

KENPO FORMS



SHORT FORM 1



Short Form 1

Opening: Attention stance - drop to a meditating horse stance - come up to attention stance - signify - execute the salutation - then return to a meditating horse and conclude with your head up and eyes open.

Note: All blocks in this form are accompanied with a back elbow strike.

1. Your left foot drops back, toward 6 o'clock, into a right neutral bow facing 12 o'clock, while executing a right inward block toward 12 o'clock.
2. Your right foot drops back, to 6 o'clock, into a left neutral bow facing 12 o'clock, while executing a left inward block toward 12 o'clock.
3. Cover (by moving your right foot toward 12 o'clock) pivoting into a left neutral bow facing 9 o'clock, while delivering a left outward block toward 9 o'clock.
4. Your left foot drops back toward 3 o'clock, into a right neutral bow facing 9 o'clock, while executing a right outward block toward 9 o'clock.
5. Cover (by moving your right foot toward 6 o'clock) pivoting into a left neutral bow facing 3 o'clock, while executing a left upward block toward 3 o'clock.
6. Your left foot drops back toward 9 o'clock, into a right neutral bow facing 3 o'clock, while executing a right upward block toward 3 o'clock.
7. Cover (by moving your left foot toward 3 o'clock) pivoting into a right neutral bow facing 6 o'clock, while executing a right downward block toward 6 o'clock.
8. Your right foot drops back toward 12 o'clock, into a left neutral bow facing 6 o'clock, while executing a left downward block toward 6 o'clock.
9. Cover (by having your left foot drag to your right foot and out toward 9 o'clock, into a Meditating Horse Stance, facing 12 o'clock. Come to attention. Execute the full salutation and bow.

LONG FORM 1



Long Form 1

Opening: Attention stance - drop to a meditating horse stance - come up to attention stance - signify - execute the salutation - then return to a meditating horse and conclude with your head up and eyes open.

Note: All blocks and punches in this form are accompanied with a back elbow strike.

1. Have your left foot drop back toward 6 o'clock, into a right neutral bow facing 12 o'clock, as you execute a right inward block toward 12 o'clock. Immediately pivot into a right forward bow as you execute a left straight punch toward 12 o'clock.
2. Your right foot slides into a right transitional cat stance while executing a right thrusting inward block toward 12 o'clock. Complete your right step through toward 6 o'clock into a left neutral bow facing 12 o'clock, as you execute a left inward block toward 12 o'clock. Immediately pivot into a left forward bow as you execute a right straight punch toward 12 o'clock.
3. Cover (by moving your right foot toward 12 o'clock) pivoting into a left neutral bow facing 9 o'clock while executing a right inward / left vertical outward block combination toward 9 o'clock. Immediately pivot into a left forward bow as you execute a right straight punch toward 9 o'clock.
4. Your left foot slides into a left transitional cat stance while executing a left thrusting inward block toward 9 o'clock. Complete your right step through toward 6 o'clock into a right neutral bow as you execute a right outward block toward 9 o'clock. Immediately pivot into a right forward bow as you execute a left straight punch toward 9 o'clock.
5. Cover (by moving your right foot toward 6 o'clock while executing a left outward elbow (diagonally upward) toward 3 o'clock. Immediately pivot in-place into a left neutral bow facing 3 o'clock while executing a left upward block toward 3 o'clock. Immediately pivot into a left forward bow as you execute a right straight punch toward 3 o'clock.
6. Your left foot slides into a left transitional cat stance while executing a left thrusting inward block toward 3 o'clock. Complete your left step through toward 9 o'clock into a right neutral bow facing 3 o'clock as you execute a right upward block. Immediately pivot into a right forward bow as you execute a left straight punch toward 3 o'clock.
7. Cover (this time, by moving your right foot toward 6 o'clock) into a right neutral bow facing 6 o'clock while executing a left inward downward palm up block / right outward downward block combination toward 6 o'clock. Immediately pivot into a right forward bow as you execute a left straight punch toward 6 o'clock.
8. Your right foot slides into a right transitional cat stance while executing a right inward downward palm up block toward 9 o'clock. Complete your right step through toward 12 o'clock into a left neutral bow facing 6 o'clock as you execute a left outward downward block toward 6 o'clock. Immediately pivot into a left forward bow as you execute a right straight punch toward 6 o'clock.
9. (a): Pivot back to a left neutral bow while executing a left thrusting inward block toward 6 o'clock.
(b): Execute a right inward block.
(c): Execute a left inward block.
10. (a): Your left foot steps back toward 12 o'clock into a right neutral bow while executing a right inward block toward 6 o'clock.
(b): Execute a left inward block.
(c): Execute a right inward block.
11. (a): Cover (by moving your left foot toward 6 o'clock) into a right neutral bow while executing a right outward, block toward 9 o'clock.
(b): Execute a left outward block.
(c): Execute a right outward block.

Long Form 1 (continued)

12. (a): Your right foot drops back toward 3 o'clock into a left neutral bow while executing a left outward block toward 9 o'clock.
(b): Execute a right outward block.
(c): Execute a left outward block.
13. (a): Cover (by moving your left foot toward 12 o'clock) into a right neutral bow while executing a right upward block toward 3 o'clock.
(b): Execute a left upward block.
(c): Execute a right upward block.
14. (a): Your right foot drops back to 9 o'clock into a left neutral bow while executing a left upward block toward 3 o'clock.
(b): Execute a right upward block.
(c): Execute a left upward block.
15. (a): Cover (by moving your right foot toward 3 o'clock into a left neutral bow while executing a left downward block toward 12 o'clock.
(b): Execute a right downward block.
(c): Execute a left downward block.
16. (a): Your left foot drops back toward 6 o'clock into a right neutral bow while executing a right downward block toward 12 o'clock.
(b): Execute a left downward block.
(c): Execute a right downward block.

NOTE: The remainder of this form constitutes moves that are isolated. They are not linked to produce logical working sequences, but are to be studied as hand isolations for their individual value.

17. (a): Recover by first dragging your left foot to your right foot and then out toward 9 o'clock into a horse stance facing 12 o'clock. This maneuver is done while executing a left inside palm down block.
(b): Execute a right inside palm down block.
(c): Execute a left inside palm down block.
18. (a): Execute a right inside palm up block.
(b): Execute a left inside palm up block.
(c): Execute a right inside palm up block.
19. (a): Execute a left push-down block.
(b): Execute a right push-down block.
(c): Execute a left push-down block.
20. (a): Execute a right straight thrust punch to 12 o'clock.
(b): Execute a left straight thrust punch to 12 o'clock.
(c): Execute a right straight thrust punch to 10:30.
(d): Execute a left straight thrust punch to 1:30.
(e): Execute a right straight thrust punch to 9 o'clock.
(f): Execute a left straight thrust punch to 3 o'clock.
(g): Execute a right upper cut punch to 12 o'clock.
(h): Execute a left upper cut punch to 12 o'clock.
21. Close Your left hand then opens (in place) as your right clenched fist meets the left open palm. Come to an attention stance, then execute the full salutation and bow.

SHORT FORM 2



Short Form 2

- Opening: Attention stance, drop to a meditating horse stance, come up to attention stance, signify, execute the salutation, then return to a meditating horse and conclude with your head up and eyes open.
- Set 1. a. Your right foot steps forward toward 12:00 into a right neutral bow, while simultaneously delivering a right inward block, with your left hand checking at your solar plexus.
- b. Strike with a right outward handsword. This is a diagonal chop at neck level.
- Set 2. a. Your left foot steps forward toward 12:00 into a left neutral bow, while simultaneously delivering a left inward block, with your right hand checking at your solar plexus.
- b. Strike with a left outward handsword. (This is a diagonal chop at neck level.)
- Set 3. a. Slide your left foot to your right foot into a left 45 degree cat stance and cock both your fists on the side of your right hip, right hand palm-up, left hand palm-down. (This is a transitory cat stance).
- b. Have your left foot step toward 9:00 into a left neutral bow, while simultaneously delivering a left vertical outward block with a right straight thrust punch toward 9:00. (This punch is at shoulder level.)
- Set 4. a. Slide your right foot to your left foot into a right 45 degree cat stance and cock both fists on the side of your left hip, left hand palm-up, right hand palm-down. (This is a transitory cat stance).
- b. Have your right foot step toward 3:00 into a right neutral bow, while simultaneously delivering a right vertical outward block with a left straight thrust punch toward 3:00. (This punch is at shoulder level.)
- Set 5. a. Have your left foot step between 6:00 and 5:00 into a left rear twist stance. Pivot counterclockwise, dropping under a punch, into a left wide kneel stance toward 6:00, while simultaneously delivering a left upward block, with a right vertical downward raking middle knuckle fist. (This is a downward hammering motion, making contact with the bottom side of the middle knuckle.)
- b. Have your right foot step between 12:00 and 1:00 into a right rear twist stance. Pivot clockwise, dropping under a punch, into a right wide kneel stance toward 12:00, while simultaneously delivering a right upward block, with a left vertical downward raking middle knuckle fist. (This is a downward hammering motion, making contact with the bottom side of the middle knuckle.)
- Set 6. a. Your left foot V steps (transitory cat stance) and moves toward 4:30 into a left neutral bow, while simultaneously delivering a left downward block, as your right hand cocks on your right hip.
- b. Your right foot steps through toward 4:30 into a right neutral bow, while simultaneously delivering a right thrusting heel palm strike at face level, with a left horizontal forearm check at solar plexus level (under your right elbow).

- Set 7. a. Your right foot V steps (transitory cat stance) and moves toward 7:30 into a right neutral bow, while simultaneously delivering a right downward block, as your left hand cocks on your left hip.
- b. Your left foot steps through toward 7:30 into a left neutral bow, while simultaneously delivering a left thrusting heel palm strike at face level, with a right horizontal forearm check at solar plexus level (under your left elbow).
- Set 8. a. Have your right foot shift back toward your left foot and pivot clockwise (in-place) into a right 90 degree cat stance facing 1:30 simultaneous with a left inward block as your right hand cocks to your left rib cage (palm-up).
- b. Have your right foot step toward 1:30 into a right neutral bow, simultaneous with a right extended outward block, as you cock your left hand at the left side of your chest (palm-up, half-fist).
- c. Pivot into a right forward bow toward 1:30, while striking with a left snapping half-fist punch (palm-down) at the throat level. (This is a transitory forward bow, so immediately pivot back into a right neutral bow with your left half-fist snapping back to the left side of your chest.)
- Set 9. a. Have your left foot slide toward your right foot into a left 45 degree cat stance, as you turn counter-clockwise with your upper body facing 10:30 simultaneously with a right inward block as your left hand remains cocked at your left ribcage (palm-up, half-fist).
- b. Have your left foot step toward 10:30 into a left neutral bow, simultaneous with a left extended outward block, as you cock your right hand at the right side of your chest (palm-up, half-fist).
- c. Pivot into a left forward bow toward 10:30, while striking with a right snapping half-fist punch (palm-down) at the throat level. (This is a transitory forward bow, so immediately pivot back into a left neutral bow with your right half-fist snapping back to the right side of your chest.)
- Close: Bring your right foot to your left foot and out into a meditation horse stance facing 12:00. Come to an attention stance, execute the full salutation, bow.

LONG FORM 2



Long Form 2

Opening: Attention stance, drop to a meditating horse stance, come up to attention stance, signify, execute the salutation, then return to a meditating horse and conclude with your head up and eyes open.

- Set 1.
- Have your right foot step forward toward 12:00 into a right neutral bow as you execute a right inward block to the inside of your opponent's right arm. Simultaneously have your left hand cock to your left hip (fist clenched, palm-up).
 - Without delay execute a right outward handsword to the right side of your opponent's neck (while still remaining in a right neutral bow).
 - Immediately pivot into a right forward bow (toward 12:00 as you deliver a left horizontal finger thrust to your opponent's eyes. Simultaneously have your right hand cock to your right hip (fist clenched, palm-up).
 - Immediately pivot back into a right neutral bow as you execute a right vertical finger thrust to your opponent's solar plexus. Simultaneously have your left hand cock to your left hip (fist clenched, palm-up).
- Set 2.
- Have your left foot step forward toward 12:00 into a left neutral bow as you execute a left inward block to the inside of your opponent's left arm. Simultaneously have your right hand cock to your right hip (fist clenched, palm-up).
 - Without delay execute a left outward handsword to the left side of your opponent's neck (while still remaining in a left neutral bow).
 - Immediately pivot into a left forward bow (toward 12:00 as you deliver a right horizontal finger thrust to your opponent's eyes. Simultaneously have your left hand cock to your left hip (fist clenched, palm-up).
 - Immediately pivot back into a left neutral bow as you execute a left vertical finger thrust to your opponent's solar plexus. Simultaneously have your right hand cock to your right hip (fist clenched, palm-up).
- Set 3.
- Slide your left foot back into a left 45 degree cat stance (while still facing 12:00). Simultaneously have both your hands cock to your right hip (left hand over right with both fists clenched, left palm-down and right palm-up).
 - Have your left foot slide toward 9:00 into a left neutral bow as you execute a left vertical outward block simultaneously with a right straight thrust punch to your opponent's solar plexus. (Your opponent at this point has executed a right step-through punch.)
 - Follow up with a left straight thrust punch to your opponent's face as your right clenched fist cocks to your right hip, palm-up.
 - Having turned your opponent slightly to his left, execute a right straight thrust punch to your opponent's right ribcage as your left clenched fist cocks to your left hip, palm-up.

- e. Immediately execute a left lifting knife-edge kick to your opponent's right shin (from Point of Origin to shin level), simultaneous with a left vertical punch to the right lower ribs of your opponent as your right clenched fist cocks to your right hip, palm-up.
- f. Plant your left foot (toward 9:00) into a horse stance and turn your head toward 12:00 as both of your clenched fists cock to their respective hips, palm-up.

- Set 4.
- a. Slide your right foot back into a right 45 degree cat stance (This stance is modified so that the right knee aims toward 12:00, while the left foot is also pointing toward 12:00). Simultaneously have both your hands cock to your left hip (right hand over left with both fists clenched, right palm-down and left palm-up).
 - b. Have your right foot slide toward 3:00 into a right neutral bow as you execute a right vertical outward block simultaneously with a left straight thrust punch to your opponent's solar plexus. (Your opponent at this point has executed a left step-through punch.)
 - c. Follow up with a right straight thrust punch to your opponent's face as your left clenched fist cocks to your left hip, palm-up.
 - d. Having turned your opponent slightly to his right, execute a left straight thrust punch to your opponent's left ribcage as your right clenched fist cocks to your right hip, palm-up.
 - e. Immediately execute a right lifting knife-edge kick to your opponent's left shin (from Point of Origin to shin level), simultaneous with a right vertical punch to the left lower ribs of your opponent as your left clenched fist cocks to your left hip, palm-up.
 - f. Plant your right foot (toward 3:00) into a horse stance and turn your head toward 12:00 as both of your clenched fists cock to their respective hips, palm-up.
- Set 5
- a. Have your left foot slide back and to your right to 4:30 into a left rear twist stance. Pivot counterclockwise into a left neutral bow (facing 6:00) as you execute a left downward block simultaneous with a right inward block (universal block) while keeping your upper body erect. Your opponent is attacking with a simultaneous right straight kick left straight punch combination. You are blocking on the inside of his right kicking leg with your left downward block, and blocking on the outside of his left punching arm with your right inward block.
 - b. Your opponent now plants forward with his right foot executing a right straight punch toward your face. Pivot to a left forward bow while executing a left upward block (that becomes an upward parry, fist closed) under your opponent's right punch. Simultaneously deliver a right rolling underhand hammerfist to your opponent's groin.
 - c. With your opponent bending forward, pivot into a left neutral bow as you execute a left overhead heel palm claw to your opponent's face while your right arm checks horizontally (fist clenched, palm-down, and under your left elbow).
 - d. Flow into a right outward diagonal back knuckle strike (using a rolling action) to your opponent's right temple. Repeat your rolling action with a left and then another right outward diagonal back knuckle strike to your opponent's left and right temples respectively. When your right hand is striking, your left hand should be checking at your solar plexus and when your left hand is striking, your right hand should be checking. These three checks are done with the hand open and the palm down.

