

The Kenpo Masters

Student Booklet

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Student Booklet

Volume One - Family Roots

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How To Use This Course

The material in this course is designed for the advanced Kenpo student. To understand Family Groupings and its associated topics such as Family Related Moves, you must have a thorough understanding of American Kenpo as it was originally taught. We realize that many people, for one reason or another, have not been taught Kenpo as Ed Parker, the founder of American Kenpo, created it. However, there are several resources available to remedy this situation. For a detailed study of each self defense technique, we recommend the *Unabridged Library of Contemporary Kenpo*. This is a twelve volume set is more than 2000 pages weighing over thirty pounds! It provides detail descriptions of each technique in the Ideal Phase from Yellow Belt to Third Degree Black Belt suitable for any belt level. For those who prefer a more condensed version, we recommend the *Rapid Review* textbooks Volumes 1 and 2. As far as we know, these are the **only** authoritative textbooks on Kenpo available today. For more information, contact:

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Web Site—www.arnis.org

As a prerequisite for this course, we recommend that you read Ed Parker's *Infinite Insights Into Kenpo*, Volumes 4 and 5. Pay particular attention to the sections on Dimensional Zone Theory, Nature of Attack, and Web of Knowledge. Volume 5 is also an excellent and reliable source for a complete list of the self defense techniques and their appropriate attacks. This information will prove to be an invaluable tool in your study.

If you have trouble understanding the material in this course, especially the section on Family Related Moves, the solution can be found in two areas. First, in the self defense techniques themselves. Make certain that you are executing them in the prescribed manner. You may need to refresh your memory with the textbooks we mentioned above. This course does not teach the techniques! We are assuming that you know the techniques already; so make sure that you do. Also, in order to simplify things, don't concern yourself with the extensions. Once you complete this program and understand its methodology, you can return to the extensions which will be fertile ground for you to explore and test your new knowledge. The second solution to any problems you may face is—PATIENCE. Remember, this program is designed for advanced practitioners with a thorough understanding of the art. If you find that you do not understand a section, give it time, continue your studies and it will eventually come to you. For example, if you have difficulty understanding the family relationship between two techniques, focus your attention only upon those two techniques. With continued practice and *patience*, the answer will come to you. Remember, the two most important things you can do to guarantee success is fervent study and patience.

Now, if you're ready, let's begin!

Welcome!

Welcome to Volume One of the Kenpo Masters Series!

With this textbook and the accompanying video series, you will learn the pinnacle of the Kenpo system, Family Groupings. Family Groupings, and its associated topics such as Family Related Moves, are methods used by advanced practitioners to simplify the otherwise unpredictable nature of combat. By having a thorough understanding of this essential topic, you will be able to respond spontaneously to virtually any combat situation. But in recent years, especially since the passing of Ed Parker, this important topic is seldom taught. Why is this so? Well, there are several reasons.

First, due to poor quality instruction and a lack of understanding of Kenpo, many organizations and instructors have changed the Kenpo system. For example, many techniques have been removed or changed in some way, the attacks have been altered, and the structure of the belt system has been changed. As we shall see shortly, Kenpo is laid out in a logical and progressive manner. Any changes to this and you are no longer left with the Kenpo system as Ed Parker, the creator of American Kenpo, designed it. You have only a crude copy.

The second reason why Family Groups are seldom taught (and the one which disgusts me the most), are the many instructors who refuse to teach it! This has never been the case in the past. But in recent years, these “instructors” only hint at the information. They feel that Kenpo is best served if the student “figures it out for himself.” By doing so, the “keys to the system won’t be given away.” But is this really teaching or something else in disguise? Imagine an elementary school teacher who shows his/her students that $2+2=4$ and then says, “OK Class, figure the rest out for yourselves.” This is not teaching; this is someone on a “power-trip.” A true teacher gives the students all the necessary information they need so that they can eventually be independent. (*Maybe the reason why these self-serving instructors don’t want their students to be independent is so that their wallets don’t run dry!*)

To help the students achieve their goal, a true teacher will give all the necessary information and guide the students through a series of exercises designed to promote and develop this skill. This is precisely how this program is designed! In this series, we will guide you step-by-step in a fully interactive program designed to give you a full understanding of Family Groups and its associated topics which will complete your knowledge of Kenpo. To receive the most from this program, we recommend that you take your time and personally engage in every exercise. Simply knowing the answers is not enough. If you expect to maximize your skills and talents and be better prepared for any combat situation, you *must* follow the program.

Before we begin, it is necessary to understand why Family Groups are important and why it was developed. Let’s take a look at the reality of combat.

Family Groups and the Reality of Combat

Let's begin by learning what actually happens to you in stressful combat situations. First, you will undergo several **physiological** changes such as:

- 1) Increased adrenal activity
- 2) Increased heart rate
- 3) Increased respiration
- 4) Vascular flow moves away from the extremities
- 5) Pupil dilation
- 6) Distorted sense of time and space

These physiological changes affect **performance** in the following ways:

- 1) Loss of fine and complex motor skills (*due to vascular flow moving away from extremities*)
- 2) Loss of peripheral vision—Tunnel Vision
- 3) Hear impairment—Tunnel Hearing
- 4) Loss of depth perception
- 5) **Increase in reaction and response time**

This last effect is very important and is directly related to Family Groups. We will return to this shortly, but first lets look at some methods designed to reduce the effects of survival stressors.

- 1) Increase confidence in skill through proper training.
- 2) Provide a learned survival experience.
- 3) Implement tactical breathing before and during tactical engagements.
- 4) Evaluate personal relationships and faith systems.
- 5) Train only combat effective methods to the point of spontaneity.

Let's now take a look at reaction and response time.

Reaction/Response Time

A researcher in the 1950's (Hick) found that "as the number of response options (techniques) increases from one to two, reaction time increases by 58%." This later led to the development of what is now known as Hick's Law of Reaction/Response time. It states that "reaction time increases significantly when one must decide which response or techniques is most appropriate for the threat." For example, in 1993 a research (Ferrara) tested Hick's Law and found that the reaction time of a single block to a punch was .183 milliseconds. When four different blocks were given as options, reaction time increased to .481 milliseconds.

To summarize, reaction/response time increases when:

- 1) Additional elements or components in a series are added to the action.

- 2) Anytime more than one limb must be coordinated.
- 3) When the duration of a skill becomes longer.
- 4) Anytime a movement becomes more complicated from any of the above because additional time is needed to organize and download the motor program.

How does Kenpo hold up?

Well, how does Kenpo hold up to this research? Let’s take a look at the data on Kenpo. In American Kenpo as originally taught, there are 154 separate techniques in the belt system plus two additional found in the Long 6 form giving a total of 156. Of these 156 there are:

Number of Techniques Taught per Attack

Type of Attack	Number of Defenses
Punches	30
Grabs	23
Chokes and Locks	17
Holds and Hugs	16
Pushes	13
One-man Multiple Attacks	12
Stick	11
Kick	10
Two-man Multiple Attacks	10
Knife	7
Gun	4
Tackle	3

Don’t forget about reaction and response time. Remember what Hicks said? He said that the more choices you have to counter a threat, the longer it takes you to respond. Now look at the number of techniques for punches, there are 30 choices! Hick’s found that going from one to two choices increased reaction/response time by 58%. Imagine what happens when you have 30 choices!

When it comes to reality in combat an over-whelming majority of Kenpo schools fail miserably. Why, it’s because they are unable to use the very techniques they train for. Just look at a typical class. After a brief warm-up, new techniques are learned. Techniques are then practiced with a partner, the “dummy.” But what happens when it’s time to free-spar? **Not one technique is seen!** Mostly, you see

only a lot of dancing with a backfist and a roundhouse thrown in. If you're lucky, you might even see a side kick! If this happens in training, imagine what will happen if your life is threatened.

So how do we solve this dilemma? Should we throw all but a few techniques out? Should we re-organize the Kenpo system? There's no need! Kenpo has always had the answer, Family Groups. Family Groups gives us a means of "reducing" the number of techniques from 156 down to 18 (one for each typical attack). Since there is only one choice per attack, our mind is free from decisions and a *decrease* in reaction time results.

But, unfortunately, the majority of Kenpo schools do not teach or have not been taught Family Groups. As a result, they will fail in combat situations. In short, they are no more than highly skilled, highly ranked victims.

Don't let this happen to you!

Learn the Family Groupings and apply them to your daily practice.

Shortly, we will learn the 18 Family Groups and how they are used. But, first, it is vital that we understand the organization of American Kenpo as this leads us to the development of Family Groups.

The Organization of Kenpo

To develop a student's ability, Kenpo utilizes a two-tiered learning process. The first tier develops the student's skill by guiding him through the belt system. The second tier develops the student's ability to utilize these techniques effectively in combat; this tier is known as Family Groupings. Let's begin by looking at the first tier, the development of skill through the belt system.

To develop the student's skill, Kenpo organizes the techniques in a logical and progressive manner through the belt system, a system designed to encourage the student and award recognition. If you have already read Ed Parker's *Infinite Insights Into Kenpo* volume five, some of this may sound familiar, but you should still pay attention for there may be information here that you were unaware of.

Let's begin by looking at which belts the self defense techniques are found in. With the exception of technique extensions which we will save for a future study, all self defense techniques can be found within the first eight belts. Arranged horizontally these are:

White	Yellow	Orange	Purple	Blue	Green	3rd Brown	2nd Brown
-------	--------	--------	--------	------	-------	-----------	-----------

Now we find what attacks are likely to occur and arranged them according to their severity. Ed Parker call this the "Categorical Breakdown of Types of Attacks." The Categorical Breakdown of Types of Attacks from least severe to most deadly is as follows:

- 1) Grabs and Tackles
- 2) Pushes
- 3) Punches
- 4) Kicks
- 5) Holds and Hugs
- 6) Chokes and Locks
- 7) Weapons
- 8) Multiples Attacks

We now arrange these vertically with the eight belts:

	White	Yellow	Orange	Purple	Blue	Green	3rd Brown	2nd Brown
Grabs and Tackles								
Pushes								
Punches								
Kicks								
Holds and Hugs								
Chokes and Locks								
Weapons								
Multiple Attacks								

Consideration is next given to those attacks which are most likely to occur and those which require a high degree of skill. For example, grabs, pushes and punches are by far the most common types of street attacks whereas weapons and multiple opponents occur less often. This information is published annually by the Federal Bureau of Investigation in their Uniform Crime Report. Therefore, you will find that the majority of self defense techniques in the lower belts will be defenses for grabs, pushes and punches, and in the upper belts you will find that the majority of self defense techniques are for weapons and multiple attacks. The types of attacks are then laid out horizontally throughout the belt system (with the exception of White Belt) arranged according to degree of difficulty. For example, the first technique in every belt is a defense for some type of grab, the second techniques is a defense for some type of punch, the third technique is a defense for some type of kick, etc. Examples are shown below.

Yellow #1	Delayed Sword— <i>lapel grab</i>
Orange #1	Clutching Feathers— <i>hair grab</i>
Purple #1	Twirling Wings— <i>rear shoulder grab</i>
Blue #1	Begging Hands— <i>double wrist grabs</i>
Green #1	Obscure Claws— <i>shoulder grab</i>

Yellow #2	Alternating Maces— <i>two-hand push</i>
Orange #2	Triggered Salute— <i>one-hand push</i>
Purple #2	Snapping Twig— <i>one-hand push</i>
Blue #2	Thrusting Wedge— <i>two-hand push</i>
Green #2	Encounter with Danger— <i>two-hand push</i>

This pattern is repeated three times until there are twenty-four techniques in each belt, with the obvious exception of Yellow Belt which has only ten (it is an introductory belt to techniques). These twenty-four techniques are actually three groups of eight techniques each and serve a unique purpose. With the exception of Yellow Belt, the first eight techniques of each belt build upon information learned in the **Past**, the second group of eight techniques contain characteristics which are unique for that **Present** belt, and the last group of eight techniques prepares the student for information which will be expanded in **Future** belts.

