

Martial Fitness



Student Manual

Version 0.9
12/2015



About the Instructors

The Chief instructor is Matthew Barnes, a 7th Degree Black Belt in Kempo-Jutsu, and the assistant instructor is his long time student Brad Krum, 2nd Dan. Both have many years of experience in the martial arts.

Beyond your typical martial arts program, Martial Fitness has the benefit of a Chief instructor who holds a Masters degree in Education, a Physical Education teaching certificate from the state of Massachusetts, and who is a Certified Strength and Conditioning Specialist through the NSCA.

Class Location:

Classes are currently held at the Chatham Community Center, 702 Main Street, Chatham MA 02633

For up to date information and class times, please refer to our website at <http://www.martialfitnesscapecod.net>

Frequently Asked Questions

Is it safe to learn?

If you are training properly, you will get bruises now and then. It would be unfair to suggest that you can learn to defend yourself without some bruises on the way. However, the injury rates for martial arts are much lower than other sports such as basketball, soccer or even golf. Proper safety equipment is essential before participating in sparring practice.

How long will it be before I can defend myself?

You will find that the techniques that you learn are nearly immediately applicable for self-defense. Techniques alone won't defend you however. Your training should cultivate a mindset, spirit and set of reflexes to apply these techniques. Within a few months, you will have a good foundation for self-defense against common attacks. Beyond that, the importance of training includes healthy living and a safety conscious mindset.

How long will it take to get a black belt?

The time it takes to achieve the rank of black belt varies from student to student, teacher to teacher, and school to school. In some arts with a limited curriculum, a black belt can be obtained in as little as two years. Our curriculum is broad and covers striking, kicking, takedowns, grabs and weapons. It will take a long time for your child to become a black belt. Children typically do not achieve black belt before they are at least teens.

Should I take private lessons?

Private lessons are an effective tool for learning rank material and honing the finer points of your technique. At the beginner ranks, however, the group classes are usually sufficient to absorb the material, and provide the camaraderie of people like yourself as most of the classes are organized by rank. Upon reaching the intermediate ranks, supplementing your group classes with private lessons will help your progress dramatically.

I'm not big/strong/fast/flexible/coordinated – Can I still do this?

If you were an extremely big, strong, coordinated, flexible person, you probably wouldn't need martial arts lessons. Through your practice you will become stronger, faster, more coordinated and flexible. The qualities you have to bring are only commitment and effort.

I'm a ___ belt in _____. Do I have to start over?

Probably. If you are coming in from another art, the curriculum, theories, concepts and even goals are probably different. If your basic skills are strong however, it will aid in your progress, and you will move through the ranks more quickly than the average student. If you come from another Kempo/Kenpo school you will be evaluated individually and placed at a rank accordingly.

Is my child too young to start?

For a good experience, your child must be ready for a class environment. If your child is ready for first grade, he or she is probably ready for our Kempo class. The teachers are experienced with children and have children of their own.

Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/We fully understand and acknowledge that:
 - a. There are risks and dangers associated with participation in martial arts events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - c. These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - d. There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee" ...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Martial Arts School : Martial Fitness

Student/Participant Signature _____

Parent or Guardian Signature (if minor) _____

Printed Name of Participant _____

Address of Participant _____

Received by _____

Registrar Signature

Printed Name

Date

Emergency Information

Child's Name:	
Date of Birth:	
Parent or Guardian Name:	
Best Number to Contact:	
Alternate Number:	
Parent Email:	
Parent or Guardian Name:	
Best Number to Contact:	
Alternate Number:	
Alternate Contact Name:	
Alternate Contact Number:	
Insurance:	
Insurance Policy Number:	
Please indicate any other important information in the box below that we might need to provide the best experience for your child.	

Dojo Terminology

Sensei	Sen-say	Teacher
Sempai	Sem-pie	Assistant
Deshi	Deh-shee	Student
Dojo	Doh-joe	Training hall / School
Kiai	Kee-eye	Spirit shout
Hai	Hi	Yes
Gi	Ghee (hard 'G')	Uniform
Obi	Oh-bee	Belt
Karate	Kah-rah-tay	Empty hand
Kempo	Kem-Poe	Fist method
Yoi	Yoy	Ready stance
Kiotsuke	Ki-oat-s'kay	Attention
Rei	Ray	Bow
Seiza	Say-zuh	Kneel
Mokuso	Mok-soh	Meditate
Kihon	Kee-hohn	Basics
Kata	Kah-tah	Forms
Kumite	Koo-me-tay	Sparring
Hajime	Hah-jee-may	Start
Yame	Yah-may	Stop
Counting:		
Ichi	Ee-chee	One
Ni	Nee	Two
San	Sahn	Three
Shi	Shee	Four
Go	Goh	Five
Roku	Row-koo	Six
Shichi	Shee-chee	Seven
Hachi	Hah-chee	Eight
Ku	Koo	Nine
Ju	Joo	Ten

Bowing in and out of class:

At the beginning and end of class, the students bow, kneel and meditate. It helps 'bookend' the class and prepare the students for the transition. They follow this pattern:

Kiotsuke (attention!)
Rei (bow)
Seiza (kneel)
Mokuso (meditate)
Mokuso Yame (meditation stops)
Rei (bow)

Additionally, at the end of class, we say the closing creed:

I am a dedicated martial artist.
I live by the principles of the black belt:
Modesty,
Courtesy,
Integrity,
Perseverance,
Self-Discipline,
and Indomitable Spirit.

We are a black belt school.
Our goal is black belt excellence.
We are dedicated.
We are motivated.
We are on a quest to be our best!

Martial Fitness Class Rules

In order to have the best training experience, we've established some ground rules that we all (students and teachers) will abide by. Please be sure to review these rules.

