

Kenpo as a Method of Self-defence and as a Method to Defend against the Effects of Ageing and Inactivity.

1st Degree Black Belt Thesis

By EDWARD MAHER

INTRODUCTION

As we stand at the beginning of the 21st Century, mankind has made many great advancements, we have created computers which can perform millions of calculations a second, and machines which can perform intricate tasks, in the blink of an eye. But so far no human mind can even come close to contemplating the creation of a machine, which can even come close to the amazing machine/computer that is the human body. Our body is the most advanced machine/computer imaginable. We can perform complex tasks, remember obscure facts, imagine, create and depict fantastic images with words and paint on paper and canvas. Produce music and speech, which is comprehensible to other humans. We can perform the co-ordinated balancing and counter- balancing act, which is walking, or dancing. All these feats are succeeded without us even being conscious that we are achieving them. Yet while possessing such brilliant biological machines, we allow ourselves to become lazy and lethargic, We use electronic calculators to add two simple figures together, perhaps it being to difficult or time consuming to go to the trouble of using pen and paper. Our children no longer learn simple addition and multiplication tables because they are encouraged to use the same calculators. We drive everywhere, even to the local store, rather than walk the short distance, even our children are driven the half-mile or so to school rather than being encouraged to walk or cycle.

Our minds do not get the stimulation that we need, because now, that our time is so valuable, we cannot take the trouble to read about current affairs, instead we keep up with world news by way of 30 second sound bites from CNN, and our books come in video form, which we can fast forward to the next piece of action. Our games now come by way of computer and video consoles, and we can become expert in the complexities of football, positioning, team make-up, tactics, and all without ever standing on a pitch or even kicking a ball. Even our weight problems, which come of a direct consequence of all the above mentioned inactivity, are tried to be alleviated by way of pills, or magic potions, and our muscle toning is achieved by way of electronic impulses through pads which we can use while we watch TV, and eat pizza.

Some people even try to fool themselves that they are in fact very active. The leisurewear industry is in the middle of a boom. The streets are full of people wearing the latest track suits and trainers, composed of the most expensive and scientifically designed materials, 95% of which will never have to endure the " unpleasant" effects of sweat. But lets not fool ourselves, our bodies are still machines, biological machines they may be, but still machines, and putting it simply " Machines wear out ", and sometimes even break down completely. None of us need to be too much of an engineer to know that a little care and maintenance is all that is needed to keep a machine in good running order. For example, any of us who run a car will no doubt give it over to a mechanic to be serviced regularly. We get the breaks checked, the oil levels kept to optimum, we get it cleaned and polished, because it may possibly be three or four years old and

we all know that as cars get older they need that little bit more care and attention to keep them running well!

Why then do we allow our own bodies to seize up like an uncared for car. In the following pages of this document I will try to show what can be done to try to maintain the body at normal working levels, and hopefully add a few years to the lifespan. I will also try to show how KENPO can be an option, for a person looking to bring some activity into their lives, and who perhaps think that martial arts would be too much activity for them to take up. I will try to show that KENPO, by way of its fluidity and its ability to be customised, to the personal requirements, and physical abilities, of the individual, can be the means to attaining a knowledge of self defence, but not just self defence against actual attackers, self defence against the ravages of time and neglect to our bodies. Perhaps KENPO can lead us on the road to mental and physical fitness, and perhaps achieving a better standard of life as we approach the downhill stretch of our existences.

AGE, ACTIVITY AND VITALITY

Your actual chronological age tells very little about your health, your fitness or your ability to perform. While ageing inevitably leads to death, it does so at different rates for different people, depending on factors such as heredity and on personal decisions on how a person chooses to lead their lives and consequently choose to age. Statistics have shown that in the last 100 years, because of advancements in medical science and in disease control, that our life expectancy has increased to a level where our theoretically attainable life span is 85 years, (with a standard deviation of 4 years). This means that allowing for death by accident, or from non- treatable disease, that 68% of the population has the potential to live between 81 and 89 years. Furthermore, postponement of chronic illness has extended the period of adult vigour, so that life remains physically, emotionally, and intellectually vigorous until shortly before its close. Many of the factors believed to be associated with age can be modified, including heart and lung function, bone density, blood pressure, and cholesterol. People who choose not to age rapidly can reduce morbidity and extend the vigorous years by living an active healthy life. On the other hand, those who decide to age rapidly are destined to become a burden on family, health care, and community support systems. At present, no single theory explains the decline that occurs with age. What is surprising to discover is the realisation that the rate of decline is not fixed, but variable, subject to considerable modification. What has emerged is a list of modifiable aspects of ageing, markers that are subject to changes brought about by ones personal decisions and behaviours. These modifications can be achieved by developing a pattern of daily habits, as a way to improve your health and your active life expectancy. Since 1962, researchers at the Human Population Laboratory of California Department of Health have studied the relationship of health to various behaviours or habits. Health and longevity are associated with the following.

