



***U.S.A. Kenpo Combatives
Self-Defense Course
Apprentice Skill Level
Levels #1 thru #5***

HEALTH RISK ADVISORY

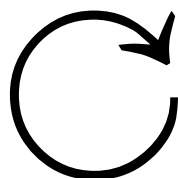
It is important that you see your physician, or health care specialist before beginning any type of exercise program.

DISCLAIMER

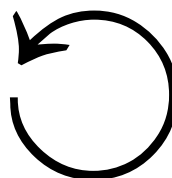
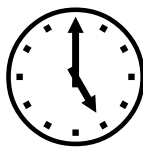
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For the purpose of illustrating direction, please see the diagram below.

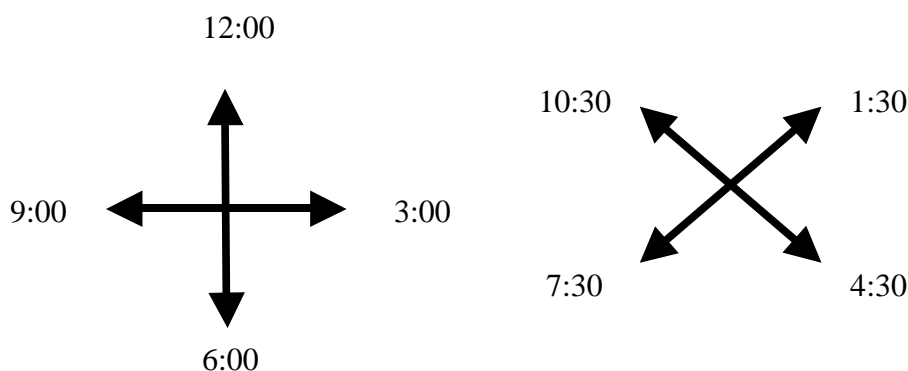


Right-Clockwise



Left-Counter Clockwise

To avoid confusion, we are using the standard analog clock face for the purpose of best illustrating both attack and defense.



Primarily, it borrowed from fighter pilots their method of locating another plane in reference to themselves. Previously, many people tried to use compass points. However, this proved to be too confusing, so analog clock increments were used instead. Since that time, this particular drill has been used for almost 50 years in Combatives.

Keep in mind that almost any technique within can be done within this pattern.

It is our most basic testing pattern for both new and already existing technique.

Forward:

U.S. A. Kenpo Combatives is a purely self-defense oriented system of fighting.

Based largely upon American as well as Asian fighting arts, it relies heavily on individual and group practice for it to be effective.

This course can be learned in a few days; however, regular weekly practice is recommended to insure success.

Unlike a more traditional study of modern martial arts (which can take several years to reach the desired skill level) Combatives training can be mastered in a few weeks or months of regular, progressive workouts.

There are four (4) levels to training in the combative self-defense arts:

Apprentice (levels #1 thru #10)

Journeyman (levels #1 thru #10)

Expert (levels #1 thru #10)

Master of Arms (levels #1 thru #10)

Each of these levels have their own sub-levels consisting of about 5 to 7 individual self-defense techniques each.

Each of the self-defense techniques illustrated in this manual were chosen due to their overall effectiveness in actual street combat situations.

There is no stigma applied to a movement's effectiveness as to its position within the manual of the U.S.A. Kenpo Combatives Self-Defense Course.

Level #1 Apprentice techniques are just as deadly, and just as effective as Level #10 Master of Arms techniques.

This training manual concerns the first five (5) levels of training within the apprentice skill level.

Good Luck In Your Training,

Ronald James Shively

Ronald James Shively,

Senior Master of Arms

U.S.A. Kenpo Combatives

Level #1

1. Deflecting Hammer: right kick
2. Breaking the Sword: handshake
3. Evasion: overhead club
4. Knee of Vengeance: two hand grab front
5. Attack from the Alley (offensive attack-one opponent)

Date: _____

Level #2

1. Attacking Mantis: step-thru punch
2. Arcing Blades: right punch
3. Japanese Sickle: left punch
4. Lone Kimono: left lapel grab
5. Raining Claw: uppercut punch

Date: _____

Level #3

1. Crash of the Eagle: two hand rear choke
2. Checking the Storm: overhead club
3. Obscure Wing: flank shoulder grab
4. Headlock: flank headlock
5. Beheading the Dragon: left punch

Date: _____

Level #4

1. Feeding Crane: handshake - wrist grab
2. Crossing Talon: cross wrist grab
3. Knee Lift: front bear hug-arms pinned
4. Chinese Circle: right punch
5. Japanese Stranglehold: arm strangle from behind

Date: _____

Level #5

1. Twisting Talon: wrist grab
2. Returning Dragon: lateral shoulder grab
3. Twin Kimono: two hand lapel grab
4. Tiger's Tail: rear bear hug-arms are pinned
5. Waning Moon: overhead club

Date: _____

Level #1

1. Deflecting Hammer: right kick _____
2. Breaking the Sword: handshake _____
3. Evasion: overhead club _____
4. Knee of Vengeance: two hand grab front _____
5. Attack from the Alley
(offensive attack-one opponent) _____

Date: _____

1. Deflecting Hammer: right kick



1. Facing 12:00, your opponent moves forward and executes a right front kick toward your midsection.
2. Immediately step back with your left foot to 7:00 and into a right cat stance as you shuffle backwards away from your attacker's kick.
3. As you move backwards perform a right downward block to the outside of your opponent's leg. This will cause his kicking leg to be deflected away from you to your right.
4. Your left hand is in front of your chest as a possible check.
5. Immediately slide forward while still in a right neutral bow stance and execute a right horizontal elbow strike to your opponent's head. Your left hand holds or sandwiches his head.
6. Repeat on opposite side.

