

# **American Kempo Karate Academy**



*SKILLS FOR LIFE!*

## **BLACK BELT GUIDEBOOK**

# Combinations

- #11** Draw back into a left cat stance while doing a left cross palm block followed by a right trigger finger to the right temple followed by a right horizontal palm heel to the hip flex while doing a left sweep behind the right ankle dropping opponent to the ground, shuffle right foot to left, trap right leg with a left inside ankle lock then drive a right downward knee into the groin. Keeping leg trapped, boost up, step over body with left to the right then step around with right, twist and break the ankle, let go of the leg, do a right thrust punch to the kidney followed by a right front thrust kick to the kidney followed by right vertical axe kick to the opposite ribs, step down, then do a left spin hook kick to the head then retreat.
- #19** Step back with right foot into a left 1/2 moon stance and do a left sword hand block, then do a right front ball kick to the groin, step forward into a right 1/2 moon stance, then a left cross palm heel to the side of the head, and pull head down with a left hand, Drop a right downward elbow to the back of the neck, step back with right foot into a left side horse stance, grab the back of the neck with the right and press down, scoop the lower right shin with the left hand, flip body clockwise, clear head back with left, then do a right shuto to the Adam's apple
- #24** Draw back into a left cat stance while doing a right open downward X-Block, lunge forward and do a simultaneous cross shuto to the sides of the neck, then double cross rakes to the eyes then drive your thumbs into the eyes and push opponent away.
- #25** Step in with the left into a left 1/2 moon stance while doing a left cross palm block followed by a right spear hand under the block to the throat, then a left cross shuto to the philtrum, then use a right twisting palm to the cheek, then a left twisting palm to the opposite cheek, then step around opponents right leg and take-down with a right clothes line strike to the side of the head.
- # 27** Do a right step forward into a right half moon stance while doing a right cross palm block guiding the opponent's strike into a left rising elbow destruction. While shifting into a right side horse stance, follow up with a right round house elbow to the opponents left side of the head while holding the opponent's right side of his head with your left hand. Then do a right reverse hammer strike to the groin. Reach around the opponent's neck with your right from his right side and grab the left side of the opponent's head with your left and do a left head control takedown spinning the opponent to the ground while doing a left pivot rear. Then, while holding the head in a stationary position, do a right round house knee to the back of the neck. Then step away.

- # 28** Step in with the left foot into a left half moon stance while doing a left cross palm block simultaneously doing a right index knuckle strike to the opponent's biceps. Press down the arm with the left hand and do a right back fist to the opponent's right temple. Reach around the opponent's back of the neck with your right hand and do a right rising knee to the solar-plex. Step forward with the right into a right half moon stance then do a right guillotine choke. Then do a left roll down and follow up with a right and left claw to the face then a right front thrust kick to the opponent's right cheek bone. Step away.
- # 29** Step in with the left foot into a left half moon stance while doing a right monkey block on the outside. Immediately move into a right tensu grab pulling the opponent into a right close line strike while doing a shuffle forward. Then do a right wheel step to get behind the opponent grabbing the opponent's neck in a right rear head lock position. Then apply the four second choke. Drop opponent to the ground.
- #30** Do a left cross palm block to the punch while doing a left crescent kick to the back of the opponents right knee, step forward into a left 1/2 moon stance then do a left cross shuto to the throat followed by a right tigers mouth to the throat driving opponent down.

### ***Monkey Kempos***

- #1** Draw back into a left cat stance while doing a left inside monkey block, lunge forward and do a simultaneous, left cross palm strike to side face and a right thrust punch to the solar plex. Then wrap up right arm with left from the inside out, grab tricep, 1/2 moon around right leg with right for a leg hack, drive opponent down to the ground with right fore arm across the opponent's right collar bone, do a right front two knuckle to the nose, then a right inverted chicken wrist to the groin, then a shuto to the nose; throw arm away.
- #2** Step forward with left foot into a left 1/2 moon stance and do a right outside monkey block, followed by right rake to the side of the face, then a right cross chicken wrist to the temple, grab the back of the neck with the right hand and pull into a right rising knee into the solar plex, step down into a right 1/2 moon stance, then do a left downward elbow to the back of the neck. Use head control with left on top, twist left and step back with the left foot while rolling opponent to the ground.

# Hostage Weapon Defenses

## Clubs

**#1** Has you from behind with both hands at neck height

Pin the club with both hands as you pull it away from your throat. Then do a right reverse hammer strike to the groin to loosen the opponent. With both hands, grab the club. Twist into the left while you twist the club out of the opponent's control. Then do a strike with the club to the right quadriceps.

