

SANCHIN BUDOKAI

Integrated Curriculum

Kenpo Karate · Jiu-Jitsu · Escrima



Sanchin Budokai
Kenpo Karate



Sanchin Budokai
Jiu-Jitsu



Samahang Tatlong Laban
Escrima

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Introduction and heritage

Sanchin Budokai teaches three complementary martial arts within one curriculum. Kenpo Karate provides the main progression; Jiu-Jitsu develops grappling and control, while Escrima develops weapons skills and their empty-hand applications. Each discipline retains its own ranks, but students learn to connect their principles in practice.

Sanchin Budokai Kenpo Karate

Kenpo combines strikes, kicks and close-range self-defence. Its Hawaiian heritage, associated with William K. S. Chow, brought Chinese kung fu influences together with Japanese and Okinawan methods, later shaped by mainland American practice. The club's teaching lineages reach both Edmund K. Parker, developer of American Kenpo, and Adriano D. Emperado, co-founder of Kajukenbo. Sanchin Budokai combines Parker's technical library with Emperado's pragmatic approach: named techniques, forms and principles provide the structure; drills and sparring develop timing and adaptability.

Sanchin Budokai Jiu-Jitsu

Jiu-Jitsu is a Japanese tradition of throws, joint locks, strikes and control techniques. The club's teaching lineages reach Jigoro Kano, founder of Kodokan Judo, and Sokaku Takeda, who transmitted Daito Ryu Aiki Jiu-Jitsu. Sanchin Budokai combines these Japanese foundations with Scandinavian self-defence training. Students learn escapes, breakfalls, throws, locks and groundwork, then apply them in randori—freer partner practice—and integrated sparring.

Samahang Tatlong Laban Escrima

Escrima belongs to the Filipino martial traditions also known as Eskrima, Arnis and Kali. Samahang Tatlong Laban Escrima draws on Modern Stick Combatives and Dynamic Fighting Arts Kali. Training includes single- and double-stick work, partner drills, disarms, forms and light stick sparring. It develops distance, timing, attack angles and checking-hand control, with related movements also studied without weapons.

A shared outlook

The common aim is practical understanding, not simply a larger collection of techniques. Kenpo's Chinese-inspired hybrid heritage supports this exchange, while each discipline keeps its own identity. Training progresses from clear, controlled exercises to less predictable practice, with respect for partners and responsibility for how techniques are used.

Training and progression

Structure of the curriculum

The Kenpo rank progression is the organizing framework. Each rank contains its Kenpo basics, core principles, self-defence techniques and forms/sets, together with one progressive Jiu-Jitsu block and one progressive Escrima block. Kenpo basics and principles are cumulative once introduced. The block matrices at the end show how the integrated Jiu-Jitsu and Escrima blocks correspond to the separate rank levels in those disciplines.

Integration in practice

Integration connects areas of practice rather than simply collecting techniques. A movement can be studied as a Kenpo response, as a way of establishing Jiu-Jitsu control, or through Escrima's timing and checking-hand work. Each discipline receives focused attention before being brought into the drills, randori and sparring specified in the rank pages.

Technical ranks and instructor levels

The seventeen curriculum stages extend from 14th kyu to 3rd dan in Kenpo. Each discipline retains its own technical rank scale, and technical rank does not automatically confer instructor status. Instructor appointments require the discipline-specific minimum grade together with the common practical, pedagogical and theoretical requirements. A practitioner may therefore hold different instructor levels in the three arts.

Live training

Free sparring is conducted without strikes to the head. Controlled attacks to the head may be used in designated drills. Full-Contact Sparring refers to realistic contact against permitted body and leg targets with appropriate protective equipment and control.

Reading the Jiu-Jitsu memory cues

Jigo waza is retained as the umbrella heading used in this integrated curriculum. The brief attack-and-response cues are condensed English reminders of the fusegi waza and kaeshi waza in the separate Jiu-Jitsu grading syllabus. They identify individual defences without replacing demonstration, partner practice or instruction.

Working sequences and safe practice

The working sequences are concise curriculum references that support instruction rather than replace it. Historical target descriptions are not instructions to make injurious contact with a training partner. Weapon work uses purpose-made training equipment under instruction; the sequences are not guarantees of effectiveness in an actual armed encounter.

Notation: RNB / LNB = right / left neutral bow; RFB / LFB = right / left forward bow. Uke refers to the partner presenting the attack or receiving the technique.

Kenpo belt overview

The Kenpo grades organise the seventeen stages of this integrated curriculum. The full Sanchin Budokai Kenpo system has ten black-belt degrees; only 1st–3rd dan are illustrated and covered here. Higher dan grades lie outside this booklet's scope. The Jiu-Jitsu and Escrima belt guides follow the rank pages.



Brown-belt progression: 3rd kyu — one red stripe on each end; 2nd kyu — two red stripes on each end; 1st kyu — three red stripes on each end. Black-belt degrees use the same one-, two- and three-stripe pattern.