2. Breaking the Sword: handshake/wrist grab



1. Facing 12:00, your opponent, steps forward with his right foot, and offers his right hand in a handshake greeting. However, his intention is to punch you with his left hand.
2. Immediately step across your opponent and towards 1:00 with your left foot as you clasp the back of your attacker's right hand with your left hand.
3. Swing his left hand upward in a counter clockwise-circular motion to about shoulder or head level. This will prevent him from punching you with his left hand.
4. Follow thru with an over the shoulder breaking motion to his right elbow. Your back is to the attacker.
5. Continue holding his right arm with your right hand as you execute a left elbow strike to his solar plexus, followed by a left hammer fist to his groin.
6. Repeat on the opposite side, however, using a left wrist grab instead of a left handshake.

3. Evasion: overhead club



1. Facing 12:00, your opponent steps toward you with his right foot and is swinging a club in his right hand at your head in an overhead motion.
2. Immediately step forward with your left foot towards 11:00 as you perform a left inward open hand parry and a right outward block to the outside of his right arm.
3. As you step forward with your right leg, chamber it and execute a right side thrust kick to the outside of your opponent's right knee.
5. Plant your right foot after kicking. While still holding his right arm with your right hand, execute a left forearm strike to his right elbow.
4. Repeat on opposite side.

4. Knee of Vengeance: two hand grab-front



1. Facing 12:00, your opponent has stepped forward, and has grabbed you with both hands from the front.
2. Step forward with your right foot to 12:00 as you execute a double hand grab onto his shoulders, grabbing his shoulders and pulling him forward.
4. As you pull him forward, execute a right rising knee strike to his groin. Then follow thru with a right stomp kick to his instep(s) - the top of his feet.
5. Execute a left heel palm strike to the right side of his head, then follow thru with a right horizontal elbow strike to the left side of his head or jaw. Your left hand holds or sandwiches his head for the final elbow strike.
6. Repeat on opposite side.

5. Attack from the Alley (offensive attack-one opponent)



5. Attack from the Alley (offensive attack-one opponent)

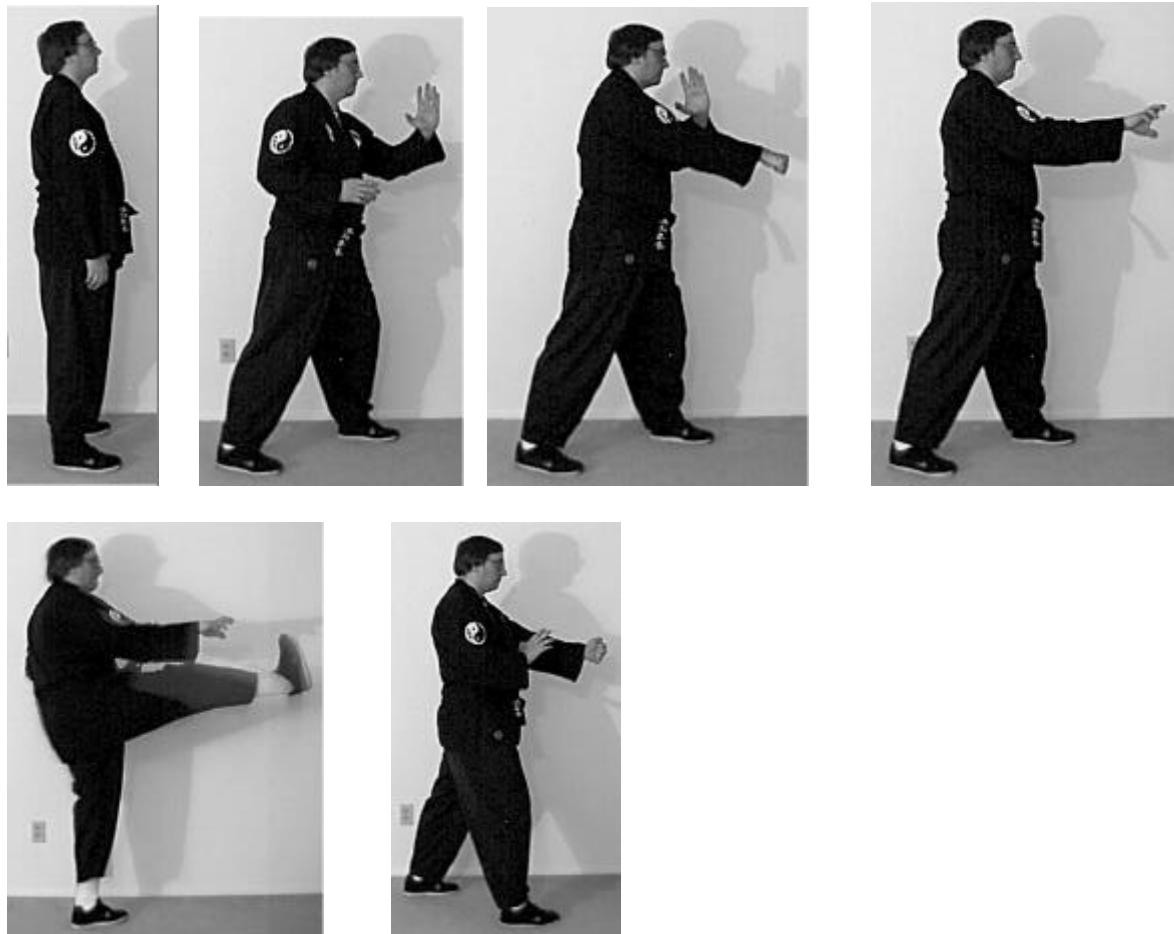
1. You are walking towards 12:00 your attacker is barring your way.
2. As you step towards 12:00 with your right foot, you step into a right neutral bow stance and execute a right punch to his solar plexus. Your left hand is in front of your chest as a possible check.
3. Immediately shift into a right rising uppercut strike to his chin.
4. Follow thru with a right hammer fist to his groin.
5. Chamber your right leg and execute a right back kick to his abdomen or to his knees.
6. Repeat on opposite side.

