

# YELLOW BELT

## **I. Introduction**

- A. American Kenpo Karate is an innovative no nonsense system of self-defense known for being highly effective. It has remained so because of the strict adherence to martial arts principles and the refusal to change into a sport.
1. Major contributor - Edmund Parker, chief innovator and organizer of Modern Kenpo.
  2. Other modern contributors - James Mitose and William K. S. Chow.
  3. Ancient origin – China.
  4. Modern origin – Hawaii.
  5. Kenpo – Law (principles) of the fist.
  6. Karate – Empty hands.

## **II. Yellow belt check sheets –**

- A. Consists of 4 parts:
1. Basics – single moves (stances, blocks, kicks, etc...).
  2. Set – a combination of basics put into an exercise routine to aid in practice.
  3. Form – a combination of basics put into a dance-like routine to aid in practice.
  4. Techniques – a combination of basics put into routines that are used for self- defense. Given names, rather than numbers, for easier recall.
- B. Attack scenarios covered in Yellow belt:
1. Direct front push
  2. Double front push
  3. Roundhouse punch
  4. Front kick
  5. Rear bear hug
  6. Side headlock
  7. Overhead club
  8. Double lapel grab
  9. Straight punch
  10. Shoulder grab
- C. Targets and weapons used by the attacker:
1. Shoulder - push, grab
  2. Chest - push, pull, hug
  3. Head - punch, club
  4. Groin/stomach - kick

5. Neck - choke

D. Targets and weapons used by the defender.

1. Arm – block, armbar
2. Groin – kick, hammerfist
3. Neck – handsword
4. Solar plexus – punch
5. Head – back knuckle, punch, palm heel, elbow
6. Leg – block, pinch, kneel
7. Ribs. – elbow, bite, punch
8. Hip – punch
9. Foot – stomp

### III. Topics touched on -

A. Primary objectives for each technique:

1. Move the target
2. Address the weapon
3. Disturb attackers balance
4. Prevent further threat ;
  - a. Disable attacker
  - b. Leave

B. Primary topics and or principles addressed:

1. Kenpo clock – An imaginary clock placed on the floor. Wherever you start facing is considered 12:00. Used to describe where things are or where you are going. The path can be either clockwise or counter-clockwise.
2. Range – various categories used to describe the distance between objects (usually between you and your attacker). One common method uses the following 5 categories;
  - a. Out of range – you and your opponent can not reach each other.
  - b. Long range – you or your opponent can be reached with a kick or a club.
  - c. Medium range – within reach of the hand.
  - d. Short range – close enough to use such weapons as elbows, knees or head.
  - e. Contact manipulation – close enough to use takedowns, joint locks and manipulations, chokes, etc...
3. Power – generally there are considered to be 4 sources of power;
  - a. Linear – movement in a straight line.
  - b. Torque – movement in a circle. Rotation.
  - c. Gravity – dropping your weight.

- d. Chemical – use of the above 3 but at an enhanced level due to the bodies reaction to chemicals. The source can be either internal or external.
4. Shout or Kiai – forcing air from the body. Most useful when done from the lower abdomen. Has 4 general uses;
    - a. Reduce the effect of a blow to you.
    - b. Increases the coordinated efforts of a strike.
    - c. Psychologically unnerves or distracts your opponent.
    - d. Attracts witnesses to your plight.
  5. Tension – during defense a certain level of muscular tension must be retained to be prepared. But in moving the amount will either work for or against you. This can also be viewed as weight versus no weight, strike versus evade or deliver.
    - a. Very tight - 1) inhibits speed of delivery.  
2) enhances transfer of power.
    - b. Loose - 1) inhibits transfer of power.  
2) enhances speed of delivery.
    - c. Ideal - 1) loose is use to enhance the speed of delivery to the target or remove the target from the weapon.  
2) very tight is used to deliver maximum power into the target or to fortify yourself against an opponent's weapon.
  6. Natural weapon choice – categorized as either bony (hard) or fleshy (soft). To avoid self injury, it is usually considered best to hit soft targets with hard weapons and hard targets with soft weapons. A huge grey area exists in this generalization.
  7. 4 ways to practice – use of all 4 would be ideal.
    - a. In the air – very useful in memorizing the patterns and developing speed, power and balance.
    - b. On a body – exposing yourself to a variety of different “attackers”. Very useful in locating targets and discovering the need for such things as balance and checking.
    - c. On a bag – useful in experiencing the feel of hitting an object with authority.
    - d. In your head – increases the ability to concentrate and to conceptualize. Also effective in memorizing patterns when you are unable to physically perform them.
  8. 4 points of view – 4 ways to look at and analyze what's going on.
    - a. Attacker
    - b. Defender
    - c. Observer
    - d. Weapon
  9. Stances – each has a purpose. Most important in this belt are;

