

KENPO SETS



STANCE SET 1



Stance Set 1

1. Attention stance
2. Left leg to Horse stance
3. Left leg back into Right Neutral Bow
4. Right leg back into Right 45° Cat Stance
5. Right leg back into Horse Stance
6. Right leg back into Left Neutral Bow
7. Left leg back into Left 45° Cat Stance
8. Left leg back into Right Twist Stance
9. Unwind into Right Neutral Bow
10. Right leg back into Left Twist Stance
11. Unwind into Left Neutral Bow
12. Rotate into Left Reverse Bow
13. Rotate in-place into Left Forward Bow
14. Front to Back Switch
15. Rotate into Right Reverse Bow
16. Rotate in-place into Right Forward Bow
17. Into Right Rotating Twist Stance
18. Step-thru forward
19. Into Left Rotating Twist Stance
20. Unwind into Left Neutral Bow
21. Left leg back into Horse Stance
22. Left leg in to Attention Stance

Step into a meditating horse stance facing 12:00.

Note: There are 22 stances in this set. This set is showing transition between stances. Hidden within this set are a number of foot maneuvers that, obviously, you need in order to move from one stance to another. This set teaches flow and smooth transitions from one stance to another. You will recognize the stance switches from both techniques and forms.

STANCE SET 2



Stance Set 2

Begin from a meditating horse stance.

1. Step your right foot to 12 :00 into a right forward bow; your hands will be checking, right upward block and left palm strike at medium height.
2. Shift into a right neutral bow, open hands checking.
3. Pull your right foot to a cat stance; your hands checking, the right in a push-down block to protect the groin and the left checking by your face.
4. Lift your right leg into a right one legged stance, your hands will shift, the right checking underneath your thigh to protect the groin and your left as an upward block.
5. Step your right foot behind your left into a twist stance and bring your hands to cross in front you at the wrists, fingers pointing out.
6. Unwind into a left neutral bow, open hands checking.
7. Shift into a left wide kneel stance; hands checking, the left high and the right low to protect near the groin.
8. Shift into a left close kneel stance; bring your hands to cross in front of you at the wrists, fingers pointing out.
9. Shift back into a left neutral bow, open hands checking.
10. Shift into a left reverse bow, the left hand circling to protect the groin from the rear while your right hand shifts into an upward block.
11. Step your left foot to 4:30 into a front crossover going backwards as you execute a left overhead hand claw [that circles and strikes]. Your right hand simply should drop into a check.
12. Unwind and cover so you are in a right neutral bow facing 12:00, open hands checking.
13. Step your left foot to 12:00 into a left forward bow, your hands checking; the left as an upward block and the right as a palm heel strike to medium height.
14. Shift into a left neutral bow, open hands checking.
15. Pull your left foot to a cat stance; your hands checking, the left in a push-down block to protect the groin and the right checking by your face.
16. Lift your left leg into a left one legged stance, your hands will shift, the left now checking underneath your thigh to protect the groin and your right as an upward block.
17. Step your left foot behind your right into a twist stance and bring your hands to cross in front you at the wrists, fingers pointing out.
18. Unwind into a right neutral bow, open hands checking.
19. Shift into a right wide kneel stance; hands checking, the right high and the left low to protect near the groin.
20. Shift into a right close kneel stance; bring your hands to cross in front of you at the wrists, fingers pointing out.

Stance Set 2 (continued)

21. Shift back into a right neutral bow, open hands checking.
22. Shift into a right reverse bow, the right hand circling to protect the groin from the rear while your left hand shifts into an upward block.
23. Step your right foot to 7:30 into a front crossover going backwards as you execute a right overhead hand claw (that circles and strikes). Your left hand simply should drop into a check.
24. Unwind and cover so you are in a left neutral bow facing 12:00, open hands checking.
25. Hop forward into a diamond stance facing 12:00, smashing your hands down as if to hit an attacker.
26. Shift into a concave stance. Pull up on your imaginary attacker's neck.
27. Shift into a closed kneel stance facing 3:00, driving your left knee into your attacker's back as you execute a palm strike to your attacker's head.
28. Shift into a closed kneel stance facing 9:00, driving your right knee into your attacker's back as you execute a palm strike to your attacker's head.
29. Stand and execute a scooping right retarded ball kick to your attacker's head. Land in a front crossover, (moving towards 9:00) and execute a right back hammer fist. Step out to 9:00 into a horse stance.
30. Execute a scooping left retarded ball kick to your attacker's head. Land in a front crossover, (moving towards 3:00) and execute a left back hammer fist. Step out to 3:00 into a horse stance.
31. Execute a right hand closed two finger spear (palm up) to your attacker's left eye. Rake it to the left using only your wrist. Rotate your wrist so as you are now raking back to the right, with your palm down.
32. Execute a left hand closed two finger spear (palm up) to your attacker's right eye. Rake it to the right using only your wrist. Rotate your wrist so as you are now raking back to the left, with your palm down.
33. Step to 7:30 into a left one legged stance, your left hand checking your head and your right hand checking the groin from behind.
34. Step to 4:30 into a right one legged stance, your right hand checking your head and your left hand checking the groin from behind.
35. Drop your left foot and settle into a training horse stance.

Salute

Close

Note: This set is based on stances, so they are very important, but the hand positions are also extremely important. They remain open through the technique unless otherwise noted. Also, face 12:00 throughout the set unless noted.

BLOCKING SET 1



Blocking Set 1

Start from a meditative horse stance facing 12 :00.

1. Execute a right upward block.
2. Leaving your hand as the focal point, execute a right inward block.
3. From the inside, rotate at the shoulder and execute a right extended outward block.
4. From there, circle it down counter-clockwise and execute a right outward downward block.
5. Chamber the arm executing a right back elbow.
6. Execute a right push-down block.

Repeat on the opposite side, using the same sequence of blocks with the left arm.

Salute - Feet together - Bow

Note: The concepts focused on in this set are those of "Point of Origin." In other words, you do not have to re-chamber to execute another block. You can instantly and quickly turn one block into another. Try to imagine a star as you do this.