- ADEQUATE SLEEP (7 to 8 hours per day).
- A GOOD BREAKFAST.
- REGULAR MEALS (avoiding snacks).
- WEIGHT CONTROL.
- NOT SMOKING CIGARETTES.
- MODERATE ALCOHOL CONSUMPTION.
- REGULAR EXERCISE.

SLEEP

When men or women sleep 6 hours or less a night they are not as healthy as when they sleep 7 or 8 hours. But what surprises people is that those that sleep 9 hours or more are slightly below average in health. Thus 7 to 8 hours sleep is most favourable, and, as you might expect, too little sleep is more of a problem than too much. As a person grows older and for example they retire, it can sometimes happen that they feel the futility of getting out of bed as early as they would when they were in the workforce. It can even happen earlier in life, that when children grow older and self sufficient, the weekend lie-ins become longer.

This extra time in bed can actually diminish your health and in the case of the weekend lie-in, it can disturb your sleep pattern for the rest of the working week, for the body may only need an hour or so extra sleep to replenish its resources, but if you force an extra 3 or 4 hours sleep then

the knock on effect is that when you go to bed that night you inevitably have trouble getting to sleep, and consequently only get the 6 or so hours that we now know are below average.

BREAKFAST

In the California study, individuals who ate breakfast almost every day experienced better health than those who ate breakfast only some of the time. Furthermore, a good breakfast may be the prerequisite to good performance in work and sport. Breakfast comes, usually, 12 hours after the evening meal, so you can see why it is important for energy and metabolism. A few researchers suggest that breakfast should be the largest and most important meal of the day, and everyone agreed that it should include more than a cup of tea and a slice of toast.

REGULAR MEALS

Erratic eaters have poorer health than those who eat regular meals. Those who seldom or never eat between meals have better health than those who eat between meals regularly. Unfortunately, the California study did not include for comparison the health status of those who ate smaller but more numerous meals, but it does indicate the effects of erratic eating behaviour, and snacking. We can only guess at the content of the between-meal snacks, but chances are that they were junk foods high in sugars and saturated fats and low in nutrients.

WEIGHT CONTROL

When weight is more than 20% above or more than 10% below the desirable weight, health status declines. For example, if your desirable weight is listed as 150 pounds, your health status is most favourable when you maintain your weight between 135 and 180 pounds. This is a broad margin indeed. However, it is advisable to keep in consideration that it is more advisable to have a low body weight, by reason of exercise and good nutrition, than to have the same low body weight by means of malnutrition and smoking.

SMOKING

Smoking, especially cigarette smoking, is dangerous to your health. If you don't smoke don't start. If you do smoke, stop. It could be the best thing you ever did for yourself. And if you cannot stop for your own health, think of loved ones, especially children, who are exposed to your habit. Secondhand tobacco smoke is responsible for asthma and respiratory problems not to mention lung cancer.

Is quitting worth the trouble? Data from numerous studies show that quitting has many benefits, including better oxygen carrying capacity, lower blood pressure, improved night vision, and increased effectiveness of prescription drugs. And while some diseases, such as emphysema, cannot be reversed, others seem to repair with time. So the earlier you stop, the earlier that repairs can start.

ALCOHOL

Poor health is associated with heavy alcohol consumption (five or more drinks at one sitting). What can surprise people is that those who never drink, and those who drink in moderation,(one to two drinks a day for men, one to three per week for women) enjoy the same level of good health. The French paradox ponders why the French seem to tolerate rich foods without an increase in heart disease risk. The answer may lie in the regular consumption of wine. Some studies show that those who drink one or two alcoholic drinks daily have a lower risk of heart disease. This should not be construed as an endorsement for alcohol consumption, because it is a proven fact that some level of alcohol consumption, if continued for a sufficient period, may lead to degenerative effects on the liver. The best advice is to drink moderately, or don't drink at all. And don't save your drinks for a weekend binge, because the liver can only handle so much at a time.

REGULAR EXERCISE

Researchers in the Californian study compared the health benefits of five types of activity : active sports (such as karate), swimming or long walks, garden work, physical exercise, and hunting or fishing. Only hunting and fishing (seasonal and infrequent) were not associated with improved health. For all the others, those who participated most often experienced the best physical health. The best health was associated with active sports, followed by swimming or walking, physical exercise and gardening. Lowest death rates were recorded for people who were often active in sports, while the highest rates were for those who chose not to engage in any exercise.

SUMMARY

In summary, physical health, longevity, and the rate of ageing are associated with your daily health habits and your lifestyle. These habits have more to do with your health and longevity than all the influences of medicine. The California study indicated that a man of 55 years who follows all seven health habits has the same health status as a man 25 to 30 years younger who follows only two. Moreover the researchers found a positive relationship between physical and mental health. We all realise that relationship between variables does not imply cause and effect, that good physical health does not necessarily cause good mental health, but we are familiar with psychosomatic illnesses, and should realise that the opposite effects are possible. A healthy body is an important aid to good mental health, and you can help maintain physical health by following the recommended health habits.

