 Straight
In Knife**
(Take Power)

Step forward with the right foot into a right 1/2 moon stance, twist left and slide left foot into a right 1/2 moon stance and do a left parry block, trap with right hand over the opponent's wrist, step back with the right foot into a left 1/2 moon stance while doing a right inverted wrist lock, then do a right front instep kick to the face, step forward into a right 1/2 moon stance, collapse the elbow with the right hand while holding the opponent's wrist with the left hand, remove the knife with the right hand and push the opponent away

**#4 Straight
in-Knife**
(Take Power)

Step back with right foot into a left 1/2 moon stance and do a left cross palm block, grab with right hand underneath and grab with left. Step back with left foot and do a left wrist lock breaking opponents wrist and move knife towards opponent to cut the throat as opponent falls to the ground. Strip knife with right hand.

**Over Head
Knife**
(Take Power)

Step in with left and do a cross palm with left followed by right outside sword hand block. use the right hand to drive blade into attacker's inside of right leg. Pull blade out, put opponents hand behind his back and remove weapon.

**#1 Gutting
Knife**
(Stop Power)

Step in with left and do an open downward x-block with right on top. Grab wrist and twist to your right into a right inverted wrist lock. Then do a right front instep kick to the face. Hold wrist with left, collapse elbow with right and remove weapon with right hand.

**#2 Gutting
Knife**
(Take Power)

Step back with right foot into a left 1/2 moon stance and do a left open downward deflecting x-block and do a left wrist lock while stepping back with the left foot into a right 1/2 moon stance taking opponent down and breaking the wrist, remove the knife with the right hand.

**#1 Back
Slashing
Knife**
(Stop Power)

Fade back into a right cat stance then step in with right foot into a right 1/2 moon stance on a 45° angle and do a double sword hand block at the wrist and triceps, grab wrist with right hand while using a left forearm strike above the opponents right elbow to break and control the opponent down to the ground, swing knife to the left and around into a right inverted wrist lock with opponent on his stomach, remove weapon with right hand

#2 Back Slashing Knife
(Take Power)

Do a right wheel step into a left side horse stance and do a deflecting double sword hand block, grab the wrist with the left and right underneath and do a left wrist lock while stepping back with left foot into a left 1/2 moon stance and break the opponent's wrist which will bring the opponent down to the ground, strip weapon away with right hand.

#3 Back Slashing Knife
(Stop Power)

Step in with right foot into a right 1/2 moon stance on a 45° and do a double sword hand block, right at the wrist, left at the tricep, grab wrist with right, shoot left arm under opponents right arm and grab the wrist. Swing arm over your head while maintaining control of the wrist. Turn right, pull arm down while stepping back with right foot breaking opponents wrist and dropping the opponent to the ground. Strip weapon.

Guns

#1

Gun pointed to forehead

Wait for command. Drop straight down into a horse stance, grab the opponent's wrist with both hands uplifting. Step across with left while maintaining control using your left elbow turning the opponent's arm into a right inverted wrist lock as pressure is applied to the opponent's elbow, then disarm gun with right hand, step back and keep gun pointing at opponent.

#2

Gun pointed to back of head

Wait for command and look over either shoulder to determine which hand the attacker has the gun (assumer right hand). Turn to the right while doing a right sword hand block to the wrist and grab the opponent's wrist with your right hand while doing a left palm to the cheek, reach back with left twisting hand and grab wrist, twist wrist to the left taking opponent down, tent peg wrist and disarm gun.

#3

Gun pointed to mid section

Wait for command. Do a left cross palm block to the wrist and twist your body to the right 90° out of the guns range, grab wrist with right, twist and wrist lock to the left taking opponent down, tent peg wrist and disarm gun.

#4

Gun pointed to the lower back

Wait for command. Look over either shoulder to determine which hand the attacker has the gun. (assumer right hand) Twist and turn to the right while you do a right outward elbow to the attackers wrist to maintain sensitivity, not moving the opponent's wrist, quickly slide right hand under attackers wrist, grab and trap with left hand, then wrist lock to the left taking opponent down to the ground. Disarm gun.

#5

Gun pointed to right side of head (both hands holding gun, right hand is primary)

Wait for command. Turn right and do a right sword hand block to the opponent's right wrist, then grab/reach over with left and grab the opponent's right wrist, wrist lock the opponent to the left and break both wrists as opponent falls to the ground; disarm gun.

#6

Gun pointed to left side of head (both hands holding gun, right hand is primary)

Wait for command. Turn right and do a left cross palm block to the opponent's right wrist, then come underneath with the right hand and grab wrist, twist to the left and break both wrists as opponent falls to the ground; disarm gun.

