

Kaizen International Black Belt Academy



Fundamentals Series

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Dojo Etiquette

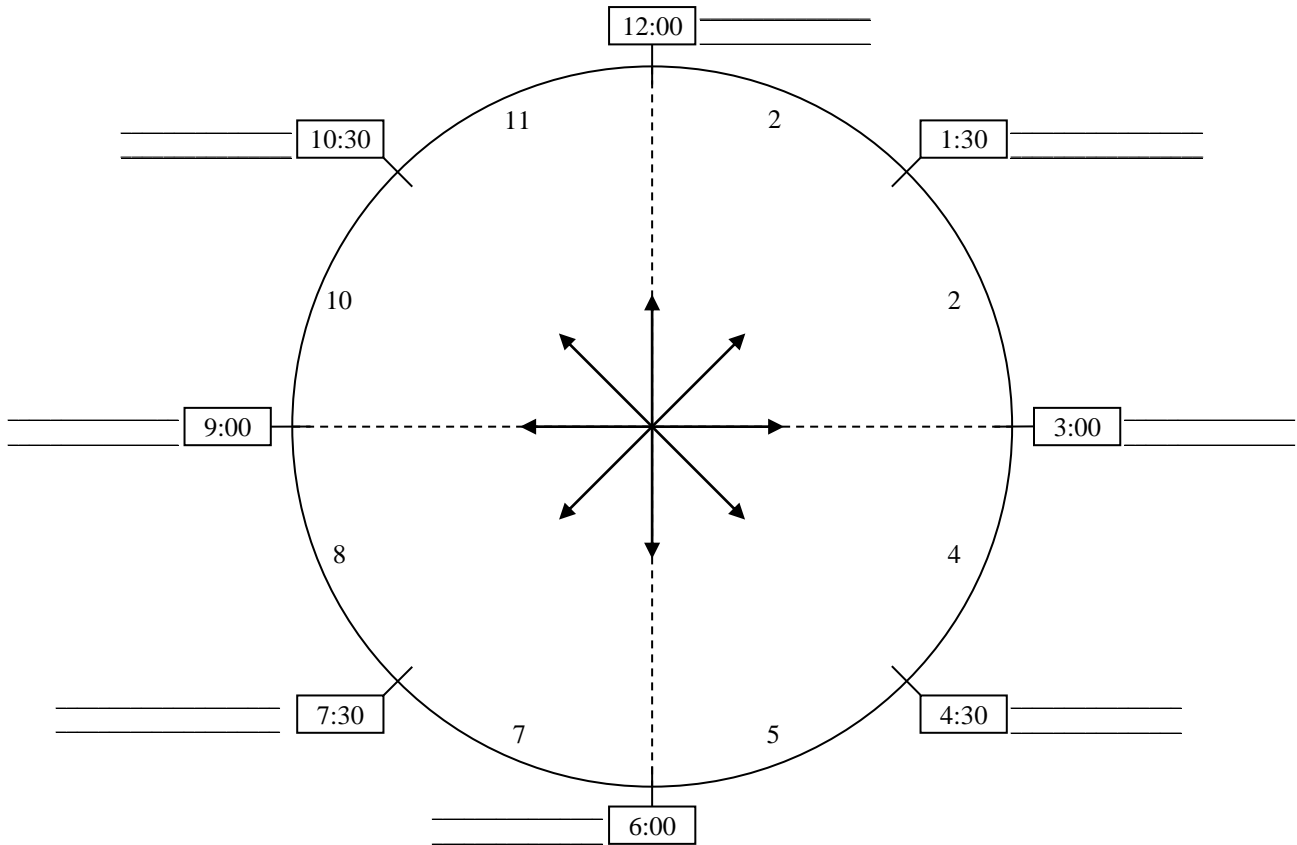
General

1. The Sensei is the school leader. The Sensei's instructions are to be followed for proper training and safety reasons.
2. Martial arts begin and end with courtesy and respect. Please respect yourself and other students.
3. The Sensei, black belts, and senior students are saluted as a sign of respect.
4. The knowledge you are given is a gift and is not to be misused.
5. Please come to the Dojo ready to train and learn.
6. Proper hygiene is expected. This includes regular cleaning and grooming, clipping of toe- and finger-nails, and a clean uniform.

