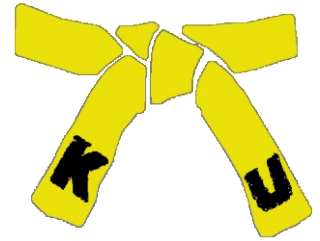




Yellow Belt Study Guide



Definitions

Basics: Any single move - like a stance, kick, block, punch, etc.

Blocks: used against a weapon in motion with no intention to hurt.

Neutral Bow: The basic kenpo fighting stance.

Kicks: anything done with your foot or leg when executing a technique.

Strikes: (1) in the Blocking category- used against a weapon in motion or not with the intent to hurt. (2) In Striking category- anything done with your arm or hand with the exception to the front knuckles of the fist.

Horse: (1) Formal Horse- used to start and end classes as well as forms. The hands are positioned in the salute position. (2) Training Horse- used in isolation to train the hands. The hands are positioned at the hips.

Techniques: a combination of basics for a given or specified situation.

Rules

Rule #1 - Establish your Base! Keep your feet solidly on the ground in a good stance so that you can maneuver, strike, or kick with power and stability.

Never cock or check as a separate motion. If you stop or do one of these as a separate move you just add extra time to your technique.

Face your work. Never give an opponent your side or back if they can still hit you. Generally you would be breaking the rule of "don't get in your own way" also.

Don't get in your own way. Make sure your hands and feet have a direct line to the opponent with no other part of you in the way.

Timing: when your hand stops the foot stops. Used for maximum efficiency and power in your technique.