BLOCKING SET 2



Blocking Set 2

1. From attention, bow, step into a meditating horse stance, and bring your closed fists back to your hips, palms up.
2. Do the Star Block (Blocking Set #1) with your right hand.
3. Do the Star Block (Blocking Set #2) with your left hand.
4. Do the Star Block with both hands, ending in the push down position.
5. Do a left upward block, while the right hand stays in push-down position.
6. Do the Star Block with both hands, with the left traveling normally, and the right in reverse.
7. Do the Star Block with both hands, with the right traveling normally, and the left in reverse.
8. Pivot clockwise into a right forward bow to 3:00, and do a universal block (right down).
9. Pivot slightly into a right neutral bow to 1:30, as you do a universal block (left down).
10. Pivot counter-clockwise into a left forward bow to 9:00, and do a universal block (left down).
11. Pivot slightly into a left neutral bow to 10:30, as you do a universal block (right down).
12. Pivot clockwise into a horse facing 12:00 with a simultaneous right upward block and a left inside downward palm down block (fists clenched).
13. Do a left upward block with a right inside downward palm down block.
14. Do a right upward parry with a left inside downward palm down block.
15. Do a left upward parry with a right inside downward palm down block.
16. Pivot clockwise into a right forward bow to 3:00 as you do a right outside downward parry with a left inward parry.
17. Pivot in place into a right neutral bow as you do a right outward parry with a left outward hooking parry (waiter hand).
18. Pivot counter-clockwise into a left forward bow to 9:00 as you do a left outside downward parry with a right inward parry.
19. Pivot in place into a left neutral bow as you do a left outward parry with a right outward hooking parry (waiter hand).
20. Pivot through a transitory horse stance facing 12:00 as you go into a left crane stance, while doing a right outside downward parry (palm out) with a left inward horizontal inward heel palm parry.
21. Drop your right foot and immediately go into a right crane stance while doing a left outside downward parry (palm out) with a right inward horizontal heel palm parry.
22. Drop your left foot back to 6:00 into a right forward bow to 12:00 as you do a downward cross block (sword hands).

Blocking Set 2 (continued)

23. Slide your right foot back to 3:00, into a horse facing 12:00 as you do two outside downward parries.
24. Follow up with two outward hooking parries (palms up).
25. Do two push downs to the front.
26. Close with the covered fist, come to attention, and bow.

Note: The remainder of this is the actual notes from the end of Mr. Parker's notes on the Blocking Set 2. Utilize this as a model for analytical thought in your other forms, sets, and techniques.

Blocking Set 2 Teaches:

1. The use of dual movements when blocking
2. The simultaneous use of opposite blocks
3. The simultaneous use of blocks "with" parries
4. How to apply your major blocks with Economy of Motion, when blocking with one hand
5. How to apply your major blocks with Economy of Motion, when blocking with two hands
6. Many facets of the Double Factor
7. The coordinated use of blocks and parries with transitional stances
8. How to use the Universal Block
9. How to use Cross Blocks
10. How to simultaneously block in one direction: to the Front, Rear, and Side
11. How to simultaneously block in two directions: to the Front and the Rear
12. The simultaneous use of two sequences of two Words of Motion.
13. The simultaneous use of a sequence of one Word of Motion, and its reverse sequence with a second Word of Motion.
14. How to double block
 - a. Upward
 - b. Inward
 - c. Outward
 - d. Downward
 - e. To the rear
 - f. Upward and Downward
 - g. Inward and to the Rear
 - h. Outward and Downward
 - i. Upward and Inward
 - j. Inward and Downward
15. How to simultaneously block in linear and circular fashions
16. How to simultaneously block against attacks from different paths.

Blocking Set 2 (continued)

Notes on Blocking Set 2:

1. Be able to define: Motion, Opposite Motion, Reverse Motion, and Returning Motion
2. Practice this set with a partner, who provides the attacks for your blocking action
3. Use music to build timing and rhythm in this set
4. Incorporate the concepts and principles of this set into your self defense techniques as "Formulations" to possible "What If?" Factors
5. Change the definition of your defensive movements to offensive movements.
6. Utilize the dual movements contained in this set while sparring against multiple partners.
7. Review the timing of the dual movements in the "Star Block" sequence. Build greater coordination by staggering the timing of the blocks.
8. Apply the knowledge of Blocking Set #2 to blocking with your legs.
9. Experiment with blocking with your arms and legs while in different dimensional predicaments:
 - a. You are on your back, and your opponent is standing
 - b. You are on your stomach, and your opponent is standing
 - c. Your opponent is on his back or stomach, and you are standing
 - d. Both you and your opponent are on the ground

STRIKING SET 1



Striking Set 1

The purpose of the set is to teach that if a punch is blocked, it can orbit around in a variety of ways and still result in an effective strike against your opponent.

The set consists of a basic pattern of strikes done first to the front, then to the sides, and then with both hands. It can be done in either horse stance, or a bent knee attention stance (i.e., feet together).

Set 1: (all punches are to the chest area)

- a. Right punch, followed by an outward back knuckle. Repeat on the left.
- b. Right punch, followed by a downward outward hammer fist to the front. Repeat on the left.
- c. Right punch, followed by a right inward overhead inverted back knuckle strike. Repeat on the left.
- d. Right punch, followed by an inward horizontal hammer fist strike palm up (grafting into chopping punches).
Repeat on the left.

Set 2: Repeat Pattern 1, but with all punches to the side, and at shoulder level.

Set 3: Repeat Pattern 1, but with both fists striking simultaneously to the front.

Set 4: Repeat Pattern 1, but with all punches to the side, and with both fists striking simultaneously.

Close:

Bring the left foot to the right foot, keeping your knees bent.

- a. Both fists striking simultaneously to the front.
- b. Both hands execute outward back knuckles to the front.
- c. Both hands execute downward outward hammer fist strikes to the front.
- d. Both hands execute inward overhead looping inverted back knuckle strikes to the front.
- e. Both hands execute inward horizontal hammer fist strikes, palm up (grafting into chopping punches) to the front.
- f. Cross the hands, palms down, re-chamber at your hips executing double back elbows, while also straightening your knees.
- g. Step back out into a horse, and then close.

Note: For a little bit of diversity, try this set with an open hand - replace the punches with finger pokes, the hammer fists with chops, and the back knuckles with ridge hand strikes. It's not a major change, but it introduces some really subtle differences without changing the basic pattern.