LONGEVITY

One key to longevity, to what it takes to live well beyond normal life expectancy is your lifestyle. Observations of healthy older individuals, (aged 75 years and older) provide intriguing insights into the personality traits and living habits associated with long-term survival, The following characteristics are associated with longevity.

MODERATION: Moderation is a common denominator in all phases of life, including diet, vices, work and physical activity. Long term survival in a footrace or in the human race depends on pacing.

FLEXIBILITY: Psychological flexibility implies the ability to bend but not to break, to accept change and avoid rigid habits.

CHALLENGE: Accept challenges. Create them if necessary, don't allow life to become too easy. But when a challenge becomes too great, say so and seek an alternative.

HEALTH HABITS: Long-term survival is characterised by a relaxed attitude towards health. Elderly "survivors " are rather unconcerned about their health. They eat a wide variety of foods, do not seek out organic or other fad foods, and are not terribly concerned about avoiding items such as cholesterol. They are moderate in their use of alcohol, and some even smoke now and then.

RELATIONSHIPS: Seasoned citizens enjoy other people, they maintain an interest in and continuous contact with family and friends. They enjoy their marriages.

OUTLOOK: Healthy elders maintain a positive outlook. They recognise the effects of advancing age and plan to enjoy each phase of life. They realise, and accept, that long life means growing old, and they are prepared to enjoy the journey.

ACTIVE LIFE: Of course, those who age successfully are engaged in daily routines that require activity. They find reasons to be socially and physically active. Involvement in daily chores provides the purpose, rhythm and activity everyone needs.

The active life can benefit you in a number of ways, including

1. **Health:** Both physical and mental health are enhanced with regular exercise.
2. **Mobility:** Regular aerobic activity, supplemented with resistance exercises, retains or restores mobility.
3. **Adaptability:** The active individual retains the ability to adapt to changes in life.
4. **Survival:** Seniors are survivors. Along the way they accumulate wisdom and insights that have value to coming generations. The axiom in nature applies to the human race as well: The fittest survive.

Active individuals view each moment as one to be lived. They avoid people who depress them. When they feel moody they do something about it. They take risks, engage in life and enjoy it.

They don't waste the present with moods or worry about the future. Depression, worry and anger can lead to subtle changes in brain chemistry and hormone levels. Physical activity can have a direct effect on the moods and the chemistry of behaviour, it can also divert the attention and provide enjoyment and a sense of self-satisfaction that minimises or eliminates self-defeating behaviour.

You are free to think and act as you choose. You can create the life, which you desire, if you really want to. Don't fall back on the old excuses such as,

- Ill start next month (week, year).
- I'm too old for that carry on.
- I'm too busy right now, but when the kids are a little older.....

SUMMARY

We are all concerned that we save and invest well enough during our working years to insure financial security in retirement. But fiscal fitness is only part of the story. In order to ensure a vigorous and independent retirement, you need to invest in physical fitness as well. In personal finance, the sooner you start to invest the better, in order to enjoy the fruits of compound interest. The same is true with fitness. Maximum gains are achieved with an early start. The best time to begin the active life is when you are young, the second best time to begin is NOW.

AMERICAN KENPO KARATE SYSTEMS AS A HEALTH HABIT

It was mentioned in the previous chapter that the best time to begin an active life is when you are young, and the second best time is now. But if now happens to occur when you are 40 years of age or perhaps even older, then, I believe that most people would believe that maybe golf would be the most active alternative available to them. I am sure that the majority of people who will read this paper will have experience of a father, (or a mother) bringing a child or a teenager to a class, and expressing an interest in what is happening on the floor. However if the invitation to join in is offered, then the usual answer is that they are " too old for all that jumping around ". I myself, as someone who will never see my thirties again, believe that as long as a person has control of their limbs, and the ability to reason, then they can take up KENPO. And I believe that our system, by design, is in fact probably the best option for them. In the following pages I will try to explain my beliefs.

KENPO is primarily a method of self-defence, but because Mr Parker, when he developed the system, accepted that refinements could, and would, and continue to happen, then I believe that it can be construed that the system can be likened to Darwin's theory of evolution". Darwin, when he was on his expedition on "The Beagle" noted that for example some species of bird, who spent their lives in one particular ecosystem, had perhaps developed a longer beak or talons so that they could better feed on a type of shellfish which was prevalent to that ecosystem. However the same species of bird in a different part of the world would not have undergone the same change. Darwin surmised that this sea bird had evolved this physical change in order to better survive. If we apply this concept of evolution to KENPO we can see that the system has evolved, so that techniques, which were taught in the sixties, may now be different as we enter the 21st Century. Some changes may be as subtle as making a circular movement smaller, to facilitate economy of motion, or perhaps a change in the type of strike or kick, to better fit in with the mechanics of movement, or the expected reaction to a particular strike.