GRABS - JUJITSU TECHNIQUES

Two hand Wrist Grab	Step back with right foot, twist wrist upward and pull back escaping grab. Follow up with a right front ball kick to the groin.
Front Choke	Strike the inside of opponents wrists with a right cross palm and a left cross palm. Then strike the face with a right palm heel, then a left palm heel to the ribs, and finally a right palm to the groin
Front Lapel	Step across with right foot into a right side horse stance and strike jaw with a right cross palm, trapping hands with left, then do a right outward elbow. Kids Version: Use the right arm to reach between the opponent's arms and do a #3 block action twisting the opponent's arms to your right. Then clear the opponent's hands off with a #4 block action. Follow up with a right and left thrust punches to the ribs
Back Choke	Turn to right while raising your right arm and wrap opponents two arms up at the elbows. Do a left thrust punch to ribs and a left round house elbow to side of the head.
Side Head Lock <i>(Right Arm)</i>	Do a right thrust punch to groin, reach up with left to pull front of hair back and strike opponents collar bone with a right shuto.
Rear Wrist Grab	Right back kick to attackers quadriceps, pull elbows in and twist up at 45°, turn around to face opponent and do a left front ball kick to the groin.
Front Bear Hug <i>(Arms Trapped)</i>	Grab sides and twist outward, drive both thumbs into both arm pits, 1/2 moon around with right foot, takedown to ground with a leg hack and do a right thrust punch to the ribs
Back Bear Hug <i>(Arms Trapped)</i>	Pin hands, stomp opponents foot with right, bend knees, pull with both hands the back of opponents ankle, pull up toward chest, drop opponent, do a left back kick to groin, step out and move away.
Full Nelson	Do a right stomp kick to opponent's foot, reach behind yourself with both hands and grab the thumbs, pull grip apart, step forward with left foot and do a right back kick to solar plex.
Rear Head Lock <i>(right arm)</i>	Grab opponent's right elbow with your left hand and tuck your chin into the bend of the elbow to ensure breathing. Do a left inward elbow to the solar plex. Grab the wrist with your left and the elbow with your right to remove the grip then do a left step through while placing opponent into a chicken wing lock.

FORMS

Dynamic Tension Form

(see instructor for breathing and tension)

Start in front position, bow, step with right into a horse stance

- 1) Simultaneous Downward knife hands
- 2) Simultaneous inverted ridge hand blocks
- 3) Simultaneous downward knife hands
- 4.) Simultaneous upward knife hands
- 5) Double knife hand trap blocking the face, press down
 - Turn 90⁰ to the left and from a right cup and saucer, do simultaneous claws to the face and groin with right hand to the face and left to the groin.
 - Draw back into a left cup and saucer position then turn another 180⁰ to the right and do simultaneous claws to the face and groin, left to the face and right to the groin all while remaining in a horse stance.
- 6) Do simultaneous ridge hand blocks
 - Reach forward with both hands, grab the collar bones and pull opponent into a head butt to the face.
 - Push opponent away with a right palm heel to the face.
- 7) Do a right block with left on cross guard
- 8) Do a right downward knife hand and a left sword hand blocking the face and blocking the groin with the right, simultaneously.
 - Bring hands together with right on top of left in claw position and push forward striking the face and groin simultaneously.
- 9) Do a left block with left on cross guard
- 10) Do a left downward knife hand and a right sword hand blocking the face and blocking the groin with the right, simultaneously

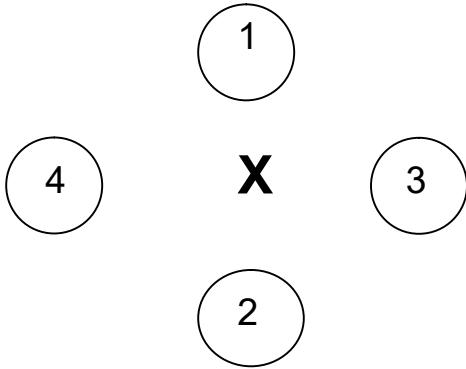
Right foot to left into front position and bow.

1 Kata

Start in front position, bow into right foot out an elbow, (kiai). Do a left front ball kick to the groin, step down into a left 1/2 moon stance and do a right front two knuckle punch to the face, then do a right front ball kick to the groin. Step down into a right 1/2 moon stance and do a left front two knuckle punch to the face, (kiai). Do a left pivot rear to into a left 1/2 moon stance and do a right overhead x-block, then a #8 block followed by a right thrust punch to the groin. Turn 135° to the right while sliding the left foot to right into a cup and saucer stance. Step out with left and a 45° angle and do a right downward x-block, grab the foot with both hands, swing hands to the right while sliding left foot to the right and turn both feet 45° to the right, step out with the left foot into a horse stance and throw opponents foot away to the left, swing hands down and to the right, up and over into an overhead t-guard. Then do a right crescent step into a right horse stance; then do a double sword hand block into an open right cup and saucer, then do a right speerhand to the throat (kiai), then 180° to the left into a left cat stance while doing a right vertical downward palm block, step forward with left foot into a left 1/2 moon, do a left palm heel to the face followed by a right front ball kick to the solar plex (kiai), do a left pivot rear into a left 1/2 moon stance. Do a #2 block, then a left back two knuckle to the face. Slide right foot forward to the left into a left cup and saucer. Do a right back fist block and right side thrust kick to the solar plex, simultaneously (kiai), re-chamber, step down with right foot slide left to the right into a right cup and saucer. Then do a left back fist block and left side thrust kick to the solar plex, (kiai), rechamber, step down with left into a horse stance, right foot out on elbows (kiai), slide right foot to the left into a front position and bow.

