

Feb. 1972

Ed Parkers Kenpo Karate Studio, Anaheim, CA

Sparring Class Notes

I. Closed Face Off – RN to RN

- A. 1. R Back Knuckle to face as L clears down his R guard and checks.  
2. Shift into LFB with a L Vertical Punch to his face.
- B. 1. R Back Knuckle to face as L grabs his R wrist.  
2. L step thru fwd to check his R leg, still controlling his front arm and R punch under it.
- C. 1. L Sweep his R ankle as you R Outward Handsword.  
2. L sweep plants fwd with L Back Knuckle.

II. Open Face Off – Your RN to his LN

- A. 1. R Outward Parry check.  
2. L Front Snap Kick to his arm pit.
- B. 1. R Outward Parry check. He moves back.  
2. L Front Kick to close the distance and R Spinning Back Kick CW.

III. Non Circular Sweep (sort of a lowball kick Roundhouse to his ankle). Left kicks to 11:30 and drives to 12:30.

IV. Bouncing - bounce up and down in your neutral to program him. Explode off the opposite foot of the direction you wish to go. While off the ground, kick with the other foot.

V. Broken Rhythm – Repeated rapid hand or foot movement, darting in and out, etc. Programing his mind with repeated moves or patterns and then changing it to catch him off guard. Not being readable.