**# 2** Has you from behind with both hands at solar-plex height

Pin the club with both hands to prevent the opponent from moving it to your throat then do a rear head butt to the nose. Simultaneously slip both hands to the inside of the hold grabbing the club with both hand. Push the club forward while your thrust your butt back into the opponent removing the club. Then strike the opponent's quadriceps with the right.

## Knives

**# 1** Has the knife in his right hand to your left side of your throat while holding you in a left lapel

Wait for a command. Quickly and simultaneously move your throat away from the knife and grab the opponents right wrist into a left wrist lock crushing and rolling the opponent to the ground breaking the wrist. Remove the knife and step away.

**# 2** Has the knife in the right hand and has it to the left side of your throat from behind you and has your left shoulder grabbed

Wait for a command. Quickly and simultaneously reach and grab the knife with both hands from the outside and pull it away from your throat. Duck your head while maintaining control of the knife and twist to the left while you step with the left then drive the knife into the opponent's side. Push the opponent by the shoulders at an angle. Get away.

## Guns

**# 1** Has the gun in the right hand pointed at your face while holding you in a left lapel

Wait for a command. Quickly and simultaneously grab the gun with both hands into a left wrist lock crushing and rolling the opponent to the ground. Remove the gun. Move away.

**# 2** Has you from behind with the gun in his right hand pointed at your right temple while he has your left shoulder

Wait for a command. Reach across with your left hand to grab the gun and pull it away from your head. Immediately grab the gun with the right hand to get control and do a left wrist lock crushing and rolling the opponent to the ground. Remove gun and move away.

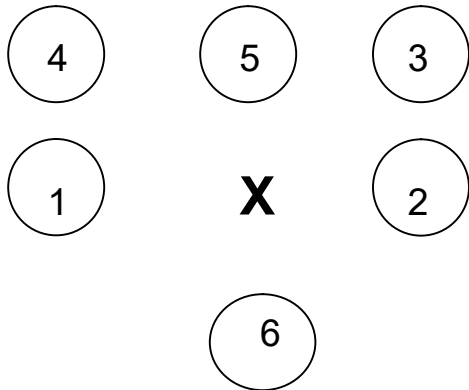
# Forms

## 4 Kata

Start in front position. Right foot out on elbows (kiai), look 90° to the left and do a right overhead guard with left blocking, grab opponent's lapel with left hand, pull towards yourself while sliding left foot to right foot into a neutral stance and do a right back two knuckle punch to the solar plex, step to the left with the left foot into a horse stance and do a left back fist to the cheek bone (kiai). Turn and look 180° to the right and do a left overhead guard blocking with right, grab opponent's lapel with the right hand, pull towards yourself while sliding right foot to left into a neutral stance, step out with right foot into a horse stance and do a right back fist to the cheek (kiai). Turn 45° to the left into a right cat stance with hands on guard, do a right side thrust kick straight ahead, step down into a right 1/2 moon stance on a 45° angle, 1/2 moon forward with left foot into a left 1/2 moon stance and do a right rising sword hand block and a left spear hand to the throat (kiai). Turn 90° to the left into a left 1/2 moon stance on a 45° angle pivoting on left foot, then do a left rising sword hand block and right spear hand to the throat (kiai). Step back with left foot into a right side horse stance and draw into a right cat stance with hands on guard, lunge forward with right into a right 1/2 moon stance and do a simultaneous palm heel strike to the heart and spear hand to the solar plex. 1/2 moon forward with the left foot into a left 1/2 moon stance and do a # 2 simultaneous block and strike, 1/2 moon forward with the right foot into a right 1/2 moon stance and do #1 simultaneous block and strike (kiai), turn 90° to the left into a right front ball stretch/stance and do a ridge hand block (temple height), reach up with both hands and grab opponents lapel and do a right front ball kick to the solar plex (kiai), step down with right foot into a right side horse stance, turn 180° to the left and do a right open overhead guard while drawing into a left cat stance, step forward with left foot into a right front ball stretch/stance and do a right ridge hand block (temple height), reach up with both hands and grab opponents lapel and do a right front ball kick to the solar plex (kiai), step forward into a right side horse stance, turn 180° to the left and do a right open overhead guard while drawing into a left cat stance, step down with left foot, turn 90° to the left and step into a left 1/2 moon stance and do a left rising sword hand block followed by a right spear hand to the throat, 1/2 moon forward with the right foot into a right 1/2 moon stance and do a right rising sword hand block followed by a left spear hand to the throat, 1/2 moon forward with the left foot into a left 1/2 moon stance and do a left rising sword hand block followed by a right spear hand to the throat, 1/2 moon forward with the right foot into a right 1/2 moon stance and do a right rising sword hand block followed by a left spear hand to the throat (kiai), turn 180° to the left while stepping with left foot into a horse stance, right foot out on elbows (kiai), slide right foot to left into front position and bow.