The diagrams show technical grades. Instructor appointments and uniform permissions are set out separately in the instructor section.

14th Kyu – White Belt (One Stripe)

Basics: attention; natural stance; meditation stance; neutral bow stance; step-drag; drag-step; inward block; extended outward block; upward block; jab; cross; hook punch; hammer fist (inward, downward); hand sword (inward, outward); front kick (front leg).

Core Principles: Setting Your Base Is Rule #1 – establish a stable and functional base before applying force. Gravitational Marriage – coordinate an action with dropping body weight to increase power and stability. Examples: Delayed Sword, Sword of Destruction, Lone Kimono.

Kenpo Self-Defence

Delayed Sword (*Right Straight Punch*) — Step back to RNB, right inward block, right front snap kick to groin, plant in RNB, right outward hand sword to neck.

Sword of Destruction (*Left Hook Punch*) — Step back to RNB, right outward extended block, right front snap kick to groin, plant in RNB, right inward hand sword to neck.

Lone Kimono (*Left Lapel Grab*) — Step back to RNB, left hand pins the attacker's hand, right upward block at elbow, right inward downward hammer fist to forearm, right outward hand sword to neck.

Jiu-Jitsu – Block 1 · *Jigo waza*

Same-side wrist grab — Release towards the thumb.

Cross-hand wrist grab — Bring the captured hand outside, fingers upward; use both hands to push the grip aside.

Thumb-up wrist grab — Circle the captured hand counterclockwise.

Underhand wrist grab — Anchor the elbow and lower the arm; reinforce with the free hand and circle counterclockwise if needed.

Escrima – Block 1

Basics: lobtik (full-through strike); witik (snap strike); diagonal, horizontal and vertical strikes; half strike; thrust.

13th Kyu – Yellow Belt

Basics: horse stance; push-drag; step-thru; cover-out; outward block; downward/low block; uppercut; hammer fist (outward); elbow (inward, rear, obscure).

Core Principles: Point of Origin / Reference – initiate movement efficiently from where the weapon or body part already is. Contouring – follow the opponent's body or limbs to maintain efficient contact and reduce unnecessary travel. Examples: Obscure Wing, Sword and Hammer.

Kenpo Self-Defence

Obscure Wing (*Left-hand Grab on Right Shoulder from the Back*) — Step right to 4 o'clock into horse stance, right rear elbow to ribs, right hammer fist to groin, right obscure elbow to chin.

Sword and Hammer (*Left-hand Grab on Right Shoulder from the Side*) — Step right to 3 o'clock into horse stance, right outward hand sword to neck, right downward hammer fist to groin.

Deflecting Hammer (*Low Right Front Kick*) — Step back to RNB, right downward diagonal block to outside of leg, shuffle in, right inward elbow to face, left sliding check to elbow.

Forms / Sets · *Star Block Set*

Standard basic drill of inward, outward, upward, downward, inward block, and outward block.

Jiu-Jitsu – Block 2 · *Jigo waza*

Two hands on one wrist — Reinforce the captured hand with the free hand and draw upward between the grips.

Two hands on both wrists — Counter-grip the opposite hand, release towards the thumb, then repeat on the other side.

Single clothing grab, thumb up — Control the gripping hand and elbow; lift, step forward and pass underneath the arm.

Escrima – Block 2

Basics: punyo (butt-end strike); curvada (snapping backfist-like strike); abaniko (fan strike); sonkete (upper-end/tip strike).

Footwork: triangular footwork (angular entry and exit).

Live Training

Kenpo: Blocking Drill: random basic punches and strikes at controlled speed; react with appropriate blocks/parries. **Jiu-Jitsu:** Wrist-Grab Defence Drill: random single- and two-hand wrist grabs with progressive resistance.

12th Kyu – Yellow Belt (One Stripe)

Basics: forward bow stance; heel-palm; middle-knuckle strike; back fist; front kick (rear leg); roundhouse kick (front, rear); side kick (slide-up, step-through, rear-cross-over); back kick; spinning back kick; scoop kick.

Core Principles: Backup Mass – support a technique by moving body mass in the same direction as the force. Margin for Error – structure the defence so that one imperfect action does not necessarily cause the whole response to fail. Examples: Clutching Feathers, Thrusting Salute, Parting Wings.

Kenpo Self-Defence

Clutching Feathers (*Left-hand Hair-grab*) — Step back to RNB, left pin, right middle knuckle strike to armpit, shift to RFB, left heel palm to jaw, right outward extended block, right inward raking back knuckle to nose.

Thrusting Salute (*Low Right Front Kick*) — Step back to LNB, left downward block to inside of kick, pivot left foot, right front snap kick to groin, plant to RNB, right thrusting heel palm to chin.

Buckling Branch (*Low Left Front Kick*) — Step back to LNB, left downward block to kick, right rear scoop kick to groin, plant forward to RNB, left rear side kick to inside of knee.

Parting Wings (*Close-range Double-handed Push*) — Step back to LNB, double outward hand sword to inside of arms, shift to LFB, right inward hand sword to ribs, left outward hand sword to neck, right middle knuckle to solar plexus.