On the Mats

1. Please bow when entering and exiting the training mats.
2. No shoes are allowed on the training mats.
3. Please inform the instructor of any injuries that may be aggravated by activities during class.
4. When class starts or ends, the instructor will shout 'Line Up!' When this happens, line up according to rank – lower belts to the left of the dojo (as you look at the mirrors), higher belts to the right.
5. If you arrive late, after class has begun, stand in a concentrating horse stance just off the mats, and catch the eye of the instructor. The instructor will acknowledge you and may have you do some abbreviated warm-up exercises.
6. When you are the *Uke*, remember that you are providing a training experience for your partner and yourself. Please respect your partner by taking this seriously.

Clock Reference System



The Clock Reference System is used to describe angles in the International Kenpo system. Imagine a clock lying on the ground. You are facing 12:00. This puts 6:00 behind you, 3:00 to your right, and 9:00 to your left. This gives a description of 90° angles. In order to get 45° angles, we go to 1:30 for the angle to the front right, 10:30 for the angle to the front left, 7:30 for the angle to the left rear, and 4:30 for the angle to the right rear.

This reference remains constant for the duration of the form or technique in which it is used. For example, Short Form 1 starts with you facing 12:00. It has two steps back along the 12:00 line, then a side cover to face 9:00. When this happens, the clock remains fixed. Since you turned, 12:00 is now on your right hand – it does not move when you turn.

Stances

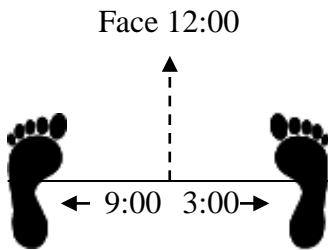
There are eight basic stances. Stances are the foundation for good technique. As a point of nomenclature, stances are named “Right” vs. “Left” according to which leg is in front.

Attention Stance



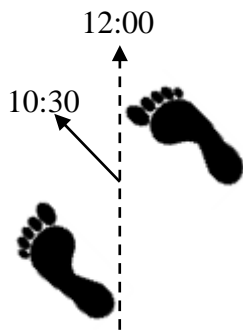
From a standing position facing 12:00, your feet are together with your hands at your side. Your knees are slightly bent to keep the circulation in your legs. The fingers of your hands are straight with your palms pressed firmly along the outside of your legs. Your posture is erect with your shoulders back and looking straight ahead. Weight distribution on your feet is 50% on one foot and 50% on the other foot as well as 60% on the balls of the feet and 40% on the heels of your feet.

Horse Stance



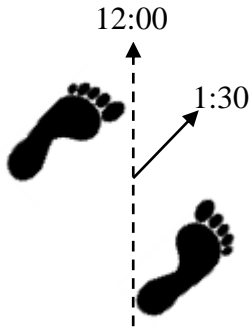
This is your base stance. A good horse stance allows a strong foundation that “roots” you to the ground. Facing 12:00, your legs are separated and more than shoulder width apart. Knees are bent into a “squat” position with your feet facing forward. Keep your back straight and your backside tucked in under you. Your elbows are pulled back with your hands in a fist, palms up. Weight distribution is 50% on each leg. Forward to back weight distribution is 40% on your heels and 60% on the balls of your feet.

Right Neutral Bow



This is your normal “guarding position”. Your left foot moves back to approximately 6:00. Your legs are separated and more than shoulder width apart. Knees are bent into a “squat” position with your feet facing approximately 10:30. If a straight line were to be drawn from the big toe of your right foot, it should hit the back of the heel of your left foot. This is called “toe-heel alignment”. Keep your back straight and your backside tucked in under you. Your head is turned to face 12:00 and your hands are up to protect your face. Right hand forward and left hand back. Your elbows are tucked against your body to protect your ribs. Weight distribution is 50% on each leg. Forward to back weight distribution is 40% on your heels and 60% on the balls of your feet.

Left Neutral Bow



Your right foot moves back to approximately 6:00. Your legs are separated and more than shoulder width apart. Knees are bent into a “squat” position with your feet facing approximately 1:30. If a straight line were to be drawn from the big toe of your left foot, it should hit the back of the heel of your right foot. This is called “toe-heel alignment”. Keep your back straight and your backside tucked in under you. Your head is turned to face 12:00 and your hands are up to protect your face. Left hand forward and right hand back. Your elbows are tucked against your body to protect your ribs. Weight distribution is 50% on each leg. Forward to back weight distribution is 60% on your heels and 40% on the balls of your feet.