1. Behave in a respectful manner, in or out of class.
2. Bow upon entering or leaving the training floor.
3. Please don't come to class if you are ill – sharing is not always best.
4. Be on time for class.
5. Please take care of personal needs (bathroom, etc.) before class.
6. Wear your full uniform to class unless otherwise advised. If you are wearing gi pants and a t-shirt, it must be appropriate for class.
7. Wear your belt.
8. Practice good hygiene. Make sure your nails (fingers and toes) are trimmed and that you are regularly bathed.
9. Keep your uniform clean.
10. Don't talk in class unless it is part of participating in class – just like in school.
11. No eating or drinking in the dojo. Water breaks are available – but the fountain is outside of the dojo.
12. Keep your hands and feet to yourself unless it is specifically part of the current task to touch your partner.
13. Sparring is only conducted under the supervision of one of the black belts.
14. No inappropriate language.
15. Display appropriate humility. Don't brag. If you have good skill, you don't need to brag. If you need to brag, it reflects poorly on you and your school.
16. No fighting. Do not start trouble, and do not use your skills unless completely necessary.
17. Do not be a bully. Help stop bullying. Do not be a passive bystander.

18. Be honest – with yourself and others.
19. Pay the price of success in effort.
20. Do your best to be a good training partner.

Parents and guests:

- Dues are paid in advance for the month – either mid-month or on the first depending on when you started. Checks are payable to 'Martial Fitness', although we can take debit or credit cards for your convenience.
- Make sure to avoid disturbing the class – turn your phone to vibrate if you will be in the room.
- The students will make noise during class. This is normal.
- If you are bringing younger siblings, be sure to keep them safe and under control as to avoid disturbing the class.
- The only people allowed on the training floor are the students and teachers who are actively training.
- No street shoes, gum, candy, or jewelry should be in the dojo.
- Spectators should move to the lobby if they need to talk or use their phones.
- Thank you for the effort you go to in order for your child to have this experience. Your role is important too. Please ask your child about class and praise their effort.

Dojo Policies

Monthly fees are due at either the first or fifteenth of the month based on when your student started. Checks are made out to Martial Fitness, but we can also take credit or debit cards for your convenience.

No student will be considered for any rank advancement if they have not been training regularly and consistently for three months for beginner ranks. The timelines increase for intermediate and advanced ranks.

Proper behavior is the expectation for all students. Students who can not or will not behave appropriately will be dismissed from class. Readmission is at the instructor's discretion. Repeated incidents will result in dismissal from the program.

Students must ask the instructor prior to leaving to use the bathroom. As part of our responsibility to you and your child, we need to know that your child has left the training floor. It is expected that they take the time to use the bathroom before class to limit these occasions.

All students must wear safety sparring gear for sparring and sparring drills – no exceptions.

Components of the Art

Basics - Also known as Kihon, these are the fundamental building blocks of what we do. These include the stances, strikes, kicks, takedowns, and defenses that help us defend ourselves. These also include the physical attributes that we develop for skills and fitness: strength, endurance, agility and flexibility.

Techniques - These are composed of the particular strategies and tactics we use to help defend ourselves. These consist of punch defenses, grab defenses, weapon defenses and more.

Kata - These are the physical 'class notes' that preserve the system. These solo (and sometimes partner) drills are like an encyclopedia of movement that take the student through important motions for proper execution of techniques.

Sparring - these are live drills that focus on application of the first three components. Sometimes sparring is very structured with a defined goal, but sometimes it is a freer activity with a clear 'winner' and a competitive edge. The goal, however is to make both players stronger through the challenge and to learn from the experience.

Testing:

Stripes – Periodically, each student will be tested for four stripes. Each one connects with a component of the art: Basics; Techniques; Kata; and Sparring. When all four stripes have been earned, a student may be considered for belt rank testing. Stripe testing may or may not be announced, and students may be awarded stripes after classes based on their performance on a formal or informal basis.

Belts – Students will be considered for belt rank testing if they have achieved all four stripes at their current rank, have been training consistently and regularly, have been displaying the proper attitude in and out of class, and are physically ready. Under almost all circumstances, belt advancement will be under announced testing conditions but on very rare and special occasions they may be awarded following unusual performances above and beyond the norm. All belt advancements are solely at the discretion of the instructor awarding the belt.



KEMPO JUTSU HAND DRILLS

FIST STRIKE SET

Right and left of each: Front Punch, Back Punch, Thrust Punch, Hammer Fist

HAND STRIKE SET

Right and left of each: Palm Heel, Tiger Claw, Tiger's Mouth, Leopard's Paw

ELBOW STRIKE SET

Right and Left of Each Elbow: Roundhouse, Rising, Downward, Outward, Backward

SPEED STRIKING CONTINUOUS FIST SET

1. Right hammer to jaw (inward, right to left)
2. Right returning hammer to jaw (outward, left to right)
3. Right upward elbow
4. Right downward whipping backfist to nose
5. Right back punch to stomach
6. Right elbow 'sandwich' to face
7. Right outward palm to face
8. Left inward palm to face
9. Rising forearm under chin
10. Right downward hammer to collarbone. Repeat the pattern starting with the left hand.

KAKE TE DRILL

Beginner:

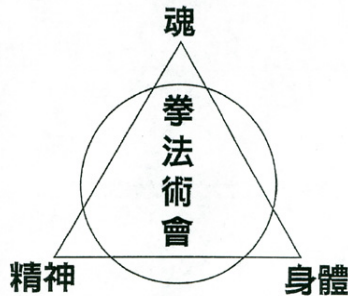
- Outward block
- Grab wrist and pull
- Step in with outside foot, palm to face.

