

## NOTES FROM THE EARLY 70'S

### SPARRING

#### (3) TYPES OF FIGHTERS:

1. SITTER - he never moves away
2. RUNNER -
3. CHARGER - comes at you

#### (2) TYPES OF SPARRING:

1. TOURNAMENT
2. STREET

The following notes could apply to either, or both:

KENPO means "Law Of The Fist". The moves are taken from the animals. Kenpo flows and moves in circles or lines.

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### SHUFFLES and MANEUVERS

1. Shuffle for power (momentum).
2. Do not rise-up when moving forward or backward into neutral bows.
3. Get behind his front leg and go into a reverse bow with same side inward forearm strike across his chest.
4. Keep moving in on your opponent to keep him off balance and on the defense.
5. Instead of moving back when he charges, step to the side or cross-out to the side.
6. Do not attack from too far away.
7. A deep stance is bad because:
  - a) your front leg can be swept easily
  - b) you can't move backward or forward very fast

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### KICKS

1. When your opponent grabs your front arm, pull him off balance and kick to his body.
2. Variety - instead of grab and punch, change it to grab and kick (front or rear leg).
3. Keep knee bent on standing leg when doing a rear heel scoop kick.
4. Do not raise up on scoop kicks.
5. Slight step to his outside and front scoop his groin from the rear.
6. Hop away into a reverse close cat, and execute a rear thrust kick.
7. If opponent straightens out his leg, kick it. Recovery is slow.
8. Use a head strike (fake) to set up your kick.
9. Combination - front snap kick, followed by roundhouse (2nd kick is done while first one is still in the air), and then spinning back kick with other leg.

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10. Fall back into a cat with fan blocks, ending with a front ball kick.
11. Rear cross over back kick can be done from just about anywhere. The rear cross behind is used to judge the distance.
12. As opponent charges, retract front leg and back kick him.
13. Combination - right roundhouse to his body and plant to 8:00, pivot counter-clockwise, and left rear kick to his body or head.
14. To stop hit (as a check), front kick while retreating.
15. 3 Move Combo - slap his lead hand with a lead hand backhand slap, and then put the palm in his face to cover his eyes, as you move your rear foot to your lead and shoot a modified roundhouse kick to his groin (a very quick snap).
16. The back kick is a very powerful kick. The side kick is the most powerful.
17. Point your knee at your target when kicking. Against an experienced kicker, the pointing of your knee can mislead him.
18. Practice spinning back kicks in a doorway to get them tight and quick.

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### PUNCHES

1. Stomp the front foot when shuffling into your punch or half fist.
2. Strike with double back knuckles (consecutive and same hand) to his body. On the 1st, he will tighten up and then relax. The 2nd catches him relaxed.
3. Double reverse punches in quick succession to ribs under his front arm.
4. Torque punches at last moment.
5. Arm is relaxed until just before contact is made - it is tightened on contact.
6. Try a short (6 inch) chopping upper cut to his solar plexus.
7. Do not cock your fist before you shoot the punch. Go straight up from wherever it's at.
8. Counter kicks with hand strikes.
9. When opponent has grabbed or collapsed your front arm, pivot and do a spinning back knuckle handsword or elbow.

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10. Grab opponents lead hand and pull sharply to your hip as you punch his ribs or head.
11. Double downward fan blocks, followed with an upward rising back knuckle to his face.
12. Right straight punch to his face, hitting his lead arm, and follow with an upper cut to the mid-section (from a right open stance).
13. (From a right open stance), Right stiff arm his left arm, and left punch under and then over, with vertical snap punches for quickness.
14. Your punch is on the way to your opponent a little before your body is.
15. Use a vertical back knuckle strike to go over his guard. Fake with several jabs or horizontal back knuckles first to set him up. (To block a vertical back knuckle, use an upward elbow or wing block.)

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### STRIKES

1. To stop check him, palm heel or vertical hand sword (thrusting) just below his collarbone.
2. The strongest weapon above the waist is the elbow.
3. The strongest weapon below the waist is the knee.
4. Think or aim your hits beyond your target on the opponent.

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### FAKES

1. To see what an opponents style of fighting is, throw a few fakes.
2. Fakes are very important in free-style.
3. Make use of fakes and take downs.
4. To close distance, hand fake (back knuckle or slap his front arm), as you do a rear cross towards him.
5. Let him sweep your front leg, and as he follows it in, back kick him.
6. Lead hand claw fake to opponents face (to get him to blink and block his view), followed up by a spinning back kick.
7. Use a broken pattern in your movements to ruin his timing of your moves.
8. Look to see if opponent is working a pattern. Make fake attacks to see where he tends to defend.
9. Conserve energy with light fakes, or use them to convince him you're weak, then explode into your attack.



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10. Move your rear arm up and down rapidly to make it look like both arms are moving.
  
11. Use 2 medium speed hand movements to get him to watch them, as your rear foot sneaks to your front, and then execute a quick roundhouse (modified) to his groin.
  
12. Lean back, putting your weight on your rear leg (to make it look like you're going back), and then hop in with a round house to his groin.
  - a) snap it for speed
  
  - OR-
  
  - b) thrust it to get extra distance

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PROTECTING

1. Keep one hand low to protect against kicks.
2. Blocks can be done in a repeating circular pattern.
3. A glancing block can be used on the way to your original target.
4. A block can also be a strike.
5. Torque all blocks.
6. Blocks and strikes can be circular or linear.
7. Blocks can be open and closed.
8. Types of Blocks:

sword	elbow
extended	pushdown
fan	wing
forearm	glancing
outer	inner
upward	downward
universal	
9. Keep your back straight and your guard up.

## NOTES FROM THE EARLY 70'S

10. Windmill hand parries in front to repeatedly block his strikes.
11. Watch your opponents shoulder girdle.
12. Distance is not the same as range. Your distances are the same (yours and your opponents), but your ranges may be different.
13. Your lead hand is guarding the line between his head and your own.
14. Start a technique before or at the moment he touches you, not after he has secured the hold, or has hit you.
15. A downward parry with an upward parry will break a secured front choke hold.
16. 3 points to consider in a fight:
  - a) targets
  - b) distance
  - c) environment (surroundings and number of people around)