STRIKING SET 2



Striking Set 2

Attention

Training Horse

Salute

1. From a horse stance: with the right arm, do an upward elbow, downward elbow, inward elbow, outward elbow
2. Still in the horse stance: with the left arm, do an upward elbow, downward elbow, inward elbow, outward elbow
3. Move the right foot to 12:00, into a right neutral bow, and do an inward and downward right elbow with a right heel palm.
4. Move the left foot to 12:00, into a left neutral bow, and do an inward and downward left elbow with a left heel palm.
5. Move the left foot back to 6:00, into a right neutral bow, and do an outward and downward right elbow, followed by a right upward elbow, and then a right inward and downward elbow with a right heel palm.
6. Move the right foot back to 6:00, into a left neutral bow, and repeat the previous pattern with the left elbow.
7. Bring the left foot back into a horse, and do a right inward downward diagonal elbow, then a right outward downward diagonal elbow (in a figure 8 pattern). Repeat the pattern with the left arm.
8. Still in the horse stance, do a right inward horizontal elbow, followed by an outward horizontal elbow. Repeat on the left.
9. Shift into a left forward bow to 9:00, and do a right upward elbow to 10:30.
10. Shift into a right forward bow to 3:00, and do a left upward elbow to 1:30.
11. Shift into a left forward bow to 9:00, and to 10:30, do a right eye poke, right upward elbow, and a right flapping elbow.
12. Shift into a right forward bow to 3:00, and repeat the above with the left arm.

Close

Salute

KICKING SET 1



Kicking Set 1

Salute

1. Start from a horse stance facing 12:00.
2. Drop your right foot back to 6:00 in a left neutral bow to start the Kicking Set.

Set 1:

1. Execute a right front step through thrusting ball kick, planting forward in a right neutral bow.
2. Step into a left front crossover and execute a right leg knife-edge kick, landing forward in a right neutral bow.
3. Execute a drag step shuffle right roundhouse kick, landing in a right neutral bow.
4. Execute a left spinning back kick into which you plant into a left neutral bow.

Look toward 3:00 and cover back by shifting your right foot back toward 9:00 so that you are facing 3:00 in a left neutral bow.

Set 2:

1. Execute a right step through knife-edge kick, landing in a right neutral bow.
2. Follow that with a drag step shuffle and a right front snapping ball kick planting into a right neutral bow.
3. Execute a drag step shuffle and a right roundhouse kick staying in the right neutral bow.
4. Follow with a drag step shuffle and execute a right rear kick, and with the right leg planting in a right neutral bow facing 3:00.

Look toward 6:00 and cover back by shifting your left foot back toward 12:00 so that you are facing 6:00 in a right neutral bow.

Set 3:

1. Execute a left leg spinning back kick, landing in a left neutral bow.
2. Follow with a drag step shuffle and a left roundhouse kick, planting into a left neutral bow.
3. Follow that with a drag step shuffle and a left front snapping ball kick, landing in a left neutral bow.
4. Execute a drag step shuffle and a left knife-edge kick, landing in a left neutral bow.

Look toward 9:00, and drop your right foot back towards 3:00 so that you are covering into a left neutral bow facing 9:00.

Set 4:

1. Execute a right step through roundhouse kick and land in a right neutral bow.
2. Immediately follow that with a left spinning back kick, landing in a left neutral bow.
3. Execute a right step through front snapping ball kick, landing forward in a right neutral bow.
4. Follow that with a left step through knife-edge kick, planting into a training horse stance facing 12:00.

Salute - Step back toward 6:00 into a right neutral bow facing 12:00.

Repeat the sequence on the opposite side.

Note: The kicks are arranged in sets of four, each set consisting of a front kick, a round kick, a knife-edge (or side) kick, and a back kick. The set teaches how those above mentioned weapons are executed utilizing foot maneuvers to gauge appropriate ranges. These maneuvers include the step through, shuffle, crossover, and spin. The entire set forms a square, and the hands should always be in a guard position. Also, all kicks should be at the belt height level.

KICKING SET 2



Kicking Set 2

Opening: attention stance. Bow. Drop to a meditating Horse stance.

1. Have your right foot step back to 6:00 into a left neutral bow, facing 12:00.
2. Execute a front chicken kick (front leg then rear leg) to 12:00, and plant into a right neutral bow, facing 12:00.
3. Execute a front chicken kick (rear leg then front leg) to 12:00, and plant into a right neutral bow, facing 12:00.
4. Execute a back chicken kick (front leg then rear leg) to 6:00, and plant your left foot to 6:00 into a right neutral bow, facing 12:00.
5. Execute a back chicken kick (rear leg then front leg) to 6:00, and plant your right foot to 12:00 into a right neutral bow, facing 12:00.
6. Execute a front chicken kick (front leg then rear leg) to 12:00, and plant your left foot to 12:00 into a left neutral bow, facing 12:00.
7. Execute a front chicken kick (rear leg then front leg) to 12:00, and plant into a left neutral bow, facing 12:00.
8. Execute a back chicken kick (front leg then rear leg) to 6:00, and plant your right foot to 6:00 into a left neutral bow, facing 12:00.
9. Execute a back chicken kick (rear leg then front leg) to 12:00, and plant your left foot to 12:00 into a left neutral bow, facing 12:00.
10. Execute a side chicken kick to 3:00 (left thrusting sweep kick then right snapping knife-edge kick), and plant your right foot towards 12:00 into a right neutral bow, facing 12:00.
11. Execute a side chicken kick to 9:00 (right thrusting sweep kick then left snapping knife-edge kick), and plant your left foot towards 12:00 into a left neutral bow, facing 12:00.
12. Execute a left front scoop kick and plant your left foot toward 6:00 into a right neutral bow, facing 12:00.
13. Cover to the rear by moving your right foot over slightly to 9:00 into a left neutral bow, facing 6:00.
14. Execute a right front scoop kick and plant your right foot back to 12:00 into a left neutral bow, facing 6:00.
15. Have your left foot drop back to 3:00, as you cover into a right neutral bow, facing 9:00.
16. Execute a right front scoop kick and plant your right foot toward 3:00 into a left neutral bow, facing 9:00.
17. Cover to the rear by moving your left foot over slightly to 6:00 into a right neutral bow, facing 3:00.
18. Execute a left front scoop kick and plant your left foot back to 9:00 into a right neutral bow, facing 12:00.
19. Have your left foot drop back to 6:00, as you cover into a right neutral bow, facing 12:00.
20. Execute a left back scoop kick and plant your left foot toward 12:00 into a left neutral bow, facing 12:00.