1st Eight Techniques	Past
2nd Eight Techniques	Present
3rd Eight Techniques	Future

As you have seen, Kenpo is structured according to a logical and progressive manner. It's surprising how many schools across the nation do not teach Ed Parker's original twenty-four techniques per belt in the prescribed order. It obviously shows a severe lack of understanding of Kenpo and its teaching methods. If you want to learn the art of Kenpo, what better way than in the manner in which it was designed by its creator, Ed Parker. Why study someone else's bastardized version?

Now that we understand how Kenpo is structured to develop skill, let's now take a look to see how Kenpo prepares us for combat. We will now study the second tier of Kenpo teaching—the Eighteen Family Groups.

The Eighteen Family Groups

Now that we understand how Kenpo is arranged to develop skill, we now take a look as Kenpo prepares us to respond instinctively in combat. For our study we will once again use the Categorical Breakdown of Types of Attacks. But at this stage, we are no longer concerned with the severity of the attacks; we are now concerned with the *nature* of the attacks. For this reason, the Categorical Breakdown of Types of Attacks will be used once again; however, it will now be arranged according to their nature.

Upon examination you will find that certain attacks must be deflected before they make contact, others must make contact before the defense is initiated, and some are combinations of both. These three divisions are—Striking, Grappling and Multiple Attack. They are summarized below:

Striking	Attacks which must be defended before bodily contact is made.
Grappling	Attacks in which the defense is begun during bodily contact.
Multiple Attacks	Combinations of one or both of the above.

Next, we rearrange the Categorical Breakdown of Types of Attacks to fit within these three divisions as shown below:

Striking	Grappling
Pushes	Tackles
Punches	Grabs
Kicks	Holds and Hugs
Weapons	Chokes and Locks
Multiple Attacks	

It may not be immediately apparent why pushing is within the striking category, but, by its very nature, it must be defended *before* bodily contact is made otherwise the attack would succeed. You will notice that grabs and tackles are no longer paired together. Why? Well, you must remember that in the Categorical Breakdown of Types of Attacks, attacks were arranged according to *severity* of attack. We are now concerned with the *nature* of the attack. Although grabs and tackles are the least severe attack, they have two very distinct natures. Grabs are methods to restrain while tackles are methods used to initiate a wrestling position on the ground.

We now have the Nine General Attack Categories. They are:

Striking

1. Pushes
2. Punches
3. Kicks
4. Weapons

Grappling

5. Tackles
 6. Grabs
 7. Holds and Hugs
 8. Chokes and Locks
-
9. Multiple Attacks

Assignment 1—Dividing the Self Defense Techniques into Nine General Attack Categories

Using nine separate sheets of paper, arrange all of the self defense techniques, according to attack, into the Nine General Attack Categories. List all self defense techniques against a push under the *push* heading, all of the self defense techniques for a punch under the *punch* heading, and so on. When you are finished, compare your answers to those listed in the back of the book. If there are any discrepancies, learn why before continuing on.

Identifying the Eighteen Family Groups

Now that you have arranged all the self defense techniques into general attack categories, its time for you to identify the Eighteen Family Groups. To give you a head start, we will identify nine of these for you. Let’s look back on our chart for the Three Divisions of Attack:

Striking
Pushes
Punches
Kicks
Weapons

Grappling
Tackles
Grabs
Holds and Hugs
Chokes and Locks

Multiple Attacks

In our Striking Division we have pushes, punches, kicks and weapon attacks. As you will learn later in this series, there is actually one defense for any push, punch or kick; however, there are three for weapons. What are they? Well, look on the weapon sheet you did for Assignment 1. If you look carefully, you will notice certain key words such as: rod, lance and storm. These are code words for gun, knife and club (stick). Therefore, you have three types of weapon attacks.

Let's look at the multiple attack sheet from Assignment 1. If you examine it carefully, you will notice that the most basic difference between all of these techniques is the fact that some are defenses against one-man multiple attacks and others are defenses against two-man multiple attacks. Therefore, you have two types of multiple attacks—one-man and two-man.

Finally, although there are several ways in which to tackle, Kenpo only deals with defenses at waist level; therefore, we have only one defense for tackles. To summarize our results, let's look at the table below:

Striking	Grappling	Multiple Attacks = 2
Pushes = 1 Punches = 1 Kicks = 1 Weapons = 3 - gun - knife - stick	Tackles = 1 Grabs = ? Holds and Hugs = ? Chokes and Locks = ?	-one-man -two-man

Assignment 2—Identification of Family Groups

Your assignment is to identify the remaining nine of the Eighteen Family Groups which fall under the categories Grabs, Holds & Hugs, and Chokes & Locks. As is the examples already given, examine the techniques under each category heading and find the similarities. **Hint:** There are four in Grabs, three in Holds & Hugs, and two in Chokes & Locks. When you are finished, check your answers and continue below.

The Eighteen Family Groups!

If you have successfully completed Assignment 2, you now have all eighteen Family Groups! This is what is only hinted at in seminars. Although the Eighteen Family Groups are not an end unto themselves, they do form the beginning of a fascinating study which leads you to success in combat. It's time to move on to Assignment 2.

Note: At times, you may hear that there are nine Family Groups. This is wrong. There are **nine** general attack categories and **eighteen** family groups.

Assignment 3—Final Division

Now that you know all eighteen family groups, further divide your technique lists into each family group. It is advisable to have a separate sheet of paper for each family. For example, on one sheet list all gun techniques, on another all knife techniques and so forth. Once completed, proceed below.

Now that you have identified the Eighteen Family Groups and have divided the techniques into each group, it is time to learn the individual technique families. In order to do so, we must delve further into the nature of the attack. Let's begin with the Grappling Division.

The Nature of the Attack—*Grappling Division*

“The Nature of the Attack,” as defined by Ed Parker, “refers to learning to: (1) identify, define and classify the types of encounters you may find yourself in; (2) thoroughly scrutinize the various methods in which weapons (natural or otherwise) can be employed; and (3) instinctively determine your choice of action in successfully combating the numerous types of encounters with which you may be confronted.” Let’s begin our study by examining attacks from the Grappling Division. We will examine their purpose, common methods of execution and possibilities of application.

1. Tackles—A tackle is a method of attack designed to force another to the ground where wrestling holds, locks and strikes may be applied. There are various methods of tackling, but all forms fall within two categories—knee-level and waist-level.

Knee-level tackling techniques are by far the most effective. They involve methods of holding the opponent’s leg(s) and applying body momentum (pushing) to cause the opponent to trip and stumble to the ground. Although very effective in downing the opponent, knee-level tackle technique require full commitment and may leave you open to counterattack if it fails. The most common method of tackling is a waist-level tackle. This involves charging toward the opponent and applying a grab around the waist or hips. The takedown is accomplished by continuing to apply forward body momentum or by holding the opponent in a type of bear hug and throwing him to the ground.

At the beginning level, American Kenpo examines only waist-level tackle techniques. Therefore, all self defense techniques for tackles are within the same category (family). This “family” is often nicknamed the Ram Family.

2. Wrist Grabs—Grabbing an opponent’s wrist is a method of controlling his weapons and/or defenses. Wrist grabs can also be used to pull and upset the opponent’s balance. There are various ways in which to apply a wrist grab but all fall within three categories—Single to Single, Double to Single and Double to Double. There is a fourth possibility, Single to Double, but because it is highly unlikely to occur it is not examined at this point. The chart below outlines all the possible and practical methods of applying wrist grabs:

I. Single to Single

- A. Regular grip
 - 1. Arm down
 - a. Direct
 - b. Cross
 - 2. Arm up
 - a. Direct
 - b. Cross
- B. Irregular grip
 - 1. Arm down
 - a. Direct
 - b. Cross

II. Double to Single

- A. Regular grip
 - 1. Arm down
 - a. Direct-Cross Combination
 - 2. Arm up
 - a. Direct-Cross Combination

III. Double to Double

- A. Front
 - 1. Regular grip
 - a. Arms down
 - 1) Direct
 - 2) Cross
 - b. Arms up
 - 1) Direct
 - 2) Cross
- B. Rear
 - 1. Regular grip
 - a. Arms down
 - 1) Direct

3. Shoulder/Lapel Grabs—Grabs to the shoulder are designed to intimidate, to prevent escape and to control the Width Zone (ability to turn). Shoulder/Lapel grabs fall within two categories—Single and Double grabs.

I. Single

- A. Front
 - 1. Direct
 - a. Outside
 - b. Inside
 - 2. Cross
 - a. Outside
- B. Side
 - 1. Direct
- C. Rear
 - 1. Direct

II. Double

- A. Front
 - 1. Direct
- B. Rear
 - 1. Direct

4. Belt Grabs—Grabs to the belt represent any low grabs from the rear. These self defense techniques also prepare the student for pistol hold-ups from the rear. Grabs to the belt are invariably single hand and the defense can fall on the inside or the outside of the opponent's arm.

5. Hair Grabs— Grabbing a person's hair is a powerful way to control someone. When you

pull someone's hair, and in effect move the head, the body will surely follow. This is an excellent method to upset and destroy a person's balance. Although hair grabs may occur from behind as well as from the front, only frontal attacks are studied at this level.

6. Hand Holds—A hand hold often occurs after a handshake. Hand holds are methods designed to deceive an opponent to deliver a “sucker-punch” or to prepare for finger, wrist or other joint locks. This category is often nicknamed the Gift Family.

7. Full Nelson Holds—A full nelson is a method designed to trap both arms and lock the neck causing injury to the cervical vertebrae. It is also used hold someone while another assailant beats the victim. Half nelsons are also within this category.

8. Bear Hugs—Bear hugs are very common in attacks especially when the attacker prefers wrestling maneuvers. Bear hugs are used to prevent escape, prevent attack or defense, hold while a second attacker delivers strikes and to effect takedowns. Bear hugs fall within three categories and are outline below.

I. Front

- A. Both arms free
- B. Both arms pinned
- C. One arm free/one arm pinned

II. Rear

- A. Both arms free
- B. Both arms pinned
- C. One arm free/one arm pinned

III. Side

- A. Both arms free
- B. Both arms pinned
- C. One arm free/one arm pinned

9. Chokes—A choke is designed primarily to restrict oxygen to the lungs to cause death and secondarily to restrict blood-oxygen flow to the brain to cause unconsciousness. The most deadly type of choke is delivered from the front and the least deadly is delivered from the rear.

I. Front

- A. Direct
- B. Cross

II. Rear

- A. Direct
- B. Cross

10. Locks—There are literally hundreds of methods of applying locks to the various parts of the human body; however, Kenpo examines only the most common which occur in street altercations. These locks are designed to control body movement, to prevent defense and offense, to cause

severe damage to connective tissue and to even cause death. American Kenpo examines locks to four parts of the body which are outlined below.

I. Finger

II. Wrist

III. Arm

A. Front

B. Rear

1. Lever arm

2. Snaking

a. Direct

c. Cross

IV. Head

A. Front

B. Side

Assignment 4—Specification of Attacks

Now that we have examined the nature of the grappling attacks, it is time to match the attacks with the self defense techniques. Using your techniques lists and following the guidelines above, correctly place the self defense techniques for the Grappling Division within the specific attack categories. You will find that some categories contain only one self defense technique while others contain zero or up to four. The following example will help you get started. Once you are finished, check your answers and then proceed.