Right Forward Bow



This stance is usually a shift from a right neutral bow. Your right foot maintains its position to face 10:30 with your toes pointing forward. Your left foot shifts naturally to face forward towards 12:00. Your right knee is bent and should just cover the end of the toes on your right foot. Your left leg is straight with the heel of your left foot on the ground. Your posture is erect with your head facing 12:00. Your hands are up to protect your face with your right hand forward and left hand back. Your elbows are tucked against your body to protect your ribs. Weight distribution is 60% on your forward leg and 40% on your rear leg.

Left Forward Bow

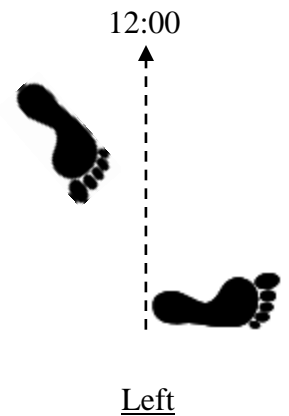


This stance is usually a shift from a left neutral bow. Your left foot maintains its position to face 1:30 with your toes pointing forward. Your right foot shifts naturally to face forward towards 12:00. Your left knee is bent and should just cover the end of the toes on your left foot. Your right leg is straight with the heel of your right foot on the ground. Your posture is erect with your head facing 12:00. Your hands are up to protect your face with your left hand forward and right hand back. Your elbows are tucked against your body to protect your ribs. Weight distribution is 60% on your forward leg and 40% on your rear leg.

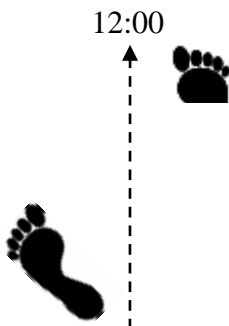
Reverse Bow (Right & Left)



This stance is generally performed from neutral and forward bows. Pivot on the balls of your feet to turn your body to 6:00. The feet do not move forward or back, they simply pivot and face the opposite direction. Your front leg is straight with the heel of the foot on the ground and your foot should be at a 45-degree angle in relationship to 12:00. Your rear leg, which is now pointing to 6:00, is bent at the knee and should be at a 90-degree angle in relationship to 12:00. The knee just covers the end of the toes. Your head is turned to face 12:00 with your front hand in a low guarding position and your rear hand in a high guarding position. The weight distribution is 60% on the leg that is bent and 40% on the leg that is straight.



Cat Stance (Right & Left)



This is a transitional step to allow you to move from one stance to another, or put your body in a position to deliver a kick. The stance is usually performed from a forward or neutral bow. Draw your forward leg toward you until the ball of your foot is the only part of your foot touching the ground with your toes pointing towards 12:00 and your heel pointing towards 6:00. Facing 12:00, your posture is erect with the knee of your forward leg bent. Rear leg should be slightly bent and the foot should be at a 45 degree angle. Your hands are up to protect your face and your elbows are tucked to protect your ribs. The weight distribution is 90% on your rear leg and 10% on your forward leg.

Blocks

Blocks are defensive in nature, but can also be used as offensive strikes when defending. Blocks can be extended from the body as the situation dictates.

Inward Block

This block moves from the outer portion of the body toward the body's centerline. The arm is bent at the elbow at approximately a 135-degree angle with the hand in a fist, palm facing you. The motion generally stops at the body center with your fist in front of your opposite ear. This block is generally used to protect you from a straight punch such as a cross or reverse punch.

Outward Block

This block moves outward from your body away from your body's centerline. The arm is bent at the elbow at approximately a 135-degree angle with the hand in a fist, palm facing away from you. The motion generally stops slightly past your shoulder with your hand up. This block is generally used to protect you from a punch such as a roundhouse.

Upward Block

Your fist shoots up the centerline of your body, palm facing you. As your fist reaches about nose level your arm starts to turn your fist outward. Continue the motion until your forearm is just above your head and extended slightly away from your body at approximately a 135-degree angle. This block is generally used to protect you from an overhead strike.