Kicking Set 2 (continued)

21. Execute a right spinning back scoop (to 12:00), and plant your right foot back to 6:00 into a right neutral bow, facing 6:00.
22. Have your right foot drop back to 9:00 into a left neutral bow, facing 3:00.
23. Execute a right back scoop kick and plant your right foot toward 3:00 into a right neutral bow, facing 3:00.
24. Execute a left spinning back scoop (to 3:00), and plant your left foot back to 9:00 into a left neutral bow, facing 9:00.
25. Have your right foot drop back to 6:00 into a left neutral bow, facing 12:00.
26. Execute a right front snap ball kick / right roundhouse ball kick combination. Plant your right foot forward into a right neutral bow, and immediately bounce into a right thrusting knife-edge kick to 12:00. Plant your right foot forward into a right neutral bow, facing 12:00.
27. Execute a left front snap ball kick / left roundhouse ball kick combination. Plant your left foot forward into a left neutral bow, and immediately bounce into a left thrusting knife-edge kick to 12:00. Plant your left foot forward into a left neutral bow, facing 12:00.
28. Execute a right front snapping ball kick / right back thrusting heel kick / right snapping knife-edge kick combination. Plant your right foot to 12:00, into a right neutral bow, facing 12:00.
29. Execute a left front snapping ball kick / left back thrusting heel kick / left snapping knife-edge kick combination. Plant your left foot to 6:00, into a right neutral bow, facing 12:00.
30. Execute a right front snapping ball kick / right back thrusting heel kick / right snapping knife-edge kick combination. Plant your right foot back to 6:00, into a left neutral bow, facing 12:00.
31. Execute a left front snapping ball kick / left back thrusting heel kick / left snapping knife-edge kick combination. Plant your left foot back to 6:00, into a right neutral bow, facing 12:00.

Close: have your right foot drop back onto a straight line with your left foot into a meditating horse stance.

Come to attention stance.

Bow.

Kicking Set 2 (continued)

The remainder of this is the actual notes from the end of Mr. Parker's notes on the Kicking Set 2:

Teaches:

How to execute chicken kicks:

1. To various directions: to the front, to the side, and to the rear.
2. To initiate the action: with the lead leg, or with the rear leg.
3. Proper line of sight for chicken kicks.
4. Proper checking positions during chicken kicks.
5. The importance of looking over the correct shoulder when executing back chicken kicks.
6. How to use Body Momentum while airborne to increase the depth of action and increase power.
7. How to use a jumping switch to increase power.
8. Proper breathing while airborne.
9. How to synchronize your hands and feet as a means of Counter Balancing your kicks, while airborne.
10. Proper timing for chicken kicks.
11. The detailed use of Body Mechanics when employing chicken kicks.
12. A practical Point of Reference for Height and Depth of action.
13. The importance of stable and tailored stances after being airborne.

Teaches how to execute scoop kicks:

1. To various directions: to the front, to the rear.
2. Using the lead leg
3. Using the rear leg
4. While spinning
5. Proper angle of execution for scoop kicks
6. Proper angle of contact for scoop kicks
7. Proper timing of Body Momentum (obtained via the dimensions of height, width, and depth) to contribute power to scoop kicks.
8. Dead Motion Deception of the upper body to conceal the actions of the lower body.

Kicking Set 2 (continued)

Teaches how to execute combination kicks:

1. When executing bouncing kicks:
 - a. To use the ground as a launching pad (bracing angle) to add power to a kick
 - b. To develop deceptive timing when combining kicks
 - c. To strike from Obscure Zones
 - d. To economize on time while still using the ground to gauge distance.
 - e. To make impact adjustments in order to maintain balance.
2. When executing double and triple combination kicks:
 - a. To create greater neuro-muscular memory for precision kicking
 - b. To increase balance through: good posture, relaxing and tensing at the proper moment, correct breathing, and correct positioning of the hands.
 - c. To increase Vocabulary of Motion for the predicaments when such action may become useful.

Notes on Kicking Set 2:

1. Practice this set with various types of shoes.
2. Work this set on training equipment (bags, etc.) as well as bodies.
3. Add chicken kicks and scoop kicks to self-defense techniques, and determine when and where they can be logically applied.
4. What are some of the possible environmental factors that can affect your chicken kicks?
5. Add bounce kicks into your self-defense techniques as suffixes as well as inserts.
6. What are some of the possible, as well as practical, applications of double and triple kicks?
7. Create other double and triple kick combinations.
8. Create other chicken kick combinations.

FINGER SET 1



Finger Set 1

Opening:

Attention

Meditative horse stance

Note: Unless stated, you will want to chamber the arm that is not executing a strike.

1. Execute a right 2 finger horizontal hand spear to your attacker's left eye.
2. Execute a left 2 finger horizontal hand spear to your attacker's right eye.
3. Execute a mid-range right vertical 3 finger hand spear to the attacker's solar plexus.
4. Execute a mid-range left vertical 3 finger hand spear to the attacker's solar plexus.
5. Execute a short range right upward 4 finger hand spear (palm up) below the left floating rib of the attacker.
6. Execute a short range left upward 4 finger hand spear (palm up) below the right floating rib of the attacker.
7. Execute a left back elbow to your rear attacker's solar plexus as you simultaneously strike over your left shoulder with a right 2 finger horizontal thrust.
8. Execute a right back elbow to your rear attacker's solar plexus as you simultaneously strike over your right shoulder with a left 2 finger horizontal thrust.
9. Bring the two fingers of your right hand next to your left hand at your right shoulder in preparation for the next move. Execute two downward finger slices that whip into your attacker's eyes and rake down.
10. Execute, with both hands, vertical two finger spears to your attacker's eyes (left thrusts to right eye and right thrusts to left eye.)
11. As you return your hands to point of origin, cross the wrists right over left. Execute two vertical one finger eye pokes that scissor inward as you extend the strikes slicing inward across the opponent's eyes.
12. Right hand cocks coiled in a crane hand (fingers down and toward opponent) as your left hand checks down at the groin.
13. Execute a right overhead finger whip.
14. Your left hand cocks coiled in a crane hand (fingers down and toward opponent) as your right hand checks down at the groin.
15. Check down clockwise with your left hand (suppressing check) as the right and cocks behind and to the right of your right hip in a crane hand (palm up and fingers pointed toward the opponent); execute a right downward finger whip from your right hip into your attacker's groin fulcrum the whipping weapon at your wrist to accelerate the end of the weapon before returning it to point of origin.

