

TRAINING

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KWANMUKAN CLASS WORK OUT PROGRAM

1. BOW IN: The Senior Student will establish class order according to rank and call the class to attention with KWANMUKAN--ATTENTION--BOW.
2. STRETCHING: The senior student will follow the KWANMUKAN MANUAL stretching order for not more than 10 minutes.
3. MEDITATION: The Senior Black Belt will lead the class in Zazen for 5 min. Students will assume proper posture. Lights will be out.
4. BASIC EXERCISE: Any Senior student can lead. Exercises will be done in line form moving up and down the floor. Exercises will be done in the following order for 20 minutes.
 1. Defends
 2. Hand Attacks
 3. FRT Stretch & Kicks
 4. Side Stretch & Kicks
 5. 3 Stars, etc.
5. LEG DRILLS: Will be demonstrated by qualified instructor and performed as set forth in the KWANMUKAN MANUAL at each students own speed for a period of 15 minutes, then ceased regardless of completion.
6. PRE-ARRANGED APPLICATION OF TECHNIQUES: Students are confined to the practice of the requirements for their particular level, as set forth in the KWANMUKAN MANUAL. Special outstanding students may work on advanced techniques with the permission of KWANMUKAN Master Instructors. Should be practiced for 25 minutes in the following general order.
 1. 1 & 3 Steps
 2. Releases
 3. Ukime & Holding Etc.
 4. Kenka
 5. Sparring Drills
7. THE FORMAL EXERCISE: Students are only permitted to practice their required form. Each form should be done twice, once with deliberation and once with speed and power. Practice 20 min.
8. FREE-SPARRING: Co-operative practice for no more than 25 minutes.
9. MEDITATION & PHILOSOPHY: Chief Instructor will lead Zazen and will give commentary thereafter. 5 minutes
10. BOW OUT: Senior Student will assemble class according to rank, and facing the class will call for order with KWANMUKAN-ATTENTION. He then will request recitation of the PHILOSOPHICAL ORDER for that period as designated by the KWANMUKAN Directorate. Turning

KWANMUKAN CLASS WORK OUT PROGRAM (continued)

to face the Chief Instructor, he will order KWANMUKAN-BOW and then turn the class to face him and order BOW-CLASS DISMISSED. It is then customary for class to thank the teacher for his instruction.

FORMAL BEHAVIOR

BOW when entering the class and ask for permission to participate if coming in tardy.

STAND AT ATTENTION WITH ARMS STRAIGHT AND WITH FISTS ~~CLENCHED~~ whenever the instructor is talking or when a high rank Black Belt enters the work-out area.

BOW and thank the instructor when asked to participate in demonstrating a technique.

When demonstrating DO NOT FLINCH AND SHOUT LOUDLY.

SECONDARY TRAINING PROGRAM

FIRST CLASS:
(Basic Practice)

- STRAIGHT PUNCH - Open leg stance
Slow 20, and fast 20 counts
- FRONT KICK - Close stance
Slow 20, and fast 20 counts
- SIDE SNAP KICK - Close stance - pay attention to your foot edge
Slow 20, and fast 20 counts
- SIDE THRUST KICK - Close stance - pay attention to your knee, push out
thrust kick time.
Slow 10, and fast 20 counts

5 MINUTE REST

(Moving basic practice)

- STEP PUNCH - Forward stance - pay attention and do your punch and
stance's focus in the same time. One way five steps,
turn and five step count. Three times do all three
step punches (forward punch, reverse punch and forward
punch per step).
- RISING BLOCKING - Step forward stance - pay attention to your pulling hand,
45° body angle in blocking time, then reverse punch, per
step. One way five steps, turn and five step count.
- DOWNWARD BLOCKING - Step forward stance - blocking hand stop just above the
knee about 6 to 9 inches. 45° body angle at blocking
time, then reverse punch. Step to the front five counts -
two times. Step back five count - three times.
- OUTSIDE BLOCKING - Forearm blocking - step forward stance
Step front five steps - two times
Step back five steps - two times
- BACK STANCE KNIFE
HAND BLOCKING - Step back stance - pay attention and have your back foot
with 70% of your weight, and your front foot with 30% of
your weight. Doing knife hand blocking at the same time
you are stepping.
Step front five times - two times
Step back five times - three times
THEN
- BACK STANCE KNIFE HAND BLOCKING --- switching your stance into a
FORWARD STANCE WITH A SPEAR HAND THRUST.
Step front five steps doing each combination and then
step back five steps doing each combination.

(Moving basic practice)

5 MINUTE REST

- FRONT KICK - Step forward stance - pay attention use knee snap. Step front five times and step turn then step front five times.
- Three times - pay attention keep body straight.
- SIDE SNAP KICK - Step straddle - leg stance - use knee snap - foot edge. One way three steps and then switch foot and go back three steps. Five times.
- SIDE THRUST KICK - Step straddle - leg stance - use knee push and foot edge - pay attention and keep body straight - One way three steps and then switch foot and go back three steps. Five times.
- ROUND HOUSE KICK - Step forward stance - use knee snap and the ball of the foot - pay attention to snap back the leg. (Same number as the above kicks)

10 MINUTE REST

- FOCUS PRACTICE - MAKIWARIBOARD (every day)
WALL (contact point) STOP BEFORE ONE
Reverse punch 20 times INCH FROM WALL
step punch 20 times
SAND BAG - Kick training.