These changes are a natural progression, and I believe that they were inherent to Mr Parkers beliefs. You have only to read his series of " Infinite Insights " to come upon mention of this concept. A prime example, of which we all should be familiar, is the concept of the "Ideal Phase". In the Ideal Phase, an attacker will step through perfectly with his attack. His other hand will follow on in a precisely timed movement. The s

privilege to train directly with Mr Parker, and on a continuing basis with the most actively involved people in the system. And from his regular travels, and his own experience, he has brought us to the forefront of the evolution of KENPO.

Some of the different nuances, we have embraced, others we have filed away as options, to be kept in our armouries as other weapons that can be called upon when needed. But whatever idea that has been presented to us , has been explained, and dissected, and discussed in depth. He has taught his students not to learn parrot fashion, but to question what is not clear or understood, and to tailor moves to our own particular size or ability. It is this very tailoring , which is possible in KENPO, that makes the system suited as a self-defence style for people who are suffering the ravages of age, but who may want to learn self-defence or possibly just get fit.

ALPHABET OF KENPO

There is an old saying, that "you can't teach an old dog new tricks", this adage is sometimes taken literally and can be a deterrent to many older people, who will probably find it daunting enough to undertake a new fitness programme, combined with a change of lifestyle, as extreme for them, as taking up martial arts. Especially when you imagine coming into a studio full of gymnastic teens, able to perform 360° spinning kick, with a back flip and landing in a box split, and all this when you yourself cannot put on a pair of socks without having to sit down. If you combine this with the need to learn a foreign language, just so that you can understand what your English-speaking instructor is trying to get you to do, then it is understandable if the whole thing becomes too much to undertake and a person opts to join the local bridge club instead. It is for this reason why KENPO karate, as opposed to other styles of martial arts, is the best choice of systems for the older individual to select.

There are a number of elements, which are built into KENPO, which help in the learning of the style, and the most simple and beneficial is our use of language and imagery. If our native language is English, then I feel that it serves no useful purpose, except possibly a feeling of elitism and separatism to learn an Eastern language. A right snap kick is just that, no matter what you call it, and while in a class and drilling moves, if an instruction is called and the brain must go through the process of receiving it through the ear transmitting it through to the brain, translating it, and then sending the relative impulses to the limbs, who will then perform the movement. Even though this process will, with practice, only take a millisecond, it is an unnecessary burden on the beginner, and I imagine that, over the years there have been countless people who because of a fear of misunderstanding an instruction, and a feeling that they would look foolish in front of a group, have left other styles.

This is not the case with KENPO. By using English (obviously in the case of English speaking countries only), we take a little of the mysticism out and keep the practical in. Our system of technique names may to the outsider, or beginner, sound like a low budget Hong Kong movie, but if we take a few moments to explain the use of language and imagery to a new student, it can help them in their understanding and memory of techniques. By way of our use of word imagery, such as calling an elbow a wing, or a rigid hand chop a sword, not only can we picture the elbow looking like a wing, or a chopping hand looking like a sword being yielded, but it can help a person to understand and remember what is meant when they, for example, come across the techniques of Obscure Wing and Obscure Sword. Similarly, the use of the word obscure in the name will convey the concept of an attack coming from an area which can just be seen in their peripheral vision.

If we continue with this train of thought it can help us to visualise the images of charging rams, thundering hammers and raining lances, and to remember the techniques to which these seemingly medieval names are being applied. Words can paint pictures, and pictures and images are easier for the memory function of the brain to store away for recall at a later time. If we see a beautiful rainbow seeming to reach into a forested valley, it is the image which will be indelibly imprinted on our mind, and which we will always remember at a later time, and not a series of words describing exactly we saw.

Likewise when we hear the words raining or thrusting lance, it is the image of a knife coming raining down at you, or being thrust at you, which immediately spring to mind (to the KENPO mind anyway). Remembering the name of a technique and picturing the attack, which the defence is against is all very well, but when a technique is composed of ten to twenty co-ordinated moves and reactions, then there must be a way of teaching and formulating these moves so they are easier to learn and apply.

I have had the privilege of training a number of times with Professor John Sepulveda, his ability to teach, and his style of teaching can make the seemingly most complex combination of moves accessible to any KENPO practitioner, no matter what their level of competency. He can paint pictures with words, which can make you literally visualise his ideas. I once heard him explain a way of looking at the learning process, which I shall now borrow from him to help illustrate my belief in the suitability of KENPO, and its methodology of learning.

Imagine coming into your first KENPO class. You did not start off by learning long form four, instead you probably began by drilling inward blocks, right and left, right and left, again and again. Over those first few months you spent most of every class drilling basics, or trying to grasp the complexities of managing to step backthgco-

(st

Just like a person who speaks broken, ungrammatical French or German, will be understood, so also will a person who is physically only able to perform basic blocks and strikes, without being able to implement the delicacies of nerve strikes, or the acrobatics of jumping turning kicks, will also be able to defend themselves.