Downward Block

Your hand forms a fist, palm facing your body, as you drive your arm downward in an arc to the outside of your lower body. The motion stops slightly past the outer portion of your leg at approximately a 135-degree angle. This block is generally used to protect you from a kick to the groin or solar-plexus.

Pushdown Block

Your hand pushes down the centerline of your body. Your arm should be aligned at approximately a 135-degree angle. This block is generally used to protect you from a knee to the groin.

All of these blocks should be executed at approximately a 45-degree angle in relationship to the body as well as having a 135-degree bend in the arm. This creates structural integrity in the arm as well as creating the alignment for a proper bracing angle in your blocks.

Punches

Strikes are offensive in nature, but can be used defensively. Strikes are generally performed from neutral bows.

Back Fist

The striking portion of a back fist is the back of the hand and with the top two knuckles often referred to as the Ram's Head. Make a fist with your lead hand and position it as if you were holding an ice cream cone. While in a neutral bow extend the arm to allow the back of the fist to strike your intended target. Bring the hand back to its original position utilizing a snapping type motion.

Reverse Punch

The striking portion of the reverse punch is the front of the fist utilizing the Ram's Head. Make a fist with your rear hand. As you shift from a neutral bow to a forward bow extend the rear hand in a linear strike to your intended target. Bring the hand to its original position as you shift back into a neutral bow utilizing a snapping type motion.

Chop

Chops can be executed in an inward or outward fashion using a hand sword towards your intended target. Using a flat hand, strike with the "meat" on the pinky side of the hand. Inward chops should be palm facing upwards and outward chops should be palm facing downwards. Usually performed with a snapping type motion.

Ridge Hand

Ridge hands are generally executed with the lead hand in a neutral bow. The thumb is tucked under the index finger and the hand is flat. The striking portion is the index finger side of the hand (the opposite side of the hand as a Chop) at the wrist. The strike is a slightly circular motion as it drives toward your intended target. Bring the hand back to its original position.

Jab

A jab is performed with the lead hand in a neutral bow. It is similar to a back fist in that it is a snapping punch, but the striking portion of the jab is with the front of the fist using the Ram's Head in a linear path of motion rather than a circular path of motion. Jabs are used to create distance with an attacker and keep them off-balance. They are also used to help set up other offensive moves.

Cross

A cross is similar to a reverse punch. The striking portion of the cross is the front of the fist with the Ram's Head. However, still striking in a linear fashion, the strike is thrown slightly across your body as you shift from a neutral bow to a forward bow. The jab usually sets this strike up.

Roundhouse

As the name implies this strike is delivered in a circular or “round” fashion. From a neutral bow, the lead hand circles out from your body to deliver a strike to the side of your attacker. The strike should occur before your hand reaches the apex of your circular motion. The striking portion of the roundhouse is with the front of the fist, once again the Ram’s Head. Roundhouses are usually set up by jabs and crosses.

Elbow Strike

The elbow is used to strike targets in a multitude of positions. Strikes can be inward, outward, upward, downward, diagonal, and back.

Kicks

Kicks are usually performed from a neutral bow. There are four parts to a good kick:

Chamber: Preparation for the kick. The foot comes up off the ground, close to the body, and the knee is bent.

Extension: Contact portion of the kick. The knee unbends, the leg straightens, and the foot makes contact with the target.

Re-chamber: “Follow-through” of the kick. The knee bends back to the position it was in for the chamber, and the foot comes back close to the body.

Replacement: Foot is placed back on the ground back into the original stance.

Front Kick

Chamber: Generally, chambering is done from a transitional Cat Stance. Lift your lead leg up so that the top of your leg is horizontal to the floor with your knee bent. The bend at the knee is close to a 180-degree angle, with the foot up against your bottom. Hip position should be square with the target to align the body properly and the knee should aim at the target you wish to hit.

Extension: Extend the lower portion of your leg to the intended target in a linear motion. Pull your toes back as you strike with ball of your foot (this can be done in a thrusting or snapping manner).

Re-chamber: Return your leg to the original chamber position.

Replacement: Place your foot back to its original position in the neutral bow.

This kick should be practiced with both the lead leg and the rear leg.

Round Kick

Chamber: Generally, chambering is done from a transitional Cat Stance. As you lift your leg up, turn your hip over so your leg rolls to the side. Instead of your knee pointing up, it should be horizontal, pointing past your target slightly. Your knee is bent to almost 180 degrees, with your foot against your bottom and your toes pointed to expose your instep.