- Set 6
- a. Have your right foot slide back and to your left to 4:30 into a right rear twist stance. Pivot clockwise into a right neutral bow (facing 12:00) as you execute a right downward block simultaneous with a left inward block (universal block) while keeping your upper body erect. Your opponent is attacking with a simultaneous left straight kick right straight punch combination. You are blocking on the inside of his left kicking leg with your right downward block, and blocking on the outside of his right punching arm with your left inward block.
 - b. Your opponent now plants forward with his left foot executing a left straight punch toward your face. Pivot to a right forward bow while executing a right upward block (that becomes an upward parry, fist closed) under your opponent's left punch. Simultaneously deliver a left rolling underhand hammerfist to your opponent's groin.
 - c. With your opponent bending forward, pivot into a right neutral bow as you execute a right overhead heel palm claw to your opponent's face while your left arm checks horizontally (fist clenched, palm-down, and under your right elbow).
 - d. Flow into a left outward diagonal back knuckle strike (using a rolling action) to your opponent's left temple. Repeat your rolling action with a right and then another left outward diagonal back knuckle strike to your opponent's right and left temples respectively. When your left hand is striking, your right hand should be checking at your solar plexus and when your right hand is striking, your left hand should be checking. These three checks are done with the hand open and the palm down.
- Set 7.
- a. Your right foot covers toward 10:30 into a left neutral bow, facing 4:30, while simultaneously delivering a left downward block, as your right hand cocks on your right hip (fist clenched, palm-up). This block is done on the outside of your opponent's left leg as he executes a left step-through kick.
 - b. With your opponent's body forced to turn to his right, continue the action of your left hand so that it converts into a left looping back knuckle strike to his right temple at the moment your opponent's left foot plants.
 - c. Pivot into a left forward bow (facing 4:30) as you execute a right straight thrust punch to your opponent's right ribs as your left hand cocks on your left hip (fist clenched, palm-up).
 - d. Execute a right step-through front snap ball kick to your opponent's groin (entering from the rear) simultaneous with a left thrusting punch to your opponent's left ribs, as your right hand cocks on your right hip (fist clenched, palm-up).
 - e. Plant your right foot forward to 4:30 into a transitional right neutral bow as you immediately pivot into a right fighting horse to buckle your opponent's left leg, while executing a right thrusting vertical punch to your opponent's left ribs. Have your left hand cock (fist clenched, palm-up) to your left hip.
- Set 8.
- a. Your right foot V steps (transitory cat stance) and moves to 7:30 into a right neutral bow, while simultaneously delivering a right downward block, as your left hand cocks on your left hip (fist clenched, palm-up). This block is done on the outside of your opponent's right leg as he executes a right step-through kick.
 - b. With your opponent's body forced to turn to his left, continue the action of your right hand so that it converts into a right looping back knuckle strike to his left temple at the moment your opponent's right foot plants.

- c. Pivot into a right forward bow (facing 7:30) as you execute a left straight thrust punch to your opponent's left ribs as your right hand cocks on your right hip (fist clenched, palm-up).
 - d. Execute a left step-through front snap ball kick to your opponent's groin (entering from the rear) simultaneous with a right thrusting punch to your opponent's right ribs, as your left hand cocks on your left hip (fist clenched, palm-up).
 - e. Plant your left foot forward to 7:30 into a transitional left neutral bow as you immediately pivot into a left fighting horse to buckle your opponent's right leg, while executing a left thrusting vertical punch to your opponent's right ribs. Have your right hand cock (fist clenched, palm-up) to your right hip.
- Set 9.
- a. Execute a left front crossover to 1:30 as you execute a left overhead punch (hanging punch) to your opponent's nose. During this action your right hand cocks on your right hip (fist clenched, palm-up).
 - b. Without any loss of motion, step out into a right neutral bow toward 1:30 while executing what appears to be a right upward block. In actual application the move is dually used by first having the fist (traveling in an uppercut fashion) strike the underside of your opponent's chin. As the same action continues its course, your right forearm is used to again strike under the chin. Have your left hand cock (fist clenched, palm-up) on your left hip.
 - c. Follow up with a left two-finger eye poke to your opponent's right eye, paralling the returning motion of your right arm (Your right hand stops near your left elbow.) Then shoot a right two-finger eye poke to your opponent's left eye, which parallels the returning motion of your left arm. (Your left hand stops near your right elbow.) Again shoot a left two-finger eye poke to your opponent's right eye, which parallels the returning motion of your right arm. (Have your left hand stop near your right elbow.)
- Set 10.
- a. Execute a right front crossover (utilizing a clockwise rotating twist) to 10:30 as you execute a right overhead punch (hanging punch) to your opponent's nose. During this action your left hand cocks on your left hip (fist clenched, palm-up).
 - b. Without any loss of motion, step out into a left neutral bow toward 10:30 while executing what appears to be a left upward block. In actual application the move is dually used by first having the fist (traveling in an uppercut fashion) strike the underside of your opponent's chin. As the same action continues its course, your left forearm is used to again strike under the chin. Have your right hand cock (fist clenched, palm-up) on your left hip.
 - c. Follow up with a right two-finger eye poke to your opponent's left eye, paralling the returning motion of your left arm (Your left hand stops near your right elbow.) Then shoot a left two-finger eye poke to your opponent's right eye, which parallels the returning motion of your right arm. (Your right hand stops near your left elbow.) Again shoot a right two-finger eye poke to your opponent's left eye, which parallels the returning motion of your left arm. (Have your right hand stop near your left elbow.)
- Set 11.
- a. Step back with your left foot toward 4:30 into a right front twist stance (facing 10:30), as you execute a left inside downward block, palm up, on the outside of your opponent's right step through kick. (This block is done diagonally from 10:30 to 4:30 with your back straight). In the process your right hand cocks on your right hip (fist clenched, palm-up).
 - b. Pivot counterclockwise into a right fighting horse stance (facing 10:30) while you snap a right vertical punch to your opponent's right ribs. Have your left hand cock on your left hip (fist clenched, palm-up).

- Set 12. a. Step back with your right foot toward 4:30 into a left front twist stance (facing 10:30, as you execute a right inside downward block, palm-up, on the outside of your opponent's left step-through kick. (This is done diagonally from 1:30 to 7:30 with your back straight). In the process your left hand cocks on your left hip (fist clenched, palm-up).
- b. Pivot counterclockwise into a left fighting horse stance (facing 10:30), while you snap a left vertical punch to your opponent's left ribs. Have your right hand cock on your right hip (fist clenched, palm-up).
- Set 13. a. Step back with your right foot toward 7:30 into a left fighting horse (facing 1:30), while you execute a left inside downward block, palm-down to the outside of your opponent's right step-through kick. Have your right hand cock on your right hip (fist clenched, palm-up).
- b. Continue the counterclockwise motion of your left arm into a left vertical snapping back knuckle strike to the right temple of your opponent.
- Set 14. a. Step back with your left foot toward 7:30 into a right fighting horse (facing 1:30), while you execute a right inside downward block, palm-down to the outside of your opponent's left step-through kick. Have your right hand cock on your left hip (fist clenched, palm-up).
- b. Continue the clockwise motion of your right arm into a right vertical snapping back knuckle strike to the left temple of your opponent.
- Set 15. a. Pivot into a right forward bow (facing 1:30) as you execute a left push-down block on top of your opponent's right step-through knee strike. Have your right hand cock on your right hip (fist clenched, palm-up).
- b. Step through with your left foot toward 1:30 into a left neutral bow, as you execute a left outward overhead elbow strike to your opponent's chest. The same move is then converted into a heel palm claw to your opponent's face.
- Set 16. a. Pivot into a left forward bow (facing 1:30) as you execute a right push-down block on top of your opponent's left step through knee strike. Have your left hand cock on your left hip (fist clenched, palm-up).
- b. Step through with your right foot toward 1:30 into a right neutral bow, as you execute a right outward overhead elbow strike to your opponent's chest. The same move is then converted into a heel palm claw to your opponent's face.
- Set 17. a. Pivot into a right forward bow (facing 1:30) as you execute a left push-down block on top of your opponent's right step through knee strike. Have your right hand cock on your right hip (fist clenched, palm-up).
- b. Step through with your left foot toward 1:30 into a left neutral bow, as you execute a left outward overhead elbow strike to your opponent's chest. The same move is then converted into a heel palm claw to your opponent's face.
- c. Pivot into a left forward bow (facing 1:30) as you quickly thrust a right straight punch to your opponent's stomach. Have your left hand cock on the your left hip (fist clenched, palm-up). (This action should cause your opponent to bend forward.)

- d. As your opponent attempts to grab your waist, pivot into a left neutral bow (facing 1:30). As you pivot, deliver a left inward vertical elbow strike to the right side of your opponent's head. In the process your right hand cocks on your right hip (fist clenched, palm-up).

Set 18. a. Step back with your left foot toward 7:30, while pivoting into a right neutral bow (facing 1:30). During this action have your left hand grab your opponent's hair to control and pull him forward. Release the hair grab just prior to delivering a right inward overhead elbow strike to the base of your opponent's skull. At the moment of your right elbow strike have your left hand cock on your left hip (fist clenched, palm-up).

Set 19. a. Step back with your right foot toward 7:30, while pivoting into a left neutral bow (facing 1:30). During this action have your right hand grab your opponent's hair to control and pull him forward. Release the hair grab just prior to delivering a left inward overhead elbow strike to the base of your opponent's skull. At the moment of your left elbow strike have your right hand cock on your right hip (fist clenched, palm-up).

Note: The remainder of this form constitutes moves that are isolated. They are not linked to produce logical working sequences, but are to be studied for their individual value. Consequently, the attacks or targets of your opponent may be excluded or have the following interpretation.

Set 20. a. Step back with your left foot so that it lines up with your right foot and then drops into a training horse stance (facing 12:00). As you form your horse stance, simultaneously execute a right inward horizontal elbow strike-left inward horizontal heel palm sandwich to available targets such as your opponent's head.

b. Execute twin outward elbow strikes at your shoulder level as they may be possibly directed to the heads of your two flanking opponent's.

c. Then simultaneously execute a left upward elbow strike (under the chin of your front opponent) with a right back elbow strike (to the solar plexus of your rear opponent).

Close: Your left hand then opens (in place) as your right clenched fist meets the left open palm to form a meditating horse stance. Come to an attention stance, execute the full salutation and bow.

SHORT FORM 3



Short Form 3

Set 1: Destructive Twins (Two-Hand Lapel Grab)

1. Step your right foot forward into a right neutral bow as you execute a 'C' punch towards 12 o'clock. [Your left hand should be striking at your attacker's face and your right hand striking at the groin.]
2. Shift your right foot towards 1:00 as you execute a left outward block and chamber your right hand.
3. Execute a left hand spear towards your attacker's eyes.
4. With that left hand, grab them and pull them into a right reverse punch as you shift into a horse stance facing 10:30.
5. Pull your right foot to your left in a cat stance facing 12 o'clock as you execute two thumb pokes to their eyes as in the beginning of Thrusting Wedge.

Set 2: Crashing Wings (Rear Bear Hug; Arms Free)

1. Step your right foot to 3 o'clock into a horse stance as you send two outward overhead elbows down into your attacker's elbows. (These strikes will be close to your body.)
2. Pull your left foot to your right into a transitional cat stance facing 12 o'clock. Step your left foot towards 7:30 behind your attacker using your left knee to buckle their right leg.
3. Shift into a left forward bow as you execute a left outward elbow and follow with a right hammerfist that comes over and down onto their chest.

Set 3: Twirling Wings (Right Flank)

1. Place your hands at your left hip, left fist palm up and right fist on top in vertical fashion. Cover with your right foot by moving it to 3 o'clock.
2. Turns towards 3 o'clock into a right forward bow as you execute a right outward block and a left inward elbow. (The left fist should touch the right elbow.)
3. Step your left foot to 3 o'clock into a left forward bow as you execute a right hand rake across your attacker's eyes (moving from right to left) and execute a left back knuckle strike to your attacker's ribs (also moving from right to left). Stop this motion when they have finished their path of motion at your left hip; left palm up, right on top.

Set 4: Circling Wing (Two-Hand Rear Shoulder Grab)

1. Turn towards 9:00 in a right forward bow as you execute a right outward overhead elbow that goes into chamber to capture your attacker's arms and a left closed two-finger spear to their eyes.
2. Execute a right upward elbow strike as you shift into a right neutral bow.
3. Pivot into a right reverse bow as you execute a right back hammerfist to their groin. (Your left hand guards at your right shoulder.)

Set 5: Crossing Talon [Fulcrum version] (Cross Right Wrist Grab)

1. As an attacker from 10:30 grabs your right hand with their right hand; use your left hand to pin theirs.
2. Step towards 1:30 with your left foot into a front crossover. Unwind as you use the pressure of your left elbow against their right elbow joint to push them over.

Short Form 3 (continued)

3. Execute a left outward elbow to their temple as your right hand pulls them into the strike.
4. Reach down and claw their face; as you pull up, loop your arm clockwise so you execute an inward overhead elbow down onto their back.

Set 6: Scraping Hoof (Full Nelson)

1. Pull your feet to about half-a-shoulder width apart as you push down with your arms and send your head back to break their attempted full nelson.
2. Execute a right rear kick into their left knee.
3. Execute a right knife-edge kick to their right knee.
4. Scrape down their shin and stomp on their right foot.

Set 7: Fatal Cross (Two-Hand Push)

1. Step towards 10:30 with your right foot into a right neutral bow as you knock away your attacker's hands by "swimming" out with them and circling them in beside you. Execute two middle-knuckle strikes (palm up) to their solar plexus.
2. Loop your hands in and then strike out with two scissoring backfists to your attacker's face.
3. Loop your hands again and execute a cross-block to your attacker's midsection.
4. Loop once more and execute two scissoring one-finger pokes to your attacker's eyes.

Set 8: Grip of Death (Side Headlock)

1. Step forward with your left foot towards 10:30 and simultaneously execute a right hammerfist to your attacker's kidneys and a left hammerfist to your attacker's groin.
2. Reach over and grab your attacker's face (nose, mouth, or hair) with your right hand.
3. Stand in a right neutral bow facing 4:30 as you simultaneously pull back on your attacker's face and execute a left palm strike to their face.

Set 9: Locked Wing (Hammer Lock)

1. Move your right arm around behind your back as an attacker from 7:30 puts you in a hammerlock.
2. Step to 4:30 with your left foot into a rear crossover as you execute a left outward elbow strike to your attacker's head.
3. Unwind so you are facing your attacker at 7:30 and loop your left arm under their right arm.
4. Step back with your right foot towards 4:30 into a rear crossover and unwind into a horse stance facing 1:30 as you break your attacker's elbow.
5. Pivot into them, facing 10:30, and execute a right knee strike to your attacker's mid-section as you push down on them to gain more force.
6. Land in a right neutral bow facing 10:30 as you push your attacker away.
7. Step forward with your left foot to 10:30 into a left neutral bow as you pull through with both of your arms.

Short Form 3 (continued)

Set 10: Crossed Twigs (Rear Wrist Grab)

1. An attacker grabs both of your wrists from 4:30.
2. Pivot into a forward bow facing 4:30 as you execute an outward elbow strike to your attacker's temple.
3. Loop your right arm in a large counter-clockwise circle.
4. Shift back into a horse stance facing 1:30 as you bring your looping arm down into an inward overhead elbow strike on your attacker's spine
5. Shift and execute a left knee strike to their mid-section; land back in your horse stance.

Set 11: Wings of Silk (Attempted Bear Hug)

1. An attacker grabs your arms behind you.
2. Pull your feet together and bring your left foot up into your attacker's groin as you push down with your left hand.
3. Turn and step counterclockwise (to 10:30) with your right foot in a short step as your left arm grabs your attacker's left arm.
4. Complete the twirl by circling counterclockwise still with your left foot. As you land in a horse stance facing 1:30, execute a right vertical punch to your attacker's elbow.

Set 12: Conquering Shield (Left Stiff-Arm Lapel Grab)

1. An attacker from 1:30 grabs your lapel with their left arm.
2. Simultaneously pin your attacker's left arm with your left hand as you execute a right vertical forearm strike to your attacker's left elbow to break and execute a right front snap kick to the inside of your attacker's right leg.
3. As you land, plant your right foot to 1:30 into a right neutral bow as you have your right arm glance up from it's forearm strike and then strike down with a right outward overhead elbow to your attacker's left forearm.
4. Execute a right upward elbow strike to your attacker's chin.
5. Follow-up with a right overhead claw to your attacker's face.