This is true, no matter what age a person is, coming into KENPO. After that first class that was previously mentioned, a person should be at least able to perform the most rudimentary version of an inward block, which in the realm of possibility could save them coming home from that very first class. Our basic vocabulary has a letter for most types of attacks, and defences. As time goes on, we find that we can use different and longer words to mean the same thing, but we can never say that we had never come across any word, no matter how basic, or accented, to deal with any attack which may be thrown at us. If that basic physical level of movement is all that they are able to attain, and they can utilise it, then they are performing the very tailoring of the art, of which I spoke about earlier, and which I believe to be the soul of KENPO, probably taken to its limits.

The second way to look at limited vocabulary of motion, is simply by way of exercise and fitness. An older person may decide to take up KENPO as a combination of new challenge and fitness regime, without contemplating the self-defence element. They may feel that they want an exercise regime, which utilises all parts of the body. Physical movement and co-ordination, combined with using the mind. If this is the case, then all that they basically want to do is to work out to their own level of ability. Simply raising the heart rate is beneficial, as also is using the muscles and the limbs to stop them from seizing up.

From the age of 25 years upwards, our metabolism lessens by 5% every decade. This means that a 45 year old man will need to either increase his exercise regime by 10%, or else reduce his calorie intake by the same percentage, just to keep the onset of middle age spread at bay.

SUMMARY

Whatever the reason is, that an older person may want to take up KENPO. Be it that they are trying to counteract the already occurring onset of old age, or to keep it at bay, or they want to set themselves a new challenge, or even to possibly protect themselves from being seen as easy targets for muggers. I feel that they will find, by the ability to adapt and tailor the level of vocabulary of motion to suit whatever they can physically manage, that they can achieve more than they ever imagined. Whatever the reason that they originally contemplated choosing KENPO, be it defensive, or a new health habit, they will discover that all that they ask of the art will be given to them in return.

BLACK BELT THESIS FORM - ONE HANDED FORM

Some years ago, I had the misfortune to break one of my wrists in a training accident. However, as I had already planned to attend a foreign training camp, I decided to actually travel and try to pick up some tips from the sideline as a spectator. I soon realised that far from being a complete invalid, there were in fact quite a number of techniques that I could accomplish with only one good hand.

This then got me thinking about possible situations that could arise, where a person could be forced to defend themselves with only one arm.

- A block against a weapon could result in a broken arm/hand.
- A push to the ground could result in a broken wrist or hand.
- One arm could be immobilised by a second attacker.
- A person could already have a broken arm/hand, and be seen as an easy target by an attacker.

There are other possible reasons which could arise, but one thing became obvious to me, and that was, that by looking at the range of self-defence techniques which we practise in KENPO, a large proportion of them could be used one sided, or easily adapted, for use one sided, or with one hand. Admittedly in the ideal phase, you would have a second hand, which could be employed as a check, or to trap or lock, but don't forget that we are not dealing with the ideal phase here, we are in fact almost in a worse case scenario. But one thing that all KENPO practitioners, (taking for granted that they have good quality instructors, who understand Mr Parkers ideas) learn and keep in the back of their minds, is that very little ever happens in the ideal phase. For example, an attacker may throw a right roundhouse punch to your head, you may immediately launch yourself into the KENPO technique "Five Swords" which would be a suitable and apt reaction to that particular attack, but if your attacker is experienced in any form of martial art, boxing, or just street fighting, then he may follow his right punch with a left punch, which could just possibly reach its target (i.e. your head), before you can get in your next planned shot from the technique. So even though you reacted correctly to the initial attack, you were beaten because the attack was not in the ideal format to which you had always trained from the text book. Mr Parker, in his Infinite Insights series of books, stresses the concept of adaptability, for no two people are the same size or build, and no two attacks are ever the same. That is why it is important to train at grafting different techniques onto each other, and to personalise techniques to suit your own build or size or environment. I believe that when Mr Parker spoke and wrote about " environmental awareness ", he didn't just mean physical environment, such as being caught in a self-defence situation in a bar or a nightclub, meaning that you must be aware of tables or chairs or innocent bystanders crowding around the confrontation, all of which could limit your movements. I believe that Mr Parker meant much more, I believe that he meant what I shall call " self awareness ". I shall explain this as follows. In the bar or nightclub which was previously mentioned, there are a number of considerations about yourself, which have to be taken into account.

- Are you warmed up or loosened up.
- Are you wearing bulky clothing.

- Are you wearing tight or restrictive clothing.
- Have you suffered an injury in an initial attack.
- Are you under the influence of alcohol, therefore lacking co-ordination.