Forms / Sets · *Kicking Set 1*

snap front kick, roundhouse kick, side kick, and spinning back kick.

Jiu-Jitsu – Block 3 · *Jigo waza*

Front two-hand choke — Step back and duck under the arms while protecting the head.

Front bear hug, arms free — Step the right foot well back; apply ryote ate at the chin, with optional hiza ate.

Side headlock with punches — Catch the punching hand from behind; step in front, straighten, control the arm and back out underneath.

Rear one-arm choke, no pull — Hold the choking arm with both hands; step diagonally back, pass underneath, turn forward and withdraw.

Punch or attempted punch — Raise jiyu kamae; use shuto uke, step forward with ryote ate and optionally follow with hiza ate.

Kihon: ryote ate (two-hand palm strike/push).

Gensoku: ju no ri (principle of yielding – adapt to force rather than opposing it directly). · *Eligible to test: Jiu-Jitsu 5th kyu – Yellow Belt after Blocks 1–3.*

Escrima – Block 3

Drills: Figure 8; Reverse Figure 8; 12 Angles of Attack.

11th Kyu – Orange Belt

Basics: cover-step; inward parry; heel-palm claw; elbow (outward, upward); straight knee.

Core Principles: Torque – generate power through coordinated rotation of the body. Speed / Explosiveness – accelerate decisively while retaining structure and control. Examples: Triggered Salute, Thrusting Wedge, Reversing Mace.

Kenpo Self-Defence

Thrusting Wedge (*High Two-handed Push*) — Step forward into RFB, execute a double thrusting claw to the eyes, turn counter-clockwise into RNB, have your left hand grab your right wrist, deliver a right upward elbow strike to the chin, then a right downward heel palm to the nose with a right claw-hand to the eyes.

Triggered Salute (*Right-hand Push to Left Shoulder*) — Step forward into RNB, pin with the left hand and strike with a right heel palm to the chin, then a right inward horizontal elbow to the solar plexus, a right outward horizontal elbow to the ribs, a right horizontal back-knuckle to the ribs, and a right uppercut to the chin.

Reversing Mace (*Left Front Straight Punch*) — Step back to RNB, execute a right inward parry followed by a left outward parry to the left punch, grab the left shoulder with your left hand, strike with a left outward back-knuckle to the ribs, then a right downward roundhouse kick to the back of the knee.

Grip of Death (*Left-side Neck- or Head-hold*) — Step forward into a kneeling position, deliver a left inward hammer fist to the kidney and a right hammer fist to the groin, place your left hand under the nose or grab the hair, turn into LFB, strike with a right palm strike to the chin, then a right knee to the groin.

Forms / Sets · *Short Form 1*

Basic blocking movements (inward, outward, upward, downward) performed while moving backward.

Jiu-Jitsu – Block 4 · *Jigo waza*

Two-hand clothing grab, hands close — Grip your own left wrist vertically against the hold; step right beside uke and release, with optional hiji ate.

Two-hand choke against a wall — Lower one elbow and lift the other; rotate out, with optional hiza ate.

One-hand choke against a wall — Use shotei uchi inside the arm towards the wall; optionally follow with an inward hiji ate.

Front kick towards the groin — Use sukui uke; move away in a circle or follow with hiji ate.

Escrima – Block 4

Combinations: A: 1–2–3–4–5; B: 1–2–3–4; C: 1–2–12; D: 1–6–9–10; E: 2–3–10. · *Eligible to test: Escrima Antas Isa – Yellow Belt after Blocks 1–4.*

Live Training

Kenpo: Light-Contact Sparring: controlled continuous striking to permitted body targets; no head contact. **Jiu-Jitsu:** Jigo Waza Randori: defence against learned grabs, pushes, chokes and headlocks with progressive resistance.

10th Kyu – Orange Belt (One Stripe)

Basics: twist stance; front cross-over; rear cross-over; finger poke; simultaneous block-and-strike; double strikes.

Core Principles: Checking – control potential weapons or lines while continuing your own action. Economy of Motion – eliminate unnecessary movement and use the shortest efficient path between actions. Examples: Circling Wing, Attacking Mace, Repeating Mace.

Kenpo Self-Defence

Twirling Wings (*Double Lapel-Grab from Behind*) — Left step to right twist: left outward block/control. Turn 180° to LNB; right elbow (ribs) with control, then left elbow (solar plexus).

Circling Wing (*Two-Handed Choke from Behind*) — Pin right hand (left), step to 1:30 LNB. Right elbow to his elbow joint, wrap/catch the arm, left eye poke with control, then right upward elbow (chin) and right hammer fist (groin).

Attacking Mace (*Right Straight Punch*) — Step back into LNB with a left inward block, move into LFB with a right cross to the ribs, grab his wrist with the right hand and pull it down, deliver a right through-the-target roundhouse kick to the groin, land in RNB and deliver a left cross to the kidney, controlling his leg.