Set 13: Striking Serpent's Head (Front Tackle)

1. An attacker grabs you from 1:30.
2. Step back with your right foot to 7:30 as you execute a left inverted backknuckle strike to their head and pull back on their hair, exposing their throat.
3. Execute a right half-fist to your attacker's throat.
4. Step your right foot to 3 o'clock, ending in a meditative horse stance. [This can also resemble a strike.]

Repeat on opposite side

Salutation

LONG FORM 3



Long Form 3

Set 1: Destructive Twins (Two-Hand Lapel Grab)

1. An attacker from 12 o'clock grabs your lapels with both hands.
2. Step your right foot forward into a right neutral bow as you execute a 'U' punch towards 12 o'clock. [Your left hand should be striking at your attacker's face and your right hand striking at their groin.]
3. Shift your right foot towards 1 o'clock into a right forward bow as you execute a left outward block and chamber your right hand.
4. Execute a left hand spear at your attacker's eyes.
5. With that left hand, grab them and pull them into a right reverse punch as you shift into a horse stance facing 10:30.
6. Execute a right push-down block as you pull back slightly; execute a right reverse punch again to the attacker's solar plexus.
7. Execute a right backfist to your attacker's face.
8. Step back into a horse stance.

Set 2: Destructive Twins (Two-Hand Lapel Grab)

1. An attacker from 12 o'clock grabs your lapels with both hands.
2. Step your left foot forward into a left neutral bow as you execute a 'U' punch towards 12 o'clock. [Your right hand should be striking at your attacker's face and your left hand striking at their groin.]
3. Shift your left foot towards 1 o'clock into a left forward bow as you execute a right outward block and chamber your left hand.
4. Execute a right hand spear at your attacker's eyes.
5. With that right hand, grab them and pull them into a left reverse punch as you shift into a horse stance facing 10:30.
6. Execute a left push-down block as you pull back slightly; execute a left reverse punch again to the attacker's solar plexus.
7. Execute a left backfist to your attacker's face.
8. Step back into a horse stance as you execute two thumb strikes poking to your attacker's eyes.

Long Form 3 (continued)

Set 3: Crashing Wings (Rear Bear-Hug; Arms Free)

1. An attacker grabs you in a bear hug from 6 o'clock, but leaves your arms free.
2. Sink in your horse stance as you execute two outward overhead elbows down onto your attacker's forearms.
3. Pull your left foot to your right in a cat stance facing 9 o'clock with your hands in the "Chinese Hidden Fist" position (right fist against hip, palm up; left fist above it vertically.)
4. Step your left foot to 7:30 (essentially just behind your attacker) in a left closed kneel stance facing 9 o'clock [to assist in buckling their knee] as you execute a left outward elbow followed immediately by a right hammerfist to their sternum as you sink in the stance.

Set 4: Dominating Circles (Left Flank Lapel Grab)

1. An attacker from 9 o'clock grabs your lapels from the finishing position of Crashing Wings.
2. Execute a right downward block that continues its circle. As you do that, execute a left inward downward block following in the same circle of the downward block.
3. Immediately follow that by simultaneously executing a cover / side stomp and a left outward overhead elbow onto your attacker's sternum. (The cover will make you be in a right neutral bow facing 3 o'clock.)
4. Grab your attacker and turn towards 3 o'clock and push them towards 3 o'clock. [The left hand will resemble a palm strike and the right hand will resemble an outward handsword.]
5. Return to a horse stance facing 12 o'clock as you execute two thumb strikes poking to your attacker's eyes.

Set 5: Crashing Wings (Rear Bear Hug; Arms Free)

1. An attacker grabs you in a bear hug from 6 o'clock, but leaves your arms free.
2. Sink in your horse stance as you execute two outward overhead elbows down onto your attacker's forearms.
3. Pull your right foot to your left in a cat stance facing 3 o'clock with your hands in the "Chinese Hidden Fist" position (left fist against hip, palm up; right fist above it vertically.)
4. Step your right foot to 4:30 (essentially just behind your attacker) in a right closed kneel stance facing 3 o'clock [to assist in buckling their knee] as you execute a right outward elbow followed immediately by a left hammerfist to their sternum as you sink in the stance.

Set 6: Dominating Circles (Right Flank Lapel Grab)

1. An attacker from 3 o'clock grabs your lapels from the finishing position of Crashing Wings.
2. Execute a left downward block that continues its circle. As you do that, execute a right inward downward block following in the same circle of the downward block.
3. Immediately follow that by simultaneously executing a cover / side stomp and a left outward overhead elbow onto your attacker's sternum. (The cover will make you be in a right neutral bow facing 3 o'clock.)
4. Grab your attacker and turn towards 9 o'clock and push them towards 9 o'clock. [The left hand will resemble a palm strike and the right hand will resemble an outward handsword.]

Long Form 3 (continued)

Set 7: Isolation

1. An attacker from 12 o'clock grabs you in an attempted front bear hug.
2. Punch straight down with both hands to loosen their grip. As you do so, return to the horse stance facing 12 o'clock.
3. Knock away their hands as you "swim" out with them, pushing the offending hands away.
4. Loop them upwards until they cross in front of your face; turn so as your fingers dig into your attacker's eyes.
5. Rake your attacker's eyes as you pull your hands back into chamber.
6. Cross claw at waist chambering elbows. Grabbing and breaking the fingers of an attacker from the rear who has a bear hug arms free.

Set 8: Parting Wings (Two-Hand Push)

1. An attacker comes at you from 12 o'clock and attempts to push you.
2. Step back to 6 o'clock with your right foot so you are in a left neutral bow facing 12 o'clock as you execute a right and a left extended outward block at the same time (palms open) to clear away your attacker's arms.
3. Shift into a forward bow as you execute a right inward handsword into your attacker's ribs. (Your left hand should become a check at your chin and prepare for the next strike.)
4. Shift back into a left neutral bow as you execute a left outward handsword. (Your right hand should be in a ready position for the next strike.)
5. Shift back into your forward bow as you execute a right middle-knuckle strike to your attacker's solar plexus.
6. Pull your right foot back to your left.

Set 9: Parting Wings (Two-Hand Push)

1. An attacker comes at you from 12 o'clock and attempts to push you.
2. Step back to 6 o'clock with your left foot so you are in a right neutral bow facing 12 o'clock as you execute a left and a right extended outward block at the same time (palms open) to clear away your attacker's arms.
3. Shift into a forward bow as you execute a left inward handsword into your attacker's ribs. (Your right hand should become a check at your chin and prepare for the next strike.)
4. Shift back into a right neutral bow as you execute a right outward handsword. (Your left hand should be in a ready position for the next strike.)
5. Shift back into your forward bow as you execute a left middle-knuckle strike to your attacker's solar plexus.

Long Form 3 (continued)

Set 10: Glancing Spear (Two-Handed Left Wrist Grab)

1. Your attacker grabs your left wrist with both of their hands from 12 o'clock.
2. Step back with your right foot towards 6 o'clock into a left neutral bow as your right hand snakes under your own left wrist and grabs your attacker's right wrist. Continue this motion until you are in a left reverse bow (breaking elbow) as you pull your opponent towards 6 o'clock.
3. Shift back into a neutral bow as you execute a left outward elbow strike to your attacker's ribs. (Have your right hand pull on their arm, drawing them into the strike.)
4. Release your right hand's grasp and execute a right hand spear (palm down) to their eyes. [This hand spear will glance off their forearm and ricochet into their eyes and will remain out for the next set.]

Set 11: Glancing Spear (Two-Handed Right Wrist Grab)

1. Your attacker grabs your right wrist with both of their hands from 12 o'clock.
2. Step back with your left foot towards 6 o'clock into a right neutral bow as your left hand snakes under your own right wrist and grabs your attacker's left wrist. Continue this motion until you are in a right reverse bow as you pull your opponent towards 6 o'clock.
3. Shift back into a neutral bow as you execute a right outward elbow strike to your attacker's head. (Have your left hand pull on their arm, drawing them into the strike.)
4. Release your left hand's grasp and execute a left hand spear (palm down) to their eyes. [This hand spear will glance off their forearm and ricochet into their eyes.]

Set 12: Isolations - Pinning Wing (Attackers at Sides)

Note: look forward at all times. When one hand is acting, the other is in chamber.

1. Step your right foot back so you are in a horse stance facing 12 o'clock. Rotate your right arm counter-clockwise dropping the elbow into their elbow, Crease Point, drawing them in. Execute a vertical back knuckle strike to your attacker's face.
2. Rotate your left arm clockwise dropping the elbow onto their elbow, drawing them in. Execute a left vertical back knuckle strike to the other attacker's face.
3. Rotate your right arm clockwise around your attacker's arm (this should press against their elbow joint) and execute a right backfist to your attacker's ribs.
4. Rotate your left arm counter-clockwise around your other attacker's arm, (pressing against their elbow joint) and execute a left backfist to your attacker's ribs.
5. Repeat with both arms, the right moving counter-clockwise and the left moving clockwise. Drop, drawing both attackers in and simultaneously execute vertical back knuckle strikes to the respective attacker's face.
6. Repeat again with both arms. This time, the right will move clockwise and the left will rotate counter-clockwise. Wrap around the attacker's arm, pressing on the elbow joint and simultaneously execute two backfists to the respective attacker's ribs.
7. Return to horse stance.

Long Form 3 (continued)

Set 13: Crossing Talons (Cross Left Wrist Grab)

1. An attacker at 12 o'clock grabs your left hand with their left hand.
2. Step towards 12 o'clock with your right foot into a right neutral bow. Simultaneously roll their arm as you use the pressure of your right forearm against their left elbow joint to push them over.
3. Execute a right outward elbow strike to their temple as your left hand pulls them into the strike.
4. Reach down and claw their face; as you pull up, loop your arm clockwise so you execute an inward overhead elbow down onto their back.
5. Return to your horse stance

Set 14: Crossing Talons (Cross Right Wrist Grab)

1. An attacker at 12 o'clock grabs your right hand with their right hand.
2. Step towards 12 o'clock with your left foot into a left neutral bow. Simultaneously roll their arm as you use the pressure of your left forearm against their right elbow joint to push them over.
3. Execute a left outward elbow strike to their temple as your right hand pulls them into the strike.
4. Reach down and claw their face; as you pull up, loop your arm clockwise so you execute an inward overhead elbow down onto their back.
5. Return to your horse stance

Set 15: Thrusting Wedge (Two-Hand Grab)

1. Step your right foot to 7:30 in a right forward bow as an attacker at 7:30 grabs your shoulders.
2. As you land in that forward bow, execute two thumb strikes poking to your attacker's eyes.
3. Shift into a right neutral bow as you execute a right upward elbow strike.
4. Execute a right overhead claw to your attacker's face.
5. Return to your horse stance.

Set 16: Thrusting Wedge (Two-Hand Grab)

1. Step your left foot to 4:30 in a left forward bow as an attacker at 4:30 grabs your shoulders.
2. As you land in that forward bow, execute two thumb strikes poking to your attacker's eyes.
3. Shift into a left neutral bow as you execute a left upward elbow strike.
4. Execute a left overhead claw to your attacker's face.
5. Return to your horse stance.

Long Form 3 (continued)

Set 17: Blinding Sacrifice (Two-Hand Choke)

1. An attacker at 10:30 grabs your throat with their hands.
2. Step to 10:30 with your right foot into a right neutral bow as you execute two thumb strikes poking into your attacker's eyes.
3. Loop your hands down and execute a double underhand claw to your attacker's groin. Pull and loop back up. Pull your right foot into a cat stance as you execute two inverted back knuckles strikes to each side of your attacker's ribs. (You will pull these back to chamber.)
4. Step your right foot back out to 10:30 as you execute two thumb strikes poking into your attacker's eyes.
5. Rake down with your thumbs. Loop back up and execute two inverted vertical punches to your attacker's temples. Collapse your fists so you strike with your forearms (resembling vertical outward blocks).
6. Execute a right knife-edge kick to your attacker's knee.
7. Return to your horse stance.

Set 18: Blinding Sacrifice (Two-Hand Choke)

1. An attacker at 1:30 grabs your throat with their hands.
2. Step to 1:30 with your left foot into a left neutral bow as you execute two thumb strikes poking into your attacker's eyes.
3. Loop your hands down and execute a double underhand claw to your attacker's groin. Pull and loop back up. Pull your left foot into a cat stance as you execute two inverted back knuckles strikes to each side of your attacker's ribs. (You will pull these back to chamber.)
4. Step your left foot back out to 1:30 as you execute two thumb strikes poking into your attacker's eyes.
5. Rake down with your thumbs. Loop back up and execute two inverted vertical punches to your attacker's temples. Collapse your fists so you strike with your forearms (resembling vertical outward blocks).
6. Execute a left knife-edge kick to your attacker's knee.
7. Return to your horse stance.

Set 19: Wings of Silk (Attempted Bear Hug; possibly Arms Pinned)

1. An attacker from 6 o'clock attempts to pin your arms in a bear hug.
2. Bring your left foot up into your attacker's groin as you push down with your left hand to break their grip.
3. Turn and step counter-clockwise (to 9 o'clock) with your right foot in a short step as your left hand grabs your attacker's left arm.
4. Complete the counter-clockwise rotation by continuing the circle with your left foot. As you land in a horse stance facing 12 o'clock, execute a right vertical punch to your attacker's elbow.
5. Execute a right outward elbow.
6. Rotate clockwise, starting with the left foot. When you are facing 6 o'clock, execute a left inward elbow to your attacker's face. Continue the clockwise rotation until you are back in your horse stance, facing 12 o'clock.

Long Form 3 (continued)

Set 20: Wings of Silk (Attempted Bear Hug; possibly Arms Pinned)

1. An attacker from 6 o'clock attempts to pin your arms in a bear hug.
2. Bring your right foot up into your attacker's groin as you push down with your right hand to break their grip.
3. Turn and step clockwise (to 3 o'clock) with your left foot in a short step as your right hand grabs your attacker's right arm.
4. Complete the clockwise rotation by continuing the circle with your right foot. As you land in a horse stance facing 12 o'clock, execute a left vertical punch to your attacker's elbow.
5. Execute a left outward elbow.
6. Rotate counter-clockwise, starting with the right foot. When you are facing 6 o'clock, execute a right inward elbow to your attacker's face. Continue the counter-clockwise rotation until you are back in your horse stance facing 12 o'clock.

Set 21: Repeated Devastations (Attempted Full Nelson)

1. An attacker from 6 o'clock attempts to put you in a full nelson.
2. Instantly punch straight down as you straighten up, slamming the back of your head into the bridge of their nose.
3. Execute a right retarded ball kick to your attacker's left knee. Follow that with a right knife-edge kick to your attacker's right knee. [Gauging where it is.] Follow that with a right side stomp, scraping down their shin and onto their right foot.
4. Execute a left retarded ball kick to your attacker's right knee. Follow that with a left knife-edge kick to your attacker's left knee. [Gauging where it is.] Follow that with a left side stomp, scraping down their shin and onto their left foot.
5. Step your left foot to 12 o'clock into a left neutral bow as you pull them (with your left) into a right outward elbow.
6. Return to neutral stance. Step your right foot to 12 o'clock into a right neutral bow as you pull them (with your right) into a left outward elbow.
7. Return to horse stance.

Set 22: Desperate Falcons (Double Wrist Grab)

1. An attacker from 12 o'clock grabs your hands with their hands.
2. Extend your left hand to match the right hand's distance from you.
3. Step your left foot towards 12 o'clock into a left neutral bow as you swing your hands in a counter-clockwise circle. Pull them in slightly and execute a left backfist and a right vertical thrust punch.

Set 23: Desperate Falcons (Double Wrist Grab)

1. An attacker from 12 o'clock grabs your hands with their hands.
2. Extend your right hand to match the left hand's distance from you.
3. Step your right foot towards 12 o'clock into a right neutral bow as you swing your hands in a clockwise circle. Pull them in slightly and execute a right backfist and a left vertical thrust punch. Left foot shifts up to 12 o'clock into a training horse stance

Salutation

FORM 4



Form 4

OPENING:

1. Attention
2. Bow.
3. Meditative Horse stance.
4. Come to Attention Stance.
5. Signify.
6. Execute the Formal Salutation.

