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# General Basics

## 10 Principles of Kenpo

**1. Balance & Stability:** These two are one and the same without one you don't have the other. Proper balance must be maintained at all times in order to execute proper techniques, without proper balance or stability you will not have the power behind your blocks or strikes and you forfeit mobility. You achieve this by keeping your shoulders over your hips, and keep your feet directly under your body. The same is true of your attacker; you must rob him of his balance and stability.

**2. Distance:** You need to maintain or create distance until you are ready to defend yourself or make the first move. Be aware of the critical distance line at all time during any altercation no matter how frivolous.

**3. Awareness:** You must be aware of your surroundings at all times; this will eliminate most surprise attack. Knowledge of your surroundings provides defense alternatives and not just a reaction.

**4. Mobility:** Is the key to any offensive or defensive maneuver, you must be able to move any direction at any giving time without sacrificing balance or stability for if you do you will give up power as well as mobility

**5. Positioning vs. Blocking:** Position is more important than blocking, with proper positioning you will be beyond the point of contact when the strike arrives, the block may not be necessary.

**6. Spatial Summation:** This is a case of  $2 + 2 = 5$ ; the brains pain threshold is triggered much higher and faster by multiply strikes to different areas of the body, than a single hard strike to the body.

**7. Body Checking & Control:** After your first block your secondary should be a check to the body to control your opponent by feeling his movements so you will know if he attempts to counter your action; also you want to keep your opponent off balance by pushing and pulling on them so that you can maintain control at all times.

**8. Power Pattern:** All techniques must have one of three power patterns in order to be effective

1. Linear power
2. Circular power
3. Drop of body weight

**9. Transitional Flow:** You must be able to flow from one technique into another technique without stopping or using jerking action.

**10. Timing & Speed:** Reactive speed & timing are critical to the execution of Kenpo techniques. Speed provides power that must be implemented at the time when your opponent moves to proper positioning.

## 3 Stages of Learning

**Mechanical:** A beginning student learns each step of a technique, but does not yet understand the flow of the technique or the power patterns involved in each technique, and therefore no real utilization is available.

**Technical:** The student now comprehends the motion of each move and the power patterns that are needed with each technique, but the student is not yet spontaneous, in the execution of the techniques against an attacker.

**Psychological:** At this level the student is now capable of free styling with his techniques when they are confronted, they are also able to recognize patterns, with this knowledge they are able to counter or initiate the attack before the opponent is ready or aware and can initiate without being seen.

### **Basic Power Patterns**

There are 3 basic Power Patterns that must be used when you are executing a technique, without the proper power behind a strike or kick you will not be able to get the maximum results from your action so therefore it is a waste of motion. You must have one of the three or a combination of the three patterns in a technique.

The 1st one we will talk about is linear power; this is used whenever you are attacking in a straight line, whether it is forward or a backward motion. To get the optimum results from your action you will have to use a hard bow or reverse hard bow stance to develop the power that is necessary to make the strike effective. This is accomplished by throwing the body weight forward and into the strike.

The 2nd Power Pattern that can be used is circular power, this is accomplished by utilizing the torque of the hips or rotation of the hips for the development of the power, this can be done by using soft bow stances or crescent motions whenever you execute a circular strike for example an elbow strike to the ribs or an uppercut elbow to the chin, by using a soft bow or crescent motion it will set your hips up so that you will be able to rotate or torque your hips to receive the power needed.

The 3rd and final way you may be able to receive power is body weight or marriage of gravity. Whenever you strike in a downward motion you will need body weight behind your strike to get the optimum results from the strike, this is accomplished by dropping your body weight down and the force of gravity working at the same time.

One of Ed Parker's analogies was that you don't hit something with the bumper of your truck you hit them with the whole truck, the same thing applies to striking or kicking, and you don't just use the power of the limbs, you use all your body weight behind a strike.

### **Steps to Creating a Safe Technique:**

**Positioning:** Your 1st consideration when defending against an attacker is positioning, if you are positioned correctly you will not need the initial block. When positioning yourself remember to stay beyond the critical distance line of any possible attack.

**Block/Strike:** After you have repositioned yourself out of the point of contact then counter your attacker's strike with a block.

**Strikes & Punches:** Following your defense you should then counter with a strike to one of the vital points of the body to weaken your opponent or render them helpless.