Level #2

1. Attacking Mantis: step-thru punch _____
2. Arcing Blades: right punch _____
3. Japanese Sickle: left punch _____
4. Lone Kimono: left lapel grab _____
5. Raining Claw: uppercut punch _____

Date: _____

1. Attacking Mantis: step-thru punch



1. Facing 12:00 your opponent steps forward with his right foot, and is punching with his right arm.
2. Step forward towards 11:00 with your left foot as you execute a left inward block - open hand parry to the outside of your attacker's right arm. Your right arm is in front of your chest in a positional check
3. Apply a left check to your opponent's right arm as you shift into a left forward - hard bow stance, executing a right reverse punch under his arm to his right rib cage.
4. Allow your right arm to circle clockwise (to the outside) and grab your opponent's right arm as you execute a right front kick to his abdomen or groin.
5. Plant your right foot to 1:30 and pivot into a right forward - hard bow stance as you execute a left punch to his right kidney area. Simultaneously increase the injury by pulling down on his right arm as you punch.
6. Repeat on opposite side.

2. Arcing Blades: right punch



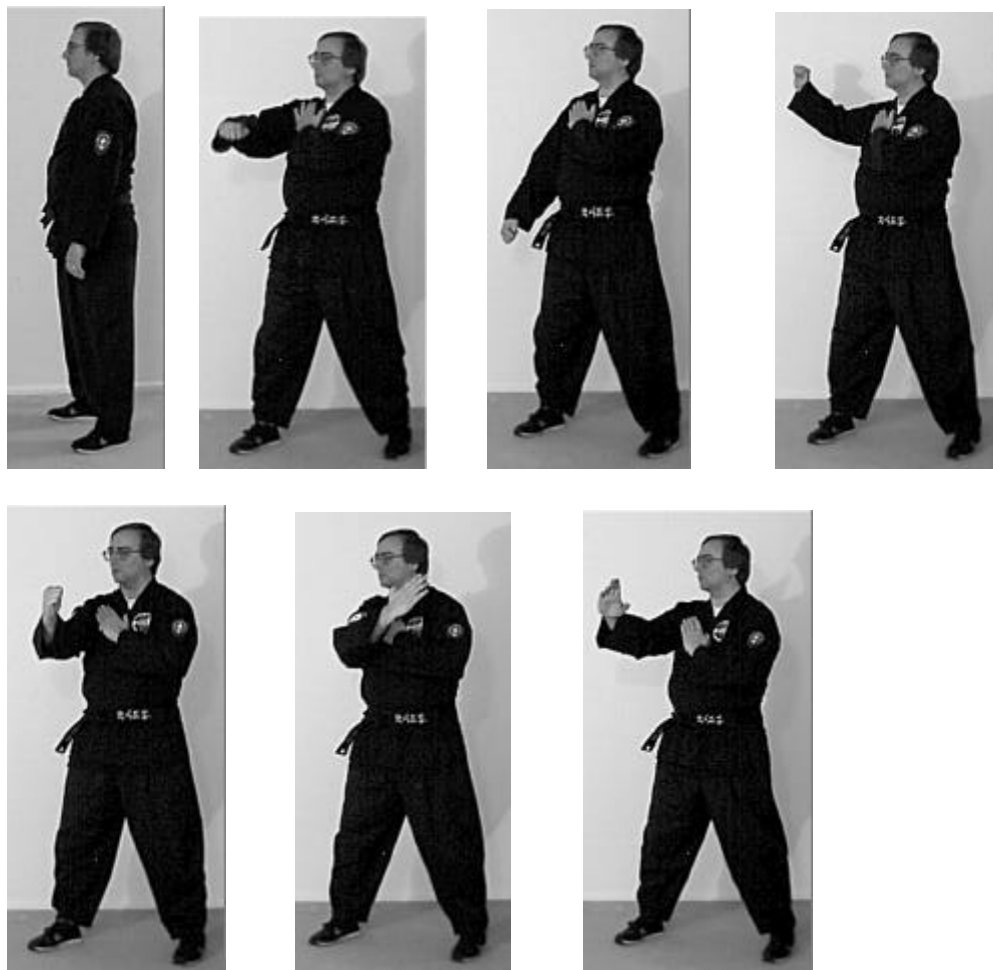
1. Facing 12:00, your opponent steps forward with his right foot, and is punching with his right hand. Step back with your left foot to 6:00, into a right neutral bow stance.
2. Perform a right inward block to the inside of your opponent's right forearm. Continue the motion with a right chop to the right side of the opponent's neck.
3. Chamber the right hand at your right hip as you execute a left palm heel thrust with your left hand to his face.
4. Finish the movement with a right punch to his solar plexus.
5. Repeat on opposite side.