Repeating Mace (*Left Push from Front*) — Step with the left foot into a right twist stance, perform a tan sau with the left hand and grab the wrist, deliver a right hammer fist to the kidney, a right back-fist to the ribs, grab the shoulder with the right hand, then execute a right roundhouse kick to the calf.

Forms / Sets · *Finger Set 1 and Coordination Set 1*

horizontal finger thrust, vertical finger thrust, upward finger thrust, double finger thrusts, and over-the-shoulder finger thrust. Also: simultaneous blocking and striking on command as well as double strikes.

Jiu-Jitsu – Block 5 · *Jigo waza*

Rear bear hug, over or under arms — Weight forward; if lifted, hook a foot behind the knee. Reach between the legs and lift uke's foot.

Front guillotine — Counter-grip on the same side; thread the farther arm through and step forward with arm control.

Front guillotine with a lift — Jump and hook with the feet; move to the side and bring the action to the ground.

Rear grab while seated — Hold both of uke's feet and draw them forward while pressing your back rearward.

Escrima – Block 5

Drills: redondo (continuous wrist-rolling strikes); Abecedario 1–2; Abecedario 1–2–3.

9th Kyu – Purple Belt

Basics: reverse bow stance; crane stance; half fist; jump change.

Core Principles: Contact Manipulation – use established contact to guide, control, lock or reposition the opponent. Flexibility in Thought and Action – adapt to the opponent’s movement and reaction rather than rigidly following a sequence. Examples: Crossing Talon, Striking Serpent’s Head, Leaping Crane.

Kenpo Self-Defence

Obscure Sword (*Left-hand Grab on Right Shoulder from the Side*) — Pin his hand, step forward with the left foot into reverse bow, turn 180 degrees into right RNB with a right hand sword to the neck, then deliver a left front kick to the stomach and retract the leg back into RNB.

Crossing Talon (*Right Crossing Wrist Grab*) — Counter-grab his wrist, circle your grip under his arm into a wrist lock. Move toward 1:30 into LNB with your left arm pressing down on his elbow joint and your right hand controlling the wrist in an armbar. Deliver a left elbow strike to the face, a left claw to the jaw, a left downward elbow to the spine, and finish with a “sandwich” of a left hand sword and right knee to the face.

Striking Serpent’s Head (*Front Bear-Hug, Arms Free*) — Step back into LNB, “sandwich” with a left back-fist to the neck and right heel palm to the face, grab the hair with the left hand and pull the head back, then strike with a right half-fist to the throat.

Leaping Crane (*Right Straight Punch*) — Step forward toward 10:30 into LNB with a left-hand parry, move into a LNB while delivering a right middle-knuckle strike to the ribs, a right side kick to the lead knee, a right back-fist to the kidney, and a right elbow strike to the head (sandwich with left heel-palm).

Forms / Sets · Long Form 1

Basic countering movements (blocking and punching).

Jiu-Jitsu – Block 6 · *Jigo waza*

Kicks while grounded — Protect the head, use the feet to block and track uke; apply fumi komi, protect yourself and stand.

Kesa gatame — Frame towards the neck; bring the nearer leg across the face and use it to escape.

Mount, with or without a choke — Protect the face, trap the arms and one foot; bridge diagonally and roll.

Side control / mune gatame — Frame, shrimp the hips away and insert the nearer knee at uke’s abdomen; straighten out.

Choke from inside your guard — Lower the arms, trap one and grip the collar; shrimp and scissor the legs into a sweep.

Kihon: tate shiho gatame (mount/four-corner hold); mune gatame (side/chest hold); gado (guard position, including sweep).

Gensoku: enkei (circular movement – move around pressure rather than directly against it). · *Eligible to test: Jiu-Jitsu 4th kyu – Orange Belt after Blocks 4–6.*

Escrima – Block 6

Drills: Abecedario 7–6; Abaniko–Witik Drill.

Basic Defence: blocks against Angles 1–5 – matching blocks against Angles 1–2 and inward/outward pinky-up blocks against Angles 3–5.

Live Training

Kenpo: Light-Contact Sparring with Low Kicks: controlled body striking and low kicks to the thighs; no head contact. **Jiu-Jitsu:** Positional Ne-Waza Randori: live escapes, reversals and positional recovery from learned ground positions. **Escrima:** Block-and-Counter Drill: random Angles 1–5; appropriate block followed immediately by a controlled counter.

8th Kyu – Purple Belt (One Stripe)

Basics: cat stance; downward elbow; front-to-back maneuver; round knee.

Core Principles: “With” vs. “And Then” – distinguish simultaneous actions from sequential actions. Minors / Majors – coordinate supporting actions with the actions producing the primary effect. Examples: Shielding Hammer, Raining Claw, Five Swords, Locked Wing.

Kenpo Self-Defence

Shielding Hammer (*Left Hook Punch to Head*) — Right outward block, right inward hammer fist (nose), simultaneous right elbow (chest), and left heel palm claw (face).