Example of Specification of Attacks:

1. Tackles

CHARGING RAM

BROKEN RAM

INTERCEPTING THE RAM

2. Wrist Grabs

I. Single to Single

A. Regular grip

1. Down

a. Direct

GRIPPING TALON
GLANCING SPEAR

b. Cross

CROSSING TALON

2. Up

a. Direct

b. Cross

B. Irregular grip

1. Down

a. Direct

b. Cross

Technique Families

Let's recap what we have accomplished in this program up to this point. First, we divided the types of attacks into three main divisions—striking, grappling and multiple attacks. Then, we further divided these into the Nine General Attack Categories—pushes, punches, kicks, weapons, tackles, grabs, holds and hugs, chokes and locks, and multiple attacks. We then learned the Eighteen Family Groupings by further subdividing these nine. And, finally, by studying the nature of the attack we have correctly identified the individual families within the Family groupings.

You will notice in the charts that you completed for the last exercise that there were several attacks for which there were no self defense techniques. Does this mean that Kenpo is incomplete? Of course not! Kenpo is *condensed*. When you learn the master key moves later in this program, you will discover the solutions to the “unsolved” attacks.

In our last exercise, you probably also noticed that there were several groups which contained two, three or four techniques and that there were some which had only one technique. Whenever you find two, three or four techniques together, you found technique *families*. The techniques which are by themselves are called *orphans*. Technique Families are two or more techniques which are grouped together to teach various principles. Technique Orphans are individual techniques which are often master key moves or solutions to various “what if” possibilities. However, orphans have families too! Somewhere they are related to two or more techniques which form a family. When you study Family Related Techniques later in this section, you will discover the families to which orphans belong. But, first, we will examine the technique Families of the Grappling Division and learn the principles they teach.

Family Units—*the Binding Force*

To understand Family Units and Family Related Techniques, you must have an understanding of *Complementary Characteristics*. Complementary Characteristics simply states that for every action, principle or concept, there is an equal action, principle or concept which is mutually dependent upon the other. For instance, if you have a *defensive* technique, there must also be an *offensive* technique; if you block on the *inside* of the opponent's arm, you must also be able to block on the *outside*; and so forth. The table below will help you to understand this crucial concept.

Table of Complementary Characteristics		
Forward Reverse	Inside Outside	Above Below
Front Back	Right Left	Linear Circular
Striking Grappling	Empty Hand Weapon	Hard Soft
Offense Defense	Clockwise Counterclockwise	Hand Foot
Push Pull	Direct Indirect	Major Minor

Family Units—*Breakdown and Description*

We will now examine each individual family within the Grappling Division. Orphan techniques will be covered in our study of Family Related Techniques. Once you learn the family in which orphans belong, you can then easily decipher their role in Family Units. You will find the descriptions below to be brief. This is to simplify the explanations so you will more clearly see their meaning and application. Take special note on the Common Characteristics.

Tackle Family <i>Ram Family</i>	
CHARGING RAM	-You are able to anticipate the attack, so you redirect the opponent -Begins in long range, ends in long range
BROKEN RAM	-Opponent closes the gap -Begins in long range, ends in close range
INTERCEPTING THE RAM	-You close the gap -Begins in close range, ends in long rang

Wrist Grab Family <i>Single to Single Direct</i>	
GRIPPING TALON	-Advance, inside opponent's leg -Takedown on inside -Rear cross with takedown
GLANCING SPEAR	-Retreat, outside opponent's leg -Takedown on outside -Front cross with takedown

Wrist Grab Family <i>Double to Double Direct</i>	
BEGGING HANDS	-Retreat with defense -Mirrored defensive motions
DESPERATE FALCONS	-Advance with defense -Reverse defensive motions

Shoulder/Lapel Grab Family <i>Front Single Inside Direct</i>	
DELAYED SWORD	-Retreat with defense -Striking method -You bring opponent in
FALLING FALCON	-Advance with defense -Grappling method -You go in to opponent

Shoulder/Lapel Grab Family <i>Front Single Outside Direct</i>	
LONE KIMONO	-Retreat with defense -Arm is cleared
CONQUERING SHIELD	-Advance with defense -Arm is not cleared

Shoulder/Lapel Grab Family <i>Side Single Direct</i>	
SWORD AND HAMMER	-Long range
OBSCURE WING	-Close range

Shoulder/Lapel Grab Family <i>Rear Single Cross</i>	
OBSCURE SWORD	-Retreat to gain distance -Striking method
OBSCURE CLAWS	-Advance to decrease distance -Grappling method

Shoulder/Lapel Grab Family <i>Front Double Direct</i>	
MACE OF AGGRESSION	-Advance with defense -Both arms above
TWIN KIMONO	-Retreat with defense -One arm above, one arm below
RAKING MACE	-Advance with defense -One arm above, one arm below
BLINDING SACRIFICE	-Advance with defense -Both arms below

Hand Holds <i>The Gift Family</i>	
GIFT OF DESTRUCTION	-Defense on outside
GIFT IN RETURN	-Defense above
GIFT OF DESTINY	-Defense on inside
BROKEN GIFT	-Defense Below

Full Nelson Family	
SCRAPING HOOF	-Opponent holds you in position
REPEATED DEVASTATION	-Opponent pushes you forward
TWIRLING SACRIFICE	-Opponent forces you downward

Bear Hug Family <i>Front with arms free</i>	
STRIKING SERPENT'S HEAD	-Opponent pushes you backward -You pull opponent's head back
TRIPPING ARROW	-Opponent pulls you forward -You push opponent's head back

Bear Hug Family <i>Rear with arms free</i>	
CRASHING WINGS	-Opponent holds you in position, move right -You move behind opponent
SPIRALING TWIG	-Opponent pushes you forward -You turn to face opponent
SQUATTING SACRIFICE	-Opponent forces you down -You turn opponent away from you

Bear Hug Family <i>Rear with arms pinned</i>	
CAPTURED TWIGS	-Opponent pushes you forward
CRUSHING HAMMER	-Opponent holds you in position, move left
SQUEEZING THE PEACH	-Opponent pulls you backward, or picks you up

Choke Family <i>Front Direct</i>	
DESTRUCTIVE TWINS	-One arm above, one arm below -Reverse defensive motion
HEAVENLY ASCENT	-Both arms below -Mirror defensive motion

Choke Family <i>Rear Direct</i>	
CIRCLING WING	-Opponent pushes you forward -Release into striking method
CROSS OF DESTRUCTION	-Opponent pulls you backward -Counter-manipulate into grappling method
FALLEN CROSS	-Opponent pushes you forward -Counter-manipulate into grappling method

Lock Family <i>Wrist locks</i>	
TWISTED TWIG	-Arms are above and between
BOW OF COMPULSION	-Arms are below and between

Lock Family <i>Hammerlock</i>	
LOCKED WING	-Primary technique
FLIGHT TO FREEDOM	-Back-up technique

Lock Family <i>Headlock</i>	
THE GRASP OF DEATH	-Opponent forces you forward -You force opponent face-downward
GRIP OF DEATH	-Opponent holds for you for punch -You force opponent face-upward

Family Related Techniques

Now that we have examined the individual families, let's now take a look the relationships between the individual members of the families—self defense techniques. First, consider how you are related to other people. You are related to some members of your family through blood in which you share common genetic characteristics. You are also related to others through marriage or some other legal bond which you share no common genetic characteristics but yet have a binding relationship. Self defense techniques are related in the same manner. Many techniques share common motions or are simply an adaptation of another technique. Techniques of this type are related by *blood*. Techniques can also be related by similar concepts or defensive effects on the opponent. Techniques of this type are related by *marriage*. In this program, we will primarily examine techniques which are related by blood; however, we will take a look at a few by marriage to give you an idea how this functions. In addition to understanding the two types of relationships, to discover how techniques are related you must have a working knowledge of two concepts—Complementary Characteristics (which we have already discussed in the previous section) and the Formulation Equation.

The Formulation Equation is a method devised by Ed Parker to quickly change a technique into a logical and effective solution to a different attack. The Formulation Equation states that for any technique (or move) you can **prefix** it—add move(s) *before* it, **suffix** it—add move(s) *after* it, **insert**—add a move within the sequence or simultaneous with one, **rearrange**—change the

sequence of moves, **alter** the—weapon, target or both, **adjust** the—range, angle of execution or both, **regulate** the—speed, force, speed and force or intent and speed, and **delete**— exclude a move(s) from the technique. The Two Types of relationships and the Formulation Equation are summarized below:

Two Types of Technique Relationships	
Blood	-Characterized by a direct application of motion
Marriage	-Characterized by a direct application of concepts and/or principles

Formulation Equation	
Prefix	-add move(s) before
Suffix	-add move(s) after
Insert	-add a move within or simultaneous with
Rearrange	-change the sequence of the moves
Alter	-alter the weapon, target, or both weapon and target
Adjust	-adjust the range, angle of execution, or both angle of execution and range
Regulate	-regulate the speed, force, both speed and force, or intent and speed
Delete	-exclude move(s) from the technique

The following chart shows a related technique to each of the self defense techniques within the Grappling Division. These are not the only relationships. We have left plenty of room for you to explore. The majority of these relationships are by *blood*; however, there are a few by *marriage*. Once you have a thorough understanding of the relationships, begin exploring the possibility of other relationship. Note: the left column shows the *principle technique*, the technique we are studying, and the right column shows the *related technique*, the technique that is found to have a relationship with the *principle technique*.

Principle Technique	Related Technique
CHARGING RAM	Five Swords
BROKEN RAM	Locked Wing
INTERCEPTING THE RAM	Gift of Destruction
GRIPPING TALON	Circling Destruction
GLANCING SPEAR	Shielding Hammer
CROSSING TALON	Mace of Aggression
DARTING MACE	Parting Wings
BEGGING HANDS	Thrusting Salute
DESPERATE FALCONS	Gripping Talon
CROSSED TWIGS	Crossing Talon/Locked Wing Hybrid
DELAYED SWORD	Five Swords
FALLING FALCON	Sleeper
LONE KIMONO	Five Swords
CONQUERING SHIELD	Thrusting Wedge
DOMINATING CIRCLES	Tripping Arrow
SWORD AND HAMMER	Crashing Wings
OBSCURE WING	Captured Twigs
OBSCURE SWORD	Sword of Destruction
OBSCURE CLAWS	Sword and Hammer/Alternating Maces Hybrid
MACE OF AGGRESSION	Deflecting Hammer
TWIN KIMONO	Lone Kimono
RAKING MACE	Lone Kimono
BLINDING SACRIFICE	Obscure Claws
TWIRLING WINGS	Mace of Aggression
MENACING TWIRL	Thrusting Salute
CLUTCHING FEATHERS	Sword of Destruction
GIFT OF DESTRUCTION	Leaping Crane
GIFT IN RETURN	Buckling Branch
GIFT OF DESTINY	Spiraling Twig
BROKEN GIFT	Crossing Talon