FLEXIBILITY EXERCISE PROGRAM

GUIDELINES

- A. Caution - If you have chronic back problems - (disc, muscular, neurological) Please check with your physician before doing these exercises.
 - B. These are static stretching exercises. They must be done slowly and deliberately.
 - C. Do not bounce while performing exercises.
 - D. Do not stretch beyond pain.
 - E. Do not hold breath during exercises.
 - F. These are excellent stretching exercises for (runners-joggers). If possible, they should be done before and after running.
 - G. Stop these exercises if you develop any abnormal pains and consult the physical education staff.
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1. Head to Knees - standing - legs together:
Standing position, legs together
Using arms for assistance, bring head to knees
Hold for 5 seconds with legs straight, don't bend knees
2. Head to Knees - standing position - legs straddled:
Standing position, legs straddled wide slightly beyond shoulder length
Using hands for assistance, slowly bring forehead to right knee keeping leg straight, don't bend knees.
Hold for 5 seconds
Relax and repeat to left knee
3. The Yogi:
Seated position - place soles of feet together - knees apart
Place elbows on knees and press downward to maximum pain stretch
Hold for 5 seconds
4. Foot to Hand:
Lying on back - arms extended outward from shoulders
Take right foot and touch left hand, keeping legs straight
Hold for 5 seconds
Relax and repeat to opposite side
5. Feet to Hand:
Lying on back - arms extended outward from shoulders
Keeping legs together and extended - touch left hand and hold 5 seconds
Relax and touch legs to right hand

FLEXIBILITY EXERCISE PROGRAM (continued)

6. Single Leg Lifts:
 - Seated position - legs locked at knees and extended forward
 - Using hands for assistance draw right leg toward chest to position of maximum stretch pain, don't bend knee
 - Hold for 5 seconds
 - Relax and repeat with left leg
7. Extreme Leg Lifts:
 - Lying position - legs locked at knees and extended
 - Using hands for assistance draw right leg toward chest to position of maximum stretch pain, don't bend knee
 - Hold for 5 seconds
 - Relax and repeat with left leg
8. Double Leg Sit-up:
 - Lying on back - arms extended over head and legs locked at knees
 - Keeping legs and upper body sections straight, bend at waist and raise both parts off the floor simultaneously touching toes with hands overhead
 - Hold for 5 seconds
9. Head to Knee - Wide Straddle:
 - Seated - wide straddle position
 - Using arms for assistance - bring forehead to right knee
 - Hold for 5 seconds
 - Repeat to other side
 - Keep legs straight while holding
10. Head to Knees:
 - Seated position, legs together in front of you
 - Using arms for assistance, draw head to touch knees
 - Hold for 5 seconds
 - Keep legs straight while holding
11. Hurdler's Stretch - assume Hurdler's Stretch position
 - a. Draw head to knee - hold for 5 seconds, don't bend knee, keep legs straight
 - b. Lie down - touch bent knee to ground - hold for 5 seconds
 - c. Change legs and repeat
12. Back Arch Lift:
 - Lying on stomach grasp ankles with hands
 - Raise upper body and legs off floor - hold for 5 seconds
13. Reverse foot to hand:
 - Lying on stomach - arms extended outward from shoulders
 - Raise right ankle to left hand and hold for 5 seconds
 - Repeat with left ankle to right hand

FLEXIBILITY EXERCISE PROGRAM (continued)

14. Leg Curls:

Standing position

Lift heel to buttock - using hand if needed - hold 5 seconds

Relax and repeat with other heel

15. Gastrocnemius Stretch: This exercise should be done before and after running

Face wall - 2 feet away

Keep calves locked - heels in contact with floor

Keep body straight - hands on wall - arms extended

Back away from wall until pain felt in calves

Hold 5 seconds and repeat

STATIC STRETCHING

A. UPPER TRUNK STRETCHER

1. Lie flat on stomach, legs extended, toes pointed, forehead on the floor, with hands placed palms down under the shoulders.
2. Arch head and neck upward and backward. Inhale as you move upward.
3. Arch back gradually by pushing upward with the arms.
4. Keep hips and legs flat on the floor.
5. Straighten arms until the elbows are fully extended.
6. Hold 10-15 seconds and gradually increase to one minute over a period of weeks or months.
7. Lower the trunk slowly to the floor.

B. LOWER TRUNK STRETCHER

1. Lie flat on stomach with two cushions under knees.
2. Place belt around lower legs and grasp belt with both hands.
3. Slowly pull the belt and press back with legs to create a small arch in the back.
4. Hold 10-15 seconds and gradually work up to one minute.
5. Eventually remove cushions and belt. Reach back and grasp ankles with both hands after belt has been removed.

C. UPPER BACK STRETCHER

1. Kneel on the floor so that the body weight is carried by the entire surface of the shins and insteps of the feet, keeping buttocks in contact with calves.
2. Bend forward attempting to make contact with knees.
3. Extend arms forward with palms of hands on the floor.

C. UPPER BACK STRETCHER (CONTINUED)

4. Hold for 10-15 seconds, gradually work up to one minute.

D. SIT AND REACH STRETCHER

1. Sit on floor with legs extended.
2. Loop a belt or towel around the feet.
3. Keep knees extended and pull slowly on the belt with both hands. DO NOT BOUNCE!!! Hold position 5-10 seconds. Repeat three times.
4. Over weeks or months work to hold position for one minute.
5. Eventually remove the belt and grasp the ankles.

E. UPPER BACK STRETCHER (If you have spinal problems, do not attempt)

1. Lie flat on your back with a large cushion or footstool one to two feet away from top of head.
2. Raise legs over the head and place the insteps and front of the legs on the footstool or cushion.
3. Place hands on hips--keep weight of your legs on the footstool.
4. Hold 20-30 seconds and gradually work to one minute over a period of weeks or months.
5. Slowly return to the original position.
6. Eventually, remove footstool and extend the legs overhead with toes pointed.