## 4 Kata

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 | Charges toward you.                                                                                                              |
|           | 4 | Right front two knuckle punch to the face.                                                                                       |
|           | 5 | Charges toward you then does a left front two knuckle punch to the face followed by a right front two knuckle punch to the face. |
|           | 4 | Left front ball kick to the solar plex.                                                                                          |
|           | 3 | Left front ball kick to the solar plex.                                                                                          |
|           | 6 | Right front two knuckle punch to the face.                                                                                       |

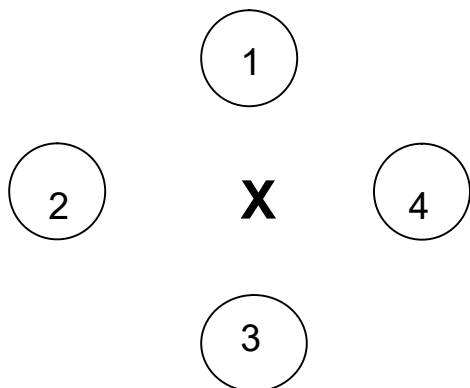
## 5 Kata

Start in front position, right foot out on elbows with open swords (kiai). Step forward with right foot into a right 1/2 moon stance, do a right cross palm block solar plex height, then do a right back hand side of the face, 1/2 moon forward with left foot into a left 1/2 moon stance, then do a left cross palm block then a left back hand to the cheek, 1/2 moon backwards with left foot into a right 1/2 moon stance and do a right ridge hand block then do a right spear hand to the throat, 1/2 moon backwards with right foot into a left 1/2 moon stance, then do a left ridge hand block, then do a left spear hand to the throat (kiai). Turn 90° to the left, 1/2 moon back with left foot into a right side horse stance, while swinging arms around and overhead and do simultaneous downward horizontal pressing palm heel blocks, cross wrists with right hand on top, twist up and out back to elbow position, hands open, then do a simultaneous right spear hand to the throat, left spear hand to the groin (kiai). Slide left foot to right foot turn 180° to the left step out with left foot into a left side horse stance and do a #7 block to the right then a right back two knuckle punch to the face (kiai), turn 90° to the left, slide right foot to left into a neutral left cup and saucer stance, look 90° to the right, do a #1 block and right side thrust kick to the solar plex (kiai), step down with right into a horse stance then look 180° to the left and do a left backfist to the left then look 180° to the right and do a right backfist to the right hands on guard in front step forward with left foot into a left 1/2 moon stance and do a right jumping side blade kick to the sternum, step down into a right side horse stance, turn and look 180° to the left and draw into a left statue of the crane, step down with left foot into a left 1/2 moon stance and do a left cross palm block followed by a right spear hand to the throat under the block, draw back into a left cat stance, hands on guard, lunge forward with left foot back into a left 1/2 moon stance then do a left cross palm block then a right spear hand to the throat over the block then do a double rake to the face followed by a right front ball kick to the solar plex (kiai), step down with right foot into a right 1/2 moon stance then do a left pivot rear into a #2 block then a left back two knuckle punch to the face slide right foot to left into a neutral right cup and saucer stance turn and look 180° to the right (behind you) then do a right rising heel kick to the groin, step forward with right foot into a right 1/2 moon stance then do a right spear hand to the throat (kiai), step back with right foot into a horse stance then do a right foot out on elbows with open swords (kiai), slide right foot to left into front position, bow.

## 5 Kata

The "X" represents you the defender.

Each number represents an attacker.