Five Swords (*Right Hook Punch to Head*) — Forward to RNB, double inside sword hand block (arm), right sword hand (neck), left heel palm (cheek), right twist stance with right uppercut (kidney), unwind to RNB with left sword hand (neck) and grab, pull head down, right sword hand (neck).

Raining Claw (*Right Uppercut Punch to Head*) — Right downward block and left heel palm claw (face), left hand check, and right back fist (face).

Locked Wing (*Right Hammer-Lock from Behind with Left Wrist Control*) — Counter-grab with the right hand, step into right reverse bow and strike the left arm straight forward to break the grip, turn into LNB with a left outward elbow to the face, left heel palm, left arm hooks his right arm, take an adjustment step back with the right foot, turn again into LNB and break the elbow, finishing with a “sandwich” of a right hammer fist and right knee to the head.

Forms / Sets · *Striking Set 1 and Stance Set 1*

thrust punches, back fists, hammer fists, double strikes, as well as stances like horse, neutral bow, cat, forward bow, reverse bow, twist.

Jiu-Jitsu – Block 7 · *Jigo waza*

Cross-hand wrist grab — Counter-grip with the captured hand and step forward into ude osae.

Half nelson — Step sideways through 90 degrees, lower the elbow and establish ude garami.

Single clothing grab, palm up — Hold the hand with both hands, step beside uke’s corresponding foot and apply kote gaeshi.

Rear two-hand choke — Hold one hand with both hands; step sideways through 90 degrees into kote gaeshi.

Front two-hand choke — Use an atemi distraction; take the opposite hand with elbow protection and apply kote mawashi.

Front hair grab — Counter-grip, use shotei uchi as atemi, turn through 90 degrees and apply kote mawashi.

Rear hair grab — Counter-grip, turn through 90 degrees and apply kote mawashi.

Kihon: ude osae (arm pin/control); kote gaeshi (wrist reversal); kote mawashi (wrist rotation); ude garami (entangled arm lock).

Escrima – Block 7

Basic Strip Disarms: strip the stick from a controlled weapon hand after the wrist has already been secured; both inside and outside strips.

Combinations: F: 3–4–Abaniko–Abaniko–1–2; G: 5–1; H: 6–1–Curvada; I: 6–3–Curvada; J: 9–10–1–2; K: 9–Abaniko–Abaniko–1.

7th Kyu – Blue Belt

Basics: wide kneel stance; close kneel stance; back-to-front maneuver; ridge hand; chicken kick.

Core Principles: The Four Ranges of Parker Kenpo – recognize and transition appropriately between fighting distances. Three Dimensions – Height, Width, Depth – manipulate position and structure in all three spatial dimensions. Examples: Dance of Death, Sleeper, Thundering Hammers.

Kenpo Self-Defence

Alternating Maces (*Two-Hand Push, Front*) — Step back to RNB with right inward block. Left straight cross to stomach, chambering right hand by your left temple. Right back fist to attacker's right temple.

Dance of Death (*Right Straight Punch to Head*) — Step forward into LNB with a left inward block; right ridge-hand to the groin and tan sau check to the shoulder. Grab behind his right knee, step through and take him down with a single-leg. Maintain leg control; right back-fist to the free leg and right chop to the groin.

Sleeper (*Right Straight Punch to Head*) — Step forward into LNB with a left inward block; right ridge-hand to the neck and grab. Press his right arm across with the left hand, step behind to off-balance, apply a triangle choke, and throw him down. Follow with a right punch to the face.

Thundering Hammers (*Right Straight Punch to Head*) — Step forward into LNB with a left inward parry/check; drop into wide kneel with a right forearm strike to the body. Check the left shoulder with the right hand, then left diagonal hammer fist to the kidney and right hammer fist to the back of the head.

Forms / Sets · Short Form 2

Moving forward, blocking and advancing with strikes.

Jiu-Jitsu – Block 8 · Jigo waza

Single clothing grab with a punch — Block the punch, step behind and apply o soto otoshi.

Two-hand clothing grab with a headbutt — Control one arm; intercept between the hands with shotei uchi and apply o soto otoshi.

Side arm grab — Step sideways with hiji ate to the torso and apply o soto otoshi.

Rear one-arm choke with a pull — Hold the arm with both hands, hook the outer foot around uke's leg, turn and apply o soto otoshi.

Front bear hug, arms trapped — Step sideways, wrap around the waist and throw with o goshi.

Kihon: kumikata (gripping methods); kuzushi (off-balancing); o soto otoshi (major outer drop); o goshi (major hip throw); yoko ukemi (side breakfall).

Escrima – Block 8

Form: Anyo Isa – Form One – repeated 1–2–5 sequence toward 12, 9, 6, 3 and 12 o'clock, integrating directional changes and forward movement. · *Eligible to test: Escrima Antas Dalawa – Green Belt after Blocks 5–8.*

Live Training

Kenpo: Light/Moderate-Contact Sparring: body striking, low kicks, controlled sweeps and simple takedowns; no head contact. **Jiu-Jitsu:** Ne-Waza Randori. Nage-Waza Randori. Jigo Waza Randori.