Principle Technique	Related Technique
STRIKING SERPENT'S HEAD	Grip of Death
TRIPPING ARROW	Falling Falcon
THRUSTING PRONGS	Gift of Destruction
CRASHING WINGS	Obscure Wing
SPIRALING TWIG	Thrusting Salute/Circling Wing Hybrid
SQUATTING SACRIFICE	Dance of Death
CAPTURED TWIGS	Obscure Wing
CRUSHING HAMMER	Crashing Wings
SQUEEZING THE PEACH	Captured Twigs
SCRAPING HOOF	Captured Twigs
REPEATED DEVASTATION	Circling Wing
TWIRLING SACRIFICE	Crashing Wings
DESTRUCTIVE TWINS	Protecting Fans
HEAVENLY ASCENT	Thrusting Wedge
CROSS OF DEATH	Destructive Twins/Repeating Mace Hybrid
CIRCLING WING	Locking Horns
CROSS OF DESTRUCTION	Thrusting Salute
FALLEN CROSS	Gift of Destruction
ESCAPE FROM DEATH	Grip of Death
CAPTURED LEAVES	Twirling Wings
TWISTED TWIG	Circling Wing
BOW OF COMPULSION	Hooking Wings
ENTANGLED WING	Captured Leaves
LOCKED WING	Obscure Claws
FLIGHT TO FREEDOM	Spiraling Twig
WINGS OF SILK	Locked Wing
THE GRASP OF DEATH	Crossing Talon
GRIP OF DEATH	Striking Serpent's Head
LOCKING HORNS	Circling Wing

Answers to Assignment 1

1. Pushes

Alternating Maces
Triggered Salute
Glancing Salute
Repeating Mace
Snapping Twig
Hooking Wings
Parting Wings
Thrusting Wedge
Snaking Talon
Twist of Fate
Fatal Cross
Leap from Danger
Encounter with Danger

2. Punches

Sword of Destruction
Attacking Mace
Dance of Death
Five Swords
Shielding Hammer
Reversing Mace
Raining Claw
Leaping Crane
Thundering Hammers
Shield and Sword
Sleeper
Flashing Wings
Shield and Mace
Flashing Mace
Gathering Clouds
Circling the Horizon
Circling Destruction
Circles of Protection
Taming the Mace
Kneel of Compulsion
Glancing Wing
The Back Breaker
Destructive Fans
Leap of Death
Twirling Hammers
Prance of the Tiger
Destructive Kneel
Thrust into Darkness

Escape from Darkness
Unfolding the Dark

3. Kicks

Deflecting Hammer
Thrusting Salute
Buckling Branch
Swinging Pendulum
Hugging Pendulum
Retreating Pendulum
Detour from Doom
Circle of Doom
Defensive Cross
Bowling to Buddha

4. Weapons

Checking the Storm
Evading the Storm
Calming the Storm
Obstructing the Storm
Defying the Storm
Brushing the Storm
Capturing the Storm
Securing the Storm
Clipping the Storm
Raining Lance
Glancing Lance
Thrusting Lance
Entwined Lance
Escape from the Storm
Circling the Storm
Piercing Lance
Capturing the Rod
Broken Rod
Defying the Rod
Twisted Rod
Unfurling Lance
Clipping the Lance

5. Tackles

Charging Ram
Broken Ram
Intercepting the Ram

6. Grabs

Delayed Sword

Mace of Aggression
Sword and Hammer
Clutching Feathers
Lone Kimono
Crossing Talon
Obscure Wing
Obscure Sword
Twirling Wings
Darting Mace
Twin Kimono
Begging Hands
Raking Mace
Crossed Twigs
Gripping Talon
Obscure Claws
Menacing Twirl
Conquering Shield
Glancing Spear
Desperate Falcons
Dominating Circles
Blinding Sacrifice
Falling Falcon

7. Holds and Hugs

Captured Twigs
Gift of Destruction
Scraping Hoof
Striking Serpent's Head
Thrusting Prongs
Crashing Wings
Crushing Hammer
Squeezing the Peach
Gift in Return
Spiraling Twig
Repeated Devastation
Tripping Arrow
Gift of Destiny
Squatting Sacrifice
Broken Gift
Twirling Sacrifice

8. Chokes and Locks

The Grasp of Death
Locking Horns

Grip of Death
Locked Wing
Twisted Twig
Captured Leaves
Circling Wing
Bow of Compulsion
Cross of Destruction
Flight to Freedom
Entangled Wing
Fallen Cross
Wings of Silk
Destructive Twins
Escape from Death
Heavenly Ascent
Cross of Death

9. Multiple Attacks

Returning Storm
Circling Fans
Rotating Destruction
Falcons of Force
The Bear and the Ram
Protecting Fans
Deceptive Panther
Courting the Tiger
Gathering of the Snakes
Unfurling Crane
Grasping Eagles
Parting of the Snakes
Snakes of Wisdom
Dance of Darkness
Marriage of the Rams
The Ram and the Eagle
Circling Windmills
Reversing Circles
Reprimanding the Bears
Unwinding Pendulum
Entwined Maces
Fatal Deviation

Answers to Assignment 2

Striking
Pushes=1
Punches=1
Kicks=1
Weapons=3 -gun -knife -stick

Grappling
Tackles=1
Grabs=4 -Wrist -Shoulder/lapel -Hair -Belt
Holds and Hugs=3 -Hand -Full Nelson -Bear Hug
Chokes and Locks=2 -Chokes -Locks

Multiple Attacks=2
- one-man - two-man

Answers to Assignment 3

1. Pushes

Alternating Maces
Triggered Salute
Glancing Salute
Repeating Mace
Snapping Twig
Hooking Wings
Parting Wings
Thrusting Wedge
Snaking Talon
Twist of Fate
Fatal Cross
Leap from Danger
Encounter with Danger

2. Punches

Sword of Destruction
Attacking Mace
Dance of Death
Five Swords
Shielding Hammer
Reversing Mace
Raining Claw
Leaping Crane
Thundering Hammers
Shield and Sword
Sleeper
Flashing Wings
Shield and Mace
Flashing Mace
Gathering Clouds
Circling the Horizon
Circling Destruction
Circles of Protection
Taming the Mace
Kneel of Compulsion
Glancing Wing
The Back Breaker
Destructive Fans
Leap of Death
Twirling Hammers
Prance of the Tiger
Destructive Kneel

Thrust into Darkness
Escape from Darkness
Unfolding the Dark

3. Kicks

Deflecting Hammer
Thrusting Salute
Buckling Branch
Swinging Pendulum
Hugging Pendulum
Retreating Pendulum
Detour from Doom
Circle of Doom
Defensive Cross
Bowling to Buddha

4. Weapons

A. Gun

Capturing the Rod
Broken Rod
Defying the Rod
Twisted Rod

B. Knife

Raining Lance
Glancing Lance
Thrusting Lance
Entwined Lance
Piercing Lance
Unfurling Lance
Clipping the Lance

C. Stick

Checking the Storm
Evading the Storm
Calming the Storm
Obstructing the Storm
Defying the Storm
Brushing the Storm
Capturing the Storm
Securing the Storm
Clipping the Storm
Escape from the Storm
Circling the Storm

5. Tackles

Charging Ram
Broken Ram
Intercepting the Ram

6. Grabs

A. Wrist

Crossing Talon
Darting Mace
Begging Hands
Crossed Twigs
Gripping Talon
Glancing Spear
Desperate Falcons

B. Shoulder/Lapel

Delayed Sword
Mace of Aggression
Sword and Hammer
Lone Kimono
Obscure Wing
Obscure Sword
Twirling Wings
Twin Kimono
Raking Mace
Obscure Claws
Conquering Shield
Dominating Circles
Blinding Sacrifice
Falling Falcon

C. Belt

Menacing Twirl

D. Hair

Clutching Feathers

7. Holds and Hugs

A. Hand

Gift of Destruction
Gift in Return
Gift of Destiny
Broken Gift

B. Full Nelson

Scraping Hoof
Repeated Devastation
Twirling Sacrifice

C. Bear Hug

Captured Twigs
Striking Serpent's Head
Thrusting Prongs
Crashing Wings
Crushing Hammer
Squeezing the Peach
Spiraling Twig
Tripping Arrow
Squatting Sacrifice

8. Chokes and Locks

A. Chokes

Circling Wing
Cross of Destruction
Fallen Cross
Destructive Twins
Escape from Death
Heavenly Ascent
Cross of Death

B. Locks

The Grasp of Death
Locking Horns
Grip of Death
Locked Wing
Twisted Twig
Captured Leaves
Bow of Compulsion
Flight to Freedom
Entangled Wing
Wings of Silk

9. Multiple Attacks

A. One-Man

Returning Storm
Circling Fans
Rotating Destruction
Protecting Fans
Deceptive Panther
Unfurling Crane
Dance of Darkness
Circling Windmills
Reversing Circles
Unwinding Pendulum
Entwined Maces

B. Two-Man

Falcons of Force
The Bear and the Ram
Courting the Tiger
Gathering of the Snakes
Grasping Eagles
Parting of the Snakes
Snakes of Wisdom
Marriage of the Rams
The Ram and the Eagle
Reprimanding the Bears

Answers to Assignment 4

1. Tackles

CHARGING RAM
BROKEN RAM
INTERCEPTING THE RAM

2. Wrist Grabs

I. Single to Single

- A. Regular grip
 - 1. Down
 - a. Direct
 - GRIPPING TALON
 - GLANCING SPEAR
 - b. Cross
 - CROSSING TALON
 - 2. Up
 - a. Direct
 - b. Cross
- B. Irregular grip
 - 1. Down
 - a. Direct
 - b. Cross

II. Double to Single

- A. Regular grip
 - 1. Down
 - a. Direct-Cross Combination
 - DARTING MACE
 - 2. Up
 - a. Direct-Cross Combination

III. Double to Double

- A. Front
 - 1. Regular grip
 - a. Down
 - 1) Direct
 - BEGGING HANDS
 - DESPERATE FALCONS
 - 2) Cross
 - b. Up
 - 1) Direct
 - 2) Cross

B. Rear

1. Regular grip
 - a. Down
 - 1) Direct
CROSSED TWIGS

3. Shoulder/Lapel Grabs

I. Single

A. Front

1. Direct
 - a. Outside
LONE KIMONO
CONQUERING SHIELD
 - b. Inside
DELAYED SWORD
FALLING FALCON
2. Cross
 - a. Outside
DOMINATING CIRCLES

B. Side

1. Direct
SWORD AND HAMMER
OBSCURE WING

C. Rear

2. Cross
OBSCURE SWORD
OBSCURE CLAWS

II. Double

A. Front

1. Direct
MACE OF AGGRESSION
TWIN KIMONO
RAKING MACE
BLINDING SACRIFICE

B. Rear

1. Direct
TWIRLING WINGS

4. Belt Grabs

MENACING TWIRL

5. Hair Grabs

CLUTCHING FEATHERS

6. Hand Holds

GIFT OF DESTRUCTION
GIFT IN RETURN
GIFT OF DESTINY
BROKEN GIFT

7. Full Nelson

SCRAPING HOOF
REPEATED DEVASTATION
TWIRLING SACRIFICE

8. Bear Hugs

I. Front

- A. Both arms free
STRIKING SERPENT'S HEAD
TRIPPING ARROW
- B. Both arms pinned
THRUSTING PRONGS
- C. One arm free/one arm pinned

II. Rear

- A. Both arms free
CRASHING WINGS
SPIRALING TWIG
SQUATTING SACRIFICE
- B. Both arms pinned
CAPTURED TWIGS
CRUSHING HAMMER
SQUEEZING THE PEACH
- C. One arm free/one arm pinned

III. Side

- A. Both arms free
- B. Both arms pinned
- C. One arm free/one arm pinned

9. Chokes

I. Front

- A. Direct
 - DESTRUCTIVE TWINS
 - HEAVENLY ASCENT

- B. Cross
 - CROSS OF DEATH

II. Rear

- A. Direct
 - CIRCLING WING
 - CROSS OF DESTRUCTION
 - FALLEN CROSS

- B. Cross
 - ESCAPE FROM DEATH

10. Locks

I. Finger

- CAPTURED LEAVES

II. Wrist

- TWISTED TWIG
- BOW OF COMPULSION

III. Arm

- A. Front
 - ENTANGLED WING
- B. Rear
 - 1. Lever arm
 - LOCKED WING
 - FLIGHT TO FREEDOM
 - 2. Snaking
 - a. Direct
 - c. Cross

IV. Head

- A. Front
 - LOCKING HORNS
- B. Side
 - THE GRASP OF DEATH
 - GRIP OF DEATH

Striking Division

Now that you have completed volume one and have an understanding of the Grappling Division and all that it entails, we are ready to move on to the Striking Division. In this volume, we will examine the Quadrant Zone Theory and the nature of the striking attacks. The nature of the striking attacks will help us to identify the individual technique families. We will then learn the family units and family related techniques. Finally, we will learn how to use the concepts we have studied, and apply them in our daily practice. But, first, let's begin by taking a look at the Quadrant Zone Theory.

