

The following text is taken directly from the definition of "The Equation Formula" in the Encyclopedia of Kenpo.

This is a special formula that one can follow to develop specific, practical, and logical fighting patterns. The formula allows you a more conclusive basis for negotiating your alternate actions. It reads as follows: To any given base, whether it is a single move or a series of movements, you can:

Prefix it - add a move or moves before it,

Suffix it - add a move or moves after it,

Insert - add a simultaneous move with the already established sequence (this move can be used as a (a) pinning check - using pressure against an opponent's weapons to nullify their delivery, or (b) positioned check - where you place the hand or leg in a defensive position or angle to minimize entry to your vital areas

Re-arrange - change the sequence of the moves,

Alter the - (a) weapon, (b) target, or (c) both weapon and target,

Adjust the - (a) range, (b) angle of execution (which affects width and height), or (c) both angle of execution and range,

Regulate the - (a) speed, (b) force, (c) both speed and force, or (d) intent and speed,

Delete - exclude a move or moves from the sequence.