

Looking into how the American Kenpo Karate system may have been designed in the 1960's to be a more individual art.

Starting with Yellow – Why have the first 3 techniques as they are? Was a formula used? There is no way of knowing for sure.

A. Looking at it from a different angle:

1. #1 Delayed Sword – You are working your inside to his inside.
2. #3 Sword of Destruction – You are your outside to his inside. Why not just do #1 on your other side? Maybe it was to show the possibility of your outside to his inside.
3. #2 Alternating Maces – Shows your inside to his outside.

B. Commonality: All three- 1. Move the target

2. Address the weapon

3. Go back into a Right Neutral

C. Variations: #1 Your inside is to his inside

#2 Your inside to his outside

#3 Your outside to his inside

D. Maybe eventually you may figure out WHY rather than depending on just ROTE memory. Was it to implant a step to lead you from your Craft toward your Art later?

E. Now consider the missing variation of outside to outside - the #4 Yellow Deflecting Hammer. It deals with the theme in a slightly different way – the attack is a kick (a long-range weapon). But...

F. The question is, was this coincidence or design? Was it to introduce the 4 choices? Maybe, to put this major principle into your head and body from the very beginning of your adventure?

How often are major principles given to you in this manner? How many groups or families are given to you with this intent?

G. The standard version needs to remain given in the craft stage. Major principles are presented to you via your craft stage. They get engrained into you during your quest to perfect your techniques. Much thinking is involved as you train your muscles. As both your mind and body improve, your craft is changing into your art.

H. WARNING – Your instructor needs to give you the standard version. If he/she changes it because they don't like it or it doesn't work for them, they are doing you a disservice, they may be eliminating something that you would have a use for. Your craft will suffer; thus, your art will be lacking. On the other hand, you don't need to like or use the technique, you just need to know it.

I. Eventually your craft will blossom into your art. Your defensive use of your craft will no longer need your "brain" to deliver it. Your "muscle memory" will take over – a release of the brain to the body, of the craft to the art, of analysis to spontaneity. When this happens, you will be upset with yourself for failing to execute your technique's pattern correctly. This worry may start to provide you with revelations.

J. Revelations are the path to "No Mind". Don't fight it – relax. It's part of the process.

ACCEPT IT