1 Kata

The "X" represents you the defender
Each number represents an attacker



SPECIFIED ATTACKS (IN ORDER)

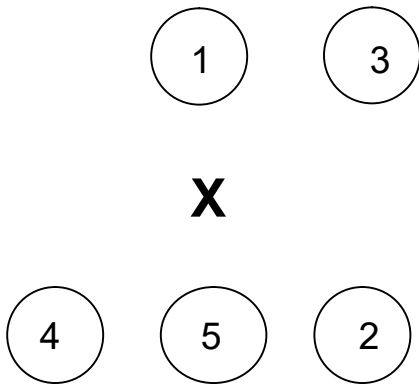
- | | | |
|-----------|---|---|
| Attackers | 1 | Charges toward you. |
| | 2 | Left hammer to the face then a right thrust punch to the solar plex. |
| | 1 | Right front ball kick to the solar plex then a right round house instep kick to the ribs. |
| | 2 | Left front instep kick to the groin. |
| | 1 | Right front two knuckle punch to the face. |
| | 3 | Left front two knuckle punch to the face. |
| | 4 | Right front two knuckle punch to the face. |

2 Kata

Start in front position, bow, right foot out on elbow (kiai), 1/2 moon back with right foot, do a left inward, horizontal palm block into a left chicken wrist to the chin. 1/2 moon back with the left and do a right, inward, horizontal, palm block then a right chicken wrist to the chin followed by a left front ball kick to the solar plex (kiai), then 180° to the right into a right cat stance. Check 3 opponents on guard, first at right 45°, 2nd straight in front, 3rd at left 45° and do a right side blade kick to the bladder (kiai), step down into a right 1/2 moon after turning 90° to the left, 1/2 moon back with right and do a left vertical ridge hand block followed by a left spear hand to the throat, 1/2 moon forward with right into a right side horse stance while doing a right shuto to the side of the neck (kiai). Turn 180° to the left into a left cat stance while doing a right, over the head, vertical downward palm heel block, step down into a left 1/2 moon and do a left palm heel strike to the face followed by a right front ball kick to the solar plex, stepping forward into a right 1/2 moon, shift feet 45° to the left, 1/2 moon forward with the left and do a simultaneous #2 block and strike, 1/2 moon forward with the right and do a simultaneous #1 block and strike (kiai) slide right foot back to the left into a neutral stance while in a right cup and saucer position, then do a right back kick to the solar plex, rechamber, then a right side thrust kick to the solar plex (kiai), step down with the right foot to the right, turn 180° to the left into left cat stance, then left foot 45° to the left, step to the right into a left side horse stance on a 45°, left hand grabs opponent head to the ground, then do a right thrust punch to the face (kiai). Do a right 1/2 moon into a horse stance, right foot out on elbows (kiai). Slide right foot to the left, front position, bow.

2 Kata

The "X" represents you the defender
Each number represents an attacker



SPECIFIED ATTACKS (IN ORDER)

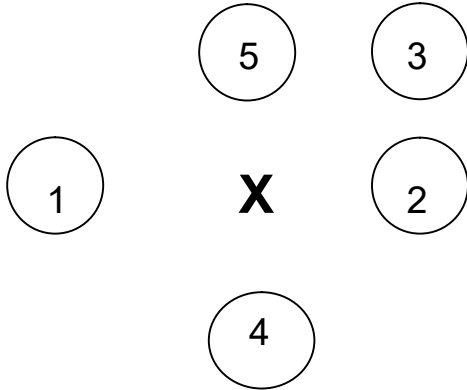
- Attackers
- 1 Right front instep kick to the groin then a left front instep kick to the groin.
 - 2 Charges toward you.
 - 3 Right front two knuckle punch to the face.
 - 4 Left front instep kick to the groin.
 - 5 Right front two knuckle punch to the face then a left front two knuckle punch to the face.
-
- 1 Charges toward you.
 - 4 Charges toward you.
 - 2 Attempting to get up after being kicked down to attack again.

**Statue
of the Crane**

Start in front position, bow, step out with right foot both arms, roll out arms. Draw left foot to the right while crossing wrists (left over right) in front of groin. Turn 90° to the left into a left 1/2 moon stance and do #2 simultaneous blocked strike (kiai). Slide right foot to the left and turn 90° to the right into a right with wrist (right over left) in front of the ground. Turn 90° to the right into a right 1/2 moon stance while doing a #1 simultaneous block and strike (kiai). Slide left foot to right and turn 45° to the left while in a neutral crane stance. Step and jump forward with left foot, step back and jump back with right, then jump back and turn 90° to the left into a right statue of the crane (right hand does inward, downward, horizontal palm heel block and left does a rising sword hand block with right leg in a flamingo stance) step down with right into a right 1/2 moon at a 45° and do a right rising sword hand strike to below the chin and a left spear hand to the throat (simultaneous) 1/2 moon forward with the left and do a left, right, and left front two knuckle punches to the face (kiai). Draw up into a left flaming stance, jump, turn 135° to the left, and switch to the right flaming in mid air and land into a right statue of the crane. Step down with right into a right 1/2 moon stance and do a right rising sword hand strike to the elbow the chin and a left spear hand to the throat simultaneously, 1/2 moon forward with left and do a left, right, left, front two knuckle punches to the face, wrap up had with left hand then do a right crescent kick to the side of the head knocking the opponent down while turning 90° to the left, drop down, into a left front ball stretch, drive right knee into the groin and do a right thrust punch to the solar plex simultaneously (kiai). Leap up and off to the left side of the opponents body into a right statue of the crane, step down with right into a right 1/2 moon stance and do a right rising sword hand strike below the chin and a left spear hand to the throat simultaneously, 1/2 moon forward with the left and do a left, right, left front two knuckle punches to the face. Draw left foot to the right into a left cup and saucer, step forward with right into a tight 1/2 moon and do a left U punch to the face and groin. Draw right back to the left into a right cup and saucer, step forward with the left into a left 1/2 moon and do a right U punch to the face and groin. Slide left foot to the left into a left cup and saucer. Step forward with right into a right 1/2 moon and do a left U punch to the face and groin. Grab the label with left and groin with right, pull opponent down while doing a left pivot rear, throw opponent away at a left 45° (kiai) 1/2 moon back with left foot and do a right rising block and a left spear hand to the throat simultaneously, 1/2 moon forward with left and do a left rising sword to under the chin and a right spear hand to the throat, 1/2 moon forward with the right and do a right rising sword strike to the under chin and a left spear to the throat. 1/2 moon forward with the left and do a left sword hand strike to the under chin and a right spear hand to the throat (kiai). 1/2 moon back with left foot into a horse stance, cross arms and roll out, slide right foot to left into front position, bow out.