Extension: Extend the lower portion of your leg in an arcing motion to the intended target. Point your toes as you strike with the top of your foot, somewhere between the shin and instep of your foot. As you kick, pivot on the ball of the foot of your support leg to maintain proper joint alignment and hip position.

Re-chamber: Return your leg to the original chamber position.

Replacement: Place your foot back to its original position in the neutral bow.

This kick should be practiced with both the lead leg and the rear leg.

Side Kick

Chamber: Generally, chambering is done from a transitional Cat Stance. As you lift your leg up, turn your hip over so your leg rolls to the side. Your knee should be bent in front of you and pointing to the rear, with your foot against your bottom, your toes pulled back to expose your heel. Your bottom should be pointing towards the target.

Extension: Extend the lower portion of your leg in a linear motion to the intended target. Pull your toes back as you strike with the heel of your foot.

Re-chamber: Return your leg to the original chamber position.

Replacement: Place your foot back to its original position in the neutral bow.

This kick should be practiced with both the lead leg and the rear leg.

Back Kick

Chamber: Turn your head to see your intended target by looking over your lead shoulder. Lift your lead leg up so that the top of your leg is horizontal to the floor with your knee facing down. Your knee should be bent at almost 180 degrees, with your foot against your bottom, your toes pulled back to expose your heel. Your toes should also be pointing down and your heel up.

Extension: Extend your leg backward in a linear motion to the intended target. Your knee should be pointing to the floor throughout the extension. Pull your toes back as you strike with the heel of your foot. Your foot should still be in a vertical position when it strikes.

Re-chamber: Return your leg to the original chamber position.

Replacement: Place your foot back to its original position in the neutral bow.

This kick should be practiced with both the lead leg and the rear leg.

Shuffling

Shuffling is usually executed by dragging one foot against the other while moving forward, backward, or to the side. There are three methods of shuffling as follows:

Drag-Step

Drag one foot forward, backward, or to the side as the other foot steps away from it.

Push-Drag

Slightly raise the forward or rear leg as the other leg pushes forward or back. The feet resume their original distance from each other.

Step-Drag

Step forward or back with one foot as the other drags to meet it.

Self Defense Techniques

Generally, all self defense techniques end with a cover out. The fundamental cover out is simply two shuffle steps away from the attacker.

Sword in Return (attack is a right front shoulder grab)

1. *Attacker attempts to grab your left lapel with a right hand from 12:00.*
2. Step back with your left foot toward 6:00 into a right neutral bow stance facing 12:00. Execute a right inward block to the right inner forearm of your attacker. Position your left hand at your solar-plexus as a check against additional attack.
3. Strike with a right outward chop to the right side of attacker's neck. After the strike, slide your right hand to the right wrist of the attacker as a check against additional attack and cover out towards 6:00.

Kick in Return (attack is a right straight punch)

1. *Attacker attempts to deliver a right straight punch to your head from 12:00.*
2. Step back with your left foot toward 6:00 into a right neutral bow stance facing 12:00. Execute a right inward block to the right inner forearm of your attacker. Position your left hand at your solar-plexus as a check against additional attack.
3. Slide your right foot back into a cat stance and deliver a right front kick to your attacker's groin.
4. Replace your right foot into a right neutral bow and cover out towards 6:00.

Delayed Sword (attack is a right front shoulder grab)

1. *Attacker attempts to grab your left shoulder with a right hand from 12:00.*
2. Step back with your left foot toward 6:00 into a right neutral bow stance facing 12:00. Execute a right inward block to the right inner forearm of your attacker. Position your left hand at your solar-plexus as a check against additional attack.
3. Slide your right foot back into a cat stance and deliver a right front kick to attacker's groin.
4. Replace your right foot into a right neutral bow as you strike with a right outward chop to the right side of your attacker's neck. After the strike, slide your right hand to the right wrist of the attacker as a check against additional attack and cover out towards 6:00.