F. TRUNK TWISTER

1. Use sitting position, left leg extended with the right foot placed flat on the floor just outside of the left knee.
2. Turn head and shoulders to the right as far as possible, with left hand grasping the left leg below the knee.

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F. TRUNK TWISTER (CONTINUED)

3. Place right hand on floor behind you as far as possible toward the left buttock.
4. Hold for 10-15 seconds (breathe normally) and increase to one minute over weeks and months.
5. Repeat in the opposite direction.

G. TOE POINTERS (If you have knee problems, do not attempt)

1. Kneel on floor with toes extended behind you.
2. Place hands on the floor beside knees. Rock your weight onto the insteps sufficiently to feel pressure in the ankles and the muscles on the front of the lower legs.
3. Hold for 10-15 seconds, and gradually increase toward one minute over weeks and months.
4. Eventually, place more of the body weight on the feet.

H. GASTROENIMIUS STRETCHER

1. While facing the wall, place the feet three to four feet from the wall. Keep the body straight and lean into the wall on your extended arms.
2. Keep the feet flat on the floor.
3. Hold for 10-15 seconds and gradually increase toward one minute over weeks or months.

BAG ROUTINE BASIC YUP CHAGGI

- 1) 10 Reps Back Position
- 2) 10 Reps Side Position
- 3) 10 Reps Front Position
- 4) 10 Reps Rear Front Position
- 5) 10 Reps Side Skip Position
- 6) 10 Reps Back Kick Turn Position
- 7) 10 Reps Step Turn Back Kick Position

FOR POWER KICK Do 1-2-3-4- with increased reps.

FOR TIMING KICK Kick only when bag reaches vertical position

POINTS - Swing bag as high as possible

Stand up straight

Tighten both legs on impact

All kicks pass through all positions to end in #1 position

Concentrate fully on each and every kick

Routine is effective only if done for minimum period of two months. Otherwise don't waste your time!!

George Anderson
1974

ADVANCED STRETCHING EXERCISES

1. Stand in strict horse stance for 2 minutes, minimum.
2. Head rotations and head rolls.
3. Straight arm rotations starting small circles to large ones, both directions.
4. Four count arm pendulum actions circling on third count.
5. Cross legged toe touches - both legs.
6. Torso twists from horse stance without turning hips.
7. Forward stretches in wide stance (legs straight).
 - 1st count - touch hands far in front.
 - 2nd count - between feet
 - 3rd count - behind feet
 - 4th count - stand up and lean back, arching back (look at ceiling).
8. Side stretches in wide, straight legged stance with one hand as if trying to touch it to opposite ankle; both sides.
9. Front stance knee bends with back straight up and back leg straight; hips forward and in.
10. Kimase deep knee bends with one leg straightened and other bending; bring straight leg to ground with the toes up, supporting foot stays flat on the floor. (Peacock stretch)
11. Windmills touching ankles with opposite hands, wide stance, feet gradually getting wider apart.
12. Wide straight legged stance with push up position; hands in arc over to one foot; alternate, legs spreading wider.
13. Splits, changing sides and touching head to floor in middle.
14. With legs split sit back; touch head to left knee, grasping heel, touch head to right knee; both heels and touch head to floor.
15. Sitting, bring feet together, grasp ankles and touch head to head or floor.
16. Hurdlers stretch (legs at 90° angle or more) bring head to front knee, lay back and bounce other knee to floor; lean forward touching head to floor between knees; alternate.
17. Bring feet together with knees bent (sitting), bounce knees to floor, grasp feet pressing knees to floor with elbows; bring head to floor in front of feet.
18. Grasp heels from inside with hands and straighten legs one at a time; then both together; balance on buttocks.
19. Roll over backwards onto shoulders, grasp ankles, straighten legs and touch toes to floor.
20. Sit on bent legs and lay back, touching head to floor.

KWANMUKAN KICKING THEORIES AND PREFACE TO KICK DRILLS

A major problem encountered by the beginning and intermediate student is the difficulty of straightening the leg at the end of the side and roundhouse kicks. This lack of ease in extending the leg causes poor focus, inaccuracy, and unwanted upper body movements. These problems are easily overcome if they are understood and corrective and progressive exercises are utilized.

If the leg is lifted forward of the hip line, the thigh biceps is in effect shortened, making extension dependent on the ability to stretch or split out. The student can, of course, straighten the leg while standing on it, but let him raise the knee and extend the leg directly to the front and then attempt extension, and the tightening of the biceps can be immediately noticed.

Roundhouse and side kicks are best performed if the leg is in line with the body and the forward action of knee used primarily to aid the quick return of the leg after the kick. (At that time the advancement of the knee is permitted.)

Physiologically, there is not a great deal of difference between the hip and the shoulder joint movement, they both utilize the ball and socket principle. Theoretically, it should be possible to touch, slap, or strike with the foot with the same facility as with the hand. Unfortunately, normal leg exercise usually is confined to walking whereas the arm reaches, picks up objects, writes, wields tools, throws, etc.

The goal of the following leg drills is to provide an arm-like flexibility and use of the lower limbs. If the drills are performed regularly, progressively, and with increased intensity (i.e. ankle weights), this will be accomplished.