Intermediate:

- Outward block
- Grab and pull
- Step in with outside foot, palm heel to elbow
- Palm to face.

Advanced:

- Outward block
- Scoop with outside block, opposite hand
- Step in with inside foot with rising elbow



Kempo Jutsu-Kai Required Techniques

- **Basic Knifehand:** (Right hand punch) Step in with the right foot, with a left knifehand block and right knifehand to jaw. Rising elbow (right) to jaw, downward elbow to chest. Grab shoulder, sweep. Hyperextend elbow over left knee while using right knee on hips to stabilize opponent.
- **Triggered Salute:** (Right grab, Left punch) Check Grabbing hand with left hand. Step in right with right palm to face, raking the face away. Circle under with the right arm, with a rising forearm under the grabbing hand to hyperextend elbow. Grab behind the elbow and move arm so you are on the outside, left hammer to the back of the neck at the base of the skull.
- **Breaking The Twig:** (Left grab, right punch) Trap the grabbing hand, rotate the torso away to straighten the grabbing arm. Shoot a 'punch' under the grabbing arm to hyperextend it. Hammer with right to ribs, hammer down on the grabbing arm, punches to face or sweep takedown.
- **Twin Tigers:** (Double Grab) Check down with the left hand, shearing block / tiger claw to face with the right. Right front kick to groin. Land in a horse stance with a right inverse hammer to groin, obscure elbow and right backfist to face. Finish with left cross to face.
- **Four Winds:** (Right punch) Rising yielding block circles to ridgehand to groin. Spin counter clockwise past the opponent while doing a left hammer to ribs and right ridgehand to groin. Left ridge under groin from behind opponent, right outward hammer to base of spine.
- **Parting Wings:** (grab and punch) Trap grabbing hand. Inward block under the grabbing arm to intercept punch while hyperextending grabbing arm. Open, clearing arms. Hammer fist to side of face, inverse hammer to groin, obscure elbow to chin.
- **Shield & Hammer:** (Right punch) Double parry outside (with eye poke), grab punching arm, pull into right elbow sandwich. Drop right outward hammer to kidney / base of spine. Circular right rising fist to face, left and right straight punches to face.

- **Eagle's Talons:** (Right punch) Double parry outside, grab punching arm and pull into a right eagle claw to throat. Left hand checks the shoulder, sweep, left punch to face.

- **Breaking the Foundation:** (guard / offensive) Right hand eye flick with a simultaneous right shin kick to the outside of opponent's thigh / knee. Left hand ridgehand to groin, right inward hammer to kidney.

- **Facing the Tiger:** (side shoulder grab) (basic) -Backfist to inside of grabbing arm. Thrust punch to face, front kick to opponent's far leg. (advanced) Wrap grabbing arm, finishing circle with palm to kidney. Backfist to ribs, circular rising punch to face, riken to face, back punch to face with simultaneous kick to inside of thigh on opponent's far leg.

- **Continuous Fist Set:** (Right hook punch or overhand right) Right hand inward block. Right backfist to right side of opponent's face, circular rising punch to left side. Riken to bridge of nose, back two knuckle to solar plexus, right hand elbow sandwich to face.

- **Ripping Tigers:** (Right punch) Double parry outside, right claw to face. Turn face away, use left hand and elbow to bridge shoulders, rip downward.

- **Hammer & Anvil:** (Right punch) Double parry outside, grab the punching arm with the right hand, shoot a thrust punch through the face with the left about elbow deep. Bridge the opponent over your knee applying pressure down and out on the arm and neck. Right hammer to heart, double palms to chest.

- **Dodging the Lance:** (High Version, Right cross or overhand): Left parry as you raise right arm straight up trapping / hyperextending arm. Right palm to bridge of nose, rake eyes as you lower level and rake down body. Rising fist to groin.

(Low version, Right body punch) Inward left low forearm block, downward right palm onto punching hand at the wrist to hyperextend the elbow. Left hand hammer / knifehand to groin. Right elbow to face.

- **Triple Kick with Parry:** (Right hand punch) Double parry stepping to the left. Right front kick to the opponent's rear leg. Right roundhouse shin kick to the opponent's lead leg. Stomp side kick to the outside of opponent's lead leg knee.

- **Courtesan's Fan:** (Right hand punch) Double parry with an eye rake step in right foot with a rising elbow to chin. Downward elbow to sternum. Left and right punch to face.

- **Evading the lunge:** (Right hand punch) Iron Fortress block to outside. Drop a hammer on the punching arm, Right elbow sandwich to face.

- **Thundering Hammers:** (Right Hand Punch) Inward block left, uppercut right as you step in. Right hand continues circular path upward and comes down as a hammer to the back of the neck. Downward hammer left to spine, downward hammer right to kidney.

General Rank Requirements:

These list basic minimum rank requirements. At each level, there is an expected level of fitness, control, power, distancing and confidence. Merely 'knowing a move' isn't enough. The instructor has final authority over all promotions.