Finger Set 1 (continued)

16. Circle the right hand counterclockwise to check down with your right left hand in front of your groin (suppressing check), as the right hand cocks behind and to the right of your right hip in a crane hand (palm up and fingers pointed toward the opponent); execute a right downward finger whip from your right hip into your attacker's groin fulcrum the whipping weapon at your wrist to accelerate the end of the weapon before returning it to point of origin.
17. Circle your left hand clockwise checking down and in front of your groin (suppressing check) as your right hand circles counterclockwise to eye level (interlocking circles); execute a closed inward right two finger slice (palm up) to your attacker's left eye and immediately rotate your wrist counterclockwise so you are now positioned to execute an outward 2 finger slice back to the right, with your palm down. Execute the outward right 2 finger slice.
18. Circle your right hand counterclockwise checking down and in front of your groin (suppressing check) as your left hand circles clockwise to eye level (interlocking circles); execute a closed inward left two finger slice (palm up) to your attacker's right eye and immediately rotate your wrist clockwise so you are now positioned to execute an outward 2 finger slice back to the left, with your palm down. Execute the outward 2 finger slice.
19. Execute a right thrusting 5 finger claw to your attacker's face. Rotate your wrist counterclockwise then clockwise, raking the eyes with your fingers but maintaining contact with the outside heel of the hand (windshield wipers).
20. Execute a left thrusting 5 finger claw to your attacker's face. Rotate your wrist clockwise then clockwise, raking the eyes with your fingers but maintaining contact with the outside heel of the hand (windshield wipers).
21. Execute a right inward overhead claw towards 12:00 as you simultaneously execute a left back underhand claw to 6:00.
22. Execute a left inward overhead claw towards 12:00 as you simultaneously execute a right rear underhand claw to 6:00.
23. Execute simultaneous underhand claws, a right underhand claw towards 12:00 and a left back claw towards 6:00.
24. Execute simultaneous underhand claws, a left underhand claw towards 12:00 and a right underhand claw towards 12:00.
25. Execute double upward spear hand thrust into your attacker's throat eyes at 12:00, followed by 2 outward raking claws to the eyes.
26. Execute two outward claws; one towards 9:00 and one towards 3:00; follow through with double heel palm strikes to your thighs and demonstrate the fulcrum effect as your wrists straighten and your fingertips touch the vastus lateralis in a claw position.
27. Execute a right vertical 2 finger thrust to their left eye at 12:00, hook inward and pull hand back to chest with fingers pointing up.
28. Execute a left vertical 2 finger thrust to their right eye at 12:00, hook inward and pull hand back to chest with fingers pointing up.

Salute & Close

FINGER SET 2



Finger Set 2

Start from a meditating horse stance.

Throughout the set, if only one hand is striking, the other hand should be checking at the middle of the chest. As in Finger Set 1, we do the Pokes (1-12), the Whips (13-16), the Slices (17-18), the Claws (1-25), and the Hooks (26-27) in groups.

1. Step with the right foot to 12:00 into a right neutral bow, with a right hand spear (palm down), at full extension, to the eye.
2. Switch the feet (front to back), step with the left foot to 12:00 into a left neutral bow with a left hand spear (palm down), at full extension, to the eye.
3. Step with the left foot to 6:00 into a right neutral bow with a right hand spear, at three quarters extension, to the solar plexus.
4. Switch the feet (back to front), step with the left foot to 12:00 into a left neutral bow with a left hand spear, at three quarters extension, to the solar plexus.
5. Step with the right foot to 12:00 into a right neutral bow with a right hand spear (palm up), at half extension, under the ribcage.
6. Switch the feet (front to back), step with the left foot to 12:00 into a left neutral bow with a left hand spear (palm up), at half extension, under the ribcage.
7. Step back with the left foot to 9:00 into a horse with a left elbow with right eye jab over the left shoulder. The elbow adds reach for the jab.
8. While maintaining constant height, bring the left foot back to the right and then step with the right foot to 3:00 into a horse with a right elbow with left eye jab over the right shoulder.
9. Bring the right foot back to the left and step with the left foot to 9:00 into a horse with double finger flicks to the eyes, as the hands return to the hips.
10. Still in the horse, do double hand spears (palms up) to the throat.
11. Do a right dart to the eyes, over the left hand, as you do a right front crossover to 10:30 into a right twist stance.
12. Step back into a horse. Do a left dart to the eye, over the right hand, with a left front crossover to 1:30 into a left twist stance.
13. Return to a horse, and pull the right hand up into the shape of a crane. Step with the right foot to 12:00 into a right neutral bow with a right two finger flick to the eyes, while the left arm covers low.
14. Step with the left foot to 12:00 into a left neutral bow with a left two finger flick to the eyes, while the right arm covers low.
15. V-step with the left foot back to 7:30 into a right 45 degree cat with the right foot pointing to 1:30, and step with the right foot to 1:30 into a right neutral bow with a right two finger flick to the groin.

Finger Set 2 (continued)

16. V-step with the right foot to 4:30 into a left 45 degree cat with the left foot to 10:30 , and step out into a left neutral bow with a left two finger flick to the groin.
17. V-step with the left foot to 7:30 into a right neutral bow to 1:30 as the right hand circles upward and outward, to do a right inward slice to the eye (palm up), followed by an outward slice (palm down) to the eye. Start a third slice and then flow into the next step.
18. V-step with the right foot to 4:30 into a left neutral bow to 10:30 as you do a left inward slice to the eye (palm up), followed by an outward slice (palm down) to the eye.
19. V-step with the left foot to 9:00 into a left forward bow as you do a right horizontal inward heel palm to the face, which rotates into a claw to the face. The right hand then does an outward chop to the right side of the face, and then continues into a claw. Come inward again, and sink into a left neutral bow.
20. Step with the right foot to 6:00, pivot to 3:00 into a right forward bow as you do a left horizontal inward heel palm to the face, which rotates into a claw to the face. The left hand then does an outward chop to the left side of the face, and then continues into a claw.
21. Do a left front crossover to 1:30, pivot to face 10:30 as you do a right overhand claw to the face in front, with a left claw to the groin behind.
22. Do a right front crossover to 1:30, pivot to face 1:30 as you do a left overhand claw to the face in front, with a right claw to the groin behind.
23. Pivot counter-clockwise to 7:30 into a right forward bow as you do a right underhand claw to the groin in front with a left claw to the groin behind.
24. Do a right rear crossover to 4:30, and pivot to face 4:30 in a right forward bow as you do a left underhand claw to the groin in front with a right claw to the groin behind.
25. Come to attention facing 12:00 with your knees slightly bent as you bring both hands into double heel palm claws to the groin then roll up your centerline into double finger thrusts (right over left), that rolls into index fingers to the eyes. As you hop into a horse, both hands, in claw form, then continue upward and outward to claws to the sides (face height). As you return to attention, bring both hands down to the sides, with the palm striking the thigh first and then the finger tips.
26. Step with the right foot to 12:00 into a right 90 degree cat as you do a right inward finger hook to the eyes. The right hand remains up, with the elbow anchored.
27. Switch the feet, and step with the left foot to 12:00 in a left 90 degree cat as you do a left inward finger hook to the eyes.
28. Come to attention, circle both hands out and up into strikes to the sides of the eyes that roll into thumb pokes to the eyes.
29. Still in attention but rising up as the hands climb, swing the hands outward down and up the centerline into double pokes to the eyes.
30. Drop into a meditating horse, and close.