### SPECIFIED ATTACKS (IN ORDER)

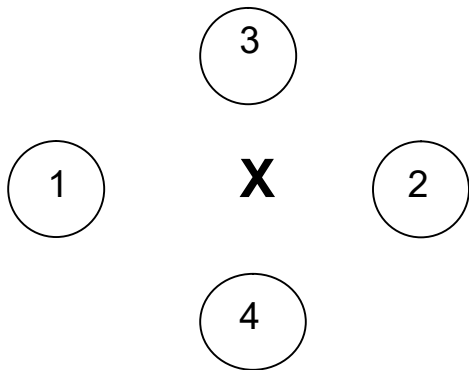
- |           |   |                                                                                                                                                                     |
|-----------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Attackers | 1 | Left front two knuckle punch to the solar plex followed by a right front two knuckle punch to the solar plex then a left hook punch followed by a right hook punch. |
|           | 2 | Front choke into a double wrist grab.                                                                                                                               |
|           | 3 | Left front ball kick to the solar plex.                                                                                                                             |
|           | 4 | Left front two knuckle punch to the face.                                                                                                                           |
|           | 2 | Right front two knuckle punch to the face.                                                                                                                          |
|           | 1 | Charges toward you.                                                                                                                                                 |
|           | 3 | Right U-punch, then a right front two knuckle punch to the face followed by a left front two knuckle to the face.                                                   |
|           | 1 | Right front two knuckle punch to the face.                                                                                                                          |
|           | 3 | Charges toward you .                                                                                                                                                |
|           | 1 | Charges toward you.                                                                                                                                                 |

## 6 Kata

Start in front position, bow. Do a knuckle roll. Do a left quarter moon forward into a left side horse stance on a 45 degree angle then do a right ridge hand block with left hand on guard followed by simultaneous left rising sword hand block and a right downward knife hand block into a double claw strike with right hand to the face and left to the groin. Do a left quarter moon back into a horse stance then do another knuckle roll. Quarter moon forward with the right into a right side horse stance on a 45 then do a left ridge hand block with right hand on guard then do a simultaneous right rising sword hand block and a left downward knife hand block into a double left claw to the face and right claw to the groin. Do a right quarter moon back into a horse stance with fists cross. Look 90 degrees to the left then 90 degrees to the right then duck down and do a double simultaneous reverse hammers to both attackers groins, kiai, then drive forward with a right stepping stool kick to the solar-plex, kiai, land in a right 1/2 moon stance then do a left pivot rear into a left downward forearm block followed by a left rising forearm strike followed by a right front ball kick to the solar-plex, kiai. Then do another left pivot rear and do combination 26. Leap forward over opponent then do a left pivot rear into a right downward x-block, grab opponents foot, move the foot to your left then do a right front thrust kick to the groin, step down into a right side horse stance, let foot go, spin to the left and hook left leg over opponents body and land in a right front ball stretch and finish with a right front to knuckle punch to the face, kiai. Step back with left foot and draw into a left side horse stance and bring your arms into a right overhead guard. Then do a left sword hand block then grab opponents wrist followed by a right crescent step into a right side horse stance and do a right driving shuto to the opponents wrist followed by a right cross shuto to the side of the neck, wrap opponents arm from the inside out with the left, grab opponents triceps and do a right leg hack with a right tigers mouth strike to the throat, then do a right crescent kick to the side of the head, kiai, while opponent is down the cross right in front of left and step into a right side horse stance then do a knuckle roll. Then do a right front ball kick to the solar-plex, step back down into a horse stance then turn 90 degrees to the left into a left T-stance with a right open overhead guard, then do combination 19. Look 90 degrees to the right cross left foot behind the right into a right Chinese twist stance while doing a right overhead X-block, then do a right side thrust kick to the solar-plex, step down into a right side horse stance then do a left reverse hammer to the groin followed by a rising thrust punch to the face to the opponent directly in front of you, kiai. Then do a left crescent step into a left side horse stance then do a right ridge hand block with left hand on guard followed by a simultaneous left rising sword hand block and a right downward knife hand block into a double claw with right to the face and left to the groin. Look 90 degrees to the right cross left foot behind the right into a right Chinese twist stance while doing a right overhead X-block, then do a right side thrust kick to the solar-plex, step down into a right side horse stance then do a left reverse hammer to the groin followed by a rising thrust punch to the face to the opponent directly in front of you, kiai. Turn 90 degrees to the left and do a left 1/2 pivot rear then do combination 4 (with exception of finishing kicks). Do a right crescent step into a right side horse stance then do left sword hand block then grab the opponents wrist, do a right shuto to the opponents wrist then do a right cross shuto to the side of the neck, kiai. Turn and look directly behind you then do a left crescent step into a right sword hand block then do a left shuto the opponents wrist then a left cross shuto to the side of the neck, kiai. Then do a right reverse crescent step into a horse stance, do a knuckle roll, slide right foot to left into front position, and bow.