Rank (to test for)	Basics	Techniques	Kata	Sparring
Yellow	Block set Fist Strike Set Numbered punches 1-2 Sprawl 'Shoot' footwork	2 Techniques	Basic H- Pattern	Sparring Set 1 Step Drag jab- cross Slow Sparring Game
Orange	Hand Strike Set Numbered punches 3-4	2 Techniques (4 total)	Pinion I	Sparring Set 2 Sparring Participation
Purple	Numbered punches 5-6 Footwork with kicks and punches: • Skip Punch and Kick • Shuffle Back knuckle with Side kick • Cross over reverse punch roundhouse kick • Step lunge with spinning back kick	Two Techniques (6 total)	Pinion II	Sparring Set 3 Use of combinations Controlling opponent Head Movement drill 2 30-second rounds

Blue	Blocks as strikes: <ul style="list-style-type: none"> •High block under chin •Inside block to side of head •Outside block to arm break • Downward block as strike to leg / kick 	Two Techniques (8 total)	Shirukuma Pinion III	Sparring Set 4 Timing Offense and Defense Lateral Movement Front leg sweeps 3 30-second rounds
Green	<ul style="list-style-type: none"> • Rear Takedown •Inside leg sweeps 	Two Techniques (10 total)	Pinion IV	Sparring Set 5 Low Round Kicks 2 1-minute rounds
Brown 1 Stripe	Beginner Kake-Te Drill	Two Techniques (12 Total)	Pinion V	Sparring Set 6 4 1-minute rounds
Brown 2 Stripe	Intermediate Kake-Te Drill	Two Techniques (14 Total)	Chanyan	Sparring Set 7 6 1-minute rounds
Brown 3 Stripe (red)	Advanced Kake-Te Drill	Two Techniques (16 Total)	Lohan Set I	Sparring Set 8 4 2-minute rounds 1 1-minute 'Hybrid' round
Black 1 st		(18 Total)	Lohan Set II	Sparring Set 9 Bull Ring with All Black Belts Minimum 10 minutes. 2 'Hybrid' Rounds
Black 2 nd		Variations and Extensions	Lohan Set III	
Black 3 rd			Tsuru Kata	



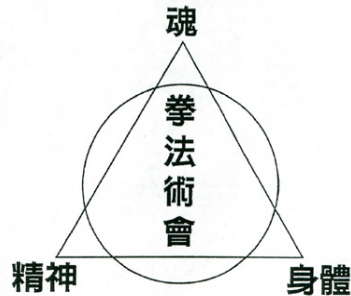
Basic H-Pattern Kata

Salutation:

- A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.
- B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.
- C.) Knuckle roll, step out right to formal stance.
 - 1.) Step 90 degrees left to front stance, low block left.
 - 2.) Step forward with front punch, left hand chambers to solar plexus.
 - 3.) Step 180 degrees clockwise. Step through front punch.
 - 4.) Step 90 degrees left to front stance, low block left. .
 - 5.) Step forward right, front punch.
 - 6.) Spinning hammer stepping forward.
 - 7.) Step forward right, front punch.
 - 8.) Turn 270 degrees counterclockwise, downblock left.
 - 9.) Step forward right with a lunge punch. ..
 - 10.) 180 degree turn clockwise, low block right.
 - 11.) Step forward, left punch.
 - 12.) Step 90 degrees left (counter clockwise) to front stance, low block left.
 - 13.) Step forward right, front punch.
 - 14.) Spinning hammer stepping forward.
 - 15.) Step forward right, front punch.
 - 16.) Turn 270 degrees counterclockwise, downblock left.
 - 17.) Step forward right, front punch.
 - 18.) 180 degree turn clockwise, low block right.
 - 19.) Step forward, left punch.
 - 20.) Step back turning 90 degrees counter clockwise, end facing front in horse stance.
 - 21.) Formal stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Shiro Kuma Kata

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

- 1.) Step 90 degrees left to front stance, low block left.
- 2.) Step forward with front punch, left hand chambers to solar plexus.
- 3.) Step 180 degrees clockwise. Step through front punch.
- 4.) Step 90 degrees left to front stance, reinforced block.
- 5.) Step forward right, reinforced block.
- 6.) Step forward left, reinforced block.
- 7.) Turn 180 degrees, counterclockwise with a reinforced block.
- 8.) Step forward right, reinforced block.
- 9.) Step forward left, reinforced block.
- 10.) Step forward right with a lunge punch. .
- 11.) Turn 270 degrees, downblock left.
- 12.) Step forward with right punch.
- 13.) 180 degree turn clockwise, low block right.
- 14.) Step forward, left punch.
- 15.) Step back turning 90 degrees counter clockwise, end facing front in horse stance.
- 16.) Formal stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Chanyan Kata

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left

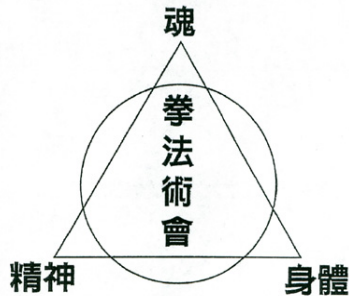
as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

- 1.) Step 90 degrees left to front stance, middle level outward block left.
- 2.) Feet come together (back to front) with right rising block.
- 3.) Step back with right foot and pivot to horse facing front with left low block.
- 4.) Step 90 degrees right to front stance, middle level outward block right.
- 5.) Feet come together (back to front) with left rising block.
- 6.) Step back with left foot and pivot to horse facing front with right low block.
- 7.) Step forward left, outward block left. Front kick right, front punch right.
- 8.) Outward block right. Front kick left, front punch left.
- 9.) Outward block left. Front kick right, front punch right.
- 10.) Turn counterclockwise 225 degrees, low augmented block with fists.
- 11.) Step forward with double knifehand block (eye-jab) high.
- 12.) Turn clockwise 90 degrees, low augmented block with fists.
- 13.) Step forward with double knifehand block (eye-jab) high.
- 14.) Turn counterclockwise 45 degrees stepping with left foot, outward block left. Front kick right, front punch right.
- 15.) Outward block right. Front kick left, front punch left.
- 16.) Outward block left. Front kick right, front punch right.
- 17.) Turn counterclockwise 270 degrees to front stance, middle level outward block left.
- 18.) Feet come together (back to front) with right rising block.
- 19.) Step back with right foot and pivot to horse facing front with left low block.
- 20.) Step 90 degrees right to front stance, middle level outward block right.
- 21.) Feet come together (back to front) with left rising block.
- 22.) Step back with left foot and pivot to horse facing front with right low block.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Pinion One