All of the above points must be taken into consideration as elements of the concept of "self awareness "of which I have spoken, and the second last point is the basis of this thesis form. There was one other factor which I felt was very important in putting together this form, and that was the fact that if a person is put in the situation where they must defend themselves, and they are at the serious disadvantage of suffering the type of injuries of which we are speaking, then they must defend themselves using techniques which are short, sharp, concise and to the point. In other words, " get the job done ", with no flowery moves. Taking all the above into consideration I now present my " One Handed Form ". For clarity of explanation I will name the core technique, from which a series of moves is based (when there is one), and I will employ the concept of the clock face, to illustrate directions which are being faced, and where attacks are coming from.

From the attention stance, perform the opening salutation.

Delayed Sword:

From the attention stance, at end of salutation, and with your attacker approaching from 12:00 with a front right step through punch , or push. Step back with your left foot toward 6:00 into a right neutral bow stance, facing 12:00, while simultaneously executing a right inward block to the right inner wrist of your opponent. At the same time, position your left hand behind your back, to illustrate the idea that you do not have the use of your left hand. Immediately slide your right foot back into a cat stance And, without hesitation deliver a right front ball kick to your opponents groin, (your opponents reaction should cause him to bend forward at the waist). Plant your right foot forward, to check your opponents right knee, and at the same time, utilizing the concept of "marriage of gravity" deliver a right outward handsword to the right side of your opponents neck.

Obscure Claws:

With your attacker applying a left hand grab to your right shoulder, step back with your right foot toward 6:00, (passing on the outside of your opponents left leg), into a left neutral bow facing 12:00. Simultaneously with the right step, your right hand circles clockwise and claws, in an outward and upward manner, to your opponents face. (your opponents head should snap back). Without hesitation, step forward with your right toward 12:00, into a right neutral bow, as you deliver a right uppercut forearm strike against the elbow joint of your opponents left arm. Step forward toward 12:00 with your left foot into a transitional left neutral bow (facing 4:30), as your right hand reverses its motion, and circles counter clockwise in a right looping back knuckle strike to your opponents right mastoid. Follow through with your right hand, reversing its motion, and snap a right inverted mid-knuckle fist to your opponents sternum.

Sword of Destruction:

With your opponent coming from 3:00, with a left roundhouse punch to your head, adjust your left foot towards 9:00, into a right neutral bow stance (facing 3:00), as you simultaneously execute a right extended outward block to the inner forearm of your opponents left punch. Immediately slide your right foot into a cat stance, and without hesitation, deliver a front snap ball kick to your opponents groin. (Your kick should cause your opponent to bend forward at the waist). Plant your right foot inside your opponents left leg, into a right neutral bow (facing 3:00) and while employing "Marriage of Gravity", execute a right inward handsword to the left side of your opponents neck.

Snaking Talon:

With your opponent coming from behind you with a two handed push, pivot 180° , so that you are now facing 9:00, and then immediately step back with your left foot to 3:00 into a right neutral bow, as your right hand loops a figure eight, first with a right inward handsword on the outside of opponents left hand, and a right extended outward handsword on the outside of opponents right hand, grasping his right wrist with your right hand while fading back into a right front 45° cat stance. While your right hand pulls opponent towards you (to your right and down), deliver a right ball kick to opponents groin. (kicking toward 9:00).

Circle of Doom:

With your attacker approaching you with a high front straight kick, turn your body from facing 9:00, towards 12:00, by means of bringing your left foot behind your right leg and pivoting your body 90° , so that you now face 12:00. Simultaneously while turning deliver a right downward block in and up against your opponents right kicking leg, just below his right calf. Without hesitation circle your right arm clockwise, as you execute a right extended outward block, forcing his right leg into a looping clockwise arc. With your opponents right leg still in the air, and his back to you, deliver a right rear stiff leg kick with the back of your heel up and under your opponents groin. Plant your right foot (as a gauging leg) and deliver a left back hooking heel kick to your opponents head.

Shielding Hammer:

From your previous position, your next attacker comes at you from 12:00, with a front hooking left punch. Immediately step back with your left foot to 6:00 into a right neutral bow, as you deliver a right extended outward block to the inside of opponents hooking punch, at his forearm. Immediately, deliver a right raking back knuckle strike to the bridge of your opponents nose. Shuffle forward while continuing the counter clockwise motion of your right hand, and follow up with a right horizontal dipping outward elbow strike to your opponents solar plexus.

Obscure Wing:

With your opponents left hand grabbing your right shoulder (from the direction of 6:00), take a step back towards 5:00 with your right foot. Simultaneously, with this right step, deliver a right

back elbow to opponents solar plexus, with flow of movement deliver a right back hammerfist to opponents groin and follow up with a right hand grab to opponents testicles. Immediately follow with a right obscure elbow strike to opponents chin, making sure that your right arm follows the contour of your opponents body.