3. Japanese Sickle: left punch



1. Facing 12:00, your opponent steps forward with his left foot and executes a left punch to the right side of your head.
2. Immediately step forward with your right foot into a right neutral bow stance as you perform a right extended outward block to the inside of his left arm.
3. At the same time, execute a left palm heel thrust to his head/chin. You shift into a right forward bow stance as you strike.
4. Continue the motion with a right hammer fist or hand sword strike to the left side of his neck or head.
5. Twist to the right - counter clockwise - into a left soft bow stance as you deliver a right hammer fist to his groin.
6. Repeat on opposite side.

4. Lone Kimono: left hand lapel grab



1. Facing 12:00, your opponent steps forward with his left foot and grabs your right lapel with his left hand prior to punching you in the face with his right hand.

2. Step back to 7:00 with your left foot into a right neutral bow stance when your opponent grabs your lapel with his left hand. As you step back, use your left hand to pin your attacker's left hand to your chest. Deliver a right upward forearm strike against his left elbow just above the joint, thus causing the elbow to break as you pivot into a right neutral bow.

3. Continue the motion by circling your right arm over and down (counter clockwise) with an inward-downward strike against your opponent's left forearm. Make sure that your opponent's left arm is driven down and diagonally to your left.

4. After cocking your right hand slightly toward you, deliver a right outward chop to the right side of opponent's head or neck. Your stance throughout is still a right neutral bow. Cock your left hand at your solar plexus, ready to check when needed.

5. Repeat on opposite side.

5. Raining Claw: uppercut punch



5. Raining Claw: uppercut punch

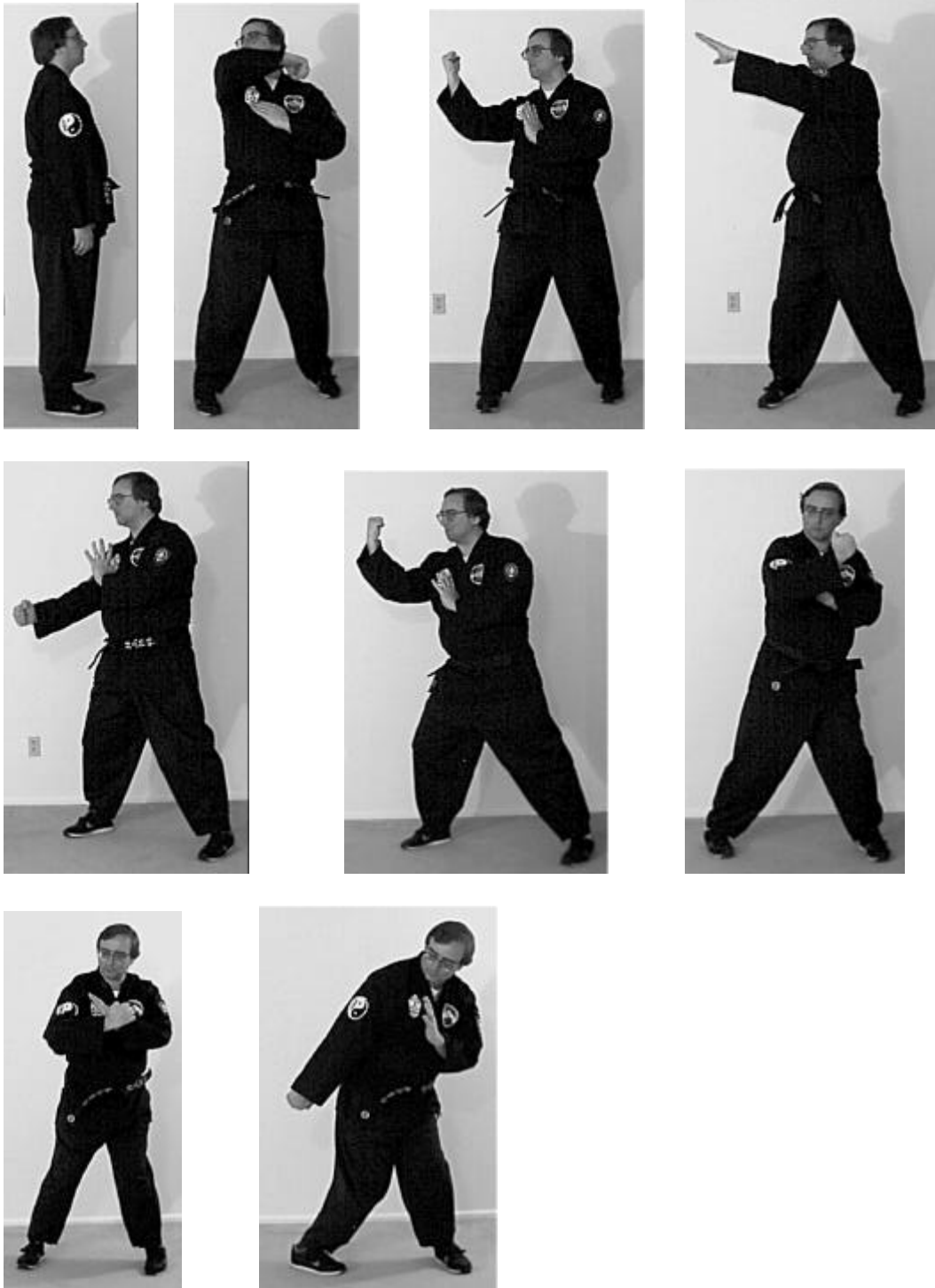
1. Standing naturally with feet together, facing 12:00. Your opponent steps forward with his right foot, and is executing a right uppercut punch to your abdomen.
2. Step back to 7:00 with your left foot into a right neutral bow stance and deliver a right downward inward block to his right forearm of your opponent's uppercut. Your left hand is chambered high to protect your ribs.
3. Immediately shoot a left overhead claw to your opponent's face while your right elbow stays close to your body.
4. Have your chamber at your right hip, then execute a right uppercut thrust to your opponent's face or chin while shuffling forward with your left hand checking low.
5. Continue the circular motion of the strike as you execute a right hammer fist strike to his groin.
6. Finish the movement by cocking your right leg and executing a right back kick to his groin, abdomen, or knee(s).
7. Repeat on opposite side.