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open

backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left

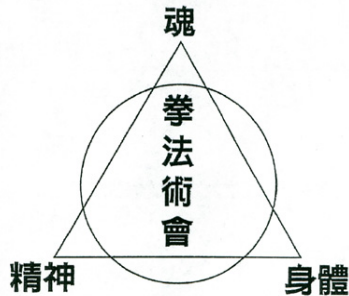
as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

- 1.) Cross block in front of groin, cross block high, double hammers to groin level (one on each side of you).
- 2.) Step back left, perform right outward block. Step back right, left down block, step back to horse, right inward block.
- 3.) Step forward clockwise to horse stance, cross block (fists, right over left) up, front punches to midsection, right then left. Step to horse stance, counterclockwise forward, cross block (fists, right over left) up, front punches to midsection, right then left.
- 4.) Right elbow to rear with 'cup & saucer' hand position. Left elbow to rear (east) with 'cup & saucer' hand position.
- 5.) Forward clockwise to front stance, left front punch to face. Open hand then forward to horse counterclockwise, right roundhouse elbow (sandwich).
- 6.) Pivot to south, stepping back right with a left outward block. Step forward, right knifehand to face across and back with an eye rake, left hand grabs collar, right back punch to nose.
- 7.) Turn counterclockwise to front, horse stance facing north. Crossblock high, knuckle roll to formal stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Pinion Two

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

2.) Crossblock (fists) down, double uppercuts to chin, clear with outward motions at shoulder level.

3.) Step back (left foot) to horse stance facing west with sweeping low block. Drop to right knee into front ball / running man stance facing rear facing south. Overhand punch to ground.

4.) Step back and pivot clockwise to cat stance and saucer, facing front.

5.) Shift weight forward to fighting stance, hammer (L), hammer(R), front kick, step down facing north.

6.) Step out 90 degrees to left into front ball / running man stance. Parry (left) spear poke to groin(R).

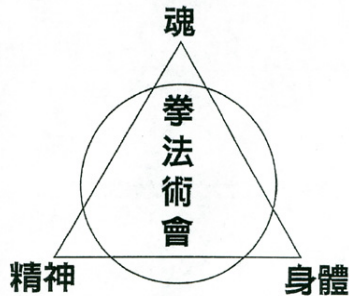
7.) Step right foot even with left to horse stance (R), elbow sandwich to head.

8.) Step to front (L), front punch (L) step forward right, front punch right.

9.) Step forward (L), crossblock, knuckle roll to forward stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Pinion Three

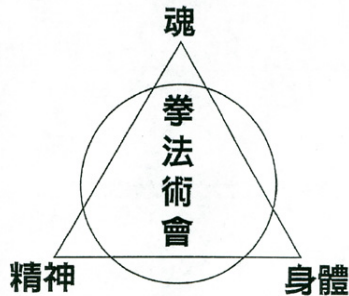
Salutation:

- A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.
- B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.
- C.) Knuckle roll, step out right to formal stance.

- 2.) Turn left in stance with a circular palm block down (right) and a back two knuckle punch left. Perform mirror image to right side.
- 3.) Step back with right foot to half moon stance facing front, down block left. Right front kick, bring leg back to left half moon stance, right, left front punch.
- 4.) Right roundhouse kick to knee level, land in horse stance facing west, right punch, cup and saucer elbow to right side.
- 5.) Crossover step to south, horse stance facing west, cup and saucer elbow left.
- 6.) Forward clockwise to horse, Left front punch to face (north). Open hand then forward to horse counterclockwise, right roundhouse elbow (sandwich).
- 7.) Draw to crane stance facing south, hands in fists.
- 8.) Step out to left front stance, left high block, right middle punch.
- 9.) Step forward right and turn around (ccw) to back stance facing north. Double knifehand block.
- 10.) Step out to kneel and parry with right spear to groin.
- 11.) Step up to right roundhouse elbow (sandwich). Step back to horse stance, crossblock open hand. End.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Pinion Four

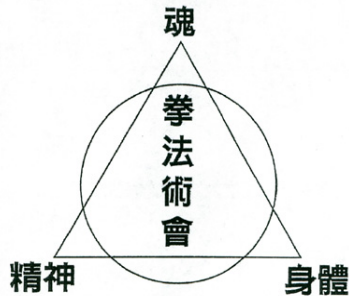
Salutation:

- A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.
- B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.
- C.) Knuckle roll, step out right to formal stance.

- 2.) Step forward ccw to horse stance facing west with two sets of double outward blocks.
- 3.) Step forward cw to horse stance facing east with two sets of double outward blocks.
- 4.) Turn counter clockwise to a fighting stance facing north with a left low block, then do a left hammer to the bridge of the nose.
- 5.) Follow the hammer with a right thrust punch as you step into a right front stance.
- 6.) Turn 180 degrees counterclockwise to a horse stance facing south, right arm bracing on hip behind back, left arm in high block. Cup and saucer to left side.
- 7.) Cross step to right into horse stance facing south, cup and saucer to right.
- 8.) Draw left foot back to right, with double knifehand blocks to rear facing south, then three sets of double knifehand blocks traveling forward in back stances, first low, then two middle level.
- 9.) Step around (ccw) to horse stance facing east with two sets of double outward blocks.
- 10.) Step forward cw to horse stance facing west with two sets of double outward blocks.
- 11.) Half moon back to horse stance facing north while performing a downward backfist smash into palm and knuckle roll.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Pinion Five

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

2.) Cup and saucer left. Drop into a low horse as you do a simultaneous right outward block and left front punch straight down.

