



"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, or right or wrong; then here are my weapons Karate, my empty hands."

--Ed Parker



NAME: _____

PHONE: _____

BLUE BELT

Ed Parker's Kenpo Karate



INTERNATIONAL KENPO KARATE ASSOCIATION

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BLUE BELT PLEDGE

I shall never let pride rule my passions and will defend, with all the skill I possess, the weak, the helpless, and the oppressed. I pledge an unswerving loyalty to the Association and my instructor. In addition, I pledge an unending effort to earn the self-same loyalty from those who look to me for training.

SYNONYMS

All self-defense techniques have been given names to simplify teaching. Many of the names or words have been chosen because of their symbolic meanings.

- ARROW - *A term used by the Chinese in describing stances, parts of which resemble an arrow.*
- SNAKING - *Moves that twist and turn as they wind around or intertwine with your opponent's attacking weapons*
- TWINS - *Two identical strikes being delivered simultaneously*

SAYINGS

Reaction can beat action if the target to be reached last is the first object to move out of the way.

To aid your action, feed it with your opponent's reaction.

Flow first, power later.

An ounce of logic can be worth more than a ton of tradition that has become obsolete through the weathering of time.

Never send an opponent's weapon into orbit to only have it re-orbit back to you.

Devote time with a particular move before deciding whether it does or does not work for you.

BLUE BELT REQUIREMENTS

TECHNIQUES

1.	Begging Hands (Front -- two-hand grab to wrists)	✓
2.	Thrusting Wedge (Front -- two-hand high push)	
3.	Flashing Wings (Front -- right step-through punch)	
4.	Hugging Pendulum (Front -- right thrusting knife-edge kick)	
5.	Repeated Devastation (Full nelson)	
6.	Entangled Wing (Front -- arm lock)	
7.	Defying the Storm (Front -- right step-through roundhouse club)	
8.	Raking Mace (Front -- two-hand lapel grab, pulling in)	
9.	Snaking Talon (Front -- two-hand push)	
10.	Shield and Mace (Front -- right step-through punch)	
11.	Retreating Pendulum (Front -- right thrusting heel kick)	
12.	Tripping Arrow (Front -- bear hug, arms free)	
13.	Fallen Cross (Rear -- two-hand choke)	
14.	Returning Storm (Front -- inward roundhouse and backhand club)	
15.	Crossed Twigs (Rear -- two-hand grab to the wrists)	
16.	Twist of Fate (Front -- two-hand push)	
17.	Flashing Mace (Front -- right step-through punch)	
18.	Gift of Destiny (Handshake)	
19.	Wings of Silk (Rear -- two-arm arm lock)	
20.	Gripping Talon (Front -- left direct grab to the right wrist)	
21.	Gathering Clouds (Front -- right step-through punch)	
22.	Destructive Twins (Front -- two-hand choke, pulling in)	
23.	Broken Ram (Front -- tackle)	
24.	Circling the Horizon (Front -- right step-through punch)	

FORMS & SETS

1.	Long Form 2	
2.	Finger Set 1	
3.	Striking Set 1	
4.	Personal Form	