Level #3

1. Crash of the Eagle: two hand rear choke _____
2. Checking the Storm: overhead club _____
3. Obscure Wing: flank shoulder grab _____
4. Headlock: flank headlock _____
5. Beheading the Dragon: left punch _____

Date: _____

1. Crash of the Eagle: two hand rear choke



1. Crash of the Eagle: two hand rear choke

1. Facing 12:00, your opponent is choking you from behind with both hands.
2. Either step forward with your left foot to 1:00, or back to 6:00 with your right foot. Pivot 180° Degrees to your right – clockwise and execute a right back fist strike to his head, overtop of both is arms.
3. As you execute the right back fist strike, your right arm knocks both of his arms off of your neck.
4. After the right back fist, execute a left finger jab to your attacker's eyes.
5. After the left finger jab, your left hand checks both his arms as you execute a right uppercut strike to his solar plexus.
6. Continue with a rising uppercut strike to his chin, followed by a right hammer fist to his groin.
7. Repeat on opposite side.

2. Checking the Storm: overhead club



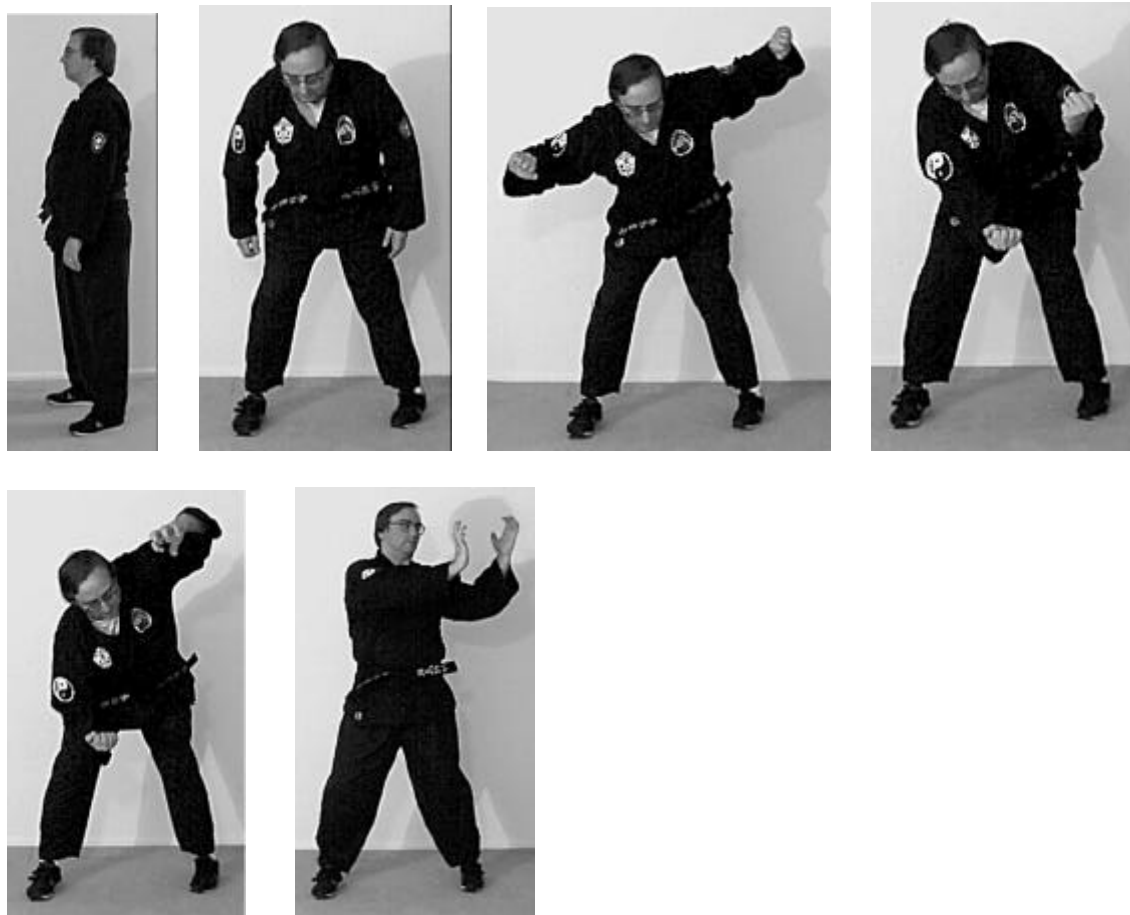
1. Facing 12:00, your opponent steps forward with his right foot, and is swinging an overhead club at your head.
2. Immediately step laterally towards 3:00 to the right as you perform a right inward open hand block - parry to the inside of his right arm.
3. Immediately step into a left cat stance, facing 10:30, as you follow thru with a left extended outward block to the inside of his right arm. Execute a left front snap kick to his groin.
4. Finish by re-chambering your left leg and execute a left side thrust kick to the inside of his right leg - right knee.
5. Repeat on opposite side.