3.) Return to normal level, and do a simultaneous left outward block and right front punch straight ahead.

4.) Cup and saucer left, outward augmented block as you turn your waist to the right, back two knuckle punch to your right.

5.) Do a simultaneous left outward block and right front punch straight ahead. Crossblock high.

6.) Cup and saucer right. Drop into a low horse as you do a simultaneous left outward block and right front punch straight down.

7.) Return to normal level, and do a simultaneous right outward block and left front punch straight ahead.

8.) Cup and saucer right, outward augmented block as you turn your waist to the left, back two knuckle punch to your left.

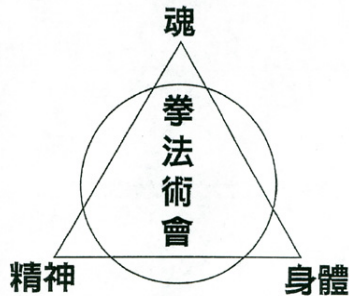
9.) Do a simultaneous right outward block and left front punch straight ahead. Crossblock high.

10.) Striking set: Inward hammer to temple, outward hammer to cheekbone, rising elbow to chin, riken to bridge of nose, back punch to solar plexus, elbow sandwich with right. Cross block high.

11.) Striking set: Inward hammer to temple, outward hammer to cheekbone, rising elbow to chin, riken to bridge of nose, back punch to solar plexus, elbow sandwich with left. Cross block high.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Lohan One

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left

as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

2.) Double downward punches to groin. Double elbows to rear. Hammers to groin of an opponent to rear on each side.

3.) Double outward block, simultaneously to each side, simultaneous back two knuckle punches to chin level of opponent on each side.

4.) Crossblock / lapel grab to front, pull into head butt, crossblock to push opponent away.

5.) Shift weight to right leg as you double parry 45 degrees to left, front kick left and step down to the 45. Shift weight to left leg as you double parry 45 degrees to the right, front kick to 45 degrees right. Step down at the 45 to a twist stance, parry down left, riken right.

6.) Grab and double knifehand throw to rear as you step out left.

7.) Step to twist stance toward rear, left hand to shoulder (slap check) as you palm groin. Step out of twist stance as palm turns to rip, pull back to high chamber with right as you knifehand pubic bone.

8.) Draw left foot back to cat stance as you parry downward, front kick left with a simultaneous back knuckle punch, step down.

9.) Double parry to right eye jab while shifting weight forward to left leg, follow with a right front kick.

10.) As right foot steps down, rotate 180 degrees (ccw), bring feet together, crossblock down as you do a right back kick.

11.) Return kick to chamber as you spin 180 degrees (ccw) returning to a horse stance facing the direction in which you started the form. Double elbows to rear, followed by hammers to groin of an opponent to rear on each side.

12.) Step forward with left foot with a roof block (left high block supported by right fist at wrist). Double uppercuts, then step forward right with a rising elbow (right) to chin. Riken (right) to bridge of nose.

13.) Step forward left with a right thumb strike to eye, step (right) to horse with roundhouse elbow sandwich.

14.) Step back right to horse stance facing front. Double elbows to rear. Hammers to groin of an opponent to rear on each side.

15.) Feet come together, right to left as you do simultaneous uppercuts to both sides.

16.) Pull left fist to hip / rib chamber as you sink your weight, bending knees, and drop a downward punch in front of groin.

17.) Step back right to cat/back stance as you do a ridgehand block, snapping an immediate eyejab, returning to the block position.

18.) Step back left with a right inward forearm block that circles back like a figure eight to a knifehand to the throat. Weight shifts back with the block and to the front leg for the strike.

19.) Step back right with a left inward forearm block that circles back like a figure eight to a knifehand to the throat. Weight shifts back with the block and to the front leg for the strike.

20.) Step back left with a right inward forearm block that circles back like a figure eight to a knifehand to the throat. Weight shifts back with the block and to the front leg for the strike.

21.) Step forward clockwise to horse stance, cross block (fists, right over left) up, front punches to midsection, right then left. Step to horse stance, counterclockwise forward, cross block (fists, right over left) up, front punches to midsection, right then left.

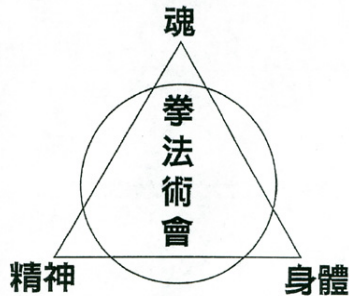
22.) Right elbow to rear with 'cup & saucer' hand position. Left elbow to rear (east) with 'cup & saucer' hand position.

23.) Forward clockwise to front stance, left front punch to face. Open hand then forward to horse counterclockwise, right roundhouse elbow (sandwich).

24.) Step forward through to horse stance facing front with left foot, knuckle roll to formal stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Lohan Two

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

2.) Right foot comes to left as knees bend and both hands execute knuckle strikes to your own chest (rear grab defense), knuckle roll, step out right to formal stance.

3.) Double block (left lower, right outward) to right throat grab.

4.) Double block (right lower, left outward) to left throat grab.

5.) Knee strike as you step forward with double circular rising fists to temples. Step down with inverted hammer to the groin.

6.) Rising knifehand block, left, then right, outward knifehand to throat (left), back two knuckle punch to solar plexus. Follow with left then right hammers diagonally downward to your left, then complete the circular path of motion with right then left hammers diagonally downward to your right.

7.) Left hand grabs opponent's ear, then does elbow sandwich (right) to face. Push the ear away, then riken to bridge of nose.