SET 1: PROTECTING FANS (Left & Right Punch Combination)

1. Have your left foot step forward toward 10:30 into a left neutral bow, as you deliver a left inward horizontal heel palm parry to the inside of your opponent's left punch. Have your right hand cock at your right hip (hand open and palm up).
2. As your opponent delivers a right punch, pivot into a left forward bow. While pivoting, execute a right extended outward block (done as a hand sword) to the outside of your opponent's right arm. Your left hand cocks to your left hip (hand open and palm up).
3. Immediately pivot to your right at the waist, as you execute a left horizontal finger thrust to your opponent's eyes. Simultaneously deliver a right front snap kick to your attacker's groin, as your right hand grabs his right arm (sliding to the wrist) pull it diagonally down past your right hip. In the form, your right hand returns to your right hip (hand open and palm up).
4. Plant your right foot toward 3 o'clock into a horse stance, facing 12 o'clock. As you plant, deliver a right inward elbow strike (hand open and palm down) to your opponent's sternum or head depending upon circumstances. Simultaneously execute a left back elbow strike (hand open and palm up) to the rear opponent.
5. Deliver a left straight finger thrust crossing over your right shoulder to your rear opponent's eyes as you simultaneously strike him with a right back elbow (hand open and palm up).
6. Then simultaneously deliver a right straight finger thrust to 12 o'clock to your attacker's eyes as you deliver a left downward hand sword to block a right kick from 9 o'clock.
7. As your opponent from 9:00 follows through with a right punch, deliver a left outward block to the inside of his arm. Simultaneously deliver a right downward hammer fist to block a left kick from 3 o'clock.
8. As your attacker from 3 o'clock follows through with a left punch, execute a right outward block to the inside of his left arm. Simultaneously deliver a left snapping inward block to the inside of a left punch from your opponent at 9 o'clock. Both arms should end in matching positions.
9. Simultaneously execute two vertical outward snapping back knuckle strikes to the faces of your opponents (left fist to 9 o'clock and right fist to 3 o'clock).
10. Immediately curve both of your shoulders forward and in, as both of your strikes convert into two low uppercuts crossing in front of your mid-section (left over right). Your right fist strikes to 9 o'clock while your left fist strikes to 3 o'clock.
11. Without hesitation continue circling both of your fists and convert them into two outward overhead claws.
12. While still continuing the circles, convert your overhead claws into two slaps alongside of your legs while simultaneously sliding your right foot to your left foot thus concluding this move in an attention stance. (When slapping the sides of your thighs have both of your hands open and commence both slaps by first striking with the heel of your palms before concluding with the fingers.)

Form 4 (continued)

SET 2: PROTECTING FANS (Right & Left Punch Combination)

1. Have your right foot step forward toward 1:30 into a right neutral bow, as you deliver a right inward horizontal heel palm parry to the inside of your opponent's right punch. Have your left hand cock at your left hip (hand open and palm up).
2. As your opponent delivers a left punch, pivot into a right forward bow. While pivoting, execute a left extended outward block (done as a hand sword) to the outside of your opponent's left arm. Your right hand cocks to your right hip (hand open and palm up).
3. Immediately pivot to your left at the waist, as you execute a right horizontal finger thrust to your opponent's eyes. Simultaneously deliver a left front snap kick to his groin, as your left hand grabs his left arm (sliding to the wrist) pulling it diagonally down past your left hip. In the form, your left hand returns to your left hip (hand open and palm up).
4. Plant your left foot toward 9 o'clock into a horse stance, facing 12 o'clock. As you plant, deliver a left inward elbow strike to your opponent's sternum or head depending upon the circumstances. Simultaneously execute a right back elbow strike (hand open and palm up) to your rear attacker.
5. Deliver a right straight finger thrust crossing over the left shoulder to your opponent's eyes as you simultaneously execute a left back elbow strike (hand open and palm up) to your rear opponent.
6. Then simultaneously deliver a left straight finger thrust to 12 o'clock to your attacker's eyes as you deliver a right downward hand sword to block a left kick from 3 o'clock.
7. As your opponent from 3:00 follows through with a left punch, deliver a right outward block to the inside of his left arm. Simultaneously deliver a left downward hammer fist to block a right kick from 9 o'clock.
8. As your opponent from 9 o'clock follows through with a right punch, execute a left outward block to the inside of his right arm. Simultaneously deliver a right inward block to the inside of a right punch from your opponent at 3 o'clock. Both arms should end in matching positions.
9. Simultaneously execute two vertical outward snapping back knuckle strikes to the faces of your opponents (left fist to 9 o'clock and right fist to 3 o'clock.)

SET 3: DARTING LEAVES (Right Straight Thrust Punch)

1. From your horse stance facing 12 o'clock, shift your weight to your left leg and drop into a right 45-degree cat stance facing 1:30. Simultaneously deliver a left inward block toward 1:30 blocking to the outside of your opponent's right arm (at the elbow) as your right hand cocks to your right hip, hand open and palm up.
2. Immediately execute a right two-finger spear to the right eye of your opponent. (Be sure to use the back of your left wrist as a guide in threading your two-finger spear.) Simultaneously execute a right front snapping ball kick (toward 1:30) to his groin.
3. With your hands remaining at their "Point of Contact," have your right foot plant toward 3:00 on line with your left foot into a transitional horse stance, facing 12 o'clock.

Form 4 (continued)

SET 4: DARTING LEAVES (Left Straight Thrust Punch)

1. From your horse stance facing 12 o'clock, shift your weight to your right leg and drop into a left 45-degree cat stance facing 10:30. Simultaneously deliver a right inward block toward 10:30 blocking to the outside of your attacker's left arm (at the elbow) as your left hand cocks to your left hip, hand open and palm up.
2. Immediately execute a left two-finger spear to the left eye of your opponent. (Be sure to use the back of your right wrist as a guide in threading your two-finger spear.) Simultaneously execute a left front snap kick (toward 10:30) to his groin.
3. With your right hand remaining at its "Point of Contact" as a positional inward block, have your left foot plant toward 9:00 on line with your right foot into a transitional horse stance, facing 12 o'clock. Have your left hand re-cock at your left hip, fist clenched, palm up.

SET 5: UNFURLING CRANE (Right and Left Punch Combination)

1. Have your right foot slide back toward 4:30 into a left neutral bow facing 10:30 as you execute a left outward block simultaneously with a right downward block ("Universal Block").
2. Step-drag forward towards 10:30 while executing a right outward block simultaneous with a left downward hammer fist to your attacker's groin.
3. From your left neutral bow facing 10:30 deliver a right inward overhead claw (eyebrow level) to your opponent's face. Immediately follow with a left rolling vertical back knuckle strike to your opponent's nose.

SET 6: UNFURLING CRANE (Left and Right Punch Combination)

1. Have your left foot slide back toward 7:30 into a right neutral bow, facing 1:30, as you execute a right outward block simultaneous with your left hand cocking at your left hip, fist clenched, palm up.
2. Step-drag toward 1:30 while executing a left outward block simultaneous with a right downward hammer fist to your opponent's groin.
3. From your right neutral bow facing 1:30, deliver a left inward overhead claw (eyebrow level) to your opponent's face. Immediately follow with a right rolling vertical back knuckle strike to your opponent's nose.

SET 7: DESTRUCTIVE KNEEL (Right Step-Through Punch)

1. From your previous move, have your right foot step back toward 6 o'clock into a left transitional neutral bow facing 12 o'clock, as you execute a right outward parry to the outside of your opponent's right punch. Continue to ride the force of your opponent's right punch by immediately pivoting into a left reverse close kneel stance to buckle the back of your opponent's right knee with your left knee. Simultaneous with your pivot, have your right hand (1) grab your opponent's right wrist, (2) twist your opponent's arm clockwise (at the wrist), to properly align your opponent's right elbow, and (3) deliver a left inward diagonal heel palm strike to your opponent's right elbow. Allow your heel palm strike to pass under and through your opponent's right arm.
2. With your opponent on his right knee, pivot counterclockwise into a left close kneel stance facing 12 o'clock as you execute a left outward back knuckle strike to your opponent's right lower ribcage simultaneous with a right inward heel palm claw across your opponent's face. (Both of these strikes should pass through their targets creating an "Angle of Desired Positioning" for the next two strikes.) Conclude this transition by dropping your right knee onto your opponent's right ankle to possibly sprain or fracture it.
3. Pivot clockwise into a right close kneel stance toward 4:30 as you deliver a right outward back knuckle strike to your opponent's lower spine, simultaneous with a left vertical punch to his upper spine (left hand over right). Your left knee should be in a pressing check. (Again, your strikes should pass through their targets to create and "Angle of Desired Positioning" for the returning motion.)

Form 4 (continued)

SET 8: DESTRUCTIVE KNEEL (Left Step-Through Punch)

1. From your previous move, have your left foot step back toward 6 o'clock into a right transitional neutral bow facing 12 o'clock as you execute a left outward parry to the outside of your opponent's left punch. Continue to ride the force of your opponent's left punch by immediately pivoting into a right reverse close kneel stance to buckle the back of your opponent's left knee with your right knee. Simultaneous with your pivot, have your left hand (1) grab your opponent's left wrist, (2) twist your opponent's arm clockwise (at the wrist), to properly align your opponent's left elbow, and (3) deliver your heel palm strike to pass under and through your opponent's left arm.
2. With your opponent on his left knee, pivot counterclockwise into a right close kneel stance, facing 12 o'clock, as you execute a right outward back knuckle strike to your opponent's left lower ribcage simultaneous with a left inward heel palm claw across your opponent's face. (Both of these strikes should pass through their targets creating an "Angle of Desired Positioning" for the next two strikes.) Conclude this transition by dropping your left knee onto your opponent's left ankle to possibly sprain or fracture it.
3. Pivot clockwise into a left close kneel stance toward 7:30 as you simultaneously deliver a left outward back knuckle strike to your opponent's lower spine and a right vertical punch to his upper spine (right hand over left). Your right knee should be in a pressing check. (Again, your strikes should pass through their targets to create an "Angle of Desired Positioning" for the returning motion.)

SET 9: FLASHING WINGS (Right Step-Through Punch)

1. From your previous move, execute a right, front, rotating twist stance by having your right foot move slightly forward and toward 10:30 and turning clockwise while delivering a right extended outward block (that travels upward). This block makes contact under and outside of your opponent's right arm.
2. From your transitory right, front, rotating twist stance, have your left foot step toward 11:00 into a left neutral bow while simultaneously executing a left inward block to the outside of your opponent's right arm (at, or above the elbow) as your right hand cocks to your right hip (fist clenched and palm up). Your left knee should be pressing check your opponent's right knee.
3. Pivot into a left forward bow as you deliver a right inward elbow strike to your attacker's right lower ribcage, which follows through after making contact and by-passes your opponent's ribs. Your left hand slides and checks your opponent's right arm just below the shoulder during the course of your elbow strike.
4. Pivot clockwise into a horse stance as you execute a right outward elbow with a heel palm claw across your opponent's face (making sure that your left forearm is a sliding check as it travels up the right arm of your opponent).
5. Immediately pivot clockwise into a left reverse wide kneel with your body facing 4:30, but your head looking at 12 o'clock. As you pivot, deliver a right outward hooking hand sword to the back of your attacker's neck. (Make sure that your right arm travels diagonally, down, and with your elbow anchored.) Within the same flow of motion, follow with a left inward hand sword strike to the back of your opponent's neck.
6. Pivot counterclockwise into a left close kneel stance as your left hand slides down and past your opponent's right shoulder to check and pin his right arm to his body. Simultaneous with this action execute a right upward thrusting hand sword (palm up) to your opponent's throat.

Form 4 (continued)

SET 10: FLASHING WINGS (Left Step-Through Punch)

1. From your previous move, execute a left, front, rotating twist stance by having your left foot move slightly forward and toward 1:30 and turning counterclockwise while delivering a left extended outward block (that travels upward). [This block makes contact under and outside of your opponents left arm.]
2. From your transitory left, front, rotating twist stance, have your right foot step toward 1:00 into a right neutral bow while simultaneously executing a right inward block to the outside of your opponent's left arm (at, or above the elbow) as your left hand cocks to your left hip (fist clenched and palm up). Your right knee should be pressing check your opponent's left knee.
3. Pivot into a right forward bow as you deliver a left inward elbow strike to your opponent's left lower ribcage which follows through after making contact and by-passes your opponent's ribs. Your right hand slides and checks your opponent's left arm just below the shoulder during the course of your elbow strike.
4. Pivot counterclockwise into a horse stance as your execute a left outward elbow strike to your opponent's left kidney. Simultaneously deliver a right outward heel-palm claw across your opponent's face (making sure that your right forearm is a sliding check as it travels up the left arm of your opponent).
5. Immediately pivot counterclockwise into a right reverse wide kneel (with your body facing 7:30, but your head looking at 12 o'clock). As you pivot, deliver a left outward hooking hand sword to the back of your opponent's neck. (Make sure that your left arm travels diagonally, down, and with your elbow anchored.) Within the same flow of motion, follow with a right inward hand sword strike to the back of your opponent's neck.
6. Pivot clockwise into a right close kneel stance as your right hand slides down and past your opponent's left shoulder to check and pin his left arm to his body. Simultaneously execute a left upward thrusting hand sword (palm up) to your opponent's throat.

SET 11: GATHERING CLOUDS (Right Punch)

1. From your previous move, have your left foot slide toward 6 o'clock into a horse stance, facing 9 o'clock. As you slide your left foot, execute a left inward parry to the outside of your attacker's right arm as you simultaneously execute a right inward vertical middle-knuckle rake to and through your opponent's right ribcage.
2. Immediately reverse the motion of your right hand and execute a right outward hand sword to the right lower ribcage of your opponent. (Your left hand is still checking your opponent's right arm.)
3. Step forward with your right foot into a right neutral bow, facing 9 o'clock, planting your right foot to the inside of your opponent's right foot and buckling his right knee with your right knee. (You are on and over the "Line of Entry".) As you settle into your right neutral bow, deliver a right inward elbow strike to the front of your opponent's right lower ribcage. Your left hand is still bracing up against your opponent's right elbow. (In the form, this elbow strike and check will appear as an elbow sandwich.)

Form 4 (continued)

SET 12: GATHERING CLOUDS (Left Punch)

1. Have your left foot step behind your right foot (toward 12 o'clock) into a transitional twist stance. Without hesitation have your right foot step toward 6 o'clock, as you pivot on your left foot into a horse stance, facing 3 o'clock. As you maneuver, execute a right inward parry to the outside of your opponent's left arm as you simultaneously execute a left inward vertical middle-knuckle rake to and through your opponent's left ribcage.
2. Immediately reverse the motion of your left hand and execute a left outward hand sword to the left lower ribcage of your opponent. (Your right hand is still checking your opponent's left arm.)
3. Step forward with your left foot into a left neutral bow, facing 3 o'clock, planting your left foot to the inside of your opponent's left foot and buckling his left knee with your left knee. (You are on and over the "Line of Entry.") As you settle into your left neutral bow, deliver a left inward elbow strike to the front of your opponent's left lower ribcage. Your right hand is still bracing up against your opponent's left lower ribcage. Your right hand is still bracing up against your opponent's left elbow. (In the form, this elbow strike and check will appear as an elbow sandwich.)

SET 13: CIRCLES OF PROTECTION (Right Step-Through Overhead Punch)

1. From your previous position, have your left foot slide back to your right foot into a left transitional cat stance facing 10:30 as you simultaneously cock your right horizontal forearm (hiding it from the view of your opponent).
2. Immediately have your left foot step toward 10:30 into a left transitional forward bow stance. Simultaneously deliver a right upward parry under and outside of your opponent's right punch (above the elbow). (First meet the force and then ride it.)
3. Shift to your right into a left neutral bow as you deliver a left upward ripping claw to your opponent's face (under his right arm). Your right open hand is high to the right side of your face momentarily checking under and slightly outside of your opponent's right arm.
4. Continue circling your left hand counterclockwise and force your opponent's right arm down to the right side of his body. Simultaneously continue the clockwise circle of your right hand and execute a right underhand claw to your opponent's groin. (At this moment, your left hand should be on top of your right forearm prior to exploding into the next move.)
5. Without hesitation, deliver a left outward back fist strike to your opponent's face as you push-drag forward. During this action, your right hand grabs and pulls your opponent's testicles. Be sure that your left leg is positioned properly as a check to protect your groin. (Be sure that your back fist strike snaps back toward your right forearm, which is still in the position of an underhand claw.)