PERFORMANCE MANDATES

- Leg must be directly to the side (unless otherwise noted)
- Leg must be quickly returned after extension
- Foot must touch partner exactly where intended
- At first, kicks must be done slowly
- Body must be held upright
- Hands and shoulders should be relaxed
- Contact area should be ball of foot (unless otherwise noted)
- Drills should take approximately 10 minutes to complete if done without talking
- Do not confuse these drill for actual combat kicking

THINK SPEED - SPEED - SPEED and continued attack.
Do not attempt speed - just get mental picture

Remember:

WHERE SPEED IS VITAL TO PERFORMANCE, SPEED IS A PART OF FORM AND SHOULD BE TAUGHT FROM THE BEGINNING.

LEG DRILLS

1. Stand directly sideways to your partner - extend leg to touch his knee with your instep - withdraw kicking foot to buttocks without permitting knee to go forward.
2. Pivot and execute extension as in #1 - without permitting foot to drop, make recovery with a "wheeling" motion extending leg to rear.
3. Execute round kick to knee - drop foot to floor next to supporting foot (set little or no weight on this foot - body should be directly sideways to your partner) - from this position shift standing foot and throw hip flipping foot to attack target.
4. Execute round kick to knee - move this foot out, forward, and clear of your partner - from this position, without lowering or bobbing the leg raise it and touch (kick) partner's head with the foot.
5. Extend the leg as in side kicking (again directly to the side) - hold a moment - then using hips and buttocks, tap partner lightly with the heel.
6. Side kick to knee - lift and withdraw leg with shank pointing directly to partner - extend leg in side kick manner to touch side of partners head. Execute above with single "pulsing" action. Execute side kick to head from arms distance. Execute skipping in side kick using front foot.
7. Execute front leg round instep kick to partners thigh area - withdraw leg, raise knee high and kick head with ball of foot - recover with knee held high and slightly advanced.
8. Jump kicking - recommended from pre-arranged sparring set-up except that defender must use free sparring stance.

Front jump kick - extend rear foot forward to touch punching hand of attacker and right away kick to solar plexus with the other foot.

Roundhouse jump kick - same as above except the landing foot faces out from attacker.

Side jump kick - same as above except foot lands with heel toward attacker

Turning jump kick - same as above except alternate foot lands with heel facing attacker.

All the above jump kicks are done as a unit with the body turning clockwise or counter-clockwise.

PRE-ARRANGED SPARRING REGULATIONS

1. All sparrings must be done with energy and vigor.
2. Shouting must be strong and from the Hara.
3. Defender must show proper attitude before and after his action.
4. Attention should be paid to proper distancing.
5. Defender should not give oral commands to his partner.
6. Attack area should be indicated by a glance of the eyes.
7. Stances must be properly low and with no agitation.
8. Attackers body must face defender squarely.
9. Attackers free hand must be held at side unless noted otherwise.
10. Attacker must step before attacking.
11. Attacks must be forceful and penetrating.
12. Defending must be followed immediately by a counterattack.
13. Strike target must be pointed accurately.
14. All attacks and defends must be done with speed and power.

REMEMBER: PRE-ARRANGED SPARRING TEACHES

INTERVAL - TIME AND DISTANCE

PRECEPT: ATTENTION

Attention means Attention which means A T T E N T I O N !!!!!

ONE STEP REQUIREMENTS FOR KUPS

1. ATTACK - HS
 DEFEND - Step back with RT foot forming RT Back Stance
 Execute HS Outer Forearm Rising Block
 COUNTER - Slide in with FRT Foot and execute RT MS FF Attack

2. ATTACK - HS
 DEFEND - Step in forming LFT Back Stance, HS Inside Outer
 Forearm Block
 COUNTER - Grab RT Arm with LFT Hand, execute HS RT Back Fist

3. ATTACK - MS
 DEFEND - Step back RT Back Stance, MS open hand Descending Block
 COUNTER - MS RT Foot Front Kick

4. ATTACK - HS
 DEFEND - Step LFT Foot forward on oblique, RT HS Open Hand Block
 COUNTER - Execute RT MS RDH Kick

5. ATTACK - HS
 DEFEND - RT Foot forward on oblique forming Horse Stance
 LFT Outer Forearm Outside Block
 COUNTER - Execute RT MS Back Fist

6. ATTACK - HS
 DEFEND - Slide back with LFT Foot forming Natural Stance
 COUNTER - Execute RT Foot Side Kick to MS

7. ATTACK - HS
 DEFEND - Step LFT Foot out to outside attacker's LFT Leg
 forming RT Back Stance, execute LFT Outer Forearm Inside
 Block
 COUNTER - RT FF Reverse Punch to MS

8. ATTACK - MS
 DEFEND - Step to LFT rear oblique forming LFT Cat Stance RGT
 Double KH Guarding Block
 COUNTER - Cover LFT Hand with RT Hand and execute RGT Foot MS FRT Kick

ONE STEP SPARRING (SECONDARY GROUP)

This is a simplified method of training designed for practicing with safety. Movements are pre-arranged so that even beginners know what to expect next and can respond with the appropriate defense or attack. It utilizes the basic skills thereby allowing the student to develop his technique correctly.