- a. Horse – mostly for developing the legs.
  - b. Neutral – designed to compromise between target exposure and the ability to move quickly.
  - c. Forward bow – 1) delivery of power with the rear weapon  
2) increase reach  
3) fortify and stabilize forward movement (brace)
10. Bend your knees – good quality stances.
- a. Enhances ability to move quickly.
  - b. Reduces exposure to damage.
11. Line of attack – the line from the weapon to the intended target.
12. Invitation – holding your body or limbs in various positions so as to invite or direct the opponent to attack a seemingly exposed target. Suckering them into a mistake.
13. Major versus minor moves –
- a. Minor moves are used to cause an opponent to move in a certain direction. Usually to expose a target or to disrupt his balance.
  - b. Major moves are usually used to cause major damage to the target.
14. Snap versus thrust –
- a. Snap – created by the rapid movement of a natural weapon out and an even quicker return of that weapon. Usually leaves the opponent's position less disturbed by your weapon. He is more likely to stay there because of less penetration of the target.
  - b. Thrust – created by the rapid movement of a natural weapon out and a more committed delivery of it into the target. Penetration is much greater, therefore the opponent is more likely to be disturbed.
15. Balance – to help insure a successful defense, you must disturb his balance. If you get his balance you are at least one step ahead of him, making it more likely you will win. If he gets your balance, he wins. Balance consists of controlling 3 dimensions; height, width and depth.
- a. Height – the ability to move up and down in a meaningful manner.
  - b. Depth – the ability to move forward and back.
  - c. Width – the ability to move side to side or about a vertical axis.
16. Check – the use of a non weapon body part such as a hand or foot. It is placed so as to prevent a meaningful attack from your opponent. There are generally 2 types;
- a. Active – actually touching them.
  - b. Passive – in place but not actually touching.

17. Block placement – when blocking the arm the block must be placed to prevent that arm from continuing the attack. Three examples are;
  - a. On the inside of his arm – the block must strike below the elbow.
  - b. On the outside of his arm – the block must strike at or above the elbow.
  - c. If a rule is not followed, you must include a compensating move to counter any possible further action by your opponent.
  
18. Front vs rear weapon – main considerations are delivery time and power.
  - a. Front foot or hand is much quicker but does not have as much power.
  - b. The rear hand or foot will take longer to reach the target but has more power.
  
19. Focus – considerations of focus and where to look.
  - a. White dot focus – focus on the target. Intense focus may help produce power but it inhibits your ability to quickly see around you. You see a central spot (white dot), but not the area surrounding it (black background).
  - b. Black dot focus – you gaze at a central point vaguely (black dot) while also seeing the surrounding area (white background).
  - c. Location – your black dot focus is generally to their chest. This allows you to see around you as well as their core. Do not focus on their eyes or on their weapon. By using a general view you can avoid being faked out.
  
20. Your 4 basic choices – these are choices on where to go. They all have their advantages and disadvantages.
  - a. 2 basic choices of direction;
    - 1) forward – decreases the range
    - 2) back – increases the range
  - b. 2 basic choices of placing yourself in relation to his limbs;
    - 1) inside – going inside his limbs (to his center)
    - 2) outside – being outside his limbs (to his side or behind)
  - c. combined a. and b. - gives you your 4 choices;

|         |         |      |
|---------|---------|------|
|         | Forward | Back |
| Inside  | IF      | IB   |
| Outside | OF      | OB   |

21. Master key moves – combinations of moves that can be applied to more than one situation. Common examples include arm bars and rolling checks.

**IV. Extra techniques and topics as needed** – If you want to cover a particular worrisome situation, ASK. If you don't understand something, ASK. Remember; the only stupid question is one that has gone unasked.

- V. **The need to keep good notes** – You can't remember everything. Write your techniques down and keep them in a notebook. It is also a good idea to keep flashcards of your techniques. Sometimes you will be given information sheets used in the children's class that could help you. Occasionally an assignment may be given. You are expected to do them in a timely manner.
- VI. **Class conduct** – Please follow the adult class rules (a separate sheet).
- VII. **THANK YOU FOR STARTING THIS FASCINATING JOURNEY WITH US.**

**ENJOY YOURSELF,**

**Norm Rolando**