Quadrant Zone Theory

In order to understand the family relationships of the self defense techniques within the Striking Division, it is important that you have an understanding of the Dimensional Zone Concepts, specifically the Quadrant Zone Theory. This is important because the techniques which are defenses against strikes are approached somewhat differently than techniques which are defenses against grabs. You will remember from volume one that self defense techniques for grabs begin when bodily contact is made; however, for striking attacks, you must begin your defense *before* bodily contact is made. Therefore, the Quadrant Zone Theory is vital for our success.

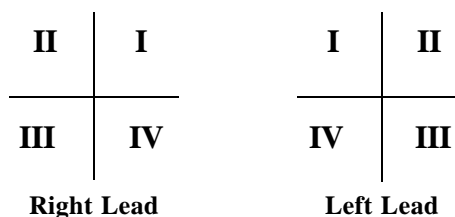
The Quadrant Zone Theory (QZT) is a method of defense which enables the fighter to free his mind from the task of choosing the appropriate defense for a particular attack. Instead, the defender chooses his defense based upon the *location* of the attack and decides his follow up strikes based upon the relative positioning between himself and his opponent. QZT is based upon the Centerline and Height Zones.

The **Centerline** is an imaginary vertical line which divides the defender's body into two equal halves—an Inside and an Outside. If the defender is in a right lead, the Outside is the area to the right (or outside) of the lead defensive arm. The Inside is the area to the left of the lead defensive arm. If the defender is in a left lead, the Outside is the area to the left (or outside) of the lead defensive arm. The Inside is the area to the right of the lead defensive arm.

The **Height Zones** are two imaginary horizontal lines which divide the defender's body into three segments. The first horizontal line is found across the chest area at solar plexus (or the elbow of the lead defensive arm) level. The second horizontal line is found across the pelvic area at groin level. These two lines divide the body into three equal segments—High Zone, Middle Zone and Low Zone. The High Zone is the area from the top of the head to the solar plexus, the Middle Zone is the area from the solar plexus to the groin, and the Low Zone is the area from the groin to the bottom of the feet.

When we superimpose the Centerline with the two horizontal lines which comprise the Height Zones, we have six squares or *quadrants*. American Kenpo self defense techniques do not examine the lower most quadrants—the Low Inside and the Low Outside. These two quadrants are examined in *offensive-defense* techniques. The remaining four quadrants are used in virtually every striking self defense technique. These four quadrants are summarized below:

- Quadrant I—High Outside
- Quadrant II—High Inside
- Quadrant III—Middle Inside
- Quadrant IV—Middle Outside



How to use Quadrant Zone Theory (QZT)

Imagine you are facing an opponent in a right defensive lead. At this moment he has not thrown any strike, but you are sure that he will deliver a right punch. Having assured yourself that his next strike will be a right punch, you decide that the best defense would be a right inward block. You are ready. As soon as he moves, you will deliver your right inward block. He moves! You block. But your hit on the right side of your face. Why? He threw a left punch!

Do you see why trying to predict the opponent's action is not only time consuming in combat but it is also tactically fatal? If you want to be successful in combat then you must always remember this: **YOUR OPPONENT DECIDES YOUR DEFENSIVE MOTIONS FOR YOU.** This is **very** important, so read it again. **YOUR OPPONENT DECIDES YOUR DEFENSIVE MOTIONS FOR YOU.** Let's explain what this means by using the scenario above.

Unless the opponent somehow “tells” you the type of strike he intends to deliver, you cannot possibly know what it will be. If you have convinced yourself that he will throw a right punch, he may not. He may, instead, throw a left punch, right kick or a left kick. If you try to predict his actions in this manner, you have only, at best, a one-in-four chance of success. Instead of clouding your mind of what might happen (which will *increase* your reaction/response time), simply react to what he does! If he delivers a left punch to Quadrant I, you will **not** defend with a lead inward block; you will use a lead outward block. Similarly, if he punches to Quadrant II, you will **not** defend with a lead outward block but with a lead inward block. If you know the best possible defense for each quadrant (whether it is with your lead or rear arm) and react to his penetration into these quadrants, you then will **greatly** increase your chances of success. The basic defenses for each quadrant are summarized below. What other defenses can you find that are suitable for each quadrant?

Relative Positioning and Counterstrikes

Once you have successfully deflected the oncoming strike, you must then decide the best possible counterstrike. Counterstrikes are dependant upon the positional relationship between you and your opponent. Suppose, for example, you deflect a punch to Quadrant II with a right inward block. If you find your right arm on the *inside* of his right arm, a right outward back fist strike may be appropriate. However, if the punch to Quadrant II happened to be a left punch, you will be on the *outside* of his left arm. In that case, a hammerfist strike low would be more appropriate. In addition to the relative position of your defensive arm to his offensive arm, you must also consider the position of your rear arm. Is your rear arm in a high, middle or a low position? All self defense techniques in the Striking Division teach reactionary counterstrikes based upon the relative position between you and your opponent.

The Nature of the Attack

In addition to quadrants, each type of attack within the Striking Division has its own special considerations.

1. Pushing—Because pushes must be deflected *before* bodily contact is made, they must utilize the QZT and therefore is categorized within the Striking Division. Pushes are often preludes to punches or kicks. However, unlike punches and kicks, a pushing attack is the only attack with is relatively safe if it is successfully landed. There is the possibility that you may lose balance and fall, thereby causing an indirect injury. For this reason, there are two offensive-techniques below this heading. For pushing attacks, we must consider whether it is from the front or rear, one or two hands, high or low, and direct or cross.

2. Punching—For punching attacks, we must examine the position of our defensive arm. Is it front or rear, inside or outside, above or below? In addition, we must examine the position of the rear arm. Does it strike simultaneously with the defensive arm? If it doesn't strike, how is it positioned? is it high, middle or low?

3. Kicking—For kicking, we must further subdivide the attack according to its type within each quadrant. Is it a roundhouse, front, side kick, etc.

4. Weapons—Weapon attacks take a different approach. For sticks and knives, we must examine the path of travel; for this will determine or defensive motion. For guns, because grappling is the accepted defense, we must determine whether the attack is from the front or rear. **Note:** In Long Form 6, we learn that Defying the Rod is for a pistol hold-up from the rear. The chart below reflects this.

I. Pushes

- A. Quadrant I
 - 1. Two-Hand
 - a. High
- B. Quadrant II
 - 1. One-Hand
 - a. Outside
 - b. Split
 - 2. Two-Hand
- C. Quadrant III

THERE ARE NO PUSHING ATTACKS TO THIS QUADRANT
- D. Quadrant IV
 - 1. Two-Hand
 - a. Low
- E. Offensive-Defense

II. Punches

- A. Quadrant I
 - 1. Inside
 - 2. Outside
 - 3. Below
- B. Quadrant II
 - 1. Lead Defense
 - a. Inside
 - b. Outside with rear arm...
 - 1) High
 - 2) Middle
 - 3) Low
 - 4) Striking
 - 5) Trapping
 - 2. Rear Defense
 - a. Blocking
 - b. Grabbing
- C. Quadrant III
- D. Quadrant IV

THERE ARE NO PUNCHING ATTACKS TO THIS QUADRANT
- E. Offensive-Defense

3. Kicking

- A. Quadrant I
THERE ARE NO KICKING ATTACKS TO THIS QUADRANT
- B. Quadrant II
1. Roundhouse Kick
- C. Quadrant III
1. Front Kick
- D. Quadrant IV
1. Front Kick
2. Side Kick

4. Stick

- A. Downward Overhead
- B. Downward Diagonal
- C. Horizontal
- D. Thrust

5. Knife

- A. Downward Overhead
- B. High Thrust
- C. Low Thrust

6. Gun

- A. Front
- B. Rear

Assignment 1—Identification of Families

Using the the chart above, place the self defense technique within the Striking Division into their appropriate categories. Once you have completed this exercise and have checked your answers in the answer section, you will notice some techniques by themselves called *orphans* and some techniques in groups of two or more called families. If your answers are correct, you may proceed to the following section—Family Units and Family Related Techniques.

Family Units—*Striking Division*

Push Family <i>Quadrant I—Two-Hand High</i>	
PARTING WINGS	-Retreats with defense -Maintains position
THRUSTING WEDGE	-Advances with defense -Maintains position
TWIST OF FATE	-Retreats with defense -Advances with offense

Push Family <i>Quadrant II—One-Hand Split</i>	
TRIGGERED SALUTE	-Advances toward inside
GLANCING SALUTE	-Advances toward outside
SNAPPING TWIG	-Retreats toward outside, advances toward inside

Push Family <i>Quadrant II—Two-Hand</i>	
ALTERNATING MACES	-Retreats with defense -Able to deflect both arms on first motion
SNAKING TALON	-Retreats with defense -Able to deflect only one arm on first motion

Push Family <i>Quadrant IV—Two-Hand Low</i>	
HOOING WINGS	-Retreat with defense -Opponent brought to you -Borrowed reach employed
FATAL CROSS	-Advances with defense -You go toward opponent

Push Family <i>Caught Unaware—Offensive-Defense</i>	
ENCOUNTER WITH DANGER	-Defense from backward fall
LEAP FROM DANGER	-Defense from forward fall

Punch Family <i>Quadrant I—Inside</i>	
SWORD OF DESTRUCTION	-Opponent brought to you
SHIELDING HAMMER	-You go to opponent

Punch Family <i>Quadrant I—Outside</i>	
THE BACK BREAKER	-Primary technique
KNEEL OF COMPULSION	-Back-up technique

Punch Family <i>Quadrant II—Lead Defense Outside, Rear Arm High</i>	
SHIELD AND SWORD	-Linear motion stationary
FLASHING MACE	-Circular with step & spin
TWIRLING HAMMERS	-Circular motion stationary

Punch Family <i>Quadrant II—Lead Defense Outside, Rear Arm Middle</i>	
ATTACKING MACE	-Stays in front by moving opponent
FLASHING WINGS	-Stays in front by moving self

Punch Family <i>Quadrant II—Lead Defense Outside, Rear Arm Low</i>	
DANCE OF DEATH	-Strike to low zone -Takedown from below
THUNDERING HAMMERS	-Strike to middle zone -No takedown
SLEEPER	-Strike to high zone -Takedown from above