## 6 Kata

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



### Attackers:

1. Left hook punch to the face and a right U-punch
2. Right hook punch to the face and a left U-punch
3. Charges toward you
4. Right rising knee to the groin
3. Right front to knuckle punch to the face and a right front ball kick to the groin from the ground
4. Right front to knuckle punch to the face
2. Front wrist grab
3. Right front to knuckle punch to the face
2. Right overhead strike
4. Charges toward you
1. Left hook punch to the face, front choke and a left overhead strike
3. Charges toward you
4. Right front two knuckle punch to the face
2. Right front two knuckle punch to the face
1. Left front two knuckle punch to the face

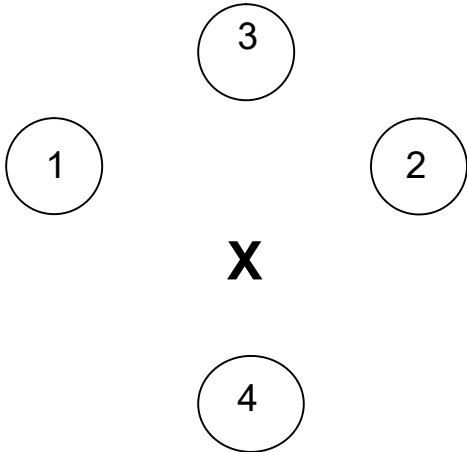
## Han Suki

Start in front position, bow, perform salutation (step out w/ right foot into a horse stance, do a knuckle roll into a rising sun as right foot slide to left into a neutral stance into a setting sun then into a front position rising up and down then pray for victory up then bow down, step with right foot back into a horse stance and do a knuckle roll, slide right foot back to left into a neutral stance and bring hands into elbow position then expose front position and then cover front position twice, step out w/ right foot into horse stance and do a knuckle roll). Do a left inside horizontal cross palm block, grab the opponents lapel w/ left hand, do a right crescent step into a right side horse stance, then pull opponent into a right back to knuckle punch to the solar-plex, followed by a left Han Suki strike to the temple, then a left reverse hammer to the groin then a right front two knuckle punch to the face then a left back to knuckle to the solar-plex then a right front to knuckle punch to the groin left hand chambers up and across then do a left inside horizontal palm heel to the face then turn 90 degrees to the left into a right front ball stretch/stance then do a right inverted claw to the groin, kiai, then turn 180 degrees to the right into a neutral stance with hands in a left cup and saucer position. Do a right inside horizontal cross palm block, grab the opponents lapel w/ right hand, do a left crescent step into a left side horse stance, then pull opponent into a left back to knuckle punch to the solar-plex, followed by a right Han Suki strike to the temple, then a right reverse hammer to the groin then a left front two knuckle punch to the face then a left back to knuckle to the solar-plex then a left front to knuckle punch to the groin right hand chambers up and across then do a right inside horizontal palm heel to the face then turn 90 degrees to the right into a left front ball stretch/stance then do a left inverted claw to the groin, kiai, then turn 180 degrees to the left into a neutral stance with hands in a right cup and saucer position. Step forward w/ right foot into a right 1/2 moon stance, turn and look 135 degrees to the left Step to the left with the left foot into a left 1/2 moon stance at a 45 degree angle and do a right sword hand block simultaneously with a right shuto to the collar bone. Turn and look 180 degrees to the right, step to the right with the right foot into a right 1/2 moon stance at a 45 degree angle then do a right sword hand block simultaneously with a left shuto to the collar bone. Quarter moon w/ left foot into a horse stance then do a left sword hand block simultaneously with a right shuto to the collar bone, kiai, then do a right downward X-block followed by a right Han Suki strike to the temple then a right reverse hammer to the groin then a left front two knuckle punch to the face then a right back to knuckle to the solar-plex then a left front to knuckle punch to the groin right hand chambers up and across then do a right inside horizontal palm heel to the face, kiai. Turn 45 degrees to the right and do a right quarter moon back into a left side horse stance on a 45 degree angle then do a right downward X-block followed by a right Han Suki strike to the temple followed by a right reverse hammer to the groin then a left front to knuckle punch to the face, kiai. Then do a left pivot rear into a right side horse stance then do a left downward X-block followed by a left Han Suki strike to the temple followed by a left reverse hammer to the groin then a right front to knuckle punch to the face, kiai. Then do a right pivot rear into a right 1/2 moon stance and do a knuckle roll then do double claw right to the face and left to the groin. Then do a left quarter moon into a horse stance and do a double claw left to the face right to the groin. Do a right crescent step 180 degrees into a horse stance then do a double front to knuckle punches to the lower ribs then do another double front two knuckle punches to the upper ribs followed by double hammers to the temples then do double finger flicks to the eye sockets, kiai. Turn 90 degrees to the left and draw into a left cat stance, step forward into a left 1/2 moon stance then do a left cross palm block followed by a right spear hand strike to the throat then a left back hand to the side of the face then do a right front ball kick to the solar-plex, stepping forward into a right side horse stance. Cross the left foot behind the right into a right Chinese twist stance and do a #1 block followed by a left thrust punch to the solar-plex then do a right reverse crescent step into a right 1/2 moon stance and do a #1 block followed by a left thrust punch to the face, kiai. Do a left pivot rear into a left 1/2 moon stance then do a right downward X-block followed by a right Han Suki strike to the temple then do a right reverse hammer to the ribs then a right Han Suki strike to the groin into a right tiger's mouth to the throat then finish with a left front two knuckle punch to the ribs, kiai. Turn 45 degrees to the left and do a left claw to the groin slide left foot to right foot into a neutral stance then do a right crescent step into a right side horse stance on a 45 degree angle, kiai. Do a right pivot rear into a right side horse stance on a 45 degree angle and do a right claw to the groin. Slide right foot to left into a neutral stance then do a left crescent step into a left side horse stance on a 45 degree angle, kiai. Do a left pivot rear into a horse stance and perform closing salutation (do a knuckle roll, slide right foot to left into a neutral stance, bring hands into elbow position then expose front position then cover front position twice, step out w/ right foot into a horse stance then do a knuckle roll, slide right foot back to left into a neutral stance and bring hands into a up and down