Statue of the Crane

The "X" represents you the defender
Each number represents an attacker



SPECIFIED ATTACKS (IN ORDER)

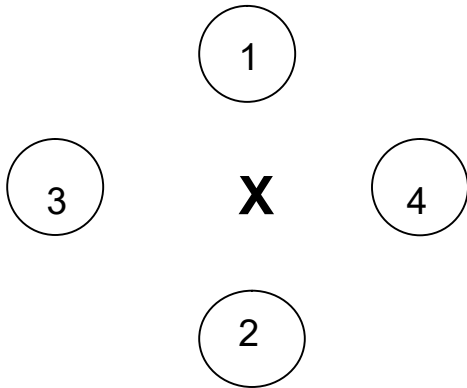
- | | | |
|-----------|---|--|
| Attackers | 1 | Right front two Knuckle punch to the face. |
| | 2 | Left front two knuckle punch to the face. |
| | 3 | Right U-punch. |
| | 1 | Right U-punch. |
| | 4 | Right U-punch. |
| | 5 | Right front two knuckle punch to the face. |

3 Kata

Start in front position, bow. Right foot on elbows with open sword hands (kiai) Put hands on guard in front, step back with right foot into a left cat stance, swing hands up and overhead into a right open overhead guard, step forward with left foot into a left 1/2 moon stance, 1/2 moon forward with right foot into a right 1/2 moon stance, then do a right monkey block solar plex height then a left monkey block face height followed by a right spear head to the bladder then a left spear hand to the throat finish with a left front ball kick to the solar plex (kiai), step forward with left foot into a left 1/2 moon stance then do a right pivot rear then do a #1 block then a right back two knuckle punch to the face. Then do a right crescent step into a corkscrew step spinning left then do a right scissors kick to the solar plex and land in a left 1/2 moon stance and do a left reverse hammer to the temple (kiai), slide right foot to left into a neutral stance, crossing the left wrist over right wrist in front of chest, step to the right with the right foot into a horse stance, turn 90° to the left and draw into a left cat stance while doing a #8 block, step down with left foot, step right foot to left foot into a neutral stance crossing left wrist over right wrist in claw position, step to the right into a horse stance turn 90° to the left and draw into a left cat stance while drawing a left claw to the face and pull back with a right claw, step down with left foot, step right foot to left foot into a neutral stance, cross left wrist over right wrist in front of chest in immortal man position, step to the right with right foot turn 90° to the left and draw into a left cat stance while drawing a left immortal man strike to the trachea while drawing right immortal man back step forward with left foot into a left 1/2 moon stance and do a left sword hand block, grab opponent's wrist, do a right front ball kick to the solar plex, then a right back kick to the solar plex, rechamber leg then a right side thrust kick to the solar plex (kiai), step down into a right side horse stance, release opponents wrist, cross left foot over right foot into a left Chinese twist stance then turn 180° to the left with a left overhead guard then do a left side thrust kick to the solar plex (kiai), cross left foot over right, step to the right with the right foot into a left side horse stance, swing arms to the right and over your head into another right overhead guard, turn your stance 90° to the left then do combination #26 (kiai), turn 90° to the right into a right bow stance while doing a #7 block, lunge forward into a right 1/2 moon stance and do a left front two knuckle punch to the solar plex (kiai), do a quarter moon step back with the right foot into a horse stance followed by a right foot on elbow, (kiai), slide right foot to left into front position and bow.

3 Kata

The "X" represents you the defender.
Each number represents an attacker.



SPECIFIED ATTACKS (IN ORDER)

- | | | |
|-----------|---|---|
| Attackers | 1 | Left front two knuckle punch to the solar plex followed by a right front two knuckle punch to the face. |
| | 2 | Left front two knuckle punch to the face followed by a right hook punch to the face. |
| | 3 | Charges toward you then a right front two knuckle punch to the face. |
| | 4 | Charges toward you. |
| | 1 | Charges toward you. |
| | 2 | Charges toward you after being kicked, then does a right front two knuckle punch to the face. |
| | 1 | Right front ball kick to the solar plex. |