Escrima: Stick-Defence Drill: random learned stick attacks; defend, check/control the weapon arm and apply learned strip mechanics.

6th Kyu – Blue Belt (One Stripe)

Basics: universal block; reverse chicken kick; simultaneous striking and kicking.

Core Principles: Open-Ended Triangles – use triangular structures and angles to redirect force, maintain structural integrity and create positional advantage. Body Alignment and Bracing Angles – align the body and limbs so skeletal structure supports force and control. Examples: Swinging Pendulum, Glancing Salute, Conquering Shield.

Kenpo Self-Defence

Glancing Salute (*Right Push to Right Shoulder*) — Pin his arm with your right hand, step forward into LNB, break his elbow with your left arm, apply a hook check with the left hand, deliver a right heel palm to the face, grab the neck from behind with the right hand, deliver a right knee to the stomach, then land in RNB with a right elbow strike to the head.

Conquering Shield (*Front Left, Stiff-Arm Lapel Grab*) — Catch the attacker's left arm with your left hand, execute a right inward block to his left elbow to break the grip. Follow with a right front snap kick to the inside of his right leg. As you land, deliver a straight right punch to his chin, press his arm down with your elbow, then deliver a right upward elbow strike to his chin and a right claw-hand to the face.

Swinging Pendulum (*Right Roundhouse Kick*) — Step back with the left foot into RNB and turn 45 degrees, execute a right inward block to the thigh followed by a left-hand check. Slide forward with a right inward hammer fist to the groin, followed by a right obscure elbow to the chin.

Twinn Kimono (*Front Two-Hand Lapel Grab, Pushing Out*) — Pin the attacker's hands with your left hand, execute a right upward block to his arms to break them while stepping back with the left foot into RNB, deliver a left back-knuckle to the ribs, followed by a right hammer fist to the arms and a hand sword to the neck.

Forms / Sets · Coordination Set 2

The student should be able to perform simultaneous striking and kicking.

Jiu-Jitsu – Block 9 · *Jigo waza*

Head control with an attempted knee — Use ude uke and move to the opposite side; control beneath the knee and around the face for ashi barai.

Front or side kick to the abdomen — Use sukui uke, catch the leg from outside and apply ashi barai.

Round kick to the abdomen — Use sukui uke and catch the leg; take a large diagonal backward step to turn uke down.

Kihon: ashi barai (foot sweep); juji jime (cross choke); mae hadaka jime (front naked choke); gado – kuzure, passu, barai (guard breakdown, pass and sweep).

Gensoku: kuzushi (breaking the opponent's balance before throwing or controlling). · *Eligible to test: Jiu-Jitsu 3rd kyu – Green Belt after Blocks 7–9.*

Escrima – Block 9

Drills: Abecedario 1–2–7–6; Abecedario 7–6–7–6–1–2; Block and Figure-8 Strike; Block and Slash.

5th Kyu – Green Belt

Core Principles: Weapon Principles – manage the weapon line, range and weapon-bearing limb before attempting control or disarm. The Four T's – Tools, Timing, Targets and Travel – choose the appropriate weapon, moment, target and path. Example: Defying the Storm.

Kenpo Self-Defence

Crashing Wings (*Rear Bear Hug, Arms Free*) — Drop into horse stance with double elbow strikes to his arms. Step behind his right leg with your left leg and elbow with left arm to chin (bending him over), shift to LNB while executing a hammer fist to stomach – taking him down.

Captured Twigs (*Rear Bear Hug, Over Arms*) — Step to the left into horse stance, and strike a right downward hammer fist to groin, releasing his grip. End with right rising elbow to chin.

Mace of Aggression (*Two-Hand Lapel Grab, Front*) — Trap his hands with your left hand and step into RNB with right vertical fist to face. Push him down on his elbows, following up with right inward elbow, and right outward elbow to chest/throat.

Defying the Storm (*Front Right Step-Through Roundhouse Club*) — Step toward 11:00 into RNB, checking the inside of the attacker's knee while a left outward handsword diverts the weapon wrist and a right inward handsword attacks the biceps. Seize the wrist and elbow; step back into LFB and apply the original push-pull elbow control. Maintain wrist control, strip the club with the right hand through the weak line and clear it. Deliver a right knee to the chest, land in RNB with a downward elbow to the upper spine/back of neck, then cover out.

Forms / Sets · Long Form 2

Moving forward, checking, blocking and striking. Inspired by Ed Parker's studies of Hung Gar Kung Fu.

Jiu-Jitsu – Block 10 · *Jigo waza*

Cross-hand wrist grab — Counter-grip with the captured hand, press down over uke's hand and apply kote osae.

Stiff-arm clothing grab — Hold the elbow, use shotei uchi at the wrist and secure kote osae against the chest.

Half nelson — Step sideways through 90 degrees, lower the elbow and establish kote osae.