3. Obscure Wing: flank left hand shoulder grab



1. With feet together and your opponent's left hand grabbing your right shoulder, step to your right to 5:00 with your right foot as you drop into a left neutral bow stance.
2. Simultaneously deliver a right back elbow strike to your opponent's solar plexus as your left hand pins and checks your opponent's left hand to your right shoulder.
3. Deliver a right hammer fist down to your opponent's groin and follow-up with a right hand grab to your opponent's testicles.
4. Finish with a right snapping obscure elbow strike to your opponent's chin, making sure that your right arm follows the contour of your opponent's body.
5. Repeat on opposite side.

4. Headlock: flank headlock



1. Facing 12:00, your opponent has approached you from 9:00 (your left side), and has placed you in a headlock with his right arm around your neck.
2. Immediately use your right hand to pull against his right arm, relieving pressure against your windpipe. As you pull with your right arm, your left leg steps behind his right leg and your left knee pushes against his right knee from behind. This causes your attacker to lose both his balance and his grip momentarily.
3. Immediately step out with your right foot toward 12:00, as you separate both arms and strike simultaneously with a left hammer fist to his kidney area, and a right hammer fist to his groin.
4. Grab his hair* with your left hand and pull backwards as you execute a right palm heel strike to his chin or face.
5. Repeat on opposite side.
6. *In case your attacker may have short hair, or no hair, reach around the front of his face and apply pressure to the front of his nose, causing him to move backwards.

5. Beheading the Dragon: left punch



1. Facing 12:00, your opponent steps forward with his left foot and punches with his left hand. Immediately step back with your left foot towards 6:00 into a right neutral bow stance.
2. Execute a right inward palm block to the outside of his left arm. At the same time position your left hand at your chest to act as a precautionary check.
3. Slide forward with your right foot as you circle your right blocking arm and execute a right hammer fist blow to his left rib cage, solar plexus, or groin area.
4. Continue checking his left arm with your left hand as your right arm cocks at the right side of your head.
5. Follow thru with a right hammer fist strike/forearm strike to the back of your opponent's head, or if possible, a strike to his left elbow.
6. Repeat on opposite side.

Level #4

1. Feeding Crane: handshake - wrist grab _____
2. Crossing Talon: cross wrist grab _____
3. Knee Lift: front bearhug-arms pinned _____
4. Chinese Circle: right punch _____
5. Japanese Stranglehold:
arm strangle from behind _____

Date: _____

1. Feeding Crane: handshake - wrist grab



1. Facing 12:00 your opponent steps forward with his right foot, and is offering his right hand in greeting - a handshake. As you shake hands you see that it is a ruse to a grab and possible left punch attack.
2. Immediately step towards 11:00 with your left foot as you pull down with your grasping right hand and grab his right shoulder with your left hand. Execute a right rising knee strike to your opponent's groin or abdomen.
3. Immediately step back with your right foot towards 6:00 as you pull your attacker down. Continue to hold his right shoulder with your left hand, serving as a check to his right arm.
4. Follow thru with a right hammer fist, or a right hand sword - chop strike to the back of your opponent's head.
5. When repeating on the opposite side, simulate a left wrist grab instead of a left handshake.

2. Crossing Talon: cross wrist grab



2. Crossing Talon: cross wrist grab

1. Facing 12:00, your opponent steps forward with his right foot and grabs your right wrist with his right wrist - as if faking a handshake.
2. With opponent's right hand grabbing your right wrist, counter grab his wrist straight on as your right foot steps backward to 5:00 into a left neutral bow stance.
3. Simultaneously strike your attacker's right elbow with your left forearm in a forward thrusting motion while your right hand pulls in toward and past your right hip.
4. Continue to push and pull opponent's arm to your right forcing your opponent's head down with the possibility of your opponent's head striking your left knee.
5. Immediately deliver a left side elbow strike (palm up or down depending on circumstances) to the right side of your opponent's head.
6. Circle your left arm up and strike down with a left hammer fist strike to the back of his head or to his spine.
7. Repeat on opposite side.

3. Knee Lift: front bear hug-arms pinned



1. Step forward with your right foot to 12:00 into a right neutral bow stance, having only your right foot move forward and not the upper body.
2. Simultaneously thrust both of your fingers up and to the opponent's groin, and/or possibly into the nerve plexus area of both ball & socket hip joints.
3. Draw both your hands back and strike his upper chest area in and around his pectoral muscles, then grab the pectoral muscle area after striking.
4. Execute a right rising knee strike to his groin, followed by a right foot stomp to both his instep(s).
5. Place your left palm against the right side of his head for a sandwiching effect as you finish with a right horizontal elbow strike to the left side of his head.
6. Repeat on opposite side.

4. Chinese Circle: right punch



4. Chinese Circle: right punch

1. Facing 12:00, your opponent steps forward with his right foot, and is punching with his right hand.
2. As in Chinese Sword, step towards 12:00 with your right foot, and perform a right inward block to the inside of his right arm. Your left hand is performing a check in front of your chest.
3. Immediately circle your right hand downward in a counter clockwise direction, and execute a right hammer fist strike to his groin. Your left hand is still checking his right arm.
4. After the hammer fist strike to his groin, execute a tiger claw grab to his groin, ripping upwards as you perform a right rising elbow strike to his chin.
5. Turning 180' degrees to the right - clockwise, you follow thru with a left heel palm at his chin.
6. Finish with a right hand sword/chop strike to the left side of your opponent's neck.
7. Repeat on opposite side.