Rolling Mace (attack is a two-hand push from the front)

1. *Attacker attempts to push you from 12:00 with a mid-level two hand push.*
2. As your opponent pushes at you, step back with your left foot toward 6:00 into a right forward bow stance facing 12:00. Execute a right downward outward hooking slap to attacker's left hand with your right hand, moving attacker's left hand off the line of attack.
3. Execute a left downward outward hooking slap to attacker's right hand with your left hand, moving attacker's right hand off the line of attack.

4. Return your left hand to a guard position. Roll your right hand through your centerline to deliver a right outward back knuckle strike to the right temple of the attacker as you pivot into a right neutral bow.
5. Snap your right hand into a checking position to guard against additional attack and cover out towards 6:00.

Sword of Defense (attack is a left roundhouse punch)

1. *Attacker attempts to deliver a left roundhouse punch from 12:00 to the right side of your head.*
2. Step back with your left foot toward 6:00 into a right neutral bow stance facing 12:00. Execute a right extended outward block to the left inner forearm of your attacker. Position your left hand in front of your solar-plexus as a check against additional attack.
3. Slide your right foot back into a cat stance and deliver a right front kick to your attacker's groin.
4. Replace your right foot forward into a right neutral bow and execute a right inward chop to the left side of your attacker's neck.
5. Snap your right hand back to the left inner wrist of your attacker as a check against additional attack and cover out towards 6:00.

Deflecting the Branch (attack is a right front kick)

1. *Attacker attempts to deliver a right front kick from 12:00 to your groin or solar-plexus.*
2. Step back with your left foot toward 7:30 into a right neutral bow stance facing 4:30 to move off of the line of attack. Execute a right downward diagonal block against the outside of your attacker's right kicking leg (this will spin your attacker's back to you). Keep your left hand up as a guard.
3. Your right hand comes up in a guard position. Shift into a right forward bow as you deliver a left reverse punch to the back of your attacker's head.
4. Bring your left hand back to its guard position and cover out towards 7:30.

Parting the Sea (attack is a front two hand push)

1. *Attacker attempts to push you from 12:00 with a mid-level to high-level two hand push.*
2. Step back with your left foot toward 6:00 into a right forward bow stance facing 12:00 as both of your hands come up and out in twin extended outward blocks to inside of attacker's forearms.
3. Slide your right foot back into a cat stance and deliver a right front kick to your attacker's groin.
4. Replant your right foot into a right neutral bow and cover out towards 6:00.

Circling Twig (attack is a right cross wrist grab)

1. *Attacker reaches from 12:00 and grabs your right hand with their right hand.*
2. Counter-grab attacker's wrist as your left foot steps back to 6:00 into a right neutral bow stance facing 12:00. Anchor your right arm to your right hip
3. Slide your right foot back into a cat stance and deliver a right front kick to attacker's groin.
4. Replace your leg to a right guarding stance and cover out towards 6:00.

Kenpo Sets

Blocking Set 1 (Star Block Set)

This set is done from a horse stance.

Right Side

1. Right upward block.
2. Right inward block.
3. Right extended outward block.
4. Right outward downward block.
5. Right back elbow strike.
6. Right pushdown block.
7. Right elbow return.

Left Side

1. Left upward block.
2. Left inward block.
3. Left extended outward block.
4. Left outward downward block.
5. Left back elbow strike.
6. Left pushdown block.
7. Left elbow return.

Doubles

1. Both arms execute upward blocks. Left over right.
2. Both arms execute inward blocks. Left over right.
3. Both arms execute outward blocks.
4. Both arms execute outward downward blocks.
5. Both arms execute back elbow strikes.
6. Both arms execute pushdown blocks. Left over right.
7. Both elbows return.

This set teaches:

- The five major blocks.
- A back elbow strike.
- A sequence of blocks that promote continuity of motions and preserve economy of motion.
- The correct manner in which to use your major blocks.
- High, low, and side zones of protection with maximum cover of head and upper body areas.
- The execution of major blocks while in a stationary position.

Fundamental Stance Set

1. Start at attention stance and announce, “Kenpo, Fundamental Stance Set”, with the appropriate hand gestures.
2. Move your left foot out to 9:00 into a horse concentrating horse stance.
3. Slide your left foot back to attention stance.
4. Move your left foot back to 9:00 into a horse stance. Elbows back, hands in a fist with the palms up. This is your arm and hand position through the rest of this set.
5. Move your left foot back to 6:00 into a right neutral bow.
6. Slide your right foot back into a cat stance.
7. Move your right foot out to 3:00 into a horse stance.
8. Move your right foot back to 6:00 into a left neutral bow.
9. Slide your left foot back into a cat stance.
10. Move your left foot out to 9:00 into a horse stance.
11. Come to attention stance.
12. Move your left foot out to 9:00 into a concentrating horse stance.
13. Come back to attention stance.