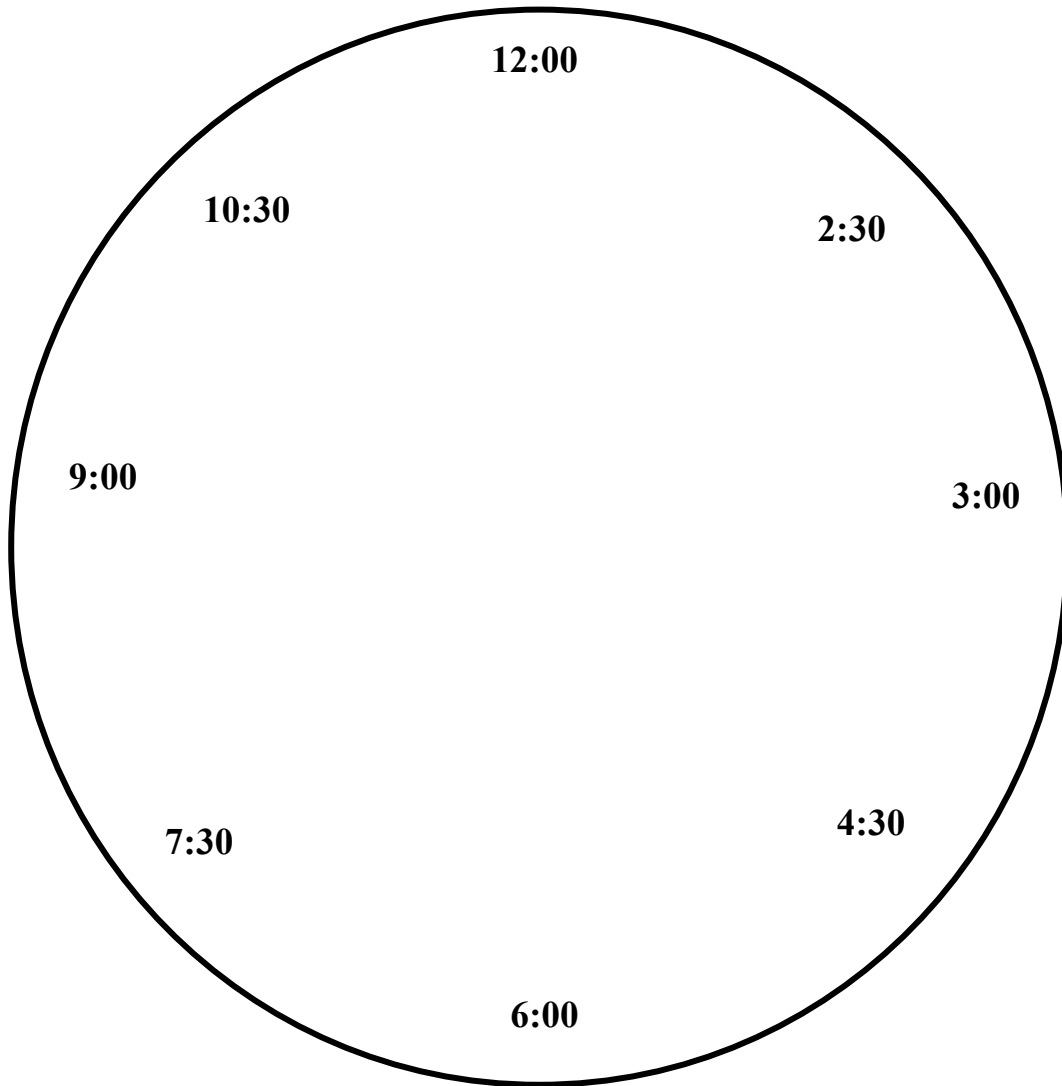
**Kick:** Kicking as a first defense is one of the most dangerous ways to defend oneself. This is because kicks are easy to see and therefore are easy to block or counter. Use kicks as a finishing technique instead of an initiation whenever possible, whenever you are going to kick keep the kick as low as possible so as to eliminate the possibility of the attacker countering your kick.

**Lock:** Lock or joint manipulation is a good way to control an opponent or disable your opponent, but this should be done only after you have weakened your opponent so that they are not able to counter or prevent the lock.

**Throw:** Throwing your attacker is an excellent way to end or counter an attacker it is also the most dangerous way of defense, so only use this defense if necessary or at the very end of the fight.

## The Clock System

The Clock system is a tool that we use to help students with direction and angles; you will notice throughout our manuals that we refer to a position on a clock, like place your right foot at 10:30. This method is easier to understand than tell them to take their right foot and step out at a 45-degree angle. Below is a Picture with the most common times used throughout the manual. Also Remember that times are not exact they are just a guide adjust them as need for your own personal size and height. Almost everything done past the 12:00 hour up to 6:00 will be done with the right side of the body, and everything past that will be done with the left side. 12:00 and 6:00 can be done with either side depending on the technique. Remember there are always exceptions.