Punch Family <i>Quadrant II—Lead Defense Outside, Rear Arm Striking</i>	
LEAPING CRANE	-Opponent moved to outside
GATHERING CLOUDS	-Advance to inside but remain outside
CIRCLING THE HORIZON	-Move self to outside

Punch Family <i>Quadrant II—Rear Defensive Block</i>	
REVERSING MACE	-Retreat to outside
SHIELD AND MACE	-Advance to outside
CIRCLING DESTRUCTION	-Advance to outside, rear cross & circle to front
DESTRUCTIVE FANS	-Advance to outside, front cross & circle to rear

Punch Family <i>Quadrant II—Rear Defensive Grab</i>	
LEAP OF DEATH	-Primary technique
DESTRUCTIVE KNEEL	-Back-up technique

Punch Family <i>Quadrant III</i>	
RAINING CLAW	-Block from above, deflect with same arm
GLANCING WING	-Deflect only
PRANCE OF THE TIGER	-Block from above, deflect with opposite arm

Punch Family <i>Offensive-Defense—The Dark Family</i>	
THRUST INTO DARKNESS	-Rear attack
UNFOLDING THE DARK	-Right rear flank attack
ESCAPE FROM DARKNESS	-Left rear flank attack

Kick Family <i>Quadrant II—Roundhouse Kick</i>	
SWINGING PENDULUM	-Zone with twin defense
DETOUR FROM DOOM	-Zone with offense
BOWING TO BUDDHA	-Zone on ground

Kick Family <i>Quadrant III—Front Kick</i>	
CIRCLE OF DOOM	-Redirection of kick -Circular motion -Push to off-balance
DEFENSIVE CROSS	-Deflection with capture -Linear motion -Pull to off-balance

Kick Family <i>Quadrant IV—Front Kick</i>	
DEFLECTING HAMMER	-Deflection to outside
THRUSTING SALUTE	-Deflection to inside with zoning
BUCKLING BRANCH	-What If solution to Thrusting Salute

Kick Family <i>Quadrant IV—Side Kick</i> <i>The Pendulum Family</i>	
HUGGING PENDULUM	-Retreat with deflection -Horizontal circular action
RETREATING PENDULUM	-Retreat with deflection -Downward vertical circular action

Stick Family <i>Overhead Attack</i>	
CHECKING THE STORM	-Sideward evasion -Inside weapon arm
EVADING THE STORM	-Sideward evasion -Outside weapon arm
BRUSHING THE STORM	-Advance -Split defense
ESCAPE FORM THE STORM	-Back-up technique to Brushing the Storm

Stick Family <i>Downward Angle Attack</i>	
OBSTRUCTING THE STORM	-Follows a downward inward attack
CAPTURING THE STORM	-Follows a downward outward attack

Stick Family <i>Inward Horizontal Attack</i>	
SECURING THE STORM	-Quadrant I defense, see Calming the Storm -Grappling defense
CALMING THE STORM	-Advance with single strike
DEFYING THE STORM	-Advance with twin strike

Stick Family <i>Thrusting Attack</i>	
CIRCLING THE STORM	-Advance with lead deflection
CLIPPING THE STORM	-Retreat with rear deflection

Knife Family <i>High Thrust, Arms Down</i>	
GLANCING LANCE	-Retreat to outside -Arm wrench, forearm strip or evasion
ENTWINED LANCE	-Advance to inside -Weapon capture
UNFURLING LANCE	-Retreat to inside -Nerve strike release

Knife Family <i>Low Thrust, Arms Up</i>	
THRUSTING LANCE	-Retreat and zone to inside -Nerve strike release or inward strip
PIERCING LANCE	-Advance and zone to outside -Arm wrench, re-direction or strip
CLIPPING THE LANCE	-Retreat and zone to outside -Strike release

Gun Family <i>Front Hold-up</i>	
CAPTURING THE ROD	-Advance to inside -Inward disarm
TWISTED ROD	-Advance to outside -Outward disarm

Gun Family <i>Rear Hold-up</i>	
BROKEN ROD	-Advance to outside -Strike release from below
DEFYING THE ROD	-Advance to inside -Strike release from above

Family Related Techniques—*Striking Division*

Principle Technique	Related Technique
PARTING WINGS	Five Swords
THRUSTING WEDGE	Circling Wing
TWIST OF FATE	Thrusting Wedge
REPEATING MACE	Reversing Mace
TRIGGERED SALUTE	Snapping Twig
GLANCING SALUTE	Gift of Destruction/Attacking Mace Hybrid
SNAPPING TWIG	Mace of Aggression
ALTERNATING MACES	Master Key Move
SNAKING TALON	Protecting Fans
HOOKING WINGS	Bow of Compulsion/Thrusting Salute Hybrid
FATAL CROSS	Hooking Wings
LEAP FROM DANGER	Offensive technique
ENCOUNTER WITH DANGER	Offensive technique
SWORD OF DESTRUCTION	Delayed Sword
SHIELDING HAMMER	Sword of Destruction
CIRCLES OF PROTECTION	Alternating Maces
KNEEL OF COMPULSION	Leaping Crane
THE BACK BREAKER	Leaping Crane
ATTACKING MACE	Alternating Maces
DANCE OF DEATH	Attacking Mace
FIVE SWORDS	Master Key Move
REVERSING MACE	Circling Destruction
LEAPING CRANE	Master Key Move
THUNDERING HAMMERS	Flashing Wings
SHIELD AND SWORD	Flashing Wings
SLEEPER	Dance of Death
FLASHING MACE	Attacking Mace
FLASHING WINGS	Five Swords
SHIELD AND MACE	Shield and Sword
GATHERING CLOUDS	Leaping Crane

Principle Technique	Related Technique
CIRCLING THE HORIZON	Leaping Crane
CIRCLING DESTRUCTION	Reversing Mace/Shield and Sword Hybrid
TAMING THE MACE	Gathering Clouds
LEAP OF DEATH	The Back Breaker
DESTRUCTIVE FANS	Attacking Mace
TWIRLING HAMMERS	Shield and Sword
DESTRUCTIVE KNEEL	Flashing Wings
RAINING CLAW	Alternating Maces
GLANCING WING	Alternating Maces
PRANCE OF THE TIGER	Alternating Maces
THRUST INTO DARKNESS	Offensive technique
UNFOLDING THE DARK	Offensive technique
ESCAPE FROM DARKNESS	Offensive technique
SWINGING PENDULUM	Obscure Wing
DETOUR FROM DOOM	Five Swords
BOWING TO BUDDHA	Raining Claw
CIRCLE OF DOOM	Thrusting Salute
DEFENSIVE CROSS	Thrusting Salute
DEFLECTING HAMMER	Mace of Aggression
THRUSTING SALUTE	Attacking Mace
BUCKLING BRANCH	Thrusting Salute/Checking the Storm Hybrid
HUGGING PENDULUM	Leaping Crane
RETREATING PENDULUM	Deflecting Hammer
CHECKING THE STORM	Sword of Destruction
EVADING THE STORM	Shield and Sword
SECURING THE STORM	Obscure Claws
BRUSHING THE STORM	Dance of Death
ESCAPE FROM THE STORM	Brushing the Storm
CIRCLING THE STORM	Flashing Mace
CALMING THE STORM	Alternating Maces

Principle Technique	Related Technique
DEFYING THE STORM	Five Swords
OBSTRUCTING THE STORM	Crossing Talon
CAPTURING THE STORM	Flashing Mace
CLIPPING THE STORM	Darting Mace
RAINING LANCE	Alternating Maces
GLANCING LANCE	Leaping Crane
ENTWINED LANCE	Alternating Maces
UNFURLING LANCE	Unfurling Crane
THRUSTING LANCE	Spiraling Twig
PIERCING LANCE	Captured Leaves
CLIPPING THE LANCE	Darting Mace
BROKEN ROD	Crossing Talon
CAPTURING THE ROD	Alternating Maces/Spiraling Twig Hybrid
DEFYING THE ROD	Spiraling Twig/Gift of Destiny Hybrid
TWISTED ROD	Flashing Mace

Technique Family Relations

The most intriguing (and possibly the most important) aspect of this entire study is Technique Relationships. It’s amazing to discover how two seemingly different techniques are so intricately linked; thus, providing us with a method of defending virtually any attack. But it is sometimes not easy to see these relationships. It takes a concerted effort on your part to have first internalized all of the techniques. Next, you must fully understand the Complementary Characteristics and the Formulation Equation. Only then are you prepared to begin your study of technique relationships. In the previous volume, we have provided you with samples of technique relationships; but don’t think that these are the only ones! There are many more. If you have followed this course correctly, you now have the knowledge and skill needed to explore these relationships on your own. Study and see if you can find other techniques relationships by blood or marriage. Eventually, you may even discover chains of related techniques and even Flow Patterns.

Relational Chains

Certain techniques which have no direct relationship may be related indirectly by means of other techniques. When you connect two techniques by way of one or more techniques, you have created a Relational Chain. Perhaps we can best explain this with an example.

Consider two techniques—Mace of Aggression and Snapping Twig. It may not be apparent, but these two techniques are related indirectly by a third technique—Triggered Salute. Let’s begin by discovering how Mace of Aggression and Triggered Salute are related by looking at their characteristics.

SIMILARITIES	
Mace of Aggression	Triggered Salute
-Advances with a pin and offense	-Advances with a pin and offense
-Bends the opponent’s arm to bring him closer	-Bends the opponent’s arm to bring him closer
-Executes a right inward/outward elbow combination	-Executes a right inward/outward elbow combination

There are, however, a few differences. These differences are caused by the Nature of the Attack. For example, Mace of Aggression is a defense for a *two-hand grab*, Triggered Salute is a defense for a *single direct push*. These are two very different attacks demanding very different defenses. These differences are subtle and in the scheme of things contribute to completing various complementary characteristics. The next chart lists these “differences”.

COMPLEMENTARY CHARACTERISTICS	
Mace of Aggression	Triggered Salute
-Pins two arms	-Pins one arm
-Pull down on left arm	-Pull down on right arm
-Elbow strikes are delivered above the arms	-Elbow strikes are delivered below the arm

As you can see, the similarities and Complementary Characteristics link these two techniques. Now let's turn our attention to the relationship between Triggered Salute and Snapping Twig.

In Snapping Twig, we step back with the defense and not forward. Why? We are prevented from doing so due to the location of the push (center of chest). As a result of the change in range, the palm strike is directed toward the elbow. Next, the pull is on the left arm as in Mace of Aggression, but in Snapping Twig it is used to clear the arm. At this moment a strike (a left thrusting handsword) is inserted simultaneously with the clearing motion to prevent his forward motion. An inward elbow strike (sandwiching) immediately follows the hammer fist to the face, the same as in Mace of Aggression.

As you can see, it is sometimes necessary to examine other techniques to find a relationship between two "unrelated" techniques. If you find many related techniques, you may eventually discover how they can be used to counter each others motion. As a result of this effect, they can be linked together into a counter-for-counter flow drill called a *Relational Flow*.

Relational Flows

Relational Flows are two or more techniques (usually ten) linked together countering the other's offensive motions. Relational Flows are training methods to develop the ability to counter a self defense technique. The example below is a typical Relational Flow. Refer to Volume 2 **Family Relations** of the tape series for information on its performance.