- 1.) When opponent attacks face:
Step back right foot in a back stance, raising block with left hand, slide in reverse punch solar plexus in back stance.
* Check your back stance.
- 2.) When opponent attacks face:
Step back left foot in a back stance, raising block with right hand, slide in left hand reverse punch to Rib Cage, in a back stance.
- 3.) When opponent attacks mid-section:
Step back right foot in a back stance, knife defend with left hand, slide in reverse punch to solar plexus in a back stance.
- 4.) When opponent attacks mid-section:
Step back left foot in a back stance, knife defend right hand, slide in reverse punch to rib cage, in a back stance.
- 5.) When opponent attacks mid-section:
Step back right foot in a back stance, inward middle block, grab opponent's wrist with your right hand and pull slightly at same time move left foot forward forming horse riding stance, hand knife attack with left hand to bridge of nose or throat.
- 6.) When opponent attacks mid-section:
Step back left foot in a back stance, inward middle block with right hand, move right foot forward forming horse riding stance at same time elbow strike rib cage with right arm and then back fist strike to right temple with same hand.
- 7.) When opponent attacks mid-section:
Step back right foot in a back stance, circle block with left hand, slide in reverse punch solar plexus, in back stance.
- 8.) When opponent attacks mid-section:
Step back left foot in a back stance, circle block with right hand, slide in reverse punch to rib cage in a back stance.
- 9.) When opponent attacks your face:
Step 15 degrees side with left foot forming horse riding stance, at same time palm block with left hand. Double punch rib cage, first right hand punch then left.
- 10.) When opponent attacks your face:
Step back left foot in back stance, palm block with right hand, move your right foot forward forming horse riding stance at the same time hand knife strike to the neck.

RELEASE REQUIREMENTS FOR KUP

1. Attacker holds lapels by two hands.

RELEASE: Step sharply to one side with a Kaii forming a horse stance - lift arm closest to attacker up and over the attacker two arms and continue to turn until clear of foes body - return strike can be made with the elbow to the head.

2. Attacker holds opposite wrist by one hand.

RELEASE: Step sharply forward with rear foot forming a horse stance to the rear of the attacker. Kaii with free hand grasp attacker by hair and pull him over backwards.

3. Attacker holds opposite shoulder by one hand.

RELEASE: Lift arm closest held shoulder high and turn - Kaii - lower arm, trapping holding hand and grasp hair with free hand - pull opponent over backwards.

4. Attacker holds neck from above, facing the same way.

RELEASE: With hand furthest from opponent strike for the groin area - Kaii - with other hand grasp the hair and pull the attackers head sharply to the rear toppling him over backwards. The hair should be grasped near the temple on the side away from the defender.

These releases must be practiced until they are a second nature. The element of surprise is augmented by a strong and forceful shout and a quick jerk. The ultimate results are obtained by the trained practitioner who has developed the grip and the ability to extend the arm with explosive power. These releases are all related and the student need not learn many different actions which might tend to confuse him.

3 STEP PRE-ARRANGED TECHNIQUES

Techniques are edited for RT Hand starting attack, but may be reversed.

1. ATTACKS: HS
 DEFENDS: Step back with RT Foot forming RT BStance and execute LFT OFArm RBlock. Repeat in reverse and same way.
 COUNTER: RT MS STPunch.

2. ATTACKS: HS
 DEFENDS: Step back . *RT* Foot forming . RT BStance and execute RT OFArm IN Block. Repeat in reverse. Final attack step to Oblique forming HStance to LFT FRT Oblique of Attacker.
 COUNTER: Execute RT MS BFist to floating ribs (LFT Hand should be placed in guarding position under RT Elbow).

3. ATTACKS: HS
 DEFENDS: Step back with RT Foot forming RT BStance and execute LFT HS OFArm *CUT*Block to Attackers Forearm. Repeat in reverse. Repeat first action , but this time striking: Attackers arm just above the RT Elbow.
 COUNTER: Execute RT MS VTPunch to Attackers floating ribs.

4. ATTACKS: MS
 DEFENDS: Start *LFT* Hand, KHand DBlock. Repeat action. *REPEAT*.
 COUNTER: RT FRTKick

5. ATTACKS: MS
 DEFENDS: Step back with LFT Foot forming LFT BStance and execute RT MS INFArm Block. Repeat in reverse. Last attack , execute LFT MS KHand OUT Pulling CR Block.*while SLIDING IN WITH RT FOOT*
 COUNTER: At the same time of the Defend execute RT HS HPunch to Mastoid area.

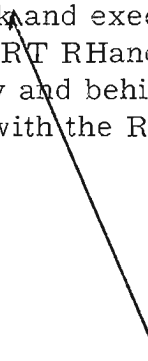
6. ATTACKS: HS
 DEFENDS: Step back with RT Foot forming RT BStance and execute LFT HS OFArm RBlock. Repeat in reverse. Last attack slide back with LFT Foot and form Natural Stance.
 COUNTER: RT MS SKick.

7. ATTACKS: HS
 DEFENDS: Step back with LFT Foot and execute RT HS Pal Up Cross Body PBlock (Intercepting Upper Arm). Repeat in reverse. Last attack, Counter.
 COUNTER: Slide LFT Foot back and execute HS KHand Pulling Block with LFT Hand; Turn CCwise by moving LFT Foot rearwards and strike Back of Attackers Head; Keep turning, pushing head downward and to the LFT and tumble opponent to ground.

3-STEP PRE-ARRANGED TECHNIQUES (Continued)

8. ATTACKS: MS
DEFENDS: Step back with ~~RT~~ Foot and execute ~~LFT~~ MS Palm Up
CRBody PBlock. Repeat in reverse. Last attack,
step back and execute LFT BFARM SWBlock.
COUNTER: Execute RT RHand Strike at the same time stepping
in deeply and behind with the RT Foot. Continue the turn
started with the RHand and throw the Attacker to the
ground.

Then SLIDE IN



ONE-STEP PRE-ARRANGED KICKING TECHNIQUES

For editing purposes, Defender will always begin in RT BStance and the Attacker will execute RT Side attacks. This may be reversed in actual practice.