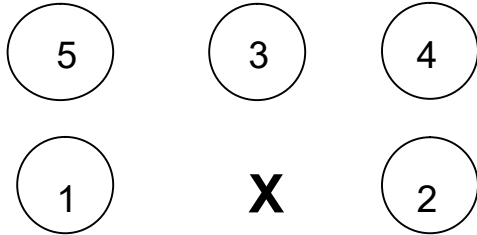
Bonus Material

1 Pinan

Start in front position, bow, step out with right foot and do a knuckle roll, draw up and turn 90° to the left into a left cat stance with left hand chambered up and across, step into a left 1/2 moon stance and do a #8 block. 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex, turn 180° to the right into a right cat stance with right up and chambered across, step into a right 1/2 moon stance and do a #7 block. 1/2 moon forward with the left into a left 1/2 moon stance and do a left front two knuckle punch to the solar plex. Draw up 90° to the left with the left chambered up and across into a left cat stance, step down into a left 1/2 moon and do a #8 block (kiai). 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle to the solar plex, then 1/2 moon forward with the left into a left 1/2 moon stance and do a left front two knuckle punch to the solar plex, then 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex. Turn 270° to the left into a left cat stance with left hand chambered up and across, step down into a left 1/2 moon stance and do a #8 block; 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex, turn 180° to the right into a right cat stance, with right hand chambered up and across, step down with right into a right 1/2 moon stance, 1/2 moon forward with the left and do a left front two knuckle punch to the solar plex, draw up and turn 90° to the left into a left cat stance with left chambered up across. Step down into a left 1/2 moon and do a #8 block (kiai). 1/2 moon forward with right into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex, 1/2 moon forward with left into a left 1/2 moon stance and do a left front two knuckle punch to the solar plex, then 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex. Turn 90° to the left into a left cat stance with left chambered up and across, step into a left 1/2 moon stance and do a #8 block, 1/2 moon forward with the right into a right 1/2 moon stance and do right front two knuckle punch to the solar plex. Turn 180° to the right into a right cat stance with a right hand chambered up and across, step into a right 1/2 moon stance and do a #7 block. 1/2 moon forward with the left into a left 1/2 moon stance and do a left front two knuckle punch to the solar plex. Turn left into a horse stance and do a knuckle roll. Slide right foot to left into front position and bow out.

1 Pinan

The "X" represents you the defender
Each number represents an attacker



SPECIFIED ATTACKS (IN ORDER)

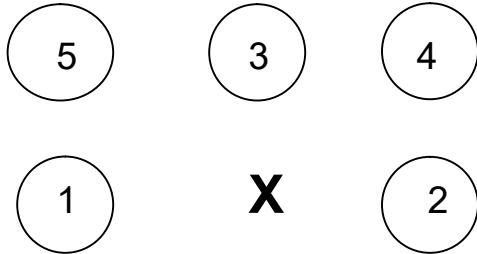
- | | | |
|-----------|---|--|
| Attackers | 1 | Right front ball kick to the solar plex. |
| | 2 | Left front ball kick to the solar plex. |
| | 3 | Right front ball kick to the solar plex. |
| | 4 | Right front ball kick to the solar plex. |
| | 5 | Left front ball kick to the solar plex. |
| | 3 | Right front ball kick to the solar plex. |
| | 1 | Right front ball kick to the solar plex. |
| | 2 | Left front ball kick to the solar plex. |

2 Pinan

Start in front position, bow, step out with right foot and do a knuckle roll, draw up and turn 90° to the left into a left cat stance with left hand chambered up and across, step into a left 1/2 moon stance and do a #8 block. 1/2 moon forward with the right into a right 1/2 moon stance and do a right thrust punch to the groin, turn 180° to the right into a right cat stance with right hand chambered up and across, step into a right 1/2 moon stance and do a #7 block. 1/2 moon forward with the left into a left 1/2 moon stance and do a left thrust punch to the groin. Draw up 90° to the left with the left hand chambered up and across into a left cat stance, step down into a left 1/2 moon and do a #8 block (kiai). 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle to the face followed by a right reverse hammer to the groin, then 1/2 moon forward with the left into a left 1/2 moon stance and do a left front two knuckle punch to the face followed by a left reverse hammer to the groin, then 1/2 moon forward with the right into a right 1/2 moon stance and do a right front two knuckle punch to the face and a right reverse hammer to the groin. Turn 90° to the left into a left cat stance with left hand chambered up and across, step down into a left 1/2 moon stance and do a #8 block; 1/2 moon forward with the right into a right 1/2 moon stance and do a right back two knuckle punch to the face, turn 180° to the right into a right cat stance, with right hand chambered up and across, step down with right into a right 1/2 moon stance, 1/2 moon forward with the left and do a left back two knuckle punch to the face, draw up and turn 90° to the left into a left cat stance with left hand chambered up and across. Step down into a left 1/2 moon and do a #8 block (kiai). 1/2 moon forward with right into a right 1/2 moon stance and do a #5 block then a #6 block followed by a right thrust punch to the groin then a left back two knuckle punch to the face, 1/2 moon forward with left into a left 1/2 moon stance and do a #6 block then a #5 block followed by a left thrust punch to the groin then a right back two knuckle punch to the face, then 1/2 moon forward with the right into a right 1/2 moon stance and do a #5 block then a #6 block followed by a right thrust punch to the groin then a back two knuckle punch to the face. Turn 90° to the left into a left cat stance with left hand chambered up and across, step into a left 1/2 moon stance and do a #8 block, 1/2 moon forward with the right into a right 1/2 moon stance and do a #1 block with strike. Turn 180° to the right into a right cat stance with a right hand chambered up and across, step into a right 1/2 moon stance and do a #7 block. 1/2 moon forward with the left into a left 1/2 moon stance and do a #2 block with strike. Turn left into a horse stance and do a knuckle roll. Slide right foot to left into front position and bow out.