5. Japanese Stranglehold: arm strangle from behind



1. Your opponent has you in a rear choke with his left arm around your neck. Using his right arm to apply further pressure by pulling tighter on his left arm.
2. Immediately step with your left foot towards 9:00 into a square horse stance. As you step, use your left hand to pull on his left arm, or possibly execute a finger jab into his eyes.
3. Execute a right rear elbow strike to his solar plexus, and a right hammer fist to his groin.
4. After the hammer fist to the groin, grab his groin in a right tiger claw, following thru with an upward rip from his groin as you perform a rising elbow strike to his chin.
5. Repeat on the opposite side.

Level #5

1. Twisting Talon: wrist grab _____
2. Returning Dragon: lateral shoulder grab _____
3. Twin Kimono: two hand lapel grab _____
4. Tiger's Tail:
rear bear hug-arms are pinned _____
5. Waning Moon: overhead club _____

Date: _____

1. Twisting Talon: wrist grab



1. Facing 12:00, your opponent grabs your right wrist with his left hand in an attempt to subdue you in a wrist lock or hammer lock.
2. Immediately step back to 6:00 with your left foot, pivoting your body to the left -counter clockwise- so that you face 7:00 as you drop into a soft bow stance. As you pivot your right arm turns, allowing you to counter grab your attacker's wrist.
3. Execute a right back kick for your opponent's ribs, abdomen, or knees.
4. Repeat on the opposite side.

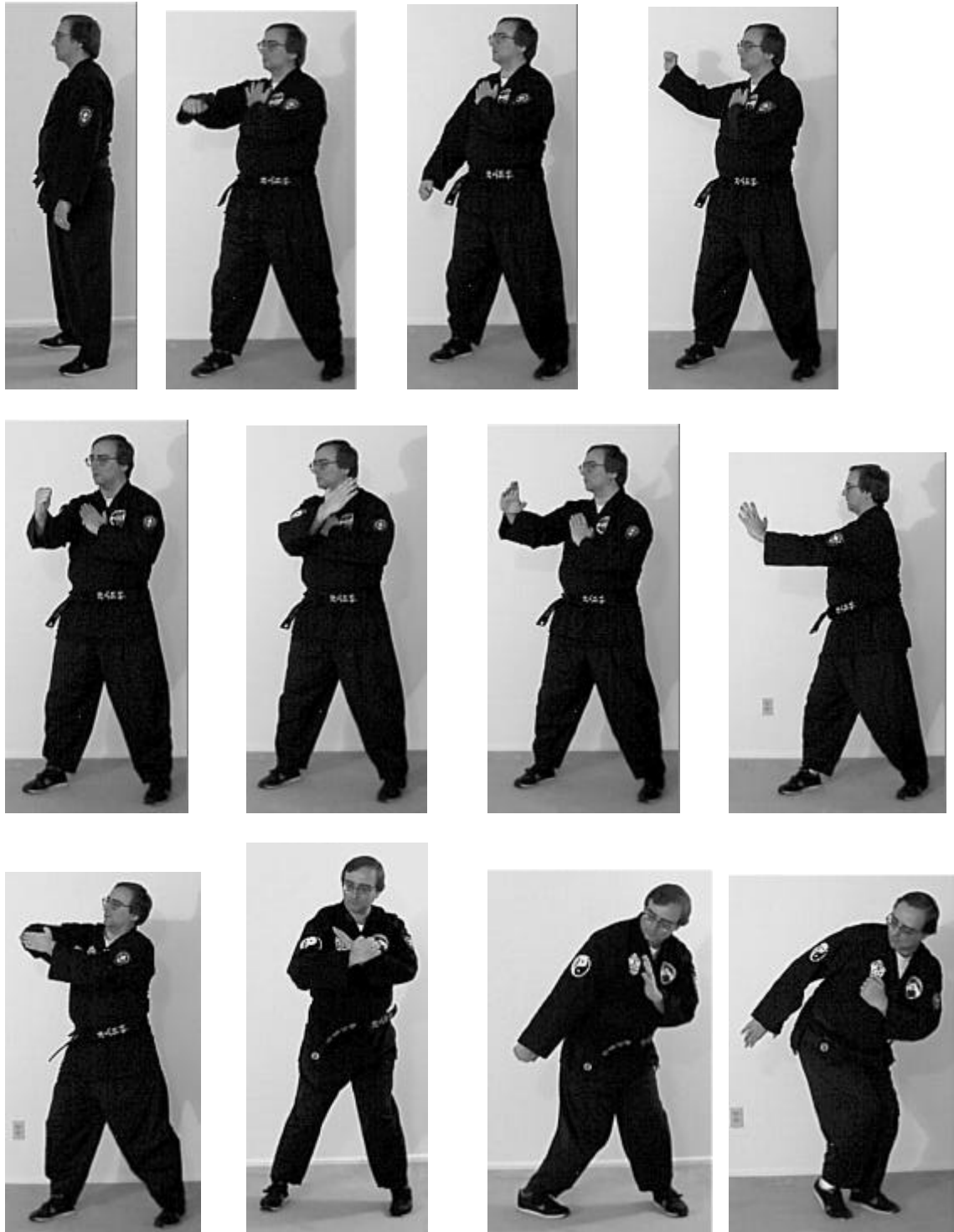
This technique works well against both a straight on wrist grab (left on right, or right on left) and a cross body wrist grab (right on right, or left on left).