Form 4 (continued)

SET 14: CIRCLES OF PROTECTION (Left Step-Through Overhead Punch)

1. From your previous move, execute a left front crossover toward 4:30. During your cover step, cock your left forearm under your right forearm, both horizontally.
2. Complete your front crossover toward 4:30, stepping out into a right transitional forward bow stance. Simultaneously deliver a left upward parry under and outside of your opponent's left punch (above the elbow). (First meet the force and then ride it.)
3. Shift to your left into a right neutral bow, as you deliver a right upward ripping claw to your opponent's face (under his left arm). Your left open hand is high to the left side of your face momentarily checking under and slightly outside of your opponent's left arm.
4. Continue circling your right hand counterclockwise and force your opponent's left arm down to the left side of his body. Simultaneously continue the clockwise circle of your left hand and execute a left underhand claw to your opponent's groin. (At this moment your right hand should be on top of your left forearm prior to exploding into the next move.)
5. Without hesitation, deliver a right outward back fist strike to your attacker's face as you push-drag forward. During this action, your left hand grabs and pulls your opponent's testicles. (Be sure that your right leg is positioned properly as a check to protect your groin.)

SET 15: DANCE OF DARKNESS (Right Kick & Right Punch Combination)

1. From your previous move, have your right foot step back of your left foot toward 1:30 into a left front twist stance, facing 7:30. As you drop back into your twist stance, execute a right outside downward parry (open hand) to the outside of your opponent's right leg. Have your left hand check at your solar plexus.
2. As your opponent follows through with a right punch toward your head, step forward with your right foot (toward 7 o'clock) into a right neutral bow to the outside of your opponent's right leg (while looking at 7 o'clock). As you step forward, execute a double parry to the outside of his right arm (left inward parry at the wrist or forearm, followed by a right outward parry at or above the elbow).
3. Have your left foot step around as well as behind your opponent (toward 7:30) into a transitory left neutral bow with your hands cocked right over left at your left hip. Continue the flow of your action as you pivot clockwise into a right close kneel facing 12 o'clock. As you pivot into your close kneel, execute a right outward back fist strike with a left vertical punch combination to your opponent's right kidney and right ribs (or left kidney and spine, depending on opponent's response.) [Your right hand is on the bottom to act as an immediate check, if necessary.]
4. Immediately have your left hand grab your opponent's right shoulder. As you firmly pull down on your opponent's right shoulder to control his "Height Zones," simultaneously thrust a right vertical back knuckle strike to your opponent's right temple.
5. Execute a left front crossover sweep (toward 1:30) to your opponent's right leg. As you sweep, drop your right punching hand into a small counterclockwise loop and execute a right two-finger hook to your opponent's left eye. Your left hand should be checking on top of, or near, his right shoulder.
6. Utilizing the principle of "Object Obscurity," circle your left hand around and under your right arm so that it tracks along the outside of your right arm to strike as a left two-finger spear to your opponent's left eye. This spear is executed at the moment your left foot plants from the crossover sweep. (Your right hand should now be checking.)

Form 4 (continued)

SET 16: DANCE OF DARKNESS (Left Kick & Left Punch Combination)

1. From the final position of your last technique, pivot into a left neutral bow facing 1:30 with both of your hands up in a guarding position.
2. Have your left foot step back of your right foot toward 7:30 into a right front twist stance facing 1:30 as you execute a left outside downward parry (open hand) to the outside of your opponent's left leg. Have your right hand check at your solar plexus.
3. As your opponent follows through with a left punch toward your head, step forward with your left foot (toward 1:00) into a left neutral bow to the outside of your opponent's left leg (while looking at 1:00). As you step forward, execute a double parry at the wrist or forearm followed by a left outward parry at or above the elbow.
4. Have your right foot step around as well as behind your opponent (between 1 o'clock and 2 o'clock) into a transitory right neutral bow with your hands cocked left over right at your right hip. Continue the flow of your action as you pivot counterclockwise into a left close kneel (facing 7:30). As you pivot into your close kneel, execute a left outward back fist strike with a right vertical punch combination to your opponent's left kidney and left ribs (or right kidney and spine, depending on your opponent's response.) [Your left hand is on the bottom to act as an immediate check if necessary.]
5. Immediately have your right hand grab your opponent's left shoulder. As you firmly pull down on your opponent's left shoulder to control his "Height Zones," simultaneously thrust a left vertical back knuckle strike to your opponent's left temple.
6. Execute a right front crossover sweep (toward 7:30) to your opponent's left leg. As you sweep, drop your left punching hand into a small clockwise loop and execute a left two-finger hook to your opponent's right eye. Your right hand should be checking on top of, or near, his left shoulder.
7. Utilizing the principle of "Object Obscurity," circle your right checking hand around and under your left arm so that it tracks along the outside of your left arm to strike as a right two-finger spear to your opponent's right eye. This spear is executed at the moment your right foot plants from the crossover sweep. Your left hand should now be checking.

SET 17: THUNDERING HAMMERS (Right Step-Through Punch)

1. From your previous move, have your left foot step out toward 9 o'clock in a left neutral bow (facing 9 o'clock), as you execute a left inward block to the outside of your opponent's right arm (preferably at, or above the elbow). Your right arm hangs naturally at your side. Be sure to check your opponent's right leg with your left leg.
2. Push-drag forward toward 9 o'clock as you drop into a left wide kneel stance (buckling the outside of your opponent's right knee with your own right knee) and strike horizontally across your opponent's stomach with a right inward horizontal forearm while cocking your left fist near your left ear (palm facing away from you).
3. Pivot clockwise as you drop lower into a right close kneel stance (facing 1:30) while buckling the back of your opponent's right knee with your left knee. Simultaneously strike to your opponent's left kidney with a left downward hammer fist as your right fist cocks near your right ear (palm facing away from you).
4. Pivot counterclockwise into a left wide kneel stance (facing 9 o'clock) while buckling your opponent's right knee with your right knee. Have your left hand shift from his kidney into a left horizontal forearm check, or a "Gravitational Check," on top of your opponent's right shoulder. Simultaneously deliver a right downward hammer fist strike to the back of your opponent's neck.
5. Switch into a right neutral bow, facing 9 o'clock. (Have your left foot move to the rear and your right foot move to the front.) As you switch, execute a right downward back fist strike to your opponent's right temple. As you settle into your right neutral bow, reverse the motion of your right hand and convert it into a right upward lifting stiff-arm heel palm strike to your opponent's face. Simultaneous with your heel palm strike, have your left hand check your opponent's right shoulder down.

Form 4 (continued)

SET 18: THUNDERING HAMMERS (Left Step-Through Punch)

1. Immediately pivot counterclockwise into a left rotating twist stance, facing 3 o'clock. As you pivot execute a universal block (right inward block and left downward block).
2. Have your right foot step out toward 3 o'clock into a right neutral bow (facing 3 o'clock) as you execute a right inward block to the outside of your opponent's left arm (preferably at or above the elbow). Your left arm hangs naturally at your side. Be sure to check your opponent's left leg with your right leg.
3. Push-drag forward towards 3:00 as you drop into a right wide kneel stance, buckling the outside of your opponent's left knee with your own left knee, and strike horizontally across your opponent's stomach with a left inward horizontal forearm strike while cocking your right fist near your right ear (palm facing away from you.)
4. Pivot counterclockwise as you drop lower into a left close kneel stance (facing 7:30) while buckling the back of your opponent's left knee with your right knee. Simultaneously strike to your opponent's right kidney with a right downward hammer fist as your left fist cocks near your left ear (palm facing away from you).
5. Pivot clockwise into a right wide kneel stance (facing 3 o'clock) while buckling your opponent's left knee with your left knee. Have your right hand shift from his kidney into a right horizontal forearm check ("Gravitational Check") on top of your opponent's left shoulder. Simultaneously deliver a left downward hammer fist strike to the back of your opponent's neck.
6. Switch into a left neutral bow, facing 9 o'clock. (Have your right foot move to the rear and your left foot move to the front.) As you switch, execute a left downward back fist strike to your opponent's left temple. As you settle into your left neutral bow, reverse the motion of your left hand and convert it into a left upward lifting stiff-arm heel palm strike to your opponent's face. Simultaneous with your heel palm strike, have your right hand check your opponent's left shoulder down.

SET 19: UNWINDING PENDULUM (Right Kick & Right Punch Combination)

1. From your previous move, have your right foot drop back toward 1:30 into a left front twist stance, facing 7:30. Simultaneous with your twist stance, execute a right downward block to the outside of your opponent's right leg. Simultaneous with this block, have your left hand cock slightly above your solar plexus in preparation for a left inward block.
2. As your opponent follows up with a right punch, pivot clockwise (180 degrees) into a left neutral bow (facing 7:30) while executing a left inward block to the outside of your opponent's right arm (preferable at the elbow). Have your right arm hang naturally along your right hip and thigh during this maneuver. (This action, combined with the previous block, should result in turning your opponent so that his back faces you.)
3. Immediately execute a right front crossover sweeping kick to the back of your opponent's left knee. (This should buckle as well as force your opponent's left leg to spread apart from his right leg.)
4. Have your right foot plant forward into a right front twist stance as you execute a right underhand claw to your opponent's groin from the rear. As you strike have your left hand horizontally check your opponent's arms at his elbows.

Form 4 (continued)

SET 20: UNWINDING PENDULUM (Left Kick & Left Punch Combination)

1. From your previous move, have your left foot drop back toward 10:30 into a right front twist stance, facing 4:30. As you drop back into your twist stance, execute a left downward block to the outside of your opponent's left leg. Simultaneous with this block, have your right hand cock slightly above your solar plexus in preparation for a right inward block. (This should turn your opponent slightly to his right.)
2. As your opponent follows up with a left punch, pivot counterclockwise (180 degrees) into a right neutral bow facing 4:30. As you pivot into your right neutral bow, execute a right inward block to the outside of your opponent's left arm (preferably at the elbow). Have your left arm hang naturally along your left hip and thigh during this maneuver. (This action, combined with the previous block, should result in turning your opponent so that his back faces you.)
3. Immediately execute a left front crossover sweeping kick to the back of your opponent's right knee. (This should buckle as well as force your opponent's right leg to spread apart from his left leg.)
4. Have your left foot plant forward into a left front twist stance as you execute a left underhand claw to your opponent's groin from the rear. As you strike have your right hand horizontally check your opponent's arms at his elbows. (Your opponent should bend forward at the waist.)

SET 21: REVERSING CIRCLES (Left Roundhouse Kick & Left Punch Combination)

1. From the previous move, have your right foot step out toward 7:30 into a right neutral bow, as you execute a universal block (right downward with a left inward block) to the inside of his left leg.
2. As your opponent plants his left foot and attempts to punch your head with his left hand, pivot into a right forward bow, facing 7:30, while executing a right upward block under, as well as inside of, his left attacking arm. Simultaneous with right upward block, deliver a left thrusting heel palm (finger pointing toward 10:30) to his left floating ribs.
3. Pivot into a right neutral bow as you reverse the motion of your left hand and convert it into a left upward block under your opponent's left arm. Simultaneous with this action, reverse the motion of your right arm and convert it into a right thrusting heel palm strike (fingers pointing toward 4:30) to his right floating ribs. Upon completing your right heel palm strike, convert your left upward block into a grab (palm in and thumb up) to your opponent's left wrist.

SET 22: REVERSING CIRCLES (Right Roundhouse Kick & Right Punch Combination)

1. From the previous move, have your left foot drag to your right foot and then step out toward 1:30 into a left neutral bow, as you execute a universal block (left downward with a right inward block) to the inside of his right leg.
2. As your opponent plants his right foot and attempts to punch your head with his right hand, pivot into a left forward bow, facing 4:30, while executing a left upward block under, as well as inside of, his right attacking arm. Simultaneous with your left upward block, deliver a right thrusting heel palm (fingers pointing toward 1:30) to his right floating ribs.
3. Pivot into a left neutral bow as you reverse the motion of your right hand and convert it into a right upward block under your opponent's right arm. Simultaneous with this action reverse the motion of your left arm and convert it into a left thrusting heel palm strike (fingers pointing toward 7:30) to his right floating ribs. Upon completing your left heel palm strike, convert your right upward block into a grab (palm in and thumb up) to your opponent's right wrist.

Form 4 (continued)

SET 23: SNAKING TALON (Two-Hand Push)

1. From the previous move, have your left foot drop back toward 1:00 into a right 45-degree cat stance facing 7:30. As you settle into your cat stance, have your left hand check near the right side of your face, palm up, and fingers pointing up ("Corresponding Angle" to your right cheek bone). Simultaneous with this check, position your left hand sword above your left knee, palm facing 7:30, and fingers pointing down ("Corresponding Angle" to your left bent leg).
2. Have your right hand loop a figure eight (following a path and not a line). Begin with a right inward hand sword on the outside and top of your opponent's right arm. Flow into a right extended outward hand sword on the outside of your opponent's right arm. (Both actions are to diagonally check your opponent's "Height and Width Zones" by conveniently criss-crossing your opponent's arms diagonally and down.) During this action your right hand continues to check the side of your face.
3. While still within the flow of action, have your left hand pull your opponent's left arm toward you (down and to your left), as you deliver a left front snap kick to your opponent's groin.

SET 24: SNAKING TALON (Two-Hand Push)

1. From the previous move, have your right foot drop back toward 11 o'clock into a left 45-degree cat stance facing 4:30. As you settle into a left cat stance, have your right hand check near the left side of your face, palm up, and fingers pointing up ("Corresponding Angle" to your right cheek bone). Simultaneous with this check, position your left hand sword above your left knee, palm facing 7:30, and fingers pointing down ("Corresponding Angle" to your left bent leg).
2. Have your left hand loop a figure eight (following a path and not a line). Begin with a left inward hand sword on the outside and top of your opponent's right arm. Flow into a left extended outward hand sword on the outside of your opponent's left arm. (Both actions are to diagonally check you opponent's "Height and Width Zones" by conveniently criss-crossing your opponent's arms diagonally and down.) During this action your right hand continues to check the side of your face.
3. While still within the flow of action have your left hand pull your opponent's left arm toward you (down and to your left), as you deliver a left front snapping ball kick to your opponent's groin.

SET 25: CIRCLING FANS (Left/Right Punch Combination)

1. From your previous move, plant your left foot back in line into a horse stance facing 6 o'clock. As you plant, cock your left hand on your left hip palm up and open.
2. As your opponent attacks from your right flank, turn to your right into a right 45-degree cat stance, facing 9 o'clock. As you turn, redirect your opponent's left punch by executing a right push-down block, and then as you settle into your cat stance, execute a left push-down to the outside of your opponent's right punch. Simultaneous with your left block, have your right hand cock to your right hip, fist clenched and palm up.
3. Execute a right front snapping ball kick to your attacker's groin.
4. Plant your right foot toward 9 o'clock into a horse stance as you execute a right thrusting vertical back knuckle strike to your opponent's face.

Form 4 (continued)

SET 26: CIRCLING FANS (Right/Left Punch Combination)

1. From your previous move, your opponent attacks you from your left flank. Turn your left foot into a left 45-degree cat stance facing 3 o'clock. As you turn, redirect your opponent's right punch by executing a left push-down block, and then as you settle into your cat stance, execute a right push-down block to the outside of your opponent's left punch. Simultaneous with your right block, have your left hand cock to your left hip, fist clenched and palm up.
2. Execute a left front snapping ball kick to your attacker's groin.
3. Plant your left foot toward 3 o'clock into a horse stance as you execute a left thrusting vertical back knuckle strike to your opponent's face.