Finger Set 2 (continued)

The remainder of this is the actual notes from the end of Mr. Parker's notes on the Finger Set 2:

Teaches:

1. How to change angles when:
 - a. Stepping through
 - b. Switching
 - c. Switching and Stepping Through
2. The importance of coordinating the timing of your finger techniques with your footwork to take advantage of body momentum.
3. To use body momentum to aid strikes that are occurring in different directions
4. How to formulate dimensional factors (height, width, or depth) by:
 - a. Adjusting depth with switches
 - b. Adjusting angles with step through maneuvers
 - c. Adjusting angles with a combination of a switch and a step through
 - d. Altering targets
 - e. Regulating force
 - f. Inserting hidden strikes
 - g. Seeking other dimensions when one is seemingly nullified
5. How to produce pin-point accuracy with finger techniques while timing these strikes with foot and body maneuvers.
6. How to use open-handed techniques both as Minor and Major moves.
7. To adhere to the concepts of Economy of Motion (learned in Finger Set #1) while employing finger techniques, and to utilize additional counterparts of Economy of Motion as well.
8. Finger Set #1 teaches so many things to look for when employing the fingers, while stationary. Finger Set #2 provides an opportunity to apply these many things while moving.

Notes on Finger Set 2:

1. Practice this set without the strikes until you develop lightning foot maneuvers. Then bring your hands back into the original set.

COORDINATION SET 1



Coordination Set 1

Start from a meditating horse stance facing 12:00

SET 1:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Plant into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET 2:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left hand punch to the head and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the groin and a right reverse punch to the solar plexus while keeping your left hand palm up on hip.
5. Turn into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

SET 3:

1. Drop your right foot back to 3:00, so you're facing 9:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Turn into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET 4:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left reverse punch to the solar plexus and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the groin and a right hand punch to the head while keeping your left hand palm up on hip.
5. Turn into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

Coordination Set 1 (continued)

SET 5:

1. Drop your right foot back to 12:00 so you're facing 6:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Turn into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET 6:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left reverse punch to the solar plexus and a right back elbow strike.
4. Simultaneously deliver a left rearrange front snap kick to the groin and a right hand punch to the head while keeping your left hand palm up on hip.
5. Turn into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

SET 7:

1. Drop your right foot back to 9:00, so you're facing 3:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Turn into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET 8:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left reverse punch to the solar plexus and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the groin and a right hand punch to the head while keeping your left hand palm up on your hip.
5. Turn into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

Coordination Set 1 (continued)

SET 9:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow while simultaneously delivering a left outward block and a right back elbow strike.
2. Turn your outward block into a left punch to the head.
3. Shift into a left forward bow while delivering a right reverse punch to the solar plexus and a left back elbow strike.
4. Simultaneously deliver a right rear leg front snap kick to the groin and a left hand punch to the head with a right back elbow strike.
5. Turn into a left forward bow while delivering a right reverse punch to the solar plexus with a left back elbow strike.

SET 10:

1. Step through with your right foot into a right neutral bow while delivering a right outward block and keeping your left hand palm up on hip.
2. Turn your outward block into a right punch to the head.
3. Shift into a right forward bow while simultaneously delivering a left reverse punch to the solar plexus and a right back elbow strike.
4. Simultaneously deliver a left rear leg front snap kick to the groin and a right hand punch to the head while keeping your left hand palm up on your hip.
5. Turn into a right forward bow while delivering a left reverse punch to the solar plexus with a right back elbow strike.

Step clockwise, with your left foot into a horse stance facing 12:00.

Repeat on opposite side.

Note: Coordination Set 1 consists of ten sets of the same actions. The left foot is the pivot except for when it is lifted to kick or step down into a training horse stance.

COORDINATION SET 2



Coordination Set 2

Start from the meditating horse stance facing 12:00.

SET 1:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow as you execute a universal block towards 1:30 (left inward block; right downward).
2. Shift, executing a universal block with a right inward block and a left downward block.
3. Execute a left upward block as you simultaneously execute a right hammer fist on a horizontal plane at medium range.
4. Circle, executing a right upward block and a left hammer fist on a horizontal plane at medium range.
5. Shift into a left forward bow as you execute a right hammer fist on a horizontal plane.
6. Execute a right front snap kick and a left snap punch. Without landing, execute a right rear kick and a right snap punch.
7. Land in a left forward bow and execute two palm heel strikes; the right into your attacker's bladder, the left towards their head.

(These strikes also act as checks to prevent you from getting hit.)

SET 2:

1. Step your right foot toward 12:00 so you're facing 12:00 in a right neutral bow as you execute a universal block towards 10:30 (right inward block; left downward).
2. Shift, executing a universal block with a left inward block and a right downward block.
3. Execute a right upward block as you simultaneously execute a left hammer fist on a horizontal plane at medium range.
4. Circle, executing a left upward block and a right hammer fist on a horizontal plane at medium range.
5. Shift into a right forward bow as you execute a left hammer fist on a horizontal plane.
6. Execute a left front snap kick and a right snap punch. Without landing, execute a left rear kick and a left snap punch.
7. Land in a right forward bow and execute two palm heel strikes; the left into your attacker's bladder, the right towards their head.

