

# Trapping and Related Skills

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Basics
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## Introduction

Trapping is a skill seen several times in American Kenpo. We use it on a limited basis en route to achieving control of our opponent in various self defense techniques. Most noticeable in Snaking Talon, trapping is often a means to an end rather than a “fight finisher” in itself. The skills you develop in trapping will augment all of your skills in Kenpo. Sensitivity, improved reflexes and an increase in comfort level in the Contact Manipulation stage are but a few of the benefits of training yourself in trapping. With skillful trapping, you can avoid, disarm and control as well as transition into or out of grappling. This thesis will isolate and break down trapping and its related skills, producing basics, drills and a set, all designed to further a student’s knowledge base.

## Basics: Stance

The basic stance for practicing trapping skills is a modified, “high” neutral, with your feet about shoulder width apart. Your weight should rest 50-50, and you should move lightly on the balls of your feet. The basic starting position for your hands is with your elbows anchored, with your arms at 45 degree angles and your hands open. This stance will resemble a basic “boxer’s stance.”

As with all Kenpo techniques it is vital that your elbows remain anchored in order to maximize power and stability in your upper body, as well as to keep your arms ready to instantaneously move in any direction. Trapping occurs at a very rapid pace, and so it is essential to remain stable, yet flexible in both your upper and lower body. Be sure to stay light on your feet, as you will be shifting and maneuvering very quickly.

## Basics: Hands and Feet

**Press:** motion that moves an opponent’s weapon in a linear direction, ex. pressing an opponent’s arm into their chest, where it would become a pinning check if left in place

- Upward Press
- Downward Press
- Inward Press
- Outward Press

**Sweep:** similar to a parry, a sweep is a motion that is elongated, following a rounded path, ex. sweeping an opponent’s straight punch inward and down

- Upward Sweep
- Downward Sweep
- Inward Sweep (standard and towards body)
- Outward Sweep (standard and away from body)

**Deflection:** movement that redirects an opponent’s motion while remaining stationary, relying on torque to cause the deflection, the difference between a block or parry and a deflection is that a deflection is utilized when you are already in contact with your opponent’s weapon, ex. deflecting a straight punch with an upward deflection

- Upward Deflection
- Downward Deflection
- Outward Deflection
- Inward Deflection

**Hook:** movement that either loops around then grabs, or simply grabs onto an opponent's weapon and controls the weapon or clears it off it's line of attack; **hook** can also refer to the shape of your hand/forearm at the time of execution, or describe the path of action

Downward  
Inward Downward Diagonal  
Outward Downward Diagonal

**Wrist Flip:** movement with your wrist that circles to grab, re-grab or escape an opponent's weapon

Clockwise  
Counterclockwise

**Traps:** movements designed to lock, pin and control opponent's weapons

**Upper:**

Single Hand Pin  
Double Hand Pin  
Forearm Pin  
Elbow Pin  
Elbow Trap

**Lower**

Foot to Ankle Pin  
Knee Pin  
Shin Pin  
Ankle Pick

**Passes:**

**Figure 8 Pass:** Used for 2 hands: Figure 8 into Cross into Elbow Pin

**Cross Pass:** To gain top position, lead into Elbow Pin

**Spiral Over Pass:** into Elbow Lock (bent & straight)

**Spiral Under Pass:** into Shoulder Lock

**Trapping Set:**

1. **Attention Stance.**
2. Step to 9 with your left foot into a **Training Horse Stance.**
3. Execute **Dual Upward Presses, Palm Out.** Perform this movement at full extension, head height.
4. Execute **Dual Downward Presses, Palm Up.** These presses track down the front of your body, ending above your groin.
5. Execute a **Left Outward Press, Palm In** simultaneously with a **Right Inward Press, Palm Out.** These movements are done to your left at solar plexus level, mid extension.
6. Execute a **Right Outward Press, Palm In** simultaneously with a **Left Inward Press, Palm Out.** These movements are done to your right at solar plexus level, mid extension.
7. Move both arms in front of your solar plexus, with your elbows anchored and touching at close extension. Your palms face you.
8. Execute a simultaneous **Right Upward Sweep, Palm Out** and **Left Downward Sweep, Palm Out.** These movements travel on diagonal paths.
9. Retrace your movements back to the center of your body, left hand over right.
10. Execute a simultaneous **Left Upward Sweep, Palm Out** and **Right Downward Sweep, Palm Out.** These movements travel on diagonal paths.
11. Retrace your movements back to the center of your body, right hand over left.
12. From the center position, simultaneously deliver a **Left Outward Sweep, Hand Up** and **Right Inward Sweep, Hand Down** to your left.
13. Immediately reverse your hands and deliver a simultaneous **Right Outward Sweep, Hand Up** and **Left Inward Sweep, Hand Down** to your right.
14. From your previous position, simultaneously execute a **Left Upward Deflection** and **Right Downward Deflection.**
15. Immediately reverse your hands and deliver a simultaneous **Right Upward Deflection** and **Left Downward Deflection.**