Front push — Gather both hands with one arm and control the elbows; combine yubi kansetsu with kote osae.

Rear bear hug, finger-control version — Lower the base and control the fingers with yubi kansetsu.

Front or rear two-hand choke — Use an atemi distraction, pass under the arms and apply kote hiniri.

Front two-hand choke against a wall — Control uke's fingers and apply yubi kansetsu.

Aggressive handshake — Intercept with yubi kansetsu at the thumb.

Rear bear hug, arm-lock version — Lower the base, establish gyaku ude garami, step diagonally forward and turn out.

Kihon: kote osae (wrist pin/control); yubi kansetsu (finger joint lock); kote hiniri (wrist twist); gyaku ude garami (reverse entangled arm lock).

Escrima – Block 10

Applications: Step-and-Strike; Walking Through the Strike; stick-to-empty-hand transition; basic entry to punyo range.

Concepts: Defang the Snake (attack/control the weapon-bearing limb); use of the live/checking hand for checking, trapping and control.

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required: punches and kicks to permitted body/leg targets, low kicks, controlled sweeps and simple takedowns; no head contact. **Jiu-Jitsu:** Integrated Sparring: striking/atemi → clinch → takedown → groundwork. Nage-Waza Randori. Ne-Waza Randori. Jigo Waza Randori. **Escrima:** Stick-Defence Drill. Defang the Snake Drill: random stick attacks; evade/block as appropriate and attack or control the weapon-bearing limb.

4th Kyu – Green Belt (One Stripe)

Core Principles: Tailoring – adapt a technique to yourself, the opponent and the circumstances. The Considerations of Combat – account for opponent, environment, range, weapons, targets and available options. Examples: Thrusting Lance, Grasp of Death, Gift of Destruction.

Kenpo Self-Defence

Raking Mace (*Front Two-Hand Lapel Grab, Pulling In*) — Left counter-grab; step to RNB with right uppercut (midsection). Right downward hammerfist rake (nose), right chop (neck) and collar grab. Left head control; slide in with right elbow smash (face).

Gift of Destruction (*Front Handshake*) — Grab his right elbow, and pull him across, delivering a right knee to the groin or stomach, land in RNB with left-hand-check and right inward elbow to face.

Grasp of Death (*Right-Flank Side Headlock*) — Counter-grab the opponent's head-locking arm with your right and strike the groin with your free left hand. Step back to LNB and peel off the arm, slipping out with your head. Step forward into RNB with arm bar. Strike a left vertical fist to face.

Thrusting Lance (*Right Step-through Knife Thrust*) — Shift off-line in RNB with a right inward-downward hammering block and immediately seize the weapon wrist; push-drag forward with a left underhand groin strike/grab. Bring the left hand back to the weapon hand, perform the circular strip and clear the knife before applying the turning-leaf wrist lock. Re-establish two-hand wrist control, step back into LNB and apply the lock. Maintain control, deliver one left snap kick to the midsection, then create distance and cover out.

Forms / Sets · *Striking Set 2*

rear-, upward-, downward-, inward-, and outward elbow strikes.

Stance Set 2

closed kneel stance, wide kneel stance, and crane stance.

Jiu-Jitsu – Block 11 · *Jigo waza*

Rear one-arm choke, bent forward — Lower the base and throw with seoi nage.

Two-hand clothing grab — Enter inside with double overhooks and apply tai otoshi.

Full nelson — Clasp your own hands and apply tai otoshi.

Punch or attempted punch — Block with the palms, step close between uke's legs, wrap the hips and apply yori taoshi.

Front kick — Use sukui uke, move to the side, hold the leg and apply o uchi gari.

Round kick to the abdomen — Use sukui uke while moving against the kick's direction; hold the leg and apply o uchi gari.

Kihon: o uchi gari (major inner reap); seoi nage (shoulder throw); tai otoshi (body drop); yori taoshi (driving/body takedown); mae ukemi (forward breakfall); ushiro ukemi (rear breakfall).

Escrima – Block 11

Cadena de Mano: against a roundhouse strike – inside palm entry, outside knife-hand check/trap and follow-up with knife-hand or backfist, and potential disarm.

3rd Kyu – Brown Belt (1st Degree, One Stripe)

Core Principles: Three Points of View – analyse an encounter from your own perspective, the opponent's perspective and that of an outside observer. Overkill vs. Over-Skilled – distinguish excessive force from simply possessing more technical options than are required. Examples: Securing the Storm, Checking the Storm, Twirling Sacrifice.

Kenpo Self-Defence

Shield and Mace (*Right Straight Punch to Head*) — Step left/offline to LNB: right outward block + left hook (kidney), right hammer fist (kidney) with left check, right heel-palm (chin), right chop (low back), right side kick (back of knee).

Securing the Storm (*Right Step-through Roundhouse Club*) — Step forward into LNB with a left outward block to the weapon wrist and simultaneous right vertical punch. Snake the left arm under and around the weapon arm to hyperextend the elbow; circle behind the attacker's right leg, reap/takedown with a right heel-palm to the jaw while maintaining weapon-arm control. With the attacker grounded, pin the wrist and use the club as a lever through the weak line to disarm. Retain the club and cover out.