Relational Flow #1
BEGGING HANDS
THRUSTING WEDGE
FLASHING WINGS
DEFLECTING HAMMER
DANCE OF DEATH
LOCKING HORNS
RAINING CLAW
CIRCLING WINDMILLS
UNFURLING CRANE
CIRCLING DESTRUCTION

Answers to Volume 2 Assignments

I. Pushes

A. Quadrant I

1. Two-Hand

a. High

PARTING WINGS
THRUSTING WEDGE
TWIST OF FATE

B. Quadrant II

1. One-Hand

a. Outside

REPEATING MACE

b. Split

TRIGGERED SALUTE
GLANCING SALUTE
SNAPPING TWIG

2. Two-Hand

ALTERNATING MACES
SNAKING TALON

C. Quadrant III

THERE ARE NO PUSHING ATTACKS TO THIS QUADRANT

D. Quadrant IV

1. Two-Hand

a. Low

HOOKING WINGS
FATAL CROSS

E. Offensive-Defense

LEAP FROM DANGER
ENCOUNTER WITH DANGER

II. Punches

A. Quadrant I

1. Inside

SWORD OF DESTRUCTION
SHIELDING HAMMER

2. Outside

KNEEL OF COMPULSION
THE BACK BREAKER

3. Below

CIRCLES OF PROTECTION

B. Quadrant II

1. Lead Defense

a. Inside

FIVE SWORDS

b. Outside with rear arm...

1) High

SHIELD AND SWORD
FLASHING MACE
TWIRLING HAMMERS

2) Middle

ATTACKING MACE
FLASHING WINGS

3) Low

DANCE OF DEATH
THUNDERING HAMMERS
SLEEPER

4) Striking

LEAPING CRANE
GATHERING CLOUDS
CIRCLING THE HORIZON

5) Trapping

TAMING THE MACE

2. Rear Defense

a. Blocking

REVERSING MACE
SHIELD AND MACE
CIRCLING DESTRUCTION
DESTRUCTIVE FANS

b. Grabbing

LEAP OF DEATH
DESTRUCTIVE KNEEL

C. Quadrant III

RAINING CLAW
GLANCING WING
PRANCE OF THE TIGER

D. Quadrant IV

THERE ARE NO PUNCHING ATTACKS TO THIS QUADRANT

E. Offensive-Defense

THRUST INTO DARKNESS
UNFOLDING THE DARK
ESCAPE FROM DARKNESS

3. Kicking

- A. Quadrant I
THERE ARE NO KICKING ATTACKS TO THIS QUADRANT
- B. Quadrant II
 - 1. Roundhouse Kick
SWINGING PENDULUM
DETOUR FROM DOOM
BOWING TO BUDDHA
- C. Quadrant III
 - 1. Front Kick
CIRCLE OF DOOM
DEFENSIVE CROSS
- D. Quadrant IV
 - 1. Front Kick
DEFLECTING HAMMER
THRUSTING SALUTE
BUCKLING BRANCH
 - 2. Side Kick
HUGGING PENDULUM
RETREATING PENDULUM

4. Stick

- A. Downward Overhead
CHECKING THE STORM
EVADING THE STORM
BRUSHING THE STORM
ESCAPE FORM THE STORM
- B. Downward Diagonal
OBSTRUCTING THE STORM
CAPTURING THE STORM
- C. Horizontal
SECURING THE STORM
CALMING THE STORM
DEFYING THE STORM
- D. Thrust
CIRCLING THE STORM
CLIPPING THE STORM

5. Knife

- A. Downward Overhead
RAINING LANCE
- B. High Thrust
GLANCING LANCE
ENTWINED LANCE
UNFURLING LANCE
- C. Low Thrust
THRUSTING LANCE
PIERCING LANCE
CLIPPING LANCE

6. Gun

- A. Front
CAPTURING THE ROD
TWISTED ROD
- B. Rear
BROKEN ROD
DEFYING THE ROD

Multiple Attack Division

The multiple attack techniques are intended to introduce the student to the complex study of multiple attacks and multiple opponents. All multiple attack techniques are combinations or adaptations of the self defense techniques found in the Striking and Grappling Divisions. Before we identify the families, let's begin by studying the nature of multiple attacks.

One Man Multiple Attacks

Multiple attacks from a single opponent may be two or more punches, kicks or a combination of the two. The opponent may even deliver two or more strikes with a weapon, such as a stick. The self defense techniques in the One-Man Multiple Attack Division are intended to be examples of possible solutions. Once the student has a grasp of the principles, he should then explore and study other possibilities independently. The list below describes other possible multiple attacks from a single attacker.

Possible Multiple Attacks <i>single attacker</i>
Punch-Punch
Kick-Kick
Punch-Kick
Kick-Punch
Push-Punch
Grab-Punch
Grab-Lock
Grab and Stab (knife)

Two Man Multiple Attacks

Although rare according to statistics, a prudent martial artist also studies the possibilities of more than one opponents. At this stage in training, American Kenpo examines only the possibility of two attackers. In future studies, strategies and tactics for more than two will be given. When two people attack, both opponent's may grab, one may grab while the other punches or both may punch. Multiple attacks from one man and two men are summarized below.

I. One Man

- A. Punch-Punch
 - 1. Quadrants 1-2
 - 2. Quadrants 2-1
 - 3. Quadrants 2-2
- B. Kick-Kick
 - 1. Quadrants 3-2
 - 2. Quadrants 3-4
- C. Kick-Punch
 - 1. Quadrants 4-1
- D. Push-Punch
 - 1. Quadrant 1
- E. Weapon
 - 1. Stick
 - a. Quadrants 2-1

II. Two Men

- A. Grabs
 - 1. Shoulder
 - 2. Arm
 - 3. Shoulder and Arm
- B. Punches
- C. Grabs, Holds and Punches
 - 1. Bear Hug with Punch
 - 2. Shoulder Grab with Punch

Assignment 1

Using the chart above, place each self defense technique in the Multiple Attack Division in their appropriate locations. Pay particular attention to the combinations of quadrants. When you are finished, check your answers in the answers section. If your answers are correct, you may then proceed to the following sections, Family Units and Family Related Techniques.

Family Units—*Multiple Attack Division*

Multiple Attacks One Man— <i>Punch-Punch</i>	
CIRCLING FANS	-Inward block/inward block alternating -Both defenses on outside
ENTWINED MACES	-Inward block/outward block consecutive -Both defenses on outside
FATAL DEVIATION	-Inward block/outward block consecutive -Both defenses on inside

Multiple Attacks One Man— <i>Kick-Punch</i>	
DANCE OF DARKNESS	-Retreat with first defense then advance with second defense
REVERSING CIRCLES	-Rotate on both defenses
UNWINDING PENDULUM	-Retreat with first defense then rotate with second defense

Multiple Attacks Two Man— <i>Grabbing</i>	
FALCONS OF FORCE	-Defense and offense on inside of both opponents
SNAKES OF WISDOM	-Defense and offense above and below both opponents
MARRIAGE OF THE RAMS	-Defense and offense below and behind both opponents

Multiple Attacks Two Man— <i>Punching</i>	
GATHERING OF THE SNAKES	-Combination and application of previous techniques
PARTING OF THE SNAKES	-Combination and application of previous techniques

Multiple Attacks Two Man— <i>Grabs and Punches</i>	
THE BEAR AND THE RAM	-Combination and application of previous techniques
REPRIMANDING THE BEARS	-Combination and application of previous techniques

Family Related Techniques—*Multiple Attack Division*

Principle Technique	Related Technique
UNFURLING CRANE	Shielding Hammer
CIRCLING FANS	Raining Claw
ENTWINED MACES	Snaking Talon
FATAL DEVIATION	Entwined Maces
PROTECTING FANS	Destructive Twins
DECEPTIVE PANTHER	Detour from Doom
ROTATING DESTRUCTION	Circle of Doom back-up
DANCE OF DARKNESS	Retreating Pendulum/Destructive Kneel Hybrid
REVERSING CIRCLES	Crossing Talon/Swinging Pendulum/Circles of Protection Hybrid
UNWINDING PENDULUM	Retreating Pendulum/Attacking Mace Hybrid
CIRCLING WINDMILLS	Circles of Protection
RETURNING STORM	Crossing Talon
FALCONS OF FORCE	Sword and Hammer/Protecting Fans Hybrid
SNAKES OF WISDOM	Obscure Claws
MARRIAGE OF THE RAMS	Obscure Claws
COURTING THE TIGER	Buckling Branch
GRASPING EAGLES	Thrusting Salute
GATHERING OF THE SNAKES	Circling Destruction
PARTING OF THE SNAKES	Dance of Death
THE BEAR AND THE RAM	Crashing Wings
REPRIMANDING THE BEARS	Captured Twigs/Buckling Branch Hybrid
THE RAM AND THE EAGLE	Flashing Mace/Five Swords Hybrid

Master Key Moves

If you knew someone who was able to defend himself in any situation, wouldn't you want to know what he knew? What if this individual possessed a secret technique which works in any situation, wouldn't you want to know that technique? Of course you would! Although there isn't a "magic" technique which is unbeatable in any situation, there does exist a concept which allows you to make a technique work in a variety of situations. This concept is known as the **Master Key Concept**. The Master Key Concept is a method by which you can take any technique and, with little or no change, make it a suitable defense in virtually any encounter. In fact, Kenpo is built around this concept. The system's foundation is built upon Master Key Moves (another reason why Kenpo should be taught and learned in its original structure and should not be tampered with). The "key" to Master Key Moves is having an understanding of Formulation Adaptation

Formulation Adaptation

Formulation Adaptation is the application of the Formulation Equation to any self defense technique enabling the practitioner to adapt the technique to more than one attack. Many self defense techniques are related to another in this manner. For example, let's look at a technique in Orange Belt, Gift of Destruction. Let's take Gift of Destruction, a defense for a hand hold, and adapt it for a cross hand push and a front bear hug. First, we must consider the Nature of the Attack. A cross hand push must be deflected, so a deflecting motion such as an inward block must prefix the technique. Next, in order to pull the opponent into the knee as prescribed by Gift of Destruction, we must have some body contact, so a palm strike is prefixed. Now that we have dealt with the particular nature of the attack, we may finish with the base technique, Gift of Destruction, or as it is called in Orange Belt, Glancing Salute.

What about the front bear hug? If the arms are pinned, we must create room in order to strike; therefore, we prefix a nerve strike to the bladder/groin region. We now have room to deliver a knee strike but not the elbow strike, so we insert a side kick to the opponent's knee. Finally, we are in position to finish with the elbow as prescribed by Gift of Destruction. Do you know the name of this technique? Of course! It's Thrusting Prongs.

There are many techniques in the Kenpo system which are based entirely upon Master Key Moves, but these are often difficult to see unless you have an understanding of Family Related Moves. The two most common Master Key Moves are Five Swords and Leaping Crane. For example, in Blue Belt there are four techniques which are directly based upon Leaping Crane. Two of these techniques are Hugging Pendulum and Circling the Horizon. Hugging Pendulum is essentially Leaping Crane with a retreat and an advance instead of the sideward leap. Circling the Horizon deletes the kick and reverses the locations of the strikes. Can you find the other two techniques? To find these two techniques and the other Master Key Moves which are the basis of the Kenpo system, it is necessary that you understand and use the Formulation Equation and the Table of Complementary Characteristics. If you need to, review the appropriate sections in this program.

Learn to Use What You Have

Instead of relying upon a few techniques to work in a variety of situations, which is by far the most logical and combat efficient method, most martial artists are on a continual search to learn “new” techniques or try to create techniques on demand. Accumulating new techniques will serve only to confuse you and slow you down when a combat situation arises (remember Hick’s Law?). The current fighting ability (or lack of it) of most Kenpo practitioners is proof of this faulty trend. Attempting to create techniques impromptu not only dramatically increases response time, but invariably results in substandard defenses. If you follow this path, you might as well not study a martial art.

