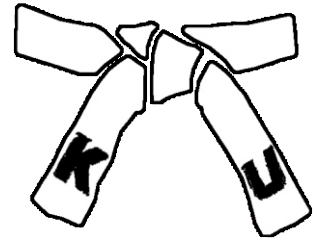




# General Information

## Study Guide



### Definitions

**Karate:** a Japanese term meaning empty hands; Kara- empty, te- hand.

**Kenpo:** a Japanese term meaning fist law; Ken- fist, po- law. In Chinese, Chuan-fa.

**What is Kenpo?** "Kenpo is a study of motion based on rules and principles."

**The Reason Kenpo works** is pain & realistic body reaction

**Salutation:** We the warriors and the scholars come together to go forth, back to back to pull our country together. We have no weapons, we hide our secret and pray for forgiveness if we are forced to use them.

**School Colors** = black and blue

### Rules

**Kenpo Motto:** Accuracy / Power / Speed. Originally written as speed/power/accuracy but without accuracy, who cares how fast or hard you hit!

**Action is faster than reaction.** Reading an attack is the ability to recognize a "telegraph", or improper motion, from the opponent. You need enough Time / Distance to react properly. In order to create reading time you need to make your opponent travel time greater or longer and that will allow you time to read the strike.

**Never end a technique with your weak side.** Always finish on the strong side of the body. Since 90% of people are right handed, Kenpo was designed as a right handed system. As we progress through the ranks we become closer and closer to equal left versus right.

**Blocking :** Vertical against horizontal or horizontal against vertical to oppose the angle.

**When blocking against an arm:**

On the Inside - block below the elbow ( wrist - forearm area )

On the Outside - above the elbow ( elbow to triceps area )

**Pain causes thought cancellation (& learning).** When someone gets hit hard enough to hurt, they're not thinking about hitting you back, where their feet are, or what you're going to do next! Pain also causes learning. You learn quickly how to block if you keep getting hit!

**They hold where it hurts.** If you punch someone in the nose hard enough, they're going to put their hands up to their nose which leaves other targets open.