1. ATTACK: Execute RT FRTKick and RT HS Punch.
DEFEND: Step back with RT Foot and execute LFT LS Block and LFT HS Block. Counter with STPunch.
2. DEFEND: Slide back with LFT Foot and execute RT LS Block and RT HS Block. Counter with LFT MS VPunch.
3. ATTACK: Execute RT HS RDHKick.
DEFEND: With Attackers first movement, slide in and execute MS Punch while covering attacking leg with LFT Hand.
4. DEFEND: Slide back to maintain distance and pivot on the RT Foot, executing BKick with the LFT Foot.
5. ATTACK: Execute Rear Foot Side Kick and turn and execute opposite hand BFist Strike.
DEFEND: Slide back for distancing, and with feet in place, pivot body and execute DBL KHand MS XBlock. Pull attackers foot and step in deep pressing Attackers Hip with LFT Thigh and execute LFT HS Block. Counter with RT VPunch to Kidney or Back of Head.
6. ATTACK: Execute FRT Foot Skip-In SKick and BFist Strike with same hand.
DEFEND: Slide back for distancing and execute RT CR Block. Release Foot and execute HS Block. Counter with Punch to open target.

Execute these drills rapidly and with no focus at the start. When speed and flexibility are achieved, put on safety equipment and practice with real power and killing blows. For advanced students, a continued series of counters should be exercised to a conclusion (throwing, etc.). In this instance complete body armor must be utilized.

PRE-ARRANGED TWO-STEP KICKING TECHNIQUES

1. ATTACKER: Execute FRT Kick with Rear Foot, then RDHKick with Opposite Foot.
DEFENDER: Back up from FRTKick and slide in on oblique and Punch at exact instant of RDHKick attack.
2. ATTACKER: Execute FRT Foot SKick and the skip in and execute same Foot FRT HKick.
DEFENDER: Evade FRTKick, dodge HKick and slide in and Punch. Distancing and dodging is important here.
3. ATTACKER: Execute RDHKick with Rear Foot and WKick with Opposite Foot.
DEFENDER: Evade RDHKick. Deal with WKick by sliding in to a position very close to Attacker and execute KHand Strike to Head and Sweep Attacker to the ground.
4. ATTACKER: Execute FRTKick, then RDHKick with Opposite Foot.
DEFENDER: Evade FRTKick, catch RDHKick with Net Block. Counter with Back Kick.
5. ATTACKER: Execute FRT Foot WKick and then Opposite Foot BKick.
DEFENDER: Let WKick pass. Slide back and counter BKick with HS RDHKick.
6. ATTACKER: Execute FRT RDHKick and then Opposite Foot FRTKick.
DEFENDER: Slide back from RDHKick and then execute SBlock and Take-Down on the FRTKick (2nd Effort or KWAN MU).

The drills should be practiced rapidly over and over in order to achieve the desired results. Simply knowing the methods is not enough, they must enter into the reflexes. The Defender must gaze directly at the attacker and avoid stressing or lingering on any action or block.

TAKE DOWN - Kup requirement

ATTACKER: HS

DEFENDER: Step back forming RT BStance and execute LFT OFArm RBlock . Counter with RT MS RVPunch. (LFT Leg should be placed almost even with and outside of Attackers RT Leg by about one foot.) Move RT Leg through and place RT Calf behind Attackers Lower Leg. Insert leg deeply (contacting Thigh against Thigh) and with a powerful driving action snap the Leg straight. At the same time grasp Opponents Upper Arm with the LFT Hand , pull down hard, and execute RT OFArm Smash to the Chest Plate. Opponents Leg will snap out from under him and he will be driven to the floor directly in front of Defender. (It is imperative that the Upper Body be kept close to the Attackers Chest and that the Arm Strike be executed with a rotary action. The Reaping Leg must drive straight back and to the floor, no direct lifting action is involved here.

ILLUSTRATION:

Defend



Body Contact



Throw



SECONDARY RELEASES AND COUNTER THROWS #1

ATTACKER: Holds lapels by both hands

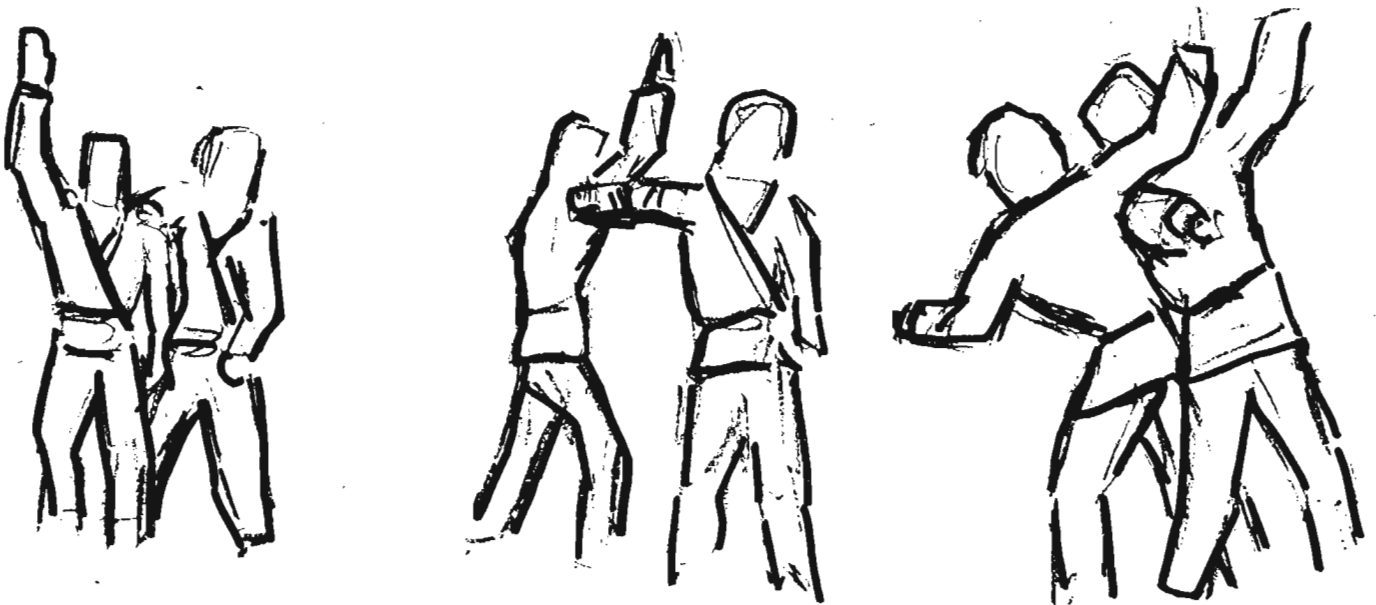
RELEASE: KIAI!! Lifting arms over opponent's grasping hands and pivoting sharply, step out in oblique and place front leg behind and to outside of attacker's legs. With a twist, lower elbow and strike attacker in the chest, tumbling him down, and over leading leg.



SECONDARY RELEASES AND COUNTER THROWS #3

ATTACKER: Holds opposite shoulder from rear

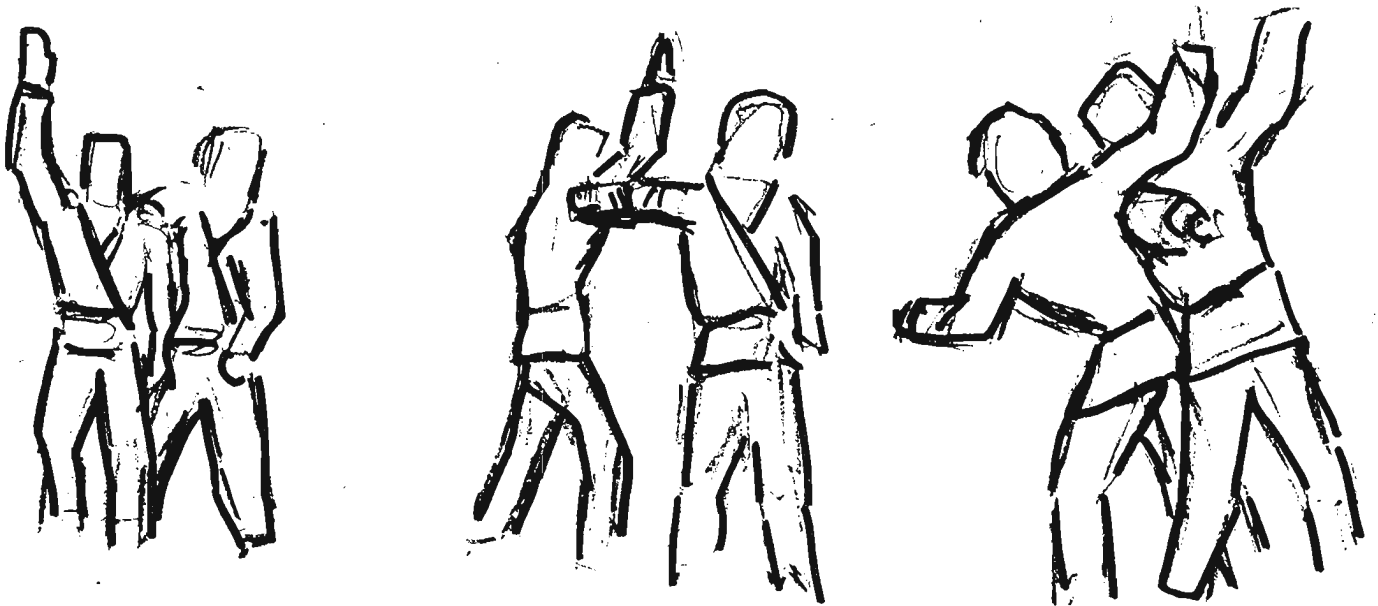
RELEASE: KIAI!! Lift arm on held side high in air and pivot. Step out with rear foot, lowering raised arm and trapping attacker's grasping hand under defender's armpit. When resistance is felt, reverse direction of twist, step through with rear leg and strike opponent in chest with palm heel. With a sharp twist of the trunk, tumble attacker over the front leg and to the ground.



SECONDARY RELEASES AND COUNTER THROWS #3

ATTACKER: Holds opposite shoulder from rear

RELEASE: KIAI!! Lift arm on held side high in air and pivot. Step out with rear foot, lowering raised arm and trapping attacker's grasping hand under defender's armpit. When resistance is felt, reverse direction of twist, step through with rear leg and strike opponent in chest with palm heel. With a sharp twist of the trunk, tumble attacker over the front leg and to the ground.



SECONDARY RELEASES AND COUNTER THROWS #2

ATTACKER: Holds opposite wrist with one hand

RELEASE: KIAI!! Step out to rear and behind opponent putting thrusting arm to oblique rear (opposite direction from the step). When resistance is felt, circle arm forward to opponent's chest and step through with rear foot, pushing striking opponent in chest with palm. With sharp twist of torso, tumble opponent over leg and onto floor.