8.) Face opposite direction, stepping left foot to left with left ridgehand block and right parry downward ending in groin slap behind you.

9.) Double parry, reverse punch right. Step forward right.

10.) Double parry, reverse punch left.

11.) Step with left foot 270 degrees (ccw) with left down block. Right Cross, then circle the head (redondo motion) as you do a right hammer to the temple.

12.) Step with left foot 180 degrees (ccw), with left down block. Right Cross, then circle the head (redondo motion) as you do a right hammer to the temple.

13.) Whipping slap to the back of the head (left), step in right with rising elbow.

14.) Outward whipping palm to the face as you step left to turn 180 degrees (ccw), whipping slap to the back of the head (right), rising elbow left.

15.) Outward rip to the face right, (palm out, thumb down), outward rip to the face left (palm out, thumb down), palm strike and rip to the groin (right), ripping in an upward direction.

16.) Follow with left then right hammers diagonally downward to your left, then complete the circular path of motion with right then left hammers diagonally downward to your right.

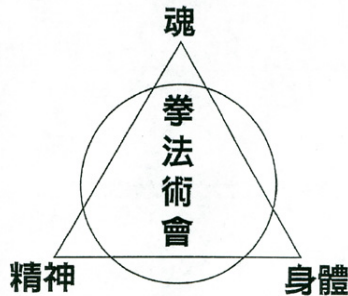
17.) Double parry as you shift weight to orient to front.

18.) Double parry as you step forward left, eye poke, drop a hammer to the kidney, circular rising fist (right) turns to eye gouge. Step back right at 45 degrees as you pull back the eye gouge and chop the arm with a left downward shuto / knifehand.

19.) Step back through to horse stance facing front with left foot, knuckle roll to formal stance.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Lohan Three

Salutation:

A.) Knuckle Roll, step out with right foot to natural (narrow horse) stance. Hands come to front position, feet stay in natural stance. Step out right to horse stance as open

backhands slap inside of thighs.

B.) Udon-te (udonde) Hands continue to circle up until fingertips and thumbs touch forming a triangle. Hands come down to Hoken (like front position). Right foot comes to left

as hands form 'praying hands' position.

C.) Knuckle roll, step out right to formal stance.

2.) Step forward right, punch right to left 45 degrees, outward block left. Punch left to right 45 degrees, outward block right.

3.) Shift to horse with right foot, Right hand inward block / hammer, left hand guards chin. Circle hammer to groin with obscure elbow, left palm down, right fist shoots rising thrust punch to hyperextend.

4.) Step right foot to forward stance facing front. Hammer(right) to kidney, palm (left) to face.

5.) Step in, palm block in while raising hammer chamber to hyperextend. Inward hammer.

6.) Low front kick , roundhouse elbow to head.

7.) Left hand traps on right shoulder as you pivot 180 degrees (cw) with right foot, to horse with large outward block (grab defense) back 2 knuckle punch. (right)

8.) Low kick right, step in with low hammer to kidney, left palm to face.

9.) Parry down left, circular palm to face. Double palm hyperextension.

10.) Low kick right, elbow sandwich, cross block low, poison thumb to right. Step forward left with left thrust punch to head.

11.) Step around (cw) trap with left hand as you wrap arm on shoulder grab, palm through kidney (right) backfist (right) to ribs.

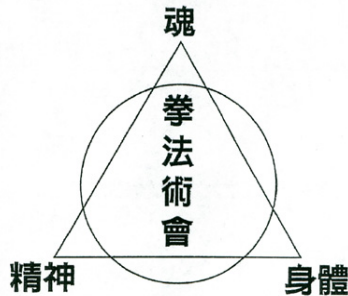
12.) Step 180 degrees ccw, continuing backfist into rising punch to temple of opponent behind you. Continue motion into a riken to bridge of nose, back punch to face with simultaneous front kick.

13.) Right elbow sandwich on landing. Step back to horse stance facing front with dual hammers to groin of opponents next to you.

14.) Rising forearms to chin on each side, big circle to cross in front with dual hammers to solar plexus.

Ending Salutation:

Hands come together in 'praying hands' position as feet come together. Hands form Hoken (front position), and continue up until fingertips and thumbs touch forming a triangle. Hands come down to sides. End in formal stance.



Kempo Jutsu-Kai Kama Kata One

Salutation:

- A.) Natural stance. Feet come together, Both kama in right hand, blades resting pointing outward on your right forearm. Bow.
- B.) Bring hands together, take one kama in each hand. Step out to horse with right foot. Sink hips backward, crossing kama low.
- C.) Knuckle roll, press hips forward to formal stance.

- 2.) Downward crossblock in front. High cross block, then double downward strikes to rear at groin level.
- 3.) Shift weight to right foot as you draw to a cat facing 45 degrees to your left with a double forward strike.
- 4.) Do a high trap with left kama forward and right kama back as if catching a bo.
- 5.) Tilt the rear kama back, circle the head, do a low mid-section cut, across and back. While doing the second cut, do a downward strike with the front kama.
- 6.) Shift weight to left foot as you draw to a cat facing 45 degrees to your right with a double forward strike.
- 7.) Do a high trap with right kama forward and left kama back as if catching a bo.
- 8.) Tilt the rear kama back, circle the head, do a low mid-section cut, across and back. While doing the second cut, do a downward strike with the front kama.
- 9.) Slide left foot to horse stance facing front with downward crossblock.
- 10.) Step forward right, do outward cuts from the lower abdomen, step forward left, do inward cuts to the midsection, step forward right, outward cuts to the throat.
- 11.) Draw left foot back to right, with double high blocks to rear facing south, then three sets of low double blocks traveling forward in back stances.
- 12.) Step forward (ccw) to horse stance facing rear, then to a right crane stance with right kama high, left kama low. Drop the high kama in a circular motion as the low kama comes up to parry in front of the face. Continuing the circle of the dropping high kama, come back around to a downward strike at the collar bone level, while continuing the circle of the parry across the face into a low outward parry.
- 13.) Bring the right foot up to a crane stance with left kama high, right kama low facing the opposite direction. Drop the high kama in a circular motion as the low kama comes up to parry in front of the face. Continuing the circle of the dropping high kama, come back around to a downward strike at the collar bone level, while continuing the circle of the parry across the face into a low outward parry.