front position then a grateful prayer for victory up and down, bow then sun rises hands to the side, bow) and bow out in front position.

## Han Suki

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



### Attackers:

1. Left hook punch to the face
2. Right hook punch to the face
3. Right front two knuckle punch to the face, right front ball kick to the groin
2. Left front ball kick to the groin
1. Right front ball kick to the groin
2. Grabs your wrists
1. Front choke
4. Right front two knuckle punch to the face, left front two knuckle punch to the face, then a right front two knuckle punch to the face
3. Right front ball kick to the groin
1. Charges toward you
2. Charges toward you

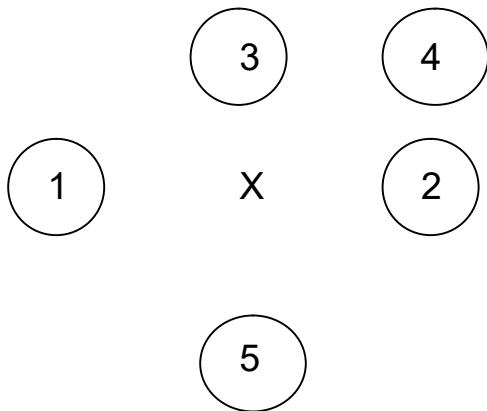
**ShoDan  
Quak**

Start in front position. Bow. Step out with the right foot into a horse stance and do a knuckle roll. Slide right foot back to left while drawing your hands together low then draw up your right knee while lifting your hands in front position and then push out hands forward. Draw hands back and cross, put right foot down then step out with right foot into a horse stance then do a double palm heel strike to attacker number one and two (right and left), kiai. Do a right crescent step 180 degrees to the left then do a number three block, cross left foot behind right, do a right Chinese twist stance, then do a left inside sword-hand block, then do a right back-fist to the groin, kiai. Step to the left with left foot, do a left parry block, half moon forward with right, then do a right cross palm block solar-plex height, then do a left cross palm block solar-plex height. Half-moon forward with left foot, then do a right left and right cross palm blocks. Then do a number six block, a right thrust punch to the face, number five block with a spear hand poked to the throat. Half moon back with the left foot and simultaneously do a right tiger mouth to the throat to attacker number two and a left reverse hammer to the groin on attacker number one behind you. Turn 90 degrees to the left, shuffle right foot to the left while doing a right outside dragon block. Left backfist to the cheek followed by a right back two knuckle to the face, left hansuki strike to the opponents left temple. Follow-up with a right spin back kick to the solar-plex aiming 45 degrees to the left of attackers original position (land in a right half moon stance). Do a left front ball kick to the solar-plex followed by a left right and left claw to the face. Turn 180 degrees to the right do a right side thrust kick solar-plex height, step back down cross left foot behind right foot do a left gross palm block solar-plex height, right back fist to the opponents right cheek. Turn 90 degrees to the left do a simultaneous left cross palm block and left crescent kick behind the opponents' right knee. Step forward into a left half moon stance and do a vertical immortal man strike beneath the chin. Turn 180 degrees to the right into a right cat stance. Do a right wheel step into a left cat stance and do a right cross block at opponents wrist and left cross palm block into opponents elbow to trap arm. Do a left wheel step into a right cat stance and do a left cross palm block at opponents' wrist and right cross palm block into opponents' elbow to trap arm. Then do a right stepping stool kick to the solar-plex, follow up with a side thrust kick to the solar-plex, spin 180 degrees to the left back into a horse stance, double sword hand block. Trap the wrist with the right hand and do a left leopards paw strike to the throat. Right crescent step toward the opponent and do a