16. From your previous position, deliver simultaneously a **Left Outward Deflection** and **Right Inward Deflection** to your left. (As your hands travel in this movement, your left palm faces you, and your right palm faces away from you.)
17. From your previous position, deliver simultaneously a **Right Outward Deflection** and **Left Inward Deflection** to your right. (As your hands travel in this movement, your right palm faces you, and your left palm faces away from you.)
18. Return your arms to your center, solar plexus height, with your right hand over your left.
19. Execute **Dual Downward Vertical Hooks**.
20. Return your hands to your center, solar plexus height, then loop your arms out and away from your body and execute **Dual Inward Downward Diagonal Hooks**, ending the motion at your belt level. Your left hand is in front of your right.
21. From your previous position, execute **Dual Outward Downward Diagonal Hooks**, traveling just past your hips.
22. Bring your hands in front of your solar plexus and simultaneously flip both palms up.
23. Immediately reverse the motion and flip both palms down.
24. Draw both hands back to your hips, into fists and palm up.
25. From your **Training Horse Stance**, chamber your right knee up and step forward to 11 into a **Right Neutral Stance**.
26. **Hook** your right foot back to your **Horse Stance**.
27. From your **Training Horse Stance**, chamber your left knee up and step forward to 1 into a **Left Neutral Stance**.
28. **Hook** your left foot back to your **Horse Stance**.
29. From your **Training Horse Stance**, deliver a **Right Outward Sweep** traveling towards 12 and ending at 3, back into your **Training Horse Stance**.
30. Immediately pivot to your right (in place) into a **Right Rotating Twist** facing 3.
31. Untwist back into your **Training Horse Stance**.
32. From your **Training Horse Stance**, deliver a **Left Outward Sweep** traveling towards 12 and ending at 9, back into your **Training Horse Stance**.

33. Immediately pivot to your left (in place) into a **Left Rotating Twist** facing 9.
34. Untwist back into your **Training Horse Stance**.
35. Close to **Attention Stance**.

## **Trapping Drills:**

### **Drill One**

To begin: Stand facing your partner about two feet apart. Each partner has one hand to the inside and one hand to the outside of their partner's wrist.

Begin to move your arms, staying in constant contact with your partner's arms, and try to execute single/double arm traps and locks. Your objective will be to completely negate all retaliatory efforts made by your partner and achieve a position of control.

As you advance in skill, add in punches, finger strikes and elbow strikes, executed before, during and after traps/locks.

### **Drill Two**

To begin: Place your hands on your partner's shoulders, standing in front of him at arms length. Your partner will be in the same position. Your legs may be placed however you wish to begin.

Begin to move your legs, constantly seeking to gain a superior position over your partner. Your legs do not need to stay in constant contact, however you will find it easier to check and control your partner's actions if you can maintain contact with him. You should be trapping, locking, buckling and hooking your partner's legs, all in efforts to gain control.

As you advance in skill, add in kicks to any target of opportunity, including the groin, knees, shins and ankles, as well as pressure points on the legs.

### **Drill Three:**

To begin: Place your arms in contact with your partner's, as in the first drill. Both partners front legs should be touching.

As you begin, you should utilize your entire body to trap and control your partner. Your goal is to completely control your partner so that they are rendered unable to continue. Work in punches, kicks and strikes in combination with your traps and locks, until you achieve dominance over your partner.