2. Returning Dragon: lateral shoulder grab



1. Facing 12:00, your opponent has approached you from your right side, at 3:00. He immediately grabs your right shoulder with his left hand in an attempt to pull you into a right kidney punch, or head punch.
2. Immediately step to 9:00 with your left foot as you trap his right hand with your left hand, and execute a right hammer fist strike to the attacker's left shoulder, or left biceps.
3. After striking, grab your opponent with your right hand pull him sideways as you execute a right side thrust kick to his left knee.
4. Repeat on opposite side.

3. Twin Kimono: two hand chest grab

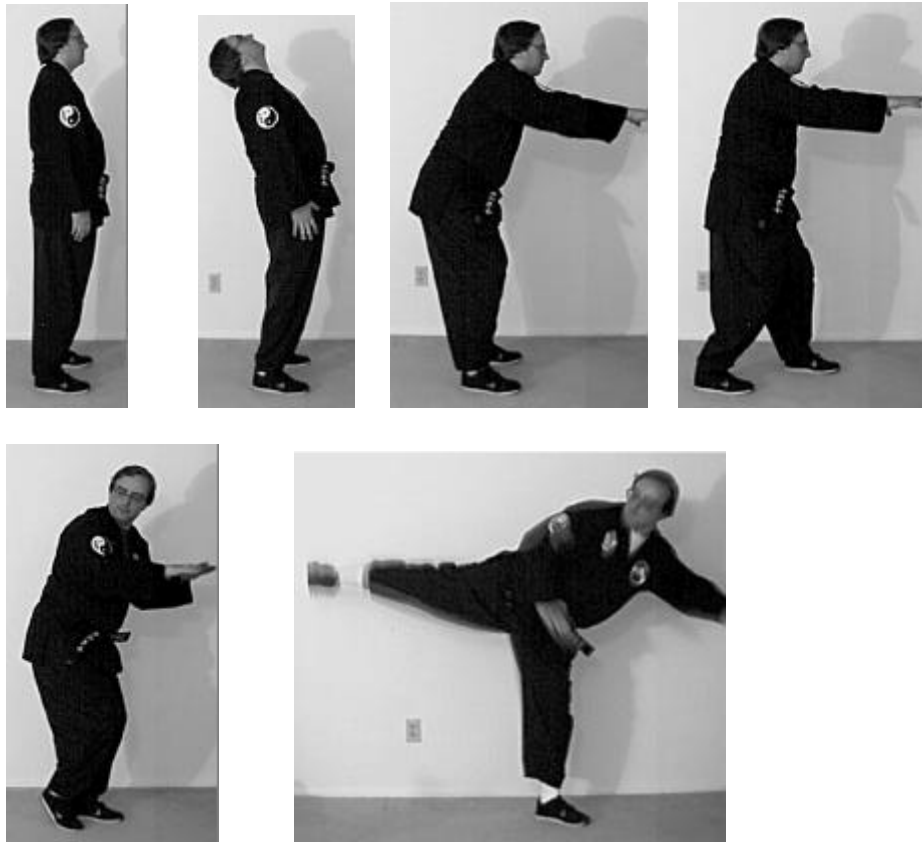


3. Twin Kimono: two hand chest grab



1. Facing 12:00, your opponent has grabbed you with both hands at your lapels.
2. Circle your left arm clockwise, overtop both his arms, pinning his hands to your chest with your left arm.
3. As you pin both his hands on your chest, step back with your left foot into a right neutral bow stance and execute a rising right forearm strike from underneath both his elbows.
4. Immediately circle your right arm counter clockwise overtop as you strike both of his forearms with your right forearm, causing your opponent to release his grip.
5. Follow thru with a right hand sword - chop strike to the right side of his throat.
6. Shuffle forward and execute a right inward elbow strike, sandwiching his head with your left palm.
7. Finish with a right hammer fist strike to his groin, and a right rear back kick to his abdomen or knees.
8. Repeat on opposite side.

4. Tiger's Tail: rear bearhug from behind-arms are pinned



1. Facing 12:00, your opponent has attacked from behind with a rear bear hug pinning your arms to your side.
2. Immediately snap your head backwards, striking him in the face with the back of your head. Your hips thrust forward.
3. Then shoot your hips backwards into his abdomen or groin as you simultaneously raise your arms forward, breaking his hold.
4. Step forward with your left foot, and finish with a right back kick to his groin, or knee(s).
5. Repeat with opposite side.

5. Waning Moon: overhead club



5. Waning Moon: overhead club

1. Facing 12:00, your opponent steps forward with his right foot and is swinging a club at your head with his right hand.
2. Step forward with your left foot towards 11:00 into a left neutral bow stance as you perform a rising X Block; right hand over left. Catching his right arm with the X Block.
3. Immediately shift the club to your right as your right hand seizes his right forearm. This pulls the club arm away from you.
4. Use your left hand to grab his right shoulder as you execute a rising knee strike to his groin.
5. After the knee strike, your right foot steps back towards 6:00 as you pull your attacker forward and downward.
6. Release his right arm and execute a right hand sword, or a right hammer fist to the back of his neck. Your left hand still checks at his right shoulder.
7. Repeat on opposite side.