SECONDARY RELEASES AND COUNTER THROWS #4

ATTACKER: Hold head under arms facing same direction

RELEASE: KIAI!! Strike groin with palm heel and with top arm, grasp hair near temple on side of head nearest defender. (If attacker is bald, grasp soft under part of chin with thumb and insert fingers into eye depression creating a grip). Grasp underside of knee area with other hand. Jerk sharply--stand up erect and literally throw opponent to the ground. Hand holding head must pull down and back with maximum effort.



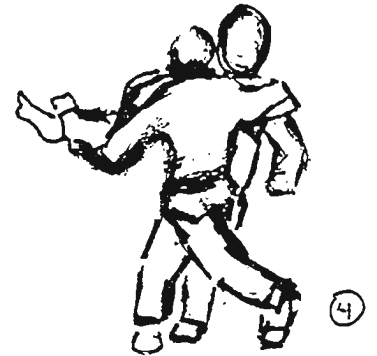
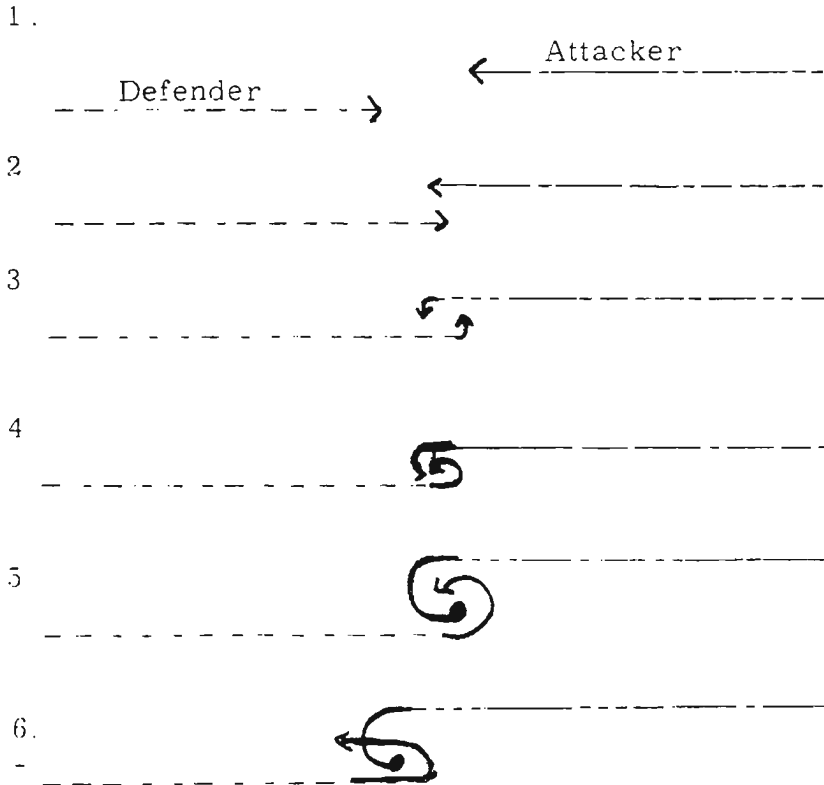
KWAN MU --TAKE DOWNS

ATTACK: RT. FRTKICK

DEFEND: Defender is in LFT BStance. On perception of Attackers kicking action slide in with RT Lead Foot and then step behind RT Foot with LFT Foot forming RT XStance. At the same time execute LFT OFArm CR Palm Down PBlock and continue the CR Action Hooking Attackers leg with LFT Arm Crook Strike Opponent powerfully in the Chest with RT Elbow and grasp Opponents RT Lapel with RT Hand using Elbow as turning lever. All the above actions are performed with a deep thrusting and jamming action and with one mind.

Stand up pivoting out of stance forming FRTStance in opposite direction and with a sharp twist pull Opponents Kicking Leg to Abdomen and jerk and lift slightly with RT Lever Hand. Twisting the body slightly CCWise, slide RT Foot slightly to the rear reaping Opponents Supporting Leg and looking to the LFT, Drive Attacker to the floor with a thrust of the RT Elbow. The Attacker should land directly on his back with no recourse to breakfalling. The throw is a turning, pivoting action and utilizes the concept of "PUSHING THE KICK".

ATTACK THEORY DIAGRAM



KENKA TECHNIQUE #1

1. Attacker holds lapels by both hands.

RELEASE: (Left Side Action)

Reach across opponent's body with the left hand and grasp the left arm by the underside slightly above the elbow. Kaii !! and jerk firmly stepping out with the right foot placing right leg behind left leg of attacker. (Defender must attempt to pull the grasping arm down and to his belt level on the left side.) Strike back or head sharply with open palm in the manner of a sudo strike. (Attacker and defender should now be looking in the same direction.) Keep the right hand on the head (grabbing the hair, if possible) and continue turning counter-clockwise by stepping back with the left foot. Push head and pull arm strongly down to the left and throw opponent on head.



These releases have many supporting values which reinforce the possible applications in an actual street encounter.

1. The opening of a vital area to a paralyzing strike.
2. The turning of the defender enabling him to see possible attacks from the rear.
3. The positioning of the attacker between the defender and a possible second attacker.
4. If the defender has his back to furniture or to the wall, the possibility of throwing or driving the opponents head into a hard and damaging surface.
5. The possibility of delivering a kick after the release.
6. The complete and total incapacitation of the antagonist by any one of the three steps of the release.