

CROSSING MINDS

PURPOSE

Coordination Drill (Classroom Drill)

ACTIONS

Begin in a **Training Horse Stance** facing 12:00, with your left fist extended toward the front and your right fist chambered by your right pectoral muscle.

S1—Execute a **Right Front Thrust Punch** to 12:00.

S1—Chamber your left fist against your left pectoral.

S2—Execute a **Left Front Thrust Punch** to 12:00.

S2—Execute a **Right Front Snapping Ball Kick (Front Snap Kick)** to 12:00.

S2—Chamber your right fist against your right pectoral.

S3—Plant your right foot down to point of origin (**Training Horse Stance**).

S3—Execute a **Right Front Thrust Punch** to 12:00.

S3—Chamber your left fist against your left pectoral.

S4—Execute a **Left Front Thrust Punch** to 12:00.

S4—Chamber your right fist against your left pectoral.

S5—Execute a **Right Front Thrust Punch** to 12:00.

S5—Execute a **Left Front Snapping Ball Kick (Front Snap Kick)** to 12:00.

S5—Chamber your left fist against your left pectoral.

S6—Plant your left foot down to its point of origin (**Training Horse Stance**).

S6—Execute a **Left Front Thrust Punch** to 12:00.

S6—Chamber your right fist against your right pectoral.

HISTORICAL DATA

SOURCE: Tracy's Louisville

PURPOSE: Classroom Drill

CONCEPT: Cross-Body Coordination

This exercise should be repeated in a continuous sequence. You should strive to maintain an Open Training Horse Stance throughout the exercise without rising too high, or without letting your feet to 'walk' or travel from your original starting position. Your punches should be focused along your centerline aimed at a point in front of your sternum. Your kicks should be focused along your centerline aimed at a point in front of navel. You should increase the speed of this exercise as long as you can maintain balance, focus, form, and timing. Benefits derived from this exercise include:

1. Mental Focus
2. Balance
3. C o o r d i n a t i o n between hands and feet (cross body coordination)
4. Speed
5. Timing
6. Spatial Awareness
7. Breathing
8. Rhythmic (cadence) control

BRUCE LEE EXERCISE

PURPOSE

Coordination Drill (Classroom Drill)

ACTIONS

Begin in a **Training Horse Stance** facing 12:00, with your left fist extended toward the front and your right fist chambered by your right pectoral muscle.

S1—Execute a **Right Front Thrust Punch** to 12:00.

S1—Chamber your left fist against your left pectoral.

S2—Execute a **Left Front Inverted Horizontal Punch (Uppercut Punch)** to 12:00.

S2—Your right arm covers horizontally across your left arm.

S3—Execute **Outward Horizontal Whipping Back Knuckle Strike** to 12:00.

S3—Chamber your left fist against your left pectoral.

S4—Execute a **Left Front Thrust Punch** to 12:00.

S4—Chamber your right fist against your right pectoral.

S5—Execute a **Right Front Inverted Horizontal Punch (Uppercut Punch)** to 12:00.

S5—Your left arm covers horizontally across your right punching arm.

S6—Execute a **Left Outward Horizontal Whipping Back Knuckle Strike** to 12:00.

S6—Chamber your right fist against your right pectoral.

This exercise should be repeated in a continuous sequence. You should strive to maintain a Training Horse Stance throughout the exercise without rising too high. Your thrust punches should be focused along your Self-Centerline aimed at a point at head level. Your back fist strikes should be focused along your Self-Centerline aimed at your temples. Your inverted punches (uppercuts) should be focused along your Self-Centerline aimed at a point in front of your solar plexus. Your inverted punches should not fully extended – the elbow should just clear past your body for correct form.

The title of this exercise comes from a motion picture released in the 1970s titled, **“Enter the Dragon”**, starring Bruce Lee. In an early part of the movie when Bruce Lee is warming up prior to a competition, he executes this sequence of strikes after being interrupted by the notorious O’Hara.

The Bruce Lee exercise sequence should be practiced from slow to fast. Often it is used as a ‘burn-out’ drill to develop stamina.

Kenpo practitioners should pay attention to the classroom drills presented in this manual so that they will be able to understand and master the Family Related Techniques that stem from these drills.

As you increase speed with this sequence, you will begin to notice that your cross-checking hand will be "*slapping*" against the front of your shoulder muscles (anterior deltoid). This is used to teach the proper timing of a **rebounding check**. Kenpo has often been erroneously termed a 'slap art' from the uninitiated viewing a Kenpo adept utilizing rebounding checks to propel their strikes at greater speeds. By studying the physics of a rebounding check you will discover that your arm will be allowed to travel at full speed without having to slow down to change directions. The rebound is taking advantage of an elastic collision with a body part; therefore, conserving energy and momentum. The results of studying the physiology of the rebound indicate that the target that is getting struck will relax after impact; therefore, allowing the limb to be enabled to strike again with a full range of motion.

HISTORICAL DATA

SOURCE: Tracy's Louisville

PURPOSE: Classroom Drill

CONCEPT: Rebounding