SET 27: CIRCLING WINDMILLS (Right Punch)

1. From your previous move, turn your upper body to 6 o'clock into a horse stance. Execute a combination right upward/right extended outward block to the outside of your opponent's right arm. Make sure that this block is executed slightly upward, on the outside, as well as under your opponent's right arm. Simultaneous with this block, execute a left heel palm strike (with your fingers facing in) to your opponent's solar plexus. (When striking with your left heel palm, execute this maneuver as if you would be dually employing a left forearm wedge, under your opponent's right arm.)
2. While still in a horse stance, windmill your left hand counterclockwise as you claw up, slightly out, and to your opponent's face. Have your left arm remain in an upward block position to keep your opponent's right arm in check. With this action, simultaneously execute a right clockwise, inward hammer fist strike to your opponent's left floating ribs.
3. Now have your right hand circle clockwise in a windmill fashion. As it travels up and under your opponent's right arm, it transitionally converts into a right upward parry to expose the right side of your opponent's body. Simultaneous with this parry, execute a left (counterclockwise) inward hammer fist to his right floating ribs.
4. Have your left hand reverse its circle (clockwise), and check your opponent's right arm down and diagonally toward his body while simultaneously delivering a right inward hammer fist strike diagonally down and across the bridge of your opponent's nose. (In the form, have your left hand finish at your left hip, fist clenched and palm up.)
5. Execute a right outward horizontal finger slice (palm down) to your opponent's eyes. Immediately follow up with a right inward horizontal finger slice (palm up) across his eyes, and then with another right outward horizontal finger slice (palm down) across his eyes.
6. Execute a left inward raking back knuckle strike to the bridge of your opponent's nose as your right hand now checks your opponent's right arm to his body. (In the form, your right hand cocks near your right hip, in the shape of a crane, palm down.)
7. Execute a left outward horizontal finger slice (palm down) to your opponent's eyes. Immediately follow up with a left inward horizontal finger slice (palm up) to your opponent's eyes, and then execute a left outward horizontal finger slice to his eyes.
8. Your left hand now cocks near your left hip, in the shape of a crane, palm down.
9. Execute two two-finger overhead whips to your attacker's eyes.
10. Torque your hands, palms in and facing each other, as you now execute two two-finger thrusts to your opponent's eyes.
11. Torque your palms toward your opponent's face, as you now execute two thumb hooks to your opponent's eyes.
12. Reverse the motion of your hands, torquing your palms toward you, as you execute two little finger eye hooks to your opponent's eyes.
13. Once again torque your palms toward your opponent's face, as you execute two downward heel palm claws to your opponent's face. (During this dual action, have your right claw cross over and behind your left claw.)

Form 4 (continued)

SET 28: DEFENSIVE CROSS (Right Front Snap Kick)

1. As your opponent kicks with his right foot, step back with your right foot (toward 12 o'clock) as you settle into a left forward bow stance (facing 6 o'clock). Simultaneously execute a solidly braced downward "X" block (right hand over left hand) on top of your opponent's right ankle.
2. Immediately have your left hand convert into the shape of a crane (fingers and palm out) as it hooks inside of, and under, your opponent's right foot. (Have your right hand remain on top of your opponent's right foot to act as a check.) Without disrupting the flow of your hands, guide your opponent's kicking leg diagonally down, and past your left hip.
3. With your opponent's balance disturbed, and his body moving toward you, continue to orbit your hands, convert your right hand into an outward overhead back knuckle strike to the right side of your opponent's face, with your left hand trailing close behind. Have your right hand strike diagonally through your opponent's face as it travels down and past your right hip (palm facing 6 o'clock). With your left hand trailing close behind (following the same corresponding path) convert it into a left inward overhead heel palm strike to the right jawbone of your opponent.
4. Instantly convert your left heel palm strike into a grab to your opponent's hair, or to the back of his neck (your right hand is still positioned past your right hip). While maintaining the hair grab (or your chosen alternative), execute a right front snapping ball kick to your opponent's groin.
5. As you replant your right foot back to its "Point of Origin," simultaneously execute a right upward, lifting stiff-arm back knuckle strike to your opponent's face to sandwich his head between your right back knuckle and left grab.

SET 29: DEFENSIVE CROSS (Left Front Snap Kick)

1. As your opponent kicks with his left foot, step back with your left foot (toward 12 o'clock) as you settle into a right forward bow stance (facing 6 o'clock). Simultaneously execute a solidly braced downward "X" block (left hand over right hand) on top of your opponent's left ankle.
2. Immediately have your right hand convert into the shape of a crane (fingers and palm out) as it hooks inside of, and under, your opponent's left foot. (Have your left hand remain on top of your opponent's left foot to act as a check.) Without disrupting the flow of your hands, guide your opponent's kicking leg diagonally down, and past your right hip.
3. With your opponent's balance disturbed, and his body moving toward you, continue the clockwise direction of your orbiting hands to the right of your body. As you continue to orbit your hands, convert your left hand into an outward overhead back knuckle strike to the left side of your opponent's face, with your right hand trailing close behind. Have your left hand strike diagonally through your opponent's face as it travels down and past your left hip (palm facing 6 o'clock). With your right hand trailing close behind (following the same corresponding path), convert it into a right inward overhead heel palm strike to the left jawbone of your opponent.
4. Instantly convert your right heel palm strike into a grab to your opponent's hair, or to the back of his neck (your left hand is still positioned past your left hip). While maintaining the hair grab (or your chosen alternative), execute a left front snapping ball kick to your opponent's groin.
5. As you replant your left foot back to its "Point of Origin," simultaneously execute a left upward, lifting stiff-arm back knuckle strike to your opponent's face to sandwich his head between your left back knuckle and right grab.

Form 4 (continued)

SET 30: BOWING TO BUDDHA (Right Round Kick)

1. As your opponent delivers a right round kick, drop down onto your left knee as you simultaneously execute a right inward block with a left extended outward block to the inside of your opponent's right leg. Without hesitation, flow from your right inward block into a right forearm parry.
2. Shuffle forward (step with the right foot - drag with the left knee) as you execute a right upward elbow strike to your opponent's groin. (Your elbow strike should complete its "Path of Travel" as a positional right upward block with the right clenched palm facing you.) Simultaneous with this block, execute a left upward heel palm strike to his groin.
3. With your left hand still under your opponent's testicles, pull his testicles toward you, as you deliver a right downward back knuckle strike (torquing your fist clockwise) to sandwich his testicles.

SET 31: BOWING TO BUDDHA (Left Round Kick)

1. As your opponent delivers a left round kick, switch with a hop onto your right knee as you simultaneously execute a left inward block with a right extended outward block to the inside of your opponent's left leg. Without hesitation, flow from your left inward block into a left forearm parry.
2. Shuffle forward (step with the left foot - drag with the right knee) as you execute a left upward elbow strike to your opponent's groin. (Your elbow strike should complete its "Path of Travel" as a left upward block with the left clenched palm facing you.) Simultaneous with this block, execute a right upward heel palm strike to his groin.
3. With your right hand still under your opponent's testicles, pull his testicles toward you, as you deliver a left downward back knuckle strike (torquing your fist clockwise) to sandwich his testicles.

SET 32: PRANCE OF THE TIGER (Right Flank - Right Step Through Uppercut Punch)

1. Your opponent attacks from your right flank with a right step through uppercut punch. Have your right foot step back toward 12 o'clock into a left 45 degree cat stance facing 6 o'clock. As you drop back into your cat stance, execute a left outside downward, hooking parry to the inside of your attacker's right elbow. Follow this block with a right sweeping inside downward block (palm up) to the inside of your attacker's right arm (near his hand).
2. As your right hand follows through (cocking palm up near your left hip), position your left hand in the front of and to the right of your solar plexus in a check. Immediately execute a left thrusting sweep kick to the shin of your attacker's right leg while continuing to check with your left hand, should your attacker wish to reactivate his right arm.
3. Continue the flow of your action by delivering a right knife-edge kick to the inside of your opponent's left knee, a right side chicken kick. Simultaneous with your right kick, execute a right outward back knuckle strike to your opponent's right temple. Your left hand should continue to check.

SET 33: PRANCE OF THE TIGER (Left Flank - Left Step Through Uppercut Punch)

1. Replant your right foot straight down in front of you into a right 45 degree cat stance, facing 6 o'clock. As you plant into your cat stance, cock your left clenched fist at your left ear (as for an inward block) simultaneous with a right push-down block.
2. As your opponent attacks from your left flank with a left step through uppercut punch, execute a right outside downward, hooking parry to the inside of your opponent's left elbow. Follow this block with a left sweeping inside downward block (palm up) to the inside of your opponent's left arm (near his hand).
3. As your left hand follows through (cocking palm up near your right hip), position your right hand in the front of and to the left of, your solar plexus in a check. Immediately execute a right thrusting sweep kick to the shin of your attacker's left leg while continuing to check with your right hand, should your opponent wish to reactivate his left arm.
4. Continue the flow of your action by delivering a left knife-edge kick to the inside of your opponent's right knee, a left side chicken kick. Simultaneous with your left kick, execute a left outward back knuckle strike to your opponent's left temple. Your right hand should continue to check.

Form 4 (continued)

SET 34: SHIELD AND MACE (Right Step-Through Punch)

1. From the point of contact of your previous strikes, have your left foot step toward 9 o'clock into a left transitional neutral bow, facing 9 o'clock. Immediately pivot to your right into a horse stance and deliver a right vertical outward block to the outside of your opponent's right arm. This is done while simultaneously delivering a left straight punch to your attacker's right lower ribcage.
2. Pivot to your left and drop into a left close kneel as you strike down with a right hammer fist to the top of your attacker's right kidney, driving down to the pelvic area. Your left hand is now "Bracing Angle Check" at your attacker's right elbow.
3. Circle your left hand clockwise and pin your opponent's right arm down to his own body as your right hand circles counterclockwise striking your opponent's face and eyes with a right looping inward horizontal heel palm claw.
4. Continue the flow of the counterclockwise circle of your right hand and have it continue down and along the back of your attacker's body and right leg to strike the back of your opponent's right knee.
5. Without raising your body, follow up with a right knife-edge kick to the back of your opponent's left knee.

SET 35: SHIELD AND MACE (Left Step-Through Punch)

1. From the point of contact of your previous kick, have your right foot step toward 3 o'clock into a right transitional neutral bow, facing 3 o'clock. Immediately pivot to your left into a horse stance and deliver a left vertical outward block to the outside of your attacker's left arm. This is done while simultaneously delivering a right straight punch to your opponent's left lower ribcage.
2. Pivot to your right and drop into a right close kneel as you strike down with a left hammer fist to the top of your attacker's left kidney, driving down to the pelvic area. Your right hand is now a "Bracing Angle Check" at your opponent's left elbow.
3. Circle your right hand clockwise and pin your attacker's left arm down to his own body as your left hand circles counterclockwise striking your opponent's face and eyes with a left looping inward horizontal heel palm claw.
4. Continue the flow of the counterclockwise circle of your left hand and have it contour down and along the back of your attacker's body and left leg to strike the back of your attacker's left knee with your left hand sword. The action is to buckle your opponent's left leg. Have your right hand circle clockwise and check just below your opponent's left knee.
5. Without raising your body, follow up with a left knife-edge kick to the back of your opponent's right knee.

Form 4 (continued)

SET 36: FIVE SWORDS (Right Step-Through Kick and Roundhouse Punch)

1. From the "Point of Contact" of your left kick, have your left foot plant toward 9 o'clock into a horse stance, facing 12 o'clock. As you plant, have both of your hands cock to your right hip (right hand as a hand sword, palm up and your left hand as a hand sword, palm down with your fingers pointing toward 3 o'clock).
2. Have your right foot step forward into a right neutral bow, facing 12 o'clock. In the process execute a left outside downward parry to the inside of your opponent's right kicking leg. Simultaneously execute a right inward block (done as a hand sword) to the inside of your opponent's right punch.
3. Immediately strike to the right side of your opponent's neck with a right outward hand sword.
4. Pivot into a right forward bow, facing 12 o'clock, as you execute a left five finger thrust (palm down) to your attacker's eyes while your right hand cocks to your right hip, fist clenched and palm up.
5. Having caused your attacker's head to move away from you will cause his midsection to jut forward. Take advantage of this anticipated response by pivoting into a right neutral bow, as you strike with a right upward thrust to your attacker's stomach. In the process your left hand becomes a cocking check, that is guarding horizontally, palm down near your right biceps.
6. With your attacker now bending over, immediately have your left foot slide counterclockwise toward 4:30, into a right forward bow (while now facing 10:30), as your left outward hand sword strikes to the left side of your opponent's neck. Your right hand acts as a check against any potential danger from your opponent's left arm.
7. Without hesitation and while pivoting into a right neutral bow, execute a right inward hand sword to the back of your attacker's neck. Your left hand should be checking low.

SET 37: FIVE SWORDS (Left Step-Through Kick and Roundhouse Punch)

1. Have your right foot step toward 9 o'clock, as you immediately pivot into a right transitional rotating twist. In the process, execute a right outside downward parry to the inside of your opponent's kicking leg. Immediately have your left foot step forward into a left neutral bow, facing 12 o'clock. Simultaneously execute a left inward block (done as a hand sword) to the inside of your opponent's left punch.
2. Immediately strike to the left side of your attacker's neck with a left outward hand sword.
3. Pivot into a left forward bow, facing 12 o'clock, as you execute a right five finger thrust (palm down) to your opponent's eyes while your left hand cocks to your left hip, fist clenched and palm up.
4. Having caused your opponent's head to move away from you will cause his midsection to jut forward. Take advantage of this anticipated response by pivoting into a left neutral bow, as you strike with a left upward thrust to your attacker's stomach. In the process your right hand becomes a cocking check that in guarding horizontally, palm down near your left biceps.
5. With your opponent now bending over, immediately have your right foot slide counterclockwise (toward 4:30) into a left forward bow (while now facing 10:30), as your right outward hand sword strikes to the right side of your attacker's neck. Your left hand acts as a check against any potential danger from your opponent's right arm.
6. Without hesitation and while pivoting into a left neutral bow, execute a left inward hand sword to the back of your attacker's neck. Your right hand in an interim hook around the right side of your opponent's neck. Your right hand should be checking low.

Form 4 (continued)

SET 38: TWIRLING HAMMERS (Left Step-Through Punch)

1. While standing in a left neutral bow, your opponent executes a left step through punch. Immediately shift your left foot slightly to your right (toward 3 o'clock) into a left front twist stance as you execute a left extended outward block to the outside of your attacker's left arm (at or above your opponent's left elbow). Your right hand checks near your solar plexus.
2. Without loss of momentum, have your right foot step forward into a right neutral bow (facing 12 o'clock) as you execute a right looping overhead back knuckle strike to your opponent's right mastoid, while maintaining your left extended outward block.
3. Continue the looping action of your right hand and convert it into a right pressing check at your opponent's left lower ribcage.
4. Without any loss of motion, convert your left elbow strike into an upward hooking wrist check (waiter's hand). Simultaneously pivot into a right neutral bow as you now loop (clockwise) a right inward hammer fist strike, diagonally and down, to your attacker's right kidney.

SET 39: TWIRLING HAMMERS (Right Step-Through Punch)

1. While standing in a right neutral bow, your opponent executes a right step through punch. Immediately shift your right foot slightly to your left (toward 9 o'clock) into a right front twist stance as you execute a right extended outward block to the outside of your attacker's right arm (at or above your opponent's right elbow). Your left hand checks near your solar plexus.
2. Without loss of momentum, have your left foot step forward into a left neutral bow (facing 12 o'clock) as you execute a left looping overhead back knuckle strike to your opponent's left mastoid, while maintaining your right extended outward block.
3. Continue the looping action of your right hand and convert it into a left pressing check at your opponent's right elbow. Simultaneously pivot into a left forward bow and deliver a right inward horizontal elbow strike to your opponent's right ribcage.
4. Without loss of motion convert your right elbow strike into an upward hooking wrist check (waiter's hand). Simultaneously pivot into a left neutral bow as you now loop (clockwise) a left inward hammer fist strike, diagonally and down, to your attacker's left kidney.

CLOSING:

1. Execute a left front crossover toward 4:30. During the cover step have your right clenched fist, which is covered by your left open hand cock near your right side.
2. To complete the crossover hop onto your right foot into a right one-leg stance, now having your right and left hands cock near your right ear.
3. Have your left foot plant toward 9 o'clock into a meditative horse facing 12 o'clock.
4. Come to attention.
5. Complete the formal salutation.

FORM 5



Long Form 5

Long 5 is known, alternately, as the Takedown form, the point-of-origin form, the parallel line form, or the hand-accent form. Throughout the form, notice the use of the pattern of claw, back-knuckle, pushdown, using alternating hands.

Do the full Kenpo salutation, up to the training horse with meditating hands.

Set 1: Destructive Fans (Right step-thru punch from the left side)

1. Step back with the left foot slightly to 6:00 to invert the horse stance with a right parry. The left hand parries as the right hand circles clockwise into a hammer fist to his upper chest. The left hand grabs his upper arm.
2. The left foot sweeps to 2:30 with a left front crossover as the right hand circles counter-clockwise into a descending palm/claw to the face, which moves on to the left hip in a cup & saucer. This is the first use of the hand pattern mentioned above.
3. Pivot 180 degrees with a right elbow/back-knuckle to the kidney, as your right foot sweeps back to 3:00 in a forward bow. Finish with a right punch (on top of your left wrist). This action shows the low line track over the wrist.