Of all the punches, blocks, kicks and techniques you have learned, how well do you really know them? Before you answer, consider the following:

Q: When explaining a block, what is the difference between a student and a master?

A: A student can show you what it is used for, a master can show you what it *can’t* be used for.

A student can only use the block for the attacks his instructor taught him because he has never attempted to explore other possibilities. A student is always searching for something “new”. A master, however, has studied all the possibilities of that single block; he knows what it *can* be used for and what it *can’t*. A master is always discovering the “old”. Which are you? If you wish to master Kenpo (and ultimately yourself) then you must explore what you already know—one block, one kick, one technique at a time. To give you a start on this journey, we will take a look at the smallest of the Kenpo techniques, Sword and Hammer.

Sword and Hammer

Sword and Hammer is the shortest and the most overlooked of all the Kenpo self defense techniques. In order to master a technique, or any move for that matter, it is important that you study its motion without any alteration. Don’t be in a hurry. Take your time and fully explore the possibilities.

If you study the motion of your right hand in Sword and Hammer, you will notice that you (1) extend your arm with a strike, (2) retract that arm, and (3) extend the arm for another strike. We can begin by taking these three actions and apply them to various attacks. First, suppose you want to make Sword and Hammer, a striking defense, into a grappling technique. How? Simply use the first motion to circle over the pinned arm, the retraction to break the elbow from below and the hammerfist to strike. This is done in the opening of Obscure Claws. What if, the opponent is punching while grabbing? If he punches before your first action, you can use the extension of your right arm as an outward block and then continue with the arm wrap and break. Or what if the opponent punches *after* your first move? Simply use the retraction as an inward block and finish with the hammerfist. If you grab the wrist after the inward block, you can continue the circular action and apply a twisted arm bar. Finally, you can use Sword and Hammer for a multiple punching attack. Use the first action (the extension) as an outward block, the second action (the retraction) as an inward block and finish with a hammerfist (this is the same as Shielding Hammer and Unfurling Crane). We have shown you **five** applications of the smallest self defense technique. How many more can you find?

Conclusion

At the beginning of this program, we promised that we will reveal the most advanced stage of the Kenpo system, but we never said it would be easy. We have packed in as much information in as small of a space as possible. To make use of this information (or any information for that matter) you must take an active role. First, you must fully comprehend the information provided in this program. This can only be accomplished through patient and methodical study. Second, you must apply this information in your independent study. Don't expect to be "spoon fed" advanced Kenpo knowledge. Take this information and make it an active part in your Kenpo training.

We have the highest confidence in this program and in your ability to understand it. It is our hope that the information provided in this program will dramatically increase your skills as it has in the many hundreds who have successfully followed it.

Good luck in your training and we will see you in the next series!

Answers to Assignment 1

I. One Man

A. Punch-Punch

1. Quadrants 1-2
UNFURLING CRANE
2. Quadrants 2-1
CIRCLING FANS
ENTWINED MACES
FATAL DEVIATION
3. Quadrants 2-2
PROTECTING FANS

B. Kick-Kick

1. Quadrants 3-2
DECEPTIVE PANTHER
2. Quadrants 3-4
ROTATING DESTRUCTION

C. Kick-Punch

1. Quadrants 4-1
DANCE OF DARKNESS
REVERSING CIRCLES
UNWINDING PENDULUM

D. Push-Punch

1. Quadrant 1
CIRCLING WINDMILLS

E. Weapon

1. Stick
 - a. Quadrants 2-1
RETURNING STORM

II. Two Men

A. Grabs

1. Shoulder
FALCONS OF FORCE
SNAKES OF WISDOM
MARRIAGE OF THE RAMS
2. Arm
COURTING THE TIGER
3. Shoulder and Arm
GRASPING EAGLES

B. Punches

- GATHERING OF THE SNAKES
PARTING OF THE SNAKES

C. Grabs, Holds and Punches

1. Bear Hug with Punch
THE BEAR AND THE RAM
REPRIMANDING THE BEARS
2. Shoulder Grab with Punch
THE RAM AND THE EAGLE

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Glossary

Blood Relationship—Used in studying the relationship between techniques, a *blood relationship* is based upon the physical actions which comprise the techniques in question.

Categorical Breakdown of Types of Attacks—An analysis of the common attacks arranged in order of their severity by Ed Parker. The Categorical Breakdown of Types of Attacks provides the Kenpo system with the foundation upon which it is designed. They are (from least to most severe):

1. Grabs and Tackles
2. Pushes
3. Punches
4. Kicks
5. Holds and Hugs
6. Chokes and Locks
7. Weapons
8. Multiple Attacks

A rearrangement of the Categorical Breakdown of Types of Attacks forms the basis upon which the student studies Family Groups and its associated topics.

Centerline—Part of the *Geometric Study of Combat*, the Centerline (a.k.a. the *Self-Centerline*) is an imaginary vertical line which divides a person's body into two equal sections, a right side and a left side. All advanced strategy and tactics are based upon this concept. It is also one of the key components in Quadrant Zone Theory.

Complementary Characteristics, Table of—Complementary Characteristics aid the student in identifying the relationships between techniques. Complementary Characteristics are not opposites. Rather, they are mutually dependant components which are needed to complete categories of learning. Below are some examples of Complementary Characteristics:

1. Forward-Reverse
2. Front-Back
3. Striking-Grappling
4. Hard-Soft
5. Offense-Defense
6. Inside-Outside
7. Push-Pull

Dimensional Zone Concept—A concept created by Ed Parker to provide the student with a geometric means of dividing the opponent into four basic zones—height, width, depth, and obscure. This concept is used to control the opponent's retaliatory ability.

Eighteen Family Groups—A rearrangement of the Categorical Breakdown of Types of Attacks, the Eighteen Family Groups is based upon the *nature* of each attack. The Eighteen Family Groups are the divisions under which all technique families, and ultimately the techniques themselves, fall under.

Family Group—A Family Group is one of eighteen groups in the American Kenpo system. All Technique Families fall under one of the eighteen groups. The identification and classification of Techniques Families in the appropriate group is essential to success in Kenpo.

Family Related Moves/Techniques—Closely associated to Master Key Moves, Family Related Moves involves the use of a single move(s) which are based upon the same or similar actions and/or principles for a variety of attacks. A crucial component in the Kenpo practitioners development is the ability to recognized related self defense techniques. Family Related Moves/Techniques are dependent upon the understanding of Complementary Characteristics, the Formulation Equation and Master Key Moves.

Family Units—Each Technique Family teaches a series of defensive concepts for that particular attack. These concepts are collectively known as *Family Units*. Once an orphan technique is associated with its proper family, further concepts and principles are taught for that attack. This is known as *Extended Family Units*.

Formulation Adaptation—Closely associated with Master Key Moves, Formulation Adaptation is the adaptation of a self defense technique to a new attack with the use of the Formulation Equation.

Formulation Equation—The Formulation Equation (a.k.a. the *Equation Formula*) is a method designed by Ed Parker to quickly change a technique into a logical and effective solution to fit a different attack. The eight components are:

1. Prefix
2. Suffix
3. Insert
4. Rearrange
5. Alter
6. Adjust
7. Regulate
8. Delete

Grappling Division—One of the Three Divisions of Attack, the Grappling Division comprises all grappling attacks such as tackles, grabs, holds/hugs, and chokes/locks.

Height Zones—One of the four components of Dimensional Zone Concepts created by Ed Parker, the height zones are used for protection or attack on three levels—from top of the head to the solar plexus (high), from solar plexus to the groin (middle), and from the groin to the feet (low). It is also one of the key components in Quadrant Zone Theory.

Hick's Law—A sports medicine researcher in the 1950's who discovered that "reaction time increases significantly when one must decide which response or technique is most appropriate for the threat." Simply stated, Hick's Law means that the more choices you must make, the longer it will take you to act.

Marriage Relationship—Used in studying the relationship between techniques, a *marriage relationship* is based upon concepts and principles or the effect upon the opponent.

Master Key Concepts—Master Key Concepts is a method by which one can take any technique and, with little or no change, make it a suitable defense for a variety of encounters. Success in the use of Master Key Concepts is dependent upon knowledge of the techniques, the Formulation Equation the Nature of the Attack.

Master Key Moves—A move or a series of moves which, with little or no change, may be used in a variety of situations. The American Kenpo system is built upon Master Key Moves. For this reason, tampering with the structure of Kenpo is forbidden.

Multiple Attack Division—One of the Three Divisions of Attack, the Multiple Attack Division comprises all multiple attacks whether they are from one man or two men.

Nature of Attack—The Nature of Attack is a detailed study of each attack which is necessary to understand the relationships which exist between techniques. The attack is analyzed by identifying its direction, method of execution, path of travel, location, and angle of execution.

Nine General Attack Categories—Once the Three Divisions of Attack have been identified, the Categorical Breakdown of Types of Attack are rearranged to form the Nine General Attack Categories. This is the second step in the identification of the Eighteen Family Groups. The Nine General Attack Categories are:

Striking

1. Pushing
2. Punching
3. Kicking
4. Weapons

Grappling

5. Tackles
6. Grabs
7. Holds & Hugs
8. Chokes & Locks

9. Multiple Attacks

Orphan Techniques—Orphan Techniques are those techniques which do not have any other related related techniques under their particular attack. However, Orphan Techniques are related to other Technique Families through the use of Family Related Techniques. Once the Orphan Technique is matched to its appropriate family, new concepts develop which are called Extended Family Units.

Quadrant—One of the six quadrants which comprise the Quadrant Zones of Protection (see *Quadrant Zone Theory*).

Quadrant Zone Theory (QZT)—The Quadrant Zone Theory (a.k.a Quadrant Zones of Protection) is a theory of defense which identifies areas of the body to defend. QZT is used in virtually every striking attack as it reduces reaction/response time. QZT is developed from the superimposition of

the Self-Centerline and the three Height Zones which produce six quadrants:

- Quadrant 1—High Outside
- Quadrant 2—High Inside
- Quadrant 3—Middle Inside
- Quadrant 4—Middle Outside
- Quadrant 5—Low Outside
- Quadrant 6—Low Inside

Reaction Time—Reaction time reflects the brain's information processing speed. It is the interval between a stimulus, such as seeing a punch, and the beginning of a response, such as a defensive movement.

Response Time—Response time is comprised of two components—Reaction Time and Movement Time. Response Time is the total time it takes from the presentation of a stimulus to the end of the movement. For example, the total amount of time it takes to see a punch, choose the appropriate defensive action and complete that action is the Response Time. Response Time is often misinterpreted as Reaction Time.

Relational Chains—A series of related techniques which share common characteristics and stem from the same source. It can also be used to discover links of seemingly unrelated techniques.

Relational Flows—Once a Relational Chain has been identified, the adjacent techniques may be used as counter techniques for the other. Relational Flows are two man drill designed to teach counter-for-counter defenses to the Kenpo self defense techniques. There are five standard Relational Flows which are taught in advanced levels.

Striking Division—One of the Three Divisions of Attack, the Striking Division comprises all striking attacks such as pushing, punching, kicking and weapon attacks.

Technique Families—Technique Families are two or more techniques which fall under the same attack. These techniques may be related through blood or marriage. The families teach various principles and concepts known collectively as Family Units.

Three Divisions of Attack—The Three Divisions of Attack arranges the Categorical Breakdown of Types of Attack into three divisions based upon defensive similarities and the nature of each attack. The three divisions are Striking, Grappling and Multiple Attacks. This is the first step in the development of the Eighteen Family Groups