2 Pinan

The "X" represents you the defender
Each number represents an attacker



SPECIFIED ATTACKS (IN ORDER)

- | | | |
|-----------|---|--|
| Attackers | 1 | Right front ball kick to the solar plex. |
| | 2 | Left front ball kick to the solar plex. |
| | 3 | Right front ball kick to the solar plex. |
| | 4 | Right front ball kick to the solar plex. |
| | 5 | Left front ball kick to the solar plex. |
| | 3 | Right front ball kick to the solar plex then a right front two knuckle punch to the face then a left front two knuckle punch to the face then another right front two knuckle punch to the face. |
| | 1 | Right front ball kick to the solar plex then a left front two knuckle punch to the face. |
| | 2 | Left front ball kick to the solar plex then a right front two knuckle punch to the face. |

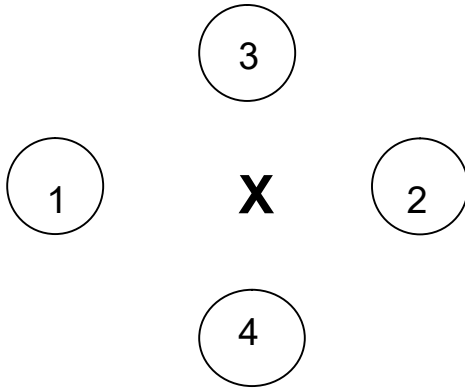
3 Pinan

Start in front position, bow, step out with right, knuckle roll, draw fists up into elbow position and push fist down into hands front. Turn 90° to the left, do a #3 block followed by an outside #2 block while drawing into a left cat stance, step down with left foot, step right foot to the left foot into a neutral stance, drop right fist to hand front while left is still in #2 block position. Do a simultaneous #8 block and a right back fist to the cheek bone, then do a simultaneous #7 block and left back fist to the cheek bone (kiai). Turn 180° to the right and do a #4 block followed by an outside #1 block all while drawing into a right cat stance. Step down with right foot, step left foot to right into a neutral stance, drop left fist into hand front while holding the right into #1 block position. Do a #7 block with a left back fist to the cheek bone simultaneously, then do a #8 block with a right back fist to the cheek bone simultaneously (kiai) Draw into a right cup and saucer stance, look 90° to the left, turn 90° to the left into a left 1/2 moon stance, and do a #2 block with a right thrust punch to the solar plex, 1/2 moon forward with the right into a right 1/2 moon stance and do a right spear hand to the bladder with left then cross guard then do a right crescent step into while doing a sweep to opponents forward foot with the right hand and set into a left side horse stance with respect to the position of origin, then do a left back fist to the face, turn stance 90° to the left, 1/2 moon forward with the right foot into a right 1/2 moon stance and do a right thrust punch to the groin (kiai). Turn 180° to the left while sliding the right foot to the left into a neutral crane stance (do a right front ball kick to the solar plex into a right side horse stance. Do a right crane's wing, then turn and step forward, block, draw back into a right cat stance, step forward with the right foot into a right 1/2 moon stance, do a #1 block then a simultaneous right back two knuckle punch to the face and left claw to the groin (kiai). Draw arms into crane position, do a left front ball kick to the solar plex, turn and step forward into a left side horse stance, do a left crane's wing block, draw back into a left cat stance, step forward with left into a left 1/2 moon stance, do a #2 block, then a simultaneous left back two knuckle punch to the face and a right claw to the groin (kiai) (do a right front ball kick to the solar plex into a right side horse stance). Do a right crane's wing, then turn and step forward, block, draw back into a right cat stance, step forward with the right foot into a right 1/2 moon stance, do a #1 block then a simultaneous right back two knuckle punch to the face and left claw to the groin (kiai). 1/2 moon forward with left foot into a left 1/2 moon stance and do a left front two knuckle punch to the solar plex, 1/4 moon forward with the right foot into a horse stance and do a right round house elbow to the side of the head (kiai). Turn 180° to the right while doing a left crescent step into a horse stance do and do a left round house elbow to the side of the head. Then cross left foot over the right into a left chinese twist stance and do a right round house elbow to the side of the head. Thrust to the right off the left foot and slide over into a horse stance while doing a left round house elbow to the other side of the head. Then do a right thrust punch to the ribs, hold fist out, then a left thrust punch to the ribs, both wrists get grabbed, twist in and cross wrists out of the grab and do a double front two knuckle punches to the cheek bones (kiai). Knuckle roll, draw fists to elbow position, push down into hands front, slide right foot to left into front position and bow.

3 Pinan

The "X" represents you the defender.

Each number represents an attacker.