Set 2: Destructive Fans (Left step thru punch from the right side)

1. Step up with the right foot slightly to 6:00 to invert the horse with a left parry. The right hand parries as the left hand circles counter-clockwise into a hammer fist to his upper chest. The right hand grabs his upper arm.
2. The right foot sweeps to 9:30 with a right front crossover as the left hand circles clockwise into a descending palm/claw to the face, which moves on to the right hip in a cup & saucer.
3. Pivot 180 degrees with a left elbow/back-knuckle to the kidney, as your left foot sweeps back to 9:00 in a forward bow. Finish with a left punch (on top of your right wrist).

Set 3: Dance of Death (Right kick-punch combination)

1. Pull your right foot into a cat with a left downward block, and then step right to 6:00 in a fighting stance with a left inward block and a right ridge hand to the groin.
2. As you step right to 12:00 do a right elbow slam to his midsection as your left hand grabs his right knee.
3. Do a right back-knuckle to his left thigh, a right back-knuckle to his right thigh, and a right flick to his groin. Grab his right foot with your right hand, and flip him onto his stomach.
4. Step left to 12:00 with a left heel stomp to his spine, and step with the right to 4:30 onto his right side, scraping the ribs with the left heel as it lands to 12:00.
5. Pivot 180 degrees, and do a right chop to the back of the neck with a right knee to the ribcage.
6. Step right to 12:00 with a right heel stomp to his upper spine, and step with the left to 10:30 onto his left side.
7. Finish with a right side thrust to his temple. Do a right front crossover to 10:30.

Form 5 (continued)

Set 4: Dance of Death (Left kick-punch combination)

1. Pivot 180 degrees into a cat with a left downward block, and then step left to 12:00 with a right inward block and a left ridge hand to the groin.
2. As you step left to 6:00 do a left elbow slam to his midsection as your right hand grabs his left knee.
3. Do a left back-knuckle to his right thigh, a left back-knuckle to his left thigh, and a left flick to his groin. Grab his left foot with your left hand, and flip him onto his stomach.
4. Step right to 6:00 with a right heel stomp to his spine, and step with the left to 1:30 onto his right side, scraping the ribs with the right heel as it lands.
5. Pivot 180 degrees, and do a left chop to the back of the neck with a left knee to the ribcage.
6. Step left to 6:00 with a left heel stomp to his upper spine, and step with the right to 7:30 onto his right side.
7. Finish with a left side thrust to his temple. Do a left front crossover to 7:30.

Set 5: Leap of Death (Right step-thru punch)

1. Unwind, and step right to 3:00, with double outward chopping blocks.
2. Counter grab with the right hand, and rake his ribs with a left back-knuckle (or a claw), followed by a left forearm (or a back-knuckle) to his stomach.
3. Roll your left forearm onto his upper arm as you pivot your torso to 3:00, throwing him to the ground. Notice the use of the pattern in 2.
4. Leap onto his back, facing 3:00, and strike both heels against his ribcage.
5. Do a double palm heel to the back of the neck. Grab under his chin with both hands, pull the head back, twist the neck to the right without twisting your hips, and chop the bridge of his nose with your right hand.
6. As you kneel on him with your left knee, do a left palm heel to the right side of the neck.
7. Hop to his right, and do a right downward wheel kick to his temple. Do a right front crossover to 9:00.

Set 6: Leap of Death (Left step-thru punch)

1. Step left to 9:00, with double outward chopping blocks.
2. Counter grab with the left hand, and rake his ribs with a right back-knuckle (or a claw), followed by a right forearm (or a back-knuckle) to his stomach.
3. Roll your right forearm onto his upper arm as you pivot your torso to 9:00, throwing him to the ground. Notice the use of the pattern in 2 and 3 here.
4. Leap onto his back, facing 9:00, and strike both heels against his ribcage.
5. Do a double palm heel to the back of the neck. Grab under his chin with both hands, pull the head back, twist the neck to the left without twisting your hips, and chop the bridge of his nose with your left hand.
6. As you kneel on him with your right knee, do a right chop to the left side of the neck.
7. Hop to his left, and do a left downward wheel kick to his temple.
8. Do a left front crossover to 3:00, a right downward ball kick to 3:00 (heel to 3:00, toes to 9:00), a left rear crossover to 3:00, and pivot 180 degrees into a bow facing 3:00.

Form 5 (continued)

Set 7: Backbreaker (Right step-thru punch from 4:30)

1. Step right to 4:30 into fighting stance with a left inward parry followed by a right outward parry to the elbow.
2. Step left to 4:30 as the right hand grabs the right shoulder and the left grabs the left shoulder.
3. Step back right to 4:30 into fighting stance as both hands pull his shoulders down into a right knee to the lower spine.
4. As the right foot plants back to 4:30, pull him further down into a left knee strike to the upper spine, and support him on the left knee.
5. The right hand grabs under the chin as you place your left hand on the right side of the head and pull the chin quickly towards you to break the neck.
6. Do a right chop to the bridge of the nose.
7. Do a double hammer fist to the collar bones.
8. Step left to 4:30 in a wide kneel with double tiger claws to the face (from chin to eyes). Notice that step 7 and 8 here constitute the use of the pattern with both hands.
9. Do a right front crossover to 9:00, a left downward ball kick to 9:00 (heel to 9:00, toes to 3:00), a right rear crossover to 9:00, and pivot 180 degrees into a bow facing 9:00.

Set 8: Backbreaker (Left step-thru punch from 7:30)

1. Step left to 7:30 into fighting stance with a right inward parry followed by a left outward parry to the elbow.
2. Step right to 7:30 as the left hand grabs the left shoulder and the right grabs the right shoulder.
3. Step back left to 7:30 into fighting stance as both hands pull his shoulders down into a left knee to the lower spine.
4. As the left foot plants back to 7:30, pull him further down into a right knee strike to the upper spine, and support him on the right knee.
5. The left hand grabs under the chin as you place your right hand on the left side of the head and pull the chin quickly towards you to break the neck.
6. Do a left chop to the bridge of the nose.
7. Do a double hammer fist to the collar bones.
8. Step right to 9:00 in a wide kneel with double tiger claws to the face (from chin to eyes). Notice that step 7 and 8 here constitute the use of the pattern with both hands.

Form 5 (continued)

Set 9: Hopping Crane (Man on ground on all fours, or man standing as you approach from behind)

1. Do a left front crossover to 4:30 (with a cup & saucer on the left hip), step right to 12:00, hop on the right foot to 12:00, and step left to 10:30.
2. As the right foot sweeps to 10:30, swing your hands to 4:30 as a counter-balance, and do a right side thrust to 4:30.

Set 10: Hopping Crane (Man on ground on all fours, or man standing as you approach from behind)

1. Do a right front crossover to 10:30 (with a cup & saucer on the right hip), step left to 12:00, hop on the left foot to 12:00, and step right to 1:30.
2. As the left foot sweeps to 1:30, swing your hands to 7:30 as a counter-balance, and do a left side thrust to 7:30.
3. Do a left front crossover to 1:30, unwind clockwise to face 6:00 in a cat with a universal block (left arm high).

Set 11: Sleeper (Right step-thru punch)

This technique uses a high-zone takedown

1. Step left to 6:00 with a left parry and a right ridge hand to the throat.
2. The right foot c-steps behind him to 6:00 as your left grabs your right hand and chokes.
3. Do a left rear crossover to 6:00, throwing him, with a left claw, a right back-knuckle to the face, and a left push-down. Again, notice the use of the hand pattern.
4. Step back right to 6:00.

Set 12: Sleeper (Left step-thru punch)

This technique uses a high-zone takedown)

1. Pull into a cat with a universal block (right arm high).
2. Step right to 12:00 with a right parry and a left ridge hand to the throat.
3. The left foot c-steps behind him as your right grabs your left hand and chokes.
4. Do a right rear crossover to 12:00, throwing him, with a right claw, a left back-knuckle to the face, and a right pushdown. Notice the hand pattern.

Set 13: Brushing the Storm (Right overhead club)

This technique uses a low-zone takedown. The hands and feet do simultaneous figure-8s here.

1. Step left to 3:00 into a horse with a left parry and L-step right to 6:00 in a right neutral bow with a right heel palm to the jaw.
2. The left foot steps to 6:00 into a left close kneel as your right arm drops into an elbow to the chest, that continues down to claw the groin.
3. Do a right rear crossover to 6:00, pivot to face 12:00.
4. Shift the left foot back into a cat, do a left snap kick to 12:00, and plant the left foot back to 6:00.

Form 5 (continued)

Set 14: Brushing the Storm (Left overhead club)

This technique uses a low-zone takedown. The hands and feet do simultaneous figure-8s here.

1. Step right to 3:00 into a horse with a right parry and L-step left to 12:00 in a left neutral bow with a left palm heel to the jaw.
2. The right foot steps to 12:00 into a right close kneel as your left arm drops into an elbow to the chest, that continues down to claw the groin.
3. Do a left rear crossover to 12:00, pivot to face 6:00.
4. Shift the right foot back into a cat, and do a right snap kick to 6:00. Do a right rear crossover to 3:00, and pivot to 9:00.

Set 15: Falling Falcon (Right lapel grab)

This technique uses a mid-zone takedown.

1. Step right to 9:00 with a right palm heel.
2. Pivot to face 3:00, dropping him on his back. The right hand snakes around his wrist, and then the left heel palm strikes to 7:30 (his elbow) as the body pivots to 7:30.
3. Do a left side thrust to 3:00 (to his neck), and plant the left back to 3:00.
4. The left hand snakes around his wrist, and then the right palm heel strikes to 4:30 (his elbow) as the body pivots to 4:30.
5. Do a right ball kick to his elbow, a right heel scrape to his kidney, and then a right stomp to his solar plexus as the right foot does a front crossover to 3:00. Unwind slightly to face 3:00.

Set 16: Falling Falcon (Left lapel grab)

This technique uses a mid-zone takedown.

1. Step left to 3:00 with a right palm heel.
2. Pivot to face 9:00, dropping him on his back. The left hand snakes around his wrist, and then the right heel palm strikes to 4:30 (his elbow) as the body pivots to 4:30.
3. Do a right side thrust to 9:00 (to his neck), and plant back to 9:00.
4. The right hand snakes around his wrist, and then the left palm heel strikes to 7:30 (his elbow) as the body pivots to 7:30.
5. Do a left ball kick to his elbow, a left heel scrape to his kidney, and then a left stomp to his solar plexus as the left foot does a front crossover to 9:00.

Form 5 (continued)

Set 17: Circling the Horizon (Right step-thru punch)

1. Unwind slightly to face 12:00, in a cat as you do a right overhead back-knuckle and a left downward claw to 12:00.
2. The right foot steps to 12:00 with a right side fist to the temple. Draw it back and do a right horizontal elbow to his ribs.
3. As your left knee touches the floor, do a right back-knuckle to the back of his knee. Sweep your right foot to 4:30, do a right palm thrust to his chest.
4. Do a right heel stomp to his groin, and then drag the right leg back. Stand up in a twist stance. The action of steps c and d here is a counter-balance between the hands and the feet.

Set 18: Circling the Horizon (Left step-thru punch)

1. Pivot to face 6:00, as your left foot comes back into a cat, and do a left overhead back-knuckle and a right downward claw to 6:00.
2. The left foot steps to 6:00 with a left side fist to the temple. Draw it back and do a left elbow.
3. As your right knee touches the floor, do a left back-knuckle to the back of his knee. Sweep your left foot to 10:30, do a left palm thrust to his chest.
4. Do a left heel stomp to his groin, and then drag the left leg back. Stand up in a twist stance. Pivot to face 12:00, with feet together and with a cup & saucer on the left hip.

Set 19: Leaping Crane (Right step-thru punch)

1. Hop to 9:00 into a left crane with a left inward block, a right snap kick to 1:30, and do a right back-knuckle to the kidney as you plant to 1:30.
2. Do a right elbow, a right back-knuckle. The right hand pulls the neck up to the right, and then chops the neck.
3. Do a right scoop kick with a left snap kick as the hands form a cup & saucer on the left hip. Land the left foot in a front crossover to 3:00. The hands serve as a counter balance to the feet.

Set 20: Leaping Crane (Left step-thru punch)

1. Hop to 3:00 into a right crane with a right inward block, a left snap kick to 10:30, and do a left back-knuckle to the kidney as you plant to 10:30.
2. Do a left elbow, a left back-knuckle. The left hand pulls the neck up to the left, and then chops the neck.
3. Do a left scoop kick with a right snap kick as the hands form a cup & saucer on the right hip. Land the right foot in a front crossover to 9:00. The hands serve as a counter balance to the feet.

Hop on the left to 7:30, bring the right foot up into a crane, and plant the right foot to 3:00 in a horse stance.

Salutation

FORM 6



Form 6

Form 6 is known, alternately, as the "Weapons Form", the Continuous Motion Form", or the "Figure 8 Form." Throughout the form, the hands should be in continuous motion, even during the transitions between techniques.

Do the full Kenpo salutation, up to the prayer hands. Reverse the close into a pushdown, for purposes of category completion.

Set 1: Glancing Lance (Right knife from 12:00)

Notice the condensing circles

1. Step back with the right foot to 5:30 in a left neutral bow with a right inward- outward parry and a left inward parry.
2. Do a right front kick to 12:00 to the groin, and land forward with a right eye poke.
3. Pull the right foot back into a left crane stance as the right hand circles inward and downward to clear the knife and the right foot side kicks his knee.
4. The right foot lands to 12:00 in a right neutral bow as the right heel palm (with an anchored elbow) hits the face.
5. Do a left middle knuckle to the temple as the right hand checks. The left hand checks as the right arm rolls into an inward horizontal elbow to the temple.

Bring the left foot up to the right in attention stance as the hands clear downward, outward, and then into pushdowns.

Set 2: Glancing Lance (Left knife from 12:00)

Notice the condensing circles

1. Step back with the left foot to 6:30 in a right neutral bow with a left inward- outward parry and a right inward parry.
2. Do a left front kick to 12:00 to the groin, and land forward with a right eye poke.
3. Pull the left foot back into a right crane stance as the left hand circles inward and downward to clear the knife and the left foot side kicks his knee.
4. The left foot lands to 12:00 in a left neutral bow as the left heel palm (with an anchored elbow) hits the face.
5. Do a right middle knuckle to the temple as the left hand checks. The right hand checks as the left arm rolls into an inward horizontal elbow to the temple.

Set 3: Unfurling Lance (Right knife thrust from 3:00)

This is based on Unfurling Crane, and also shows Glancing Lance, using reverses and opposites

1. Pull the right foot to 9:00 in a cat facing 3:00 as the right hand does a right inward parry and the left hand does a left outward parry.
2. Do a right front kick to the groin, and land forward to 3:00 in a right neutral bow with a right middle knuckle to the temple or armpit.
3. Shuffle forward with a right inward horizontal elbow as the left hand waiter checks.
4. Do a left downward heel palm\claw to the face with a right vertical back knuckle to the face.
5. Bring the left foot up to the right as you do a right downward hammerfist to the groin.
6. As the right foot scoops up do a right upward elbow, and then do a right side kick to the knee with a right hammerfist to the clavicle.

Form 6 (continued)

Set 4: Unfurling Lance (Left knife snap thrust knife from 9:00)

1. Pull the left foot to 3:00 in a cat facing 9:00 as the left hand does a left inward parry and the right hand does a right outward parry.
2. Do a left front kick to the groin, and land forward to 9:00 in a left neutral bow with a left middle knuckle to the temple or armpit.
3. Shuffle forward with a left inward horizontal elbow as the right hand waiter checks.
4. Do a right downward heel palm\claw to the face with a left vertical back knuckle to the face.
5. Bring the right foot up to the left as you do a left downward hammerfist to the groin.
6. As the left foot scoops up do a left upward elbow, and then do a left side kick to the knee with a left hammerfist to the clavicle.

Plant the left foot in a square horse stance facing 12:00.