This set teaches:

- Basic stances:
 - Attention Stance
 - Horse Stance
 - Neutral Bow
 - Cat Stance

Kenpo Forms

Kenpo Salutation

This is also known as the greeting.

1. Start from attention stance.
2. Extend your right arm with a closed fist by your right ear. The fist represents the warrior.
3. Cover your right fist with a left open hand. The open hand represents the scholar.
4. Execute a right front twist stance.
5. Step forward with your left foot into a left cat stance as you extend your arms in front of you. The fist rolls slightly under the open hand.
6. Open your fist and roll your hands back to back.
7. Step back with your left foot to 6:00 as you roll your hands downward. Continue the motion of your hands as they roll into you, ending the palms facing you.
8. Bring your right foot back to your left foot as you continue the motion of your arms into back elbow strikes.
9. Step into a horse stance with your left foot as you move your arms down and outward in a circular motion. Your hands brush your legs as they pass by.
10. Continue the motion and bring your hands into the shape of a triangle, just above eye level. The thumbs do not quite touch.
11. Drop the hands to chest level and cover your right fist with an open left hand.
12. Move your hands to a praying position at waist level.
13. Make the shape of a heart as you bring your hands up and out. Return to attention stance, slapping your hands at your sides.

Short Form 1

Start from attention stance and indicate the left and right side of the form by curling the index finger of your right hand and striking your open left hand. Repeat on the other side by curling the finger of your left hand and striking your open right hand. Implement the Kenpo Salutation and move into a concentrating horse stance.

1. Move your left foot back to 6:00 into a right neutral bow. Deliver a right inward block and a left back elbow strike.
2. Move your right foot back to 6:00 into a left neutral bow. Deliver a left inward block and a right back elbow strike.
3. Turn your head to 9:00. Execute a side cover by stepping with your right foot to 1:30 into a left neutral bow. Deliver a right inward block followed by left outward block (this is the beginner motion of a “double factor”). Implement a right back elbow strike.
4. Move your left foot back to 3:00 into a right neutral bow. Deliver a left inward block followed by a right outward block (double factor) and a left back elbow strike.
5. Turn your head to 3:00. Move your right foot to 7:30 and execute a rear cover. This places you in a left neutral bow facing 3:00. Deliver a left upward block and a right back elbow strike.
6. Move your left foot back to 9:00 into a right neutral bow. Deliver a right upward block and a left back elbow strike.
7. Turn your head to 6:00. Step out to 1:30 with your left foot into a right neutral bow. Execute a right downward outward block with your fist palm down and a left back elbow strike.
8. Move your right foot back to a 12:00 into a left neutral bow. Execute a left downward outward block with a palm down fist and a right back elbow strike still facing towards 6:00.
9. Step clockwise with your left foot to face 12:00, returning to a concentrating horse stance.
10. Repeat on opposite side.
11. Repeat the Kenpo Salutation and finish with a bow.

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This form contains:

- Moves that are strictly defensive.
- Stances:
 - Attention Stance
 - Horse Stance
 - Neutral Stance
- Basic Blocks:
 - Inward Blocks
 - Outward Blocks
 - Upward Blocks
 - Downward Blocks
- Movement:
 - Side Cover
 - Rear Cover
- Double Blocks (Double Factor)
- Four basic angles of attack.
- Back elbow strikes while blocking.

This form teaches you:

- To stay down while in a stance.
- Erect posture.
- To increase peripheral vision.
- To always look at your attacker.
- To never expose your back unnecessarily.
- How to cover into a neutral bow.
- To maintain constant head level when changing stances.
- How to retreat from an attacker when turning to face the zone of the unknown.
- Basic timing of hands and feet.
- Angle changes in preparation for a mass attack.

The theme of the form is:

- How to defend yourself while retreating and creating distance from an attacker.

Notes and Terms

Please use this section to clarify terms and concepts. You can also use this section make notes that help your unique learning style.