Coordination Set 2 (continued)

SET 4:

1. Step your right foot toward 9:00 so you're facing 9:00 in a right neutral bow as you execute a universal block towards 7:30 (right inward block; left downward).
2. Shift, executing a universal block with a left inward block and a right downward block.
3. Execute a right upward block as you simultaneously execute a left hammer fist on a horizontal plane at medium range.
4. Circle, executing a left upward block and a right hammer fist on a horizontal plane at medium range.
5. Shift into a right forward bow as you execute a left hammer fist on a horizontal plane.
6. Execute a left front snap kick and a right snap punch. Without landing, execute a left rear kick and a left snap punch.
7. Land in a right forward bow and execute two palm heel strikes; the left into your attacker's bladder, the right towards their head.

SET 5:

1. Drop your right foot back to 12:00 so you're facing 6:00 in a left neutral bow as you execute a universal block towards 7:30 (left inward block; right downward).
2. Shift, executing a universal block with a right inward block and a left downward block.
3. Execute a left upward block as you simultaneously execute a right hammer fist on a horizontal plane at medium range.
4. Circle, executing a right upward block and a left hammer fist on a horizontal plane at medium range.
5. Shift into a left forward bow as you execute a right hammer fist on a horizontal plane.
6. Execute a right front snap kick and a left snap punch. Without landing, execute a right rear kick and a right snap punch.
7. Land in a left forward bow and execute two palm heel strikes; the right into your attacker's bladder, the left towards their head.

SET 3:

1. Drop your right foot back to 3:00 so you're facing 9:00 in a left neutral bow as you execute a universal block towards 10:30 (left inward block; right downward).
2. Shift, executing a universal block with a right inward block and a left downward block.
3. Execute a left upward block as you simultaneously execute a right hammer fist on a horizontal plane at medium range.
4. Circle, executing a right upward block and a left hammer fist on a horizontal plane at medium range.
5. Shift into a left forward bow as you execute a right hammer fist on a horizontal plane.
6. Execute a right front snap kick and a left snap punch. Without landing, execute a right rear kick and a right snap punch.
7. Land in a left forward bow and execute two palm heel strikes; the right into your attacker's bladder, the left towards their head.

Coordination Set 2 (continued)

SET 6:

1. Step your right foot toward 6:00 so you're facing 6:00 in a right neutral bow as you execute a universal block towards 4:30 (right inward block; left downward).
2. Shift, executing a universal block with a left inward block and a right downward block.
3. Execute a right upward block as you simultaneously execute a left hammer fist on a horizontal plane at medium range.
4. Circle, executing a left upward block and a right hammer fist on a horizontal plane at medium range.
5. Shift into a right forward bow as you execute a left hammer fist on a horizontal plane.
6. Execute a left front snap kick and a right snap punch. Without landing, execute a left rear kick and a left snap punch.
7. Land in a right forward bow and execute two palm heel strikes; the left into your attacker's bladder, the right towards their head.

SET 7:

1. Drop your right foot back to 9:00 so you're facing 3:00 in a left neutral bow as you execute a universal block towards 4:30 (left inward block; right downward).
2. Shift, executing a universal block with a right inward block and a left downward block.
3. Execute a left upward block as you simultaneously execute a right hammer fist on a horizontal plane at medium range.
4. Circle, executing a right upward block and a left hammer fist on a horizontal plane at medium range.
5. Shift into a left forward bow as you execute a right hammer fist on a horizontal plane.
6. Execute a right front snap kick and a left snap punch. Without landing, execute a right rear kick and a right snap punch.
7. Land in a left forward bow and execute two palm heel strikes; the right into your attacker's bladder, the left towards their head.

SET 8:

1. Step your right foot toward 3:00 so you're facing 3:00 in a right neutral bow as you execute a universal block towards 1:30 (right inward block; left downward).
2. Shift, executing a universal block with a left inward block and a right downward block.
3. Execute a right upward block as you simultaneously execute a left hammer fist on a horizontal plane at medium range.
4. Circle, executing a left upward block and a right hammer fist on a horizontal plane at medium range.
5. Shift into a right forward bow as you execute a left hammer fist on a horizontal plane.
6. Execute a left front snap kick and a right snap punch. Without landing, execute a left rear kick and a left snap punch.
7. Land in a right forward bow and execute two palm heel strikes; the left into your attacker's bladder, the right towards their head.

Coordination Set 2 (continued)

SET 9:

1. Drop your right foot back to 6:00 so you're facing 12:00 in a left neutral bow as you execute a universal block towards 1:30 (left inward block; right downward).
2. Shift, executing a universal block with a right inward block and a left downward block.
3. Execute a left upward block as you simultaneously execute a right hammer fist on a horizontal plane at medium range.
4. Circle, executing a right upward block and a left hammer fist on a horizontal plane at medium range.
5. Shift into a left forward bow as you execute a right hammer fist on a horizontal plane.
6. Execute a right front snap kick and a left snap punch. Without landing, execute a right rear kick and a right snap punch.
7. Land in a left forward bow and execute two palm heel strikes; the right into your attacker's bladder, the left towards their head.

SET 10:

1. Step your right foot toward 12:00 so you're facing 12:00 in a right neutral bow as you execute a universal block towards 10:30 (right inward block; left downward).
2. Shift, executing a universal block with a left inward block and a right downward block.
3. Execute a right upward block as you simultaneously execute a left hammer fist on a horizontal plane at medium range.
4. Circle, executing a left upward block and a right hammer fist on a horizontal plane at medium range.
5. Shift into a right forward bow as you execute a left hammer fist on a horizontal plane.
6. Execute a left front snap kick and a right snap punch. Without landing, execute a left rear kick and a left snap punch.
7. Land in a right forward bow and execute two palm heel strikes; the left into your attacker's bladder, the right towards their head.

Pull your right foot back so you are in a meditating horse stance facing 12:00.

Salute

STAFF SET 1



Staff Set 1

Salutation: Raise the staff to shoulder height, kneel and place the staff on the ground. Return to attention. Do the Kenpo salutation, catching the staff with the left big toe on the second beat, and raising it up on the right instep on the fourth beat. Return to attention stance, with the staff held at the waist.

Technique 1: to defend against either a grab of your staff or a staff attack.

1. In attention stance, block high, block low, block to the left, and then block to the right.

Technique 2: for a punch, or as an extension of Technique #1

1. Step back with the right foot into a neutral bow, swing the staff over and under on the right side.
2. As you move through attention stance, twirl the staff through a vertical position (right hand high), and step back with the left foot into a neutral bow, swing the staff over and under on the left side.