Kick Sequence:

From the last technique in the form you are now facing 12:00, turn body slightly so that your shoulders are now facing 10:30, and kick, with your right foot to the direction of 10:30 (to stomach height). Without planting your foot, and while still facing 10:30, kick out towards 1:30 with a blade kick , (again to stomach height). Plant your right foot toward 12:00, so that you are in a right neutral bow, and pivot your body almost 180*, so that you finish up in a position with your shoulders facing 7:30. Immediately kick with your left foot to the direction of 7:30 (again to stomach height) and without planting your left foot to the ground, kick out with a left side blade kick to the direction of 4:30. (again to stomach height).

Falcons of Force:

From your last kick in the previous sequence, you will plant your left foot to 4:30, so that you are in a horse stance facing 7:30. You will now be grabbed by two opponents by the shoulders. Step with your right foot towards 11:30, so that you are now in a horse stance (this should bring you closer to the opponent on your right flank), with this move execute a right outward handsword to his throat, (this strike should cause the opponent grabbing your right shoulder to stumble back and temporarily delay him). Immediately have your right foot step toward 6:00, and simultaneously strike to the opponent, who is holding your left shoulder, with a right handsword (palm facing up) across his eyes, (this should temporarily blind, and disorientate him). Immediately, convert this handsword to a right inward block toward the first opponent, who has now regained his senses, and is attacking you with a right punch to your head. On meeting this punch with your block, you should now be in a left forward bow facing 11:30, without delay execute a right front snap kick to the groin of the first opponent, plant your right foot forward, and gauging the distance between both of your opponents, execute a right rear back thrusting heel kick to the solar plexus of the second opponent.

Pinning Wings:

At the end of the previous sequence you should find yourself in a right forward bow facing 11:30, from this position, bring your right leg up so that you are in a horse stance facing 12:00. Execute a right looping backfist strike to the mastoid of an opponent who is holding on to your right shoulder, with his left arm. Drop your elbow so that it clears your opponents arm, and immediately execute a right vertical snapping back knuckle strike to the left side of your opponents face.

Controlled Wing:

From the same stationary horse stance, execute a right looping outward overhead claw, to the face of an opponent who is holding onto your right shoulder with his left hand. Continue the

motion of your right hand clockwise, so that it travels over and under your opponents right arm as it converts into a right uppercut punch, whereby the force of your action causes your right forearm to strike and break your opponents left elbow. Immediately execute a right outward snapping back knuckle strike horizontally to your opponents left ribcage.

Obscure Sword:

While still in a horse stance facing 12:00, you are grabbed by your right shoulder by an opponents left hand, step toward 1:00 with your left foot, with your right hand sword cocked at your heart. Immediately pivot to face 5:00, into a right forward bow while delivering a right outward hand sword to the opponents throat. Deliver a left kick to opponents groin, and plant your left foot back to its original position.

Unfurling Crane:

You will now be attacked from the direction of 3:00, with a front left & right punch with the attackers left foot forward. Adjust your right foot, which is towards 5:00, to the direction of 3:00, while simultaneously executing a right outward block to your opponents left punch and immediately following up with a right inward block to his right punch. Shuffle forward (push drag) with a right hammerfist to your opponents groin, and then reverse the path of your hammerfist and execute a rolling backfist to his face. Again strike down to his groin with a right downward hammerfist, and while in close to him, strike up and under his jaw with an obscure elbow. Continue the path of travel and transform it into an upward five finger claw to your opponents face, (this should snap his face back). Deliver a right knife-edge kick to the inside of your opponents right knee. As you deliver this kick execute a right inward hand sword to the left side of his neck. This hand sword should make contact a fraction of a second after your kick.

Retreating Pendulum:

You should finish up at the end of the last sequence with your right foot facing 2:30. An opponent will now attack you with a front right rear kick from that direction. Drop back with your right foot (toward 7:30), into a left front twist stance. Simultaneously deliver a right outside downward block to opponents kicking leg. Immediately deliver a right knife-edge kick to opponents left leg, to inner knee. Plant your right foot toward 1:30 between and behind your opponent, as your right block continues its counter clockwise motion and converts into a hammerfist to the back of the neck of the attacker. Pivot to your left (into a right reverse bow) and deliver a right rear scoop kick to opponents groin.

Evading The Storm:

You should now find yourself in a left forward bow facing 9:00. With an attacker coming at you with an overhead club, from that direction, step with your left foot to 7:30. Simultaneously with this move, execute a right extended outward block, which then grabs the opponents wrist. Immediately deliver a right roundhouse kick to opponents groin or solar plexus. Plant your foot into a right neutral bow, (with your right foot inside your opponents right leg), as your right hand pulls opponents right wrist down and past your right hip. Deliver a left knee kick to the

outside of opponents right thigh. When your opponent buckles, drop with your right knee into a left close kneel, thus breaking opponents right ankle.