SPECIFIED ATTACKS (IN ORDER)

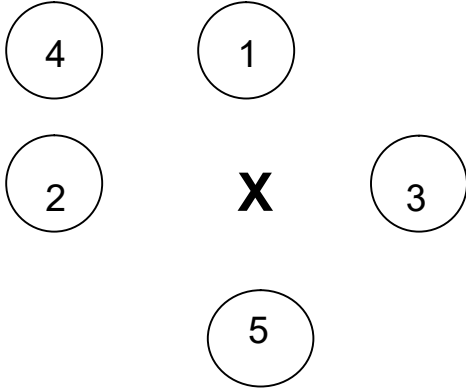
- | | |
|-----------|--|
| Attackers | <ol style="list-style-type: none">1 Left front two knuckle punch to the solar plex then a right thrust punch to the ribs followed by a left thrust punch to the ribs.2 Right front two knuckle punch to the solar plex then a left thrust punch to the ribs followed by a right thrust punch to the ribs.3 Right front two knuckle punch to the face.4 Right front ball kick to the solar plex then a left front two knuckle punch to the face then a left front ball kick to the solar plex followed by a right front two knuckle punch to the face and then a right front ball kick to the solar plex followed by a left front two knuckle punch to the face.3 Attempts a front bear hug grab then grabs both your wrists. |
|-----------|--|

4 Pinan

Start in front position, bow, step out with right, knuckle roll, draw fists up into elbow position and push fist down into hands front. Draw guard to 90° to the left, swing arm into a right open overhead guard into a left cat stance. Swing arms to the right overhead and around, step with left foot into a horse stance then draw into a right cat stance into a left open overhead guard. Slide right foot to left into a right cup and saucer stance, step forward with left foot into a left 1/2 moon stance and do a right downward x-block, 1/2 moon forward with the right foot into a right 1/2 moon stance then do a #1 simultaneous block and strike (kiai), slide right foot back to left foot into a right cup and saucer stance, look 90° to the left then do a simultaneous left backfist block and left side thrust kick to the solar plex, rechamber, turn stance, 90° to the left into a left 1/2 moon stance, then left hand wraps around opponents head and do a right round house elbow to the side of the head (kiai). Turn 90° to the right and slide right foot to left foot into a left cup and saucer stance look 90° to the right then do a simultaneous right backfist block and right side thrust kick to the solar plex. Turn stance 90° to the right, into a right 1/2 moon stance, wrap opponents head with right hand then do a left round house elbow to the side of the head (kiai). Turn 135° to the left into a right front ball stretch stance while doing a simultaneous left rising sword hand block and a right ridge hand to the groin. Stand up into a left 1/2 moon stance and grab opponents lapel with both hands then do a right front ball kick to the solar plex, step into a right side horse stance at a 45°. Cross left foot behind right foot into a right Chinese twist stance, then do a #1 block to the right and a left thrust punch to the ribs (kiai). Right foot steps to the right turn 180° to the left into a left cat stance do a left circle guard then do a left front ball kick to the groin, step forward into a left 1/2 moon stance at a 45° followed by a left front two knuckle punch to the face and a right front two knuckle punch to the face (kiai). Turn 90° to the right and slide right foot into a right cat stance then do a right circle guard followed by a right front ball kick to the groin then do a right front two knuckle punch to the face then a left front two knuckle punch to the face (kiai) Turn 45° to the left slide left foot into a left cat stance then do a left circle guard into a right cat stance then do a right circle guard into a left cat stance, do a left circle guard step forward with left foot into a left 1/2 moon stance, drive both hands through the inside of opponents front choke grab the ears with both hands then do a right rising knee to the face (kiai), step into a right side horse stance, turn 180° to the left into a left cat stance then do a left circle guard into a right cat stance then do a right circle guard, draw back into a horse stance, do a knuckle roll draw fists up into elbow position and push fist down into hands front, slide right foot to left foot into front position and bow.

4 Pinan

The "X" represents you the defender.
Each number represents an attacker.



SPECIFIED ATTACKS (IN ORDER)

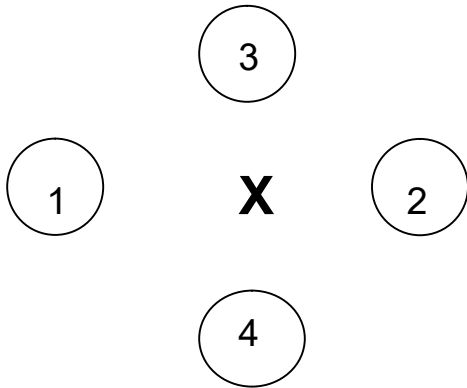
- | | | |
|-----------|---|--|
| Attackers | 1 | Left front ball kick to the solar plex. |
| | 2 | Right front two knuckle punch to the face. |
| | 3 | Left front two knuckle punch to the face. |
| | 4 | Right front two knuckle punch to the face. |
| | 3 | Charges toward you. |
| | 2 | Charges toward you. |
| | 5 | Front choke. |