## Basics

The basics are a foundation for any style of martial arts. These basics are the building blocks of are style and must be mastered to fully understand our style and be proficient with it.

<b>Kicks</b>	<b>Punches &amp; Strikes</b>	<b>Blocks</b>	<b>Stances</b>
Front Snap	Straight Punch	Inward w/Check	Square Horse
Front Thrust	Reverse Punch	Vertical Outward	Side Horse
Back Kick	Vertical Punch	Extended Outward	Fighting Stance
Hook Kick	Upper Cut	Upward Block	Cat Stance
Turning Back Kick	Inverted Punch	Downward	Twist Stance
Side Thrust	Backfist	Double Palm Block	Dancer
Side Snap	Hammerfist	Parry	Hard Bow
Defensive Side Kick	Corkscrew Backfist	Windmill	Soft Bow
Crossing Back Kick	Web Hand	Brush Block	
Roundhouse Kick	Spearhand	Flex Block	
Forward leg Wheel	Swordhand	Universal Block	
Flip Kick	Whip Chop	Deflection Block	
Slice Kick	Tigers Jaw	Hooking Block	
Stomp Kick	Tigers Claw	Crane Block	
Inside Crescent Kick	Heel Palm	Smoother Block	
	Eagle Beak Strike	Threading The Needle	
	Rising Punch		
	Horizontal Elbow		
	Downward Elbow		
	Half Fist		
	Ridgehand		
	Upward Elbow		

# Salutation

There are 2 basic salutations that you will use in the Kenpo system. They are used to begin and end a class as well as at the beginning and end of a Kata.

## The Basic Salutation

This salutation is used to start a class as well as end the class. This salutation is also used in Short 1, Short 2, Long 1 and Long 2. You will start from a neutral stance, and then step out with right foot to 3:00 into square horse stance. Right hand makes a fist (this is your weapon) left hand covers fist (this is your shield). Slide right foot to left and bow. The expression of the salutation is taught that the shield covers the weapon to show that this is a peaceful encounter and in Chinese it means kompai or greetings.



## Advanced Salutation

Start from a neutral stance, right foot steps to 12:00 with toes point to 2:30, right hand by shoulder making a fist and left hand open palm next to it. Left foot steps out to 12:00 into a cat stance as you present your Kenpo Fist. Left foot steps back to 6:00 followed by the right foot at the same time the hands roll over and into chamber.



# Falls and Rolls

This exercise has come from the art of Aikido and Aiki Jujitsu. The exercise is designed to teach the student how to fall and roll properly so that when they practice their techniques together they can also practice hip throws and take downs without injuring one another.

There are several things to remember when you are performing a fall or roll, 1st and foremost always tuck your chin to protect your head from hitting the ground, 2nd always go with the throw or push whenever you are practicing this exercise, the 3rd and final thing to remember is to let the air out of your lungs before you hit the ground, this can be accomplished by a yelling or using a Kaiai right before you hit the ground.

We have about 4 basic falls and rolls with a couple a variations on the rolls. The first one is a forward roll it is used if you are pushed from behind or if you are thrown forward in some way. The more advanced rolls are forward roll slap out, this is used to stop your momentum so you do not come back up to your feet. Then you have a jump Roll used for any lock that requires airtime.

The 2nd type of fall we have is the side fall, this fall will be used when are going to be taken down by means of a sweep or lock. The 3rd and 4th falls are forward falls and back falls, these will both be used for takedowns from leg reaps or locks.

You should start all rolls from a squatted or one knee up on down position, then as you improve and grow confident start from a standing position then add jumps or height to the fall or roll. When you feel ready, go ahead and practice with someone, by having them put you in a lock and throwing you or pushing you from behind. Here again start slow and get used to it and as you improve and speed and pressure to the lock or force to the punch.

## Forward falls and Rolls

Start the students from a squatted position then as they progress and get comfortable they can go to a standing position then they can actual go into jump rolls.

Have the student start from a squatted with their right foot forward and their toes pointed to face straight ahead as possible. Bend forward at waist and place your right hand, palm down, on the inside of your right big toe. Turn your left hand palm down on the floor, their fingers touching and your chin tucked, push off with your left leg and roll over on to your right shoulder. Properly executed, you should land on your left side, absorbing the impact with your left arm and leg. Remember at no time during this movement should your head touch the mat.

When the students are trying this from a standing position it is the same thing for the most part except their hands will not touch the ground but will be in the same position.







## Side Falls

When starting from a squatted position you will have the student place their right leg out to nine o' clock. Everything else is the same as if you are standing. Stand in a square horse stance, swinging your right leg and arm to nine o' clock and sit down on your right hip and roll over onto your right side, slapping the ground with the palm of your right hand to absorb the impact.