Technique 3: as a defense against a poking staff.

1. Bring the left foot up to the right as you twirl the staff (left hand down to the left first) through a vertical position (left hand high). Without pause, do a right front crossover to 9:00 as you twirl the staff horizontally at shoulder height to strike his neck on your right side with the right hand forward and the left hand in the right armpit. Unwind counter clockwise, step with the right to 4:30 into a left neutral bow, twirling into a horizontal strike to the neck on your left side with the right hand in the left armpit.
2. Bring the right foot up to the left as you double twirl (left hand down to the right first) the staff through a vertical position (right hand high). Without pause, do a left front crossover to 3:00, as you twirl the staff horizontally at shoulder height to strike his neck on your left side with the left hand forward and the right hand in the left armpit. Unwind clockwise, step with the left foot to 7:30 into a right neutral bow, twirling into a horizontal strike his neck on your right side with the left hand in the right armpit.

Technique 4: used for a poking staff, a rear bear hug, or to clear a circle of attackers.

1. Bring the left foot up to the right as you double twirl (right hand down to the left first) the staff through a vertical position on the left side (left hand high), and without pause step back with the right foot to 4:30 into a left reverse bow as you twirl the staff into an overhead block (with the fingers back). Shift into a left forward bow as you put the staff horizontally behind your neck, and then drop into a left wide kneel as you swing the staff counter clockwise in the right hand through three revolutions (with the third circle being low). During the third swing, swing the right foot counter clockwise in a full circle to 4:30 into a left neutral bow to 12:00. The staff is on your right, with the left hand high.
2. Bring the right foot up to the left as you twirl (left hand down to the right first) the staff through a vertical position on the right side (right hand high), and without pause step back with the left foot to 7:30 into a right reverse bow as you twirl the staff into an overhead block (with the fingers back). Shift into a right forward bow as you put the staff horizontally behind your neck, and then drop into a right wide kneel as you swing the staff clockwise in the left hand through three revolutions (with the third being low). During the third swing, swing the left foot clockwise in a full circle to 7:30 into a right neutral bow to 12:00. The staff is on your left with the right hand high.

Staff Set 1 (continued)

Technique 5: a defense against a side staff swing.

1. As you step with the left to 1:00 in attention, twirl (right hand down to the left side first) the staff to your left side (with the right hand high). Do a right roundhouse to the stomach and plant to 1:00 in a right neutral bow. Do a left descending strike, a right upward underhand strike. As you do a left rear crossover to 1:30, poke behind the head into his throat and then bring the stick overhead in front of the chest.
2. Pivot clockwise, and shift the right foot to 7:00 in a right neutral bow, twirl (left hand down to the right side first) the staff to your right side (with the left hand high). Do a left roundhouse kick to the stomach and plant to 7:00 in a left forward bow. Do a right descending strike, a left upward underhand strike. As you do a right rear crossover to 5:30, poke behind your head into his throat and then bring the stick overhead in front of the chest.

Technique 6: a defense against a front kick.

1. Pivot clockwise into a left forward bow to 12:00, twirl the right hand down to the left and then to the right, ending with the staff horizontal at waist height.
2. Swing the left hand low, and as the right hand swings low, step with the right foot to 12:00, pivot counter clockwise 180 degrees into a left neutral bow to 6:00 as the left hand stabs or strikes to the rear on the left side.
3. Bring the right foot up to the left foot, twirl the right hand down to the left. As you twirl to the right, step to 12:00 with the left into a right neutral bow to 6:00, ending with the staff horizontal (at waist).
4. As the right hand swings low, step with the left foot to 7:00, and as the left hand swings low, pivot clockwise 180 degrees into a right neutral bow to 12:00 as the right hand stabs or strikes to the rear on the right side.

Technique 7: a defense against a punch

1. Pivot counter clockwise, do left spinning crescent and right inward outward crescent kicks. Plant briefly in a right front crossover, and do the same kicks to 12:00, planting in a right front crossover.
2. Twist counter clockwise in place to face 6:00, and do right spinning crescent and left inward outward crescent kicks to 6:00. Plant briefly in a left front crossover, and do the same kicks to 6:00, planting in a left front crossover.

Technique 8: a defense against a kick or punch

1. Step back slightly with the right foot to 12:00, into a left neutral bow to 6:00, as you poke to 6:00. Do a right front kick to 6:00 with a rear poke to 12:00, on the right side. Plant back to 12:00 in a left neutral bow, and then strike over and under on the right side.
2. Shift the right foot to 3:00, and pivot clockwise into a right neutral bow to 12:00, with a high right block. Poke to 12:00. Do a left front kick to 12:00 with a rear poke to 6:00, on the left side. Plant back to 6:00 in a right neutral bow, and strike over and under on the left side.

Staff Set 1 (continued)

Technique 9: a defense against a punch

1. As the left foot c-steps to 9:00 around his leg, into a horse facing 12:00, do a left inward strike to take him down. Do a right downward strike as he falls, and then a left downward strike (In the set, these should be horizontal strikes). Step with the right foot to 6:00, into a left neutral bow to 12:00, and do a right downward strike, followed by a left downward strike (poke in the technique).
2. As the right foot c-steps to 12:00 around his leg, into a horse facing 12:00, do a right inward strike to take him down. Do a left downward strike as he falls, and then a right downward strike. (In the set, these should be horizontal strikes). Step with the left foot to 6:00, into a right neutral bow to 12:00, and do a left downward strike, followed by a right downward strike (poke in the technique). For a transition, as the right downward strike occurs, step with the left foot to 12:00 into a horse facing 12:00, and then do a left downward strike.

Technique 10: for an overhead club from the right side

1. Pivot clockwise into a right front twist to 3:00 with left, right, and left overhead downward blocks on the right side. On the second swing, twirl on your right. Do a double stomp on the third strike.
2. Pivot counter clockwise into a left front twist to 9:00 with right, left, and right overhead downward blocks on the left side. On the second swing, twirl on your right. Do a double stomp on the third strike.

Technique 11: for a grab, punch, or poking stick.

1. Unwind clockwise, bring the left foot to the right foot in attention stance. Do a right side block, a left side block, a low horizontal block, and a high horizontal block.

Finish: Drop the weapon into your arms, do the basic Kenpo salutation, flip the weapon into the air and grab it in both hands, and then twirl the staff to the right rear.