Set 5: Clipping The Lance (Knife snap thrust from 1:30)

This is a variation of Clipping the Storm, note the interior of the technique is Parting Wings

1. Do a right rear crossover to 7:30 with a right outward downward block (palm down) as the left hand cocks high.
2. Untwist clockwise into a left neutral bow with a left downward chop as the right hand cocks high.
3. Shift into a left forward bow with a right chop to the arm.
4. Shift into a left neutral bow with a left chop to the throat.
5. Shift into a left forward bow with a right eye poke as the left hand covers horizontally.
6. Do a right front crossover to 1:30 with a left middle knuckle to the armpit.
7. Pivot counter-clockwise into a right neutral bow with a right heel palm to the face.

Set 6: Clipping The Lance (Knife snap thrust from 10:30)

1. Do a left rear crossover to 4:30 with a left outward downward block (palm down) as the right hand cocks high.
2. Untwist clockwise into a right neutral bow with a right downward chop as the left hand cocks high.
3. Shift into a right forward bow with a left chop to the arm.
4. Shift into a right neutral bow with a right chop to the throat.
5. Shift into a right forward bow with a left eye poke as the right hand covers horizontally.
6. Do a left front crossover to 10:30 with a right middle knuckle to the armpit.
7. Pivot clockwise into a left neutral bow with a left heel palm to the face.

Form 6 (continued)

Set 7: Thrusting Lance (Thrusting knife from 12:00)

1. Pull the left foot back to the right in a cat with a left inward block.
2. Step with the left foot to 6:00 in a right neutral bow with a right inward block.
(For a and b, this is the other side of Long 1, and the fists travel a figure-8.
3. Shuffle to 12:00 into a right close kneel with a head butt and a left heel palm to the groin as the right hand checks horizontally.
4. Shift into a right neutral bow (making a triangle on your left hip with the fingers). Step back with the right foot to 6:00 into a left neutral bow, with the triangle in front.
5. Pull the hands down, and do a front-leg chicken kick, landing with the right foot to 12:00.
6. In a right neutral bow, do a right upward vertical back knuckle to the chin, a right downward vertical back knuckle to the face, and then do an x-raking motion (right to left and left to right) as the left hand pins the wrist to your chest.

Set 8: Thrusting Lance (Thrusting knife from 12:00)

1. Pull the right foot back to the left in a cat with a right inward block.
2. Step with the right foot to 6:00 in a left neutral bow with a left inward block.
(For a and b, this is the other side of Long 1, and the fists travel a figure-8.
3. Shuffle to 12:00 into a left close kneel with a head butt and a right heel palm to the groin as the left hand checks horizontally.
4. Shift into a left neutral bow (making a triangle on your right hip with the fingers). Step back with the left foot to 6:00 into a right neutral bow, with the triangle in front of you.
5. Pull the hands down, and do a front-leg chicken kick, landing with the left foot to 12:00.
6. In a left neutral bow, do a left upward vertical back knuckle to the chin, a left downward vertical back knuckle to the face, and then do an x-raking motion (left to right and right to left) as the right hand pins the wrist to your chest.

Set 9: Raining Lance (Right overhead knife attack from 9:00)

1. Pull the left foot back to 6:00, and pivot into a cat facing 9:00, and then step with the left foot to 9:00 into a left neutral bow as the left hand does an overhead downward parry (mirroring Thrusting Lance) to touch the right bicep.
2. Slide to 9:00 with a left chop\push.
3. Shuffle to 9:00 with a right inward horizontal elbow to the face.
4. Pivot clockwise into a right reverse bow facing 1:30 as the right hand checks and the left hand does an inverted crab hand to the throat and the left knee checks.
5. As the left hand checks, pivot counter-clockwise into a left forward bow facing 9:00 as the right hand circles outward, upward, and then downward into a right chop which becomes a rolling claw.

Form 6 (continued)

Set 10: Raining Lance (Left overhead knife attack from 3:00)

1. Pull the left right back to 6:00, and pivot into a cat facing 3:00, and then step with the right foot to 3:00 into a right neutral bow as the right hand does an overhead downward parry (mirroring Thrusting Lance) to touch the left bicep.
2. Slide to 3:00 with a right chop\push.
3. Shuffle to 3:00 with a left inward horizontal elbow to the face.
4. Pivot counter-clockwise into a left reverse bow facing 10:30 as the left hand checks and the right hand does an inverted crab hand to the throat and the right knee checks.
5. As the right hand checks, pivot clockwise into a right forward bow facing 3:00 as the left hand circles outward, upward, and then downward into a left chop which becomes a rolling claw.

Set 11: Capturing The Storm (Right step-through overhead club from 12:00)

This is similar to the hand motion of Raining Lance

1. As the left foot steps to 12:00 do crossed upward blocks to 1:00, as you grab the right wrist and roll it downwards. Step with the right foot to 12:00, and then with the left foot counter-clockwise to 11:00, as the right hand grabs the club, and strikes the right elbow. Be sure to get in a left knee check (or buckle) as you roll the club forward.
2. After breaking the arm, the right hand strikes the mastoid, and the front of the right knee.
3. As you do a right front crossover to 6:00, the right hand strikes the back of the right knee before circling up to strike the face.

Set 12: Capturing The Storm (Left step-through overhead club from 6:00)

This is similar to the hand motion of Raining Lance

1. As the right foot steps to 6:00 do crossed upward blocks to 7:00, as you grab the left wrist and roll it downwards. Step with the left foot to 6:00, and then with the right foot clockwise to 5:00, as the left hand grabs the club, and strikes the left elbow. Be sure to get in a right knee check (or buckle) as you roll the club forward.
2. After breaking the arm, the left hand strikes the mastoid, and the front of the left knee.
3. As you do a left front crossover to 12:00, the left hand strikes the back of the left knee before circling up to strike the face.

Form 6 (continued)

Set 13: Circling The Storm (Right step-through overhead club)

This illustrates an important checking principle, known in the Filipino martial arts as the third-hand principle. Note that this technique can be used for a man from behind you who is turning you into a punch.

1. Step with the left foot to 12:00 in a left neutral bow with a left inward block.
2. Step with the right foot to 11:30 in a right front twist stance as you do a right inward hammerfist to the right face.
3. Pivot counter-clockwise to 6:00 in a left neutral bow as the left arm strikes the right armpit with a right hand check.
4. Hop back to the center line on your left foot as the right foot kicks the back of his left knee.
5. Plant the right foot to 6:00 as the right outward crane beak strikes the groin from behind. As the left hand checks his left shoulder, bring your right arm up so your right elbow checks his right shoulder as your right hand circles in front of his face into a claw. (This shows the checking principle).
6. The right hand comes back to horizontally check both shoulders as the left foot does a left front crossover to 6:00, (sweeping his leg) while the left crane beak descends to strike his groin.

Set 14: Circling the Storm (Left step-through overhead club)

1. Step with the right foot to 12:00 in a right neutral bow with a right inward block.
2. Step with the left foot to 1:30 in a left front twist stance as you do a left inward hammerfist to the left face.
3. Pivot clockwise to 6:00 in a right neutral bow as the right arm strikes the left armpit with a left hand check.
4. Hop back to the center line on your right foot as the left foot kicks the back of his right knee.
5. Plant the left foot to 6:00 as the left outward crane beak strikes the groin from behind. As the right hand checks his right shoulder, bring your left arm up so your left elbow checks his left shoulder as your left hand circles in front of his face into a claw. (This shows the checking principle).
6. The left hand comes back to horizontally check both shoulders as the right foot does a right front crossover to 6:00, (kneeing his groin and sweeping his leg) while the right crane beak descends to strike his groin.

Form 6 (continued)

Set 15: Escape From The Storm (Right step-through overhead club)

The technique is a modification of Brushing the Storm

1. Jump on the left foot, and step with the right foot to 3:00 in a right neutral bow as you do a left inward parry with a right heel palm to the jaw.
2. Step with the left foot to 3:00, pivot clockwise to face 9:00 in a right neutral bow as the left hand checks.
3. The right foot steps back to 3:00 in a long left neutral bow as the right hand tracks down the leg.
4. Do a right front crossover to 9:00 (under his knee) as both elbows come down on his calf and thigh (breaking the knee).
5. The left hand circles up and then down to slap the leg away (to 12:00).
6. The right hand does an inward underhand crane strike to the groin.
7. Pivot counter-clockwise into a right reverse bow as the right hand continues the circle into an outward underhand crane strike to the groin.
8. Do a right scooping heel kick to the groin.
9. Do a left front crossover to 9:00 into a left front twist stance as the left hand does an inward underhand crane strike to the groin, followed by a right knee to the groin to 9:00.

Set 16: Escape from the Storm (Left step-through overhead club)

1. Jump on the right foot, and step with the left foot to 9:00 in a left neutral bow as you do a right inward parry with a left heel palm to the jaw.
2. Step with the right foot to 9:00, pivot counter-clockwise to face 3:00 in a left neutral bow as the right hand checks.
3. The left foot steps back to 9:00 in a long right neutral bow as the left hand tracks down the leg.
4. Do a left front crossover to 3:00 (under his knee) as both elbows come down on his calf and thigh (breaking the knee).
5. The right hand circles up and then down to slap the leg away (to 6:00).
6. The left hand does an inward underhand crane strike to the groin.
7. Pivot clockwise into a left reverse bow as the left hand continues the circle into an outward underhand crane strike to the groin.
8. Do a left scooping heel kick to the groin.
9. Do a right front crossover to 3:00 into a right front twist stance as the right hand does an inward underhand crane strike to the groin.

Form 6 (continued)

Set 17: Entwined Lance (Right step-through knife)

1. Pivot counter-clockwise to face 12:00 as the left foot does a left front crossover to 12:00, with the toes pointing to 10:30. The left hand does a waiter-hand check as the right hand covers horizontally across the chest.
2. Step with the right foot to 12:00 in a right neutral bow with a right outward horizontal chop.
3. Do a right backward sweep to his right knee, to 6:00 as the left hand spears the eyes and the right hand checks. The sweep cocks the foot in front for the knife edge kick, where Scraping Hoof cocks the foot in the rear.
4. Do a right knife edge side kick to his left knee, and plant to 12:00 in a right neutral bow with a right back knuckle to the chest.

Set 18: Entwined Lance (Left step-through knife)

1. The right foot pulls back slightly to 6:00 in a right front crossover to 6:00, with the toes pointing to 1:30. The left hand does a waiter-hand check as the left hand covers horizontally across the chest.
2. Step with the left foot to 12:00 in a left neutral bow with a left outward horizontal chop.
3. Do a left backward sweep to his left knee, to 6:00 as the right hand spears the eyes and the left hand checks. The sweep cocks the foot in front for the knife edge kick, where Scraping Hoof cocks the foot in the rear.
4. Do a left knife edge side kick to his right knee, and plant to 12:00 in a left neutral bow with a left back knuckle to the chest.

Set 19: Capturing The Rod (Right hand pistol from 3:00)

1. Step with the right foot to 3:00, in a right neutral bow with a left outward parry and a right hand grab from above.
2. Shift into a right forward bow with a left hand slice to the eyes.
3. Shift back into a right neutral bow as you regrab with the left hand.
4. Step back to 9:00 with the right foot into a left forward bow with the pistol in front.
5. Do a right front kick, pulling the pistol to the right hip.
6. Plant the right foot to 3:00 in a right neutral bow, with a right upward back knuckle to the face.

Set 20: Capturing the Rod (Left hand pistol from 9:00)

1. Step with the left foot to 6:00, in a left neutral bow with a right outward parry and a left hand grab from above.
2. Shift into a left forward bow with a right hand slice to the eyes.
3. Shift back into a left neutral bow as you regrab with the right hand.
4. Step back to 3:00 with the left foot into a right forward bow with the pistol in front.
5. Do a left front kick, pulling the pistol to the left hip.
6. Plant the left foot to 9:00 in a left neutral bow, with a left upward back knuckle to the face.

Form 6 (continued)

Set 21: Broken Rod (Right hand pistol from behind - 4:30 in the form)

1. Step with the right foot to 4:30, and turn clockwise with a right outward block.
2. Step with the left foot to 4:30 into a left neutral bow with a left uppercut to break the arm, followed by a left hammerfist to the groin. Have the left hand continue the circle upward to check the shoulder from the outside. The break here matches the break in Wings of Silk, and uses the opposite hand position of Lone Kimono.
3. Step with the right foot to 4:30 into a right neutral bow as the right hand pulls the pistol to the right hip.
4. Do a right upward vertical back knuckle to the face, rotate into a horse, and do an orbital switch to deliver a right inward horizontal back knuckle to the sternum.

Set 22: Broken Rod (Left hand pistol from behind - 7:30 in the form)

1. Step with the left foot to 4:30, and turn counter-clockwise with a left outward block.
2. Step with the right foot to 7:30 into a right neutral bow with a right uppercut to break the arm, followed by a right hammerfist to the groin. Have the right hand continue the circle upward to check the shoulder from the outside. The break here matches the break in Wings of Silk, and uses the opposite hand position of Lone Kimono.
3. Step with the left foot to 7:30 into a left neutral bow as the left hand pulls the pistol to the left hip.
4. Do a left upward vertical back knuckle to the face, rotate into a horse, and do an orbital switch to deliver a left inward horizontal back knuckle to the sternum.

Set 23: Defying The Rod (Right hand pistol from the front - 1:30 in the form)

1. Do a left rear crossover to 1:30, turn counter-clockwise into a left neutral bow with a left outward chop.
2. Do a right front kick to 1:30, a right eye poke, and plant to 1:30 in a right neutral bow with a right downward forearm to break his pistol arm. Bring your right elbow up to his chin.
3. Do a right rear crossover to 7:30 as both hands raise his arm straight up. Your left hand is at his wrist, and your right hand is on his triceps.
4. The right hand comes upward to disarm and the does a downward vertical back knuckle to the face, which circles backward and upward into an overhead downward hammerfist with a right knee. Plant the right knee to 1:30 in a right neutral bow.

Set 24: Defying the Rod (Left hand pistol from the front - 10:30 in the form)

1. Do a right rear crossover to 10:30, turn clockwise into a right neutral bow with a right outward chop.
2. Do a left front kick to 10:30, a left eye poke, and plant to 10:30 in a left neutral bow with a left downward forearm to break his pistol arm. Bring your left elbow up to his chin.
3. Do a left rear crossover to 4:30 as both hands raise his arm straight up. Your right hand is at his wrist, and your left hand is on his triceps.
4. The left hand comes upward to disarm and the does a downward vertical back knuckle to the face, which circles backward and upward into an overhead downward hammerfist with a left knee. Plant the left knee to 10:30 in a left neutral bow.

Form 6 (continued)

Set 25: Twisted Rod (Right pistol from the side - 3:00 in the form)

1. Do a left rear crossover to 4:30 with a right outward chopping parry.
2. Step with the right foot to 4:30, with the toes pointing to 4:30 as the left hand grabs the pistol from above, and then step with the left foot to 3:00 in a left neutral bow.
3. Step with the right foot to 3:00, pivot counter-clockwise into a left neutral bow with a right inward horizontal elbow to the jaw to take him down.
4. The right foot skips on his right ribs, stomps on his left clavicle, and then kneels on his chest with a right downward eye poke. You are in a left close kneel, facing 6:00.

Set 26: Twisted Rod (Left pistol from the side - 9:00 in the form)

1. Do a right rear crossover to 4:30.
2. Step with the left foot to 7:30, with the toes pointing to 7:30, with a left outward chopping parry, and then step with the right foot to 9:00 in a right neutral bow as the right hand grabs the gum from above.
3. Step with the left foot to 9:00, pivot clockwise into a right neutral bow with a left inward horizontal elbow to the jaw to take him down.
4. The left foot skips on his left ribs, stomps on his right clavicle, and then kneels on his chest with a left downward eye poke. You are in a right close kneel, facing 6:00.

Hand Isolations

1. Do a left rear crossover to 7:30, and step with the right foot to 3:00 into a horse, with the fists cocked at the hips.
2. Do a right inward-outward parry with a left inward parry. Do a right inward eye poke with a left outward parry. Do a right outward hooking parry with a left hand claw.
3. Do a left outward hooking parry with a right hand claw.
4. Drop the right hand outward and downward (i.e., clockwise) to get the circle. Do a right outward vertical chop as the left hand comes over the top. Do a right inward horizontal sandwiching elbow.
5. Drop the left hand outward and downward (i.e., counter clockwise) to get the circle. Do a left outward vertical chop as the right hand comes over the top. Do a left inward horizontal sandwiching elbow.

Ending As the left inward elbow strikes, pull it back into the first move of the full Kenpo salutation. Remember to close downward, to match the beginning.