5 Pinan

Start in front position, bow, step out with right, knuckle roll, draw fists up into elbow position and push fist down into hands front. Turn 90° to the left into a left cat stance while doing a #3 block followed by an outside #2 block lunging forward into a left 1/2 moon stance, do a right front two knuckle punch to the groin while left hand chambers up and across right hand is grabbed clear opponents grab with left hand then do a right back two knuckle punch to the face (kiai). Turn 180° to the right into a right cat stance while doing a #4 block and then an outside #1 block stepping forward into a right 1/2 moon stance then do a left front two knuckle punch to the groin while right hand chambers up and across opponent grabs left hand right hand clear opponent grab with the right hand then do a left back two knuckle punch to the face (kiai), turn 90° to the left, slide left foot to left into a left cup and saucer stance, step forward with right foot into a right 1/2 moon stance and do a right downward x-block followed by an open upward x-block, trap fist with both hands, pull opponents fist to your right side while sliding left foot to right into a neutral stance, step forward with left foot into a left 1/2 moon stance and do a left rising fist strike to the under chin, 1/2 moon forward with right foot into a right 1/2 moon stance and do a right front two knuckle punch to the solar plex (kiai), turn 180° to the right into a right 1/2 moon stance and do a right back fist to the right at opponents head, turn and look 180° to the left and strike with a left back fist to the opponents head, wrap opponents head with the left hand then do a right crescent kick to the side of the head, stepping into a right side horse stance followed by a right round house elbow to the side of the head, cross left foot behind right foot into a right Chinese twist stance then do a #1 block to the right followed by a left thrust punch to the ribs (kiai), swing arms overhead into a right overhead guard left foot steps to the left into a left side horse stance do a right crescent step into a right side horse stance, cross left foot behind right foot into a right Chinese twist stance and do a right downward X-Block, turn 90° to the right, step forward with right foot into a right 1/2 moon stance and do a simultaneous #1 block and strike (kiai), turn 135° to the left and do a right claw to the groin with left hand chambered up and across, pull right claw back and clear with left cross shuto (kiai), then do a left pivot rear into a left side horse stance on a 45° angle then do a left claw to the groin right hand chambered up and across, grab and pull while sliding left foot towards the right foot into a narrow horse stance then do a right crescent step into a right side horse stance while doing a right cross shuto clearing the left hand turn 135° to the right and draw right foot back into a horse stance do a knuckle roll draw fists up into elbow position and push fist down into hands front, slide right foot to left foot into front position and bow.

5 Pinan

The "X" represents you the defender.
Each number represents an attacker.



SPECIFIED ATTACKS (IN ORDER)

- | | | |
|-----------|---|---|
| Attackers | 1 | Left front two knuckle punch to the solar plex then grabs your right wrist with his left hand. |
| | 2 | Right front two knuckle punch to the solar plex then grabs your left wrist with his right hand. |
| | 3 | Left front ball kick to the solar plex followed by a left front two knuckle punch to the face. |
| | 4 | Charges towards you. |
| | 3 | Attempts to grab your waist with both hands. |
| | 2 | Right front ball kick to the solar plex. |
| | 4 | Left front two knuckle punch to the face. |
| | 2 | Charges toward you. |
| | 1 | Charges toward you. |

BELT RANK TRANSLATIONS

BLACK BELT RANK

1st Degree - ShoDan	6th Degree - RokkyuDan
2nd Degree - NiDan	7th Degree - ShishDan
3rd Degree - SanDan	8th Degree - HashDan
4th Degree - YonDan	9th Degree - Kudan
5th Degree - GoDan	10th Degree - JudDan

TITLES

(Separate from Rank)

1. Assistant Instructor	6. Master
2. Instructor	7. Associate Professor
3. Senior Instructor	8. ShiHan or Professor
4. Sensei	9. Senior Professor
5. Associate Master	10. GrandMaster

MEANING BEHIND THE A.K.K.A. LOGO

1. Logo Definition Circle representing the following
 - A. Circle of life, everything happens in cycles.
 - B. All motion is broken down into circles.
 - C. Shape of a Roman shield, means of self defense.
 - D. Big circle & small circle representing a fundamental principle of the incorporated JuJitsu system.

2. Red , White, & Blue representing the American Flag A.K.K.A Meaning of Colors:
 1. **Red:** Blood and sweat that go into the training, blood of brotherhood.
 2. **White:** Symbol of enlightenment, purity, and a willingness to learn.
 3. **Blue:** Freedom symbol of the sky, limitless bounds; symbol of water- adaptability and the element which gives life.
 4. **Black:** Represents the brutal, dark side of our training.

3. Five pointed star representing the five basic rules of the school
Etiquette, Effort, Sincerity, Self-Control, & Character

4. Oriental symbols of the five animals of the school are in Chinese to represent the heritage of the system. The dragon is on top the clockwise, the tiger, leopard, crane and snake. The dragon prevails on top because the goal of training in our school is to ascend to become a dragon.

5. The Chinese yin and yang also referring to the heritage of the system and is placed in the center because everything in the Universe must be balanced.

6. American Kempo Karate Academy is labeled on the outer per quarter circumference representing that our ideals and values will one day reach all four corners of the earth.

7. The logo is worn over the heart representing a battle shield that could one day defend your life.

** This logo is trademarked and registered and was created by Mark R. DiNino and Richard Ramponi Jr.*

BASIC GLOSSARY

Japanese Terms

Aikido - the way of harmony

Dan - level of black belt

Do - the way to enlightenment

Dojo- training center where the way is taught

Jitsu- Combat

Jo- surface

Judo- way of gentleness

Jujitsu - the gentle way to combat or the science of softness

Karate- empty hand

Kata- form or sequences, Japanese forms known for harder movements

Kempo/Kenpo- law or way of the fist

Ken- 1. fist , 2. sword

Kendo- way of the sword

Kung Fu- Human effort

Kyu- levels below black belt

Pinan- Chinese forms known for softer movements

Po- law

Ryu- style or family

Sensei- teacher or the one before

ShiHan- great expert or great teacher

Tae Kwon Do- the way of the fist and foot

Tang Soo Do- the way of the China hand

Yin & Yang- a Chinese symbol representing opposing yet complementary forces and also represents a balance and harmony in nature.

Information from The Dictionary of the Martial Arts, by Louis Frederic

See the AKKA martial arts library for additional reference.

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