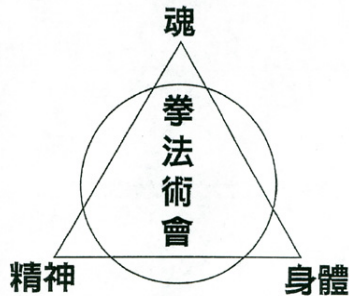
- 14.) Turn counter clockwise with a neck level strike to the front of the room as you step to a horse stance, bringing your right kama to chamber by the ribs.
- 15.) Continuing the counterclockwise movement, step to a horse stance with your right foot with a right neck level strike, while chambering the left kama across your chest.
- 16.) Finish the counterclockwise movement by stepping left to a horse stance with a third neck level strike.
- 17.) Step up right with a low parry as you step perpendicularly with the left to a leaning stance (weight in the left) facing rear. While doing the footwork, turn the parry into a low block and do a high block with the left kama. Place the kama just over eye level, angled like a visor. Bring the lower kama in to cover the groin.
- 18.) Without shifting weight, do a quick heel kick and immediately replace the unweighted foot in the leaning stance, following the kick with a flicking backfist motion with the low kama.
- 19.) Shift weight to the right leg, low block with the left kama, and do a high block with the right kama. Place the higher kama just over eye level, angled like a visor. Bring the lower kama in to cover the groin.
- 20.) Without shifting weight, do a quick heel kick and immediately replace the unweighted foot in the leaning stance, following the kick with a flicking backfist motion with the low kama.
- 21.) Shift to a left fighting stance facing the rear with a low cross block.

- 22.) Step forward right with a double downward collar bone strike with a downward rip.
- 23.) Step forward left with a double downward collar bone strike with a downward rip.
- 24.) Step forward and across with the right foot, cross the kama, step back with the left foot to horse stance facing front with the hips back.

- 25.) Knuckle roll, press hips forward to formal stance.

Ending Salutation:

Feet come together, right to left. Bring hands together, placing both kama in right hand. Hands come to sides, bow. Knuckle roll, end in formal stance.



Kempo Jutsu-Kai Kama Kata Two

Salutation:

- A.) Natural stance. Feet come together, Both kama in right hand, blades resting pointing outward on your right forearm. Bow.
- B.) Bring hands together, take one kama in each hand. Step out to horse with right foot. Sink hips backward, crossing kama low.
- C.) Knuckle roll, press hips forward to formal stance.

- 2.) Double high hook and throw with cross step to the left.
- 3.) Double high hook and throw with cross step to the right.
- 4.) Step forward left to turn clockwise 90 degrees into a horse stance with double hook downward strike, scissoring the neck, pulling back with right. Do a second double downward strike, scissor the neck, and pull back with left.
- 5.) Step forward right to turn counter-clockwise 18-0 degrees into a horse stance with double hook downward strike, scissoring the neck, pulling back with right. Do a second double downward strike, scissor the neck, and pull back with left.
- 6.) Turn 90 degrees clockwise to face front.
- 7.) Drop to a running man stance, left knee down, with left kama slashing upward to groin and right kama in protective (visor) position over eyes. Pop up with 'hakkutsuru' footwork and spreading block, left foot forward.
- 8.) Drop to a running man stance, right knee down, with right kama slashing upward to groin and left kama in protective (visor) position over eyes. Pop up with 'hakkutsuru' footwork and spreading block, right foot forward. Flip both kama to reverse grip.
- 9.) Step forward left, cutting across and back with left kama, finishing with a rising strike.
- 10.) Step forward right, cutting across and back with right kama, finishing with a rising strike.
- 11.) Cross behind left, counter clockwise, to turn 180 degrees, then drop into a running man stance with right knee down, slashing at the inside thigh with the right kama. Switch stance to a left knee running man stance and slash the inside thigh with the left kama.
- 12.) Pop up with a double cut to the groin, 'hakkutsuru' footwork and spreading block, horse stance facing rear.
- 13.) Rising cut right, while you simultaneously flip the left kama back to 'forward' position, then downward strike inside collarbone with the left kama. Kiai.

- 14.) Flip the right kama to standard grip, pivot on left foot as you step right to turn counter clockwise, use spreading block.
- 15.) Double downward cut, rear (right) knee, step back to stance while doing a knuckle roll.
- 16.) Step 180 degrees clockwise with left foot while doing spreading block.
- 17.) Double downward cut, rear (right) knee, step back to stance while doing a knuckle roll.
- 18.) Shift left foot to horse stance as you do a neck level outward strike to left with your left kama.
- 19.) Continuing the counterclockwise movement, step to a horse stance with your right foot with a right neck level strike, while chambering the left kama across your chest.
- 20.) Finish the counterclockwise movement by stepping left to a horse stance with a third neck level strike.
- 21.) Step forward and across with the right foot, cross the kama, step back with the left foot to horse stance facing front with the hips back.
- 22.) Knuckle roll, press hips forward to formal stance.

Ending Salutation:

Feet come together, right to left. Bring hands together, placing both kama in right hand. Hands come to sides, bow. Knuckle roll, end in formal stance.