right thrust punch to the solar-plex. Spin 180 degrees to the left into a left cat stance, step with the left into a left side horse stance, then do a simultaneous right backfist to the opponents left cheek and a right rising heel kick to the groin. Step down with the right foot and turn 180 degrees to the right into a left cat stance, do a double horizontal ridge hand blocks. Lunge forward into a left half moon stance and do a double shuto strike to the collar bones. Shuffle right foot to left and lunge forward with left into a left half moon stance and do a double immortal man strike to the eyes. Shuffle right foot to left and lunge forward with left into a left half moon stance and do a double trigger finger strikes to the temples. Turn 45 degrees to the right, do a right crescent kick to the back of the opponents right knee, chamber up into a right side thrust kick to the solar-plex. Step down with right into a right half moon stance. Turn 180 degrees to the left and do a right overhead guard, do a number six block, right step through followed by a right thrust punch to the solar-plex, number six block, follow-up with a left step through and do a left inverted thrust punch to the solar-plex. Right crescent step 180 degrees followed by a number three block, then do a left inside sword hand block as you cross behind with left foot into a right Chinese twist stance. Do a right backfist to the groin. Then do a left crescent step 180 degrees and do a simultaneous number one block and left downward knife hand block, number three simultaneous block and strike, then do a number seven block then a left thrust punch to the face right thrust punch to the ribs then a double immortal mans strike to the eyes.

Do a left crescent step 270 degrees to the right then do a left rake to the face to the attacker on the ground followed by a right rake to the face, then do a left backfist to the face followed by a right crescent kick across the cheekbone. Step into a horse stance, then do a simultaneous number two block and right downward knife hand block then do a simultaneous number four block and strike, number eight block followed by a right thrust punch to the face then a left thrust punch to the ribs then a double immortal mans strike to the eye sockets. Do a right reverse crescent step into a horse stance facing 12 o'clock then do a knuckle roll, slide right foot to left into a neutral stance while drawing hands together low, draw the right knee up into a flamingo position, push hands out into front position. Step down with right foot into neutral stance and bring hands back to front position and bow.

## ShoDan Quak

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



### Attackers:

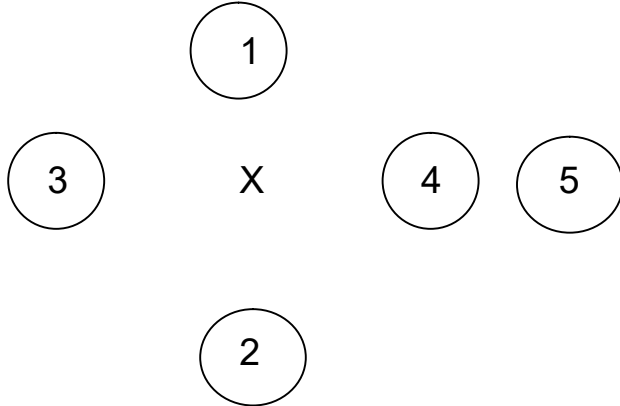
- 1&2. Charge towards you at the same time.
  1. Throws the right hook.
  2. Throws a right front ball kick to the solar-plex. Left front two knuckle to the solar-plex, right, left, right, left. Right front two knuckle punch to the face and a left to the face.
1. Right front two knuckle punch to the face.
3. Charges at you.
4. Right front two knuckle punch solar-plex height.
  1. Right front two knuckle punch to the face and then a left.
2. Left hook punch.
3. Reaches to grab throat.
  4. Right front two knuckle punch face height.
5. Right front two knuckle punch to the face and then a left.
  1. Grabs your right wrist with left then a right front two knuckle punch to the face then grabs your left wrist with his right hand.
  2. Grabs your left wrist with right then a left front two knuckle punch to the face then grabs your right wrist with his left hand.

