

9-2-72

Ed Parker's Kenpo Karate Studio, Anaheim, CA

Street Sparring Class Notes

Front Chicken Kick – A preemptive responsive against an opponent who is standing in front of you.

While in a LNB, fake with your hands if he appears ready to go for it. Start a R front kick by bringing up your R knee as if you are actually going to execute it. Leave it up and execute a L front snap kick. (This is a rear to front Front Chicken Kick).

This can also be done starting with a L knee up and a R front snap kick (a front to rear Front Chicken Kick).

9-14-72

Spinning Back Kick – Generally used when you and your opponent are in LNBs (a closed stance).

From your LNB (front toe aligned with your back heel), shoot a fake with your L hand to his face as you L step to 1:00 into an Inverted LN (front heel should align with your back toe) .

Spin or pivot on the ball of your L foot (CW) and shoot a R back snap kick. Remember to look back over the shoulder of the foot you kick with.

Other 1972

Confusing Front Snap Kick – Slap his front hand down as you do the first step of a Front Snap Kick. Turn it into any one of three kicks.

1. A normal Front Kick 2. A Side Kick 3. A Roundhouse Kick

Defense against a Hard Charger or Smoker – Drop straight down to the floor with a back fall and extend a front kick as he runs into it.

Defense against a waiter -Hand fake or grab his sleeve as you instep sweep his ankle.

Left to Left – 3 left jab combo 2 or 3 times then 2 left jabs, an explosive left roundhouse punch and a right uppercut.

Left to Left – Left hand fake as you drag right to left. L slide/contouring kick up his left leg.

Left to Right – Right hand fake as you left drag to right and right twist kick up his leg into groin.

Left to Left – Setting him up for left back kick. Turn CW into a Left reverse bow. The distance is deceptive because the body is further away than the foot.

Defense against Freestyle Hand Chargers:

- 1. Use Fan Blocks (inward parries) for chain punchers.**
- 2. Chargers coming in high – clear upward with lead arm (i.e. upward blocks or parries) and reverse punch or upper cut low.**
- 3. Low chargers – Side step and chop to neck. OR Sweep the extended front foot .**

Defense against Freestyle Kickers:

- 1. Jam/crowd powerful kickers and punch.**
- 2. Hook back kickers to the outside with Crane Hooking Parries.**
- 3. If swept off center, plant there and spinning back followed by opposite back kick.**
- 4. For uncontrolled kickers or maiming attempts, use knee and elbow strikes to their shin and ankles.**

Offensive Freestyle Hand Techniques:

- 1. Reverse punch – Grab his lead hand with your lead hand, pull out toward you hip and reverse punch under it. To close distance, step drag shuffle forward.**
- 2. Back Knuckle – Use a whipping back knuckle or a dragons head to the back of his front hand. Repeat several times to rattle him.**
- 3. Test – Slap his lead hand to his outside to test his reaction (also try slapping down, in and up to rattle him). With a**
- 4. Lunge Punch – Explode from closed stance (L to L OR R to R) with a lead hand straight punch over his guard into his chest. Other hand checks. Repeat to program him.**

Offensive Sweeps:

- 1. From a RNB, inward sweep with the top of your foot. Plant to 11:00, turn CCW with a L spinning back kick. Not a very fast tech. Is faster with a R inward parry.**

2. L to L, L hand grab his L arm and pull up sweep CCW and R punch under his L arm.
3. Sweep behind the knee if you want to drop him straight down or to move him in the direction of the sweep. Only possible on a lighter opponent.
4. Sweep low with the bottom of your foot to the back of his ankle if you want to drop or move him in the direction of the sweep.
5. Sweep with instep to his calf, but when contact is made change it into a front kick to arm pit. Not a very fast tech.
6. L to L. R bottom of foot sweep low to 11:00 and plant. Pivot CCW and L spinning back kick.