Scraping Hoof:

On standing up from the previous close kneel, adjust your feet so that you are in a horse stance facing 9:00. As you adjust, you will feel an attempted full nelson being applied. Straighten your knees, back and neck. Immediately bend your left knee as you deliver a right back side scooping heel kick to opponents left inside knee. Then with the knife edge of your right foot, kick to opponents right shin. Repeat the same process on the left side.

Sword And Hammer:

Still standing facing 9:00, your opponent, standing between 12:00 and 1:00, grabs your right shoulder with his left hand. Step off and to your right with your right foot towards 12:00 into a horse stance (facing your opponent) while striking his throat with a right outward handsword. As your opponent reacts to the handsword strike and bends backward, execute a right back hammerfist to his groin.

Excerpt From Strike Set #2

From the previous move, adjust your right foot so that you are in a right neutral bow facing 12:00. Execute a right upward elbow strike and then twist into a neutral bow and continuing the motion of your right hand convert it into a right hammerfist to the groin of an opponent who is at the direction of 12:00.

Excerpt From Strike Set #1

Bring your left foot up so that you are in a horse stance facing 12:00, punch to an opponents chest height who is directly in front of you. Taking that this opponent blocks your right punch, redirect the motion of your hand and convert the punch, with one fluid movement, into a vertical back knuckle strike to his face. Redirect the motion of your back knuckle strike and convert it into a right hammerfist to the groin, then again redirect the motion so that it will now become a vertical back knuckle strike to the left side of an opponents head. It now redirects again so that it becomes a looping inward hammerfist to the left side of an opponents ribcage. Your right hand now strikes out in the straight right punch, which began this sequence Your right hand now goes behind your back as you step back with your right foot and perform an inward left block thus beginning the sequence on the left side.

POSTSCRIPT

Mr Parker had a habit of using anecdotes to illustrate a point that he was trying to get across to a group that he was teaching. In respect to his memory, and his method of instruction, I would like to tell you a story I once heard, which I hope will get across my ideas on activity and longevity.

A 60 year old man went into a Doctors surgery and asked for a check up. The Doctor examined the man, and declared that he had never come across a person of his age, who was in such excellent physical condition. In fact he said that he had the body of a 25 year old. He then asked the man what age his father was when he died.

"Did I say that he was dead".

He then told the Doctor that his father was 84 years old, that he swam every morning, jogged every evening, went on skiing trips at least twice a year and surfed four times a week during the summer. The Doctor said that that was amazing and then asked the man what age his Grandfather was when he died.

"Did I say that he was dead".

He then told the Doctor that his Grandfather was 106 years old, that he swam three times a week, jogged four times a week, went on a skiing trip once a year and surfed twice a week during the summer, in fact, he told the Doctor that his Grandfather was actually getting married the next week. The Doctor asked the man what his 106 year old grandfather wanted to get married for.

"Did I say that he wanted to get married"

ACKNOWLEDGEMENTS

As I prepare to take my black belt test, there are a number of people whom I would like to take this opportunity to thank, for without their help and encouragement, I would not be at the stage where I now find myself.

My wife Emer, without whose love, encouragement and support, I would never have reached this stage in my KENPO journey. As a family man, there were times when I found it difficult to fit in work, family commitments and training, but there was never a time when Emer asked me to change my training schedule, or to miss a class and stay at home. I know that there were even times when Emer changed her own plans, without even saying a word, so as not to clash with my training. There can be few men fortunate as I am to have a wife as supportive as Emer, and when people say that " behind every successful man, there is a great woman " well then she is the great woman behind me, and for all the times that I never said thank you I say so now.

My instructor Mr Edward Downey is, in my opinion one of the most knowledgeable and experienced people in the world KENPO family. During his career in "the business", he has travelled all over the world training with a wide variety of people, including close one to one work with Mr Parker himself. I have been fortunate to have Ed Downey both as an instructor and a friend. His love of the art and his love of instructing come across at all times to his students and especially his ability to pass on the nuances of movements in techniques and forms. He has always been willing and able to answer any questions that I have ever asked him, and in following his motto of " to feel is to believe " has always been able to put his words into action. For all the times that he has helped me to pass through the barrier of feeling that I had reached the limit of my advancement through the art, and to keep going, I want to thank him, and say that I look forward to the second phase of my KENPO journey.

Mr John Burgess and Mr Richard Burgess have to be given special thanks. They have always been there with Ed Downey giving any help, assistance and advice to students that may be required, sometimes to the detriment of their own training, but always without complaint. John and Richard are two of the best examples of the fluidity of KENPO. That combined with their lightning speed and their precision of shots can sometimes be awesome to behold. I can also say that I thank them for their total honesty at all times. Many times when I felt that I had mastered a technique, John or Richard would take the moves (and me) apart and demonstrate where I could improve. They also showed me how to be totally honest with myself, and not to settle on the belt that I was wearing, but to always try to improve, not only working on my next grade, but accepting where I needed to work on previous syllabus. For all their time and help I thank them.