**Swift Tigers**

Start in front position, bow. Step out with right foot into a horse stance and do a knuckle roll. Slide right foot to left into neutral stance, bring both arms around and up and do a double downward palm block followed by a double flick to the eyes. Do a right crescent kick to the back of the opponents left leg followed by a right side thrust kick to the solar plex, kiai. Turn 180 degrees to the left then do combination 18, kiai. Turn 90 degrees to the left, then do a left reverse crescent step toward 9 o'clock and land in a left half moon stance. Number 2 block followed by a right thrust punch to the solar plex, wrap your left hand on the right side of the opponents neck and do a right shuto to opponents left side of neck, kiai. Do a right pivot rear and do a simultaneous left horizontal palm strike to opponents right cheek and a right palm heel strike to the groin, grab opponent with the left hand on the opponents lapel, right hand will grab inside of left leg, then do a left pivot rear and roll down opponent. Do a left wheel step then a right cranes wing block followed by a right back two knuckle punch to the face. Then do a right wheel step then a left crane wing block, left back two knuckle punch to the face. Then do a left wheel step followed by a right ridge hand block then a right cross shuto to opponents right rib nerve, turn 180 degrees to the left, draw into a left cat stance while doing a number two block, follow up with a right side thrust kick toward 3 o'clock. Step down into a horse stance, turn 180 degrees to the left and draw into a left cat stance and do a number two block, lunge forward into a left half moon stance, left reverse hammer to the groin and a right upper cut to the face, turn 180 degrees to the right into a right cat stance then do a right toe kick to the groin. Step down into a horse stance, turn 180 degrees to the left, lunge forward into a left half moon stance, then do a right whipping dragons tail block, follow-up with a right hook kick (striking with heel to opponents right temple), step down into a horse stance, turn 180 degrees to the left, lunge forward into a left half moon stance, use both hands to break through opponents choke hold from the inside, reach around opponents head with both hands and so a right rising knee strike to the face, kiai. Step down into a horse stance toward 3 o'clock. Turn 180 degrees to the left into a left cat stance, lunge forward into a left half moon stance toward 9 o'clock.. Then do a simultaneous block & strike number two, half moon forward with the right into a right half moon stance and do a number one simultaneous block & strike. Shuffle right foot to left and do a double rising chicken wrist block with left hand on top, lunge forward with left into a left half moon stance. Do double hammers to the ribs. Shuffle right foot to left and do a double rising chicken wrist block with left hand on top, lunge forward with left into a left half moon stance. Do double shuto strikes to the collar bones. Do a left cross palm block followed by a right tiger claw. Do a left cross palm block followed by a right tiger claw, kiai. Turn 90 degrees to the right and draw into a right cat stance, left cross palm block followed by a right tiger claw. Do a left cross palm block followed by a right tiger claw. Do a left T-block then lunge forward with the right foot into a right half moon stance and do a right driving shuto to the face, kiai. Shuffle right foot back to the left, turn 135 degrees to the left into a left cat stance (hands on guard), then do a left crescent step 90 degrees remaining in left cat stance. Slide left foot to right into a neutral stance and turn 180 degrees to the right into a right cat stance then turn 90 degrees to the left while doing a right crescent step remaining in a right cat stance with hands still on guard. Then do a right reverse crescent step into a horse stance facing 12 o'clock, then do a knuckle roll, slide right foot to left, get into front position and bow.

## Swift Tigers

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



### Attackers:

1. Grabs in a front choke.
2. Right front two knuckle to the solar plex.
3. Right front two knuckle to the solar plex
4. Right round house kick to the solar plex
3. Left front two knuckle to the solar plex, then a right, then a left.
5. Right hook
3. Right front two knuckle to the face
5. Charges towards you
3. Right front two knuckle to the face
5. Front choke
3. Right front two knuckle and a left front two knuckle, front choke, front choke, right front two knuckle to the face, and another right front two knuckle punch to the face.
1. Right front two knuckle to the face, and another left front two knuckle punch to the face.