Twirling Sacrifice (*Full Nelson*) — Drop elbows and step right into horse stance. Step behind him with your left leg and lift both his legs up and slam him backwards, taking him down – left elbow strike to solar plexus.

Checking the Storm (*Right Over-Hand Club Strike*) — Step right into horse stance with a right inward parry, then slide into left cat stance with a left extended outward block to the weapon wrist. Seize and rotate the wrist, strip the club with the right hand and clear it. Follow with a left snap kick to the groin, right knife-edge kick to the inside of the knee and right back-knuckle to the temple, then cover out.

Forms / Sets · *Short Form 3*

Destructive Twins → Crashing Wings → Twirling Wings → Circling Wing → Crossing Talon → Scraping Hoof → Fatal Cross → Grip of Death → Locked Wing → Crossed Twigs → Wings of Silk → Conquering Shield → Striking Serpent's Head.

Jiu-Jitsu – Block 12 · *Jigo waza*

Third-person defence — Control over the shoulders, use the prescribed knee-fold action, step back and establish hadaka jime.

Side, overhead or backhand stick swing — Block and seize the hand; pass under the arm, take the stick and strip it away.

Side or overhead stick swing, resisted entry — Maintain the hand control; if the under-arm action is resisted, use o soto otoshi or tai otoshi and disarm.

Kihon: juji gatame (cross armbar); ashi sangaku garami (leg-triangle entanglement); hadaka jime (naked choke); sangaku jime (triangle choke); senaka joshi (back-control position).

Gensoku: maei (combative distance – recognise and control the appropriate distance for striking, gripping and weapons). · *Eligible to test: Jiu-Jitsu 2nd kyu – Blue Belt after Blocks 10–12.*

Escrima – Block 12

Stick Against Stick: inward stick block → live-hand check/trap → enter to punyo range for strike or control.

Combinations: L: High 3–Low 4; M: Abaniko–Abaniko–3–9; N: Abaniko–Abaniko–3–4; O: Curvada–4–1–Curvada.

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Jigo Waza Randori. Third-Person Defence Drill: protect another person against controlled, unscripted attacks; secure, redirect or control the attacker as appropriate. **Escrima:** Stick-Defence Drill. Light Stick Sparring: controlled padded-stick sparring emphasizing distance, timing, footwork, defence and technical control rather than power.

2nd Kyu – Brown Belt (2nd Degree, Two Stripes)

Core Principles: Web of Knowledge / Family Groupings – recognize techniques as related expressions of common movements and principles. Variable Expansion – modify or extend a technique when the attack or circumstances change. Grafting – connect parts of different known techniques into a functional new sequence. Especially clear in Escape from Death, Broken Gift and Hugging Pendulum.

Kenpo Self-Defence

Clipping the Storm (*Right Thrusting Club*) — Step left/off-line into horse stance with a right outward-downward parry followed by a left inward-downward handsword to the forearm. Circle the left arm to capture and rotate the weapon wrist; strip the club with the right hand and clear it. Step outside into right cat stance with a left handsword to the neck, then behind into RNB with a right heel-palm under the chin, and cover out.

Glancing Lance (*Front Right Shuffle Knife Thrust*) — Step back and off-line into LNB with a right outward parry that converts immediately into a seize; strike the extended elbow with a left heel-palm. Maintain the wrist control, rotate to expose the weak line and peel/strip the knife with the left hand, then clear it. Pull the arm past while delivering a right snap kick to the groin/inside thigh; plant in RNB, recheck the arm and finish with a right two-finger eye rake, then cover out.

Raining Lance (*Front Right Step-through Overhead Knife Attack*) — From a left lead, divert the descending reverse-grip knife with a right outward parry followed by a left inward parry/push-down towards the attacker's right thigh/groin line. Convert the left hand to a firm wrist seize, rotate and lift into a compact wrist lock, then peel/strip the knife with the right hand and clear it. Push-drag forward into LFB with a right inward elbow to the sternum while maintaining arm control, then create distance and cover out.

Capturing the Storm (*Front Right Step-through Overhead Club*) — Step diagonally forward with a right-over-left upward cross-hand block and immediately seize the weapon hand/wrist with both hands. Guide the club arm clockwise and down into the attacker's right knee, then continue upward and over the head through a right front crossover. Maintain the wrist with the left hand, take the club's free end with the right, and unwind into RNB while lever-stripping it from the grip. Continue into a downward club strike to the rear/outside of the attacker's right elbow, then cover out while retaining the club.

Escape from Death (*Right Rear Arm Choke*) — Grab his right wrist and do left elbow to solar plexus and left hammer fist to groin (part of Obscure Wing), step to his side in horse stance and do Grip of Death.

Broken Gift (*Front Handshake*) — Step forward to LNB and counter-grab with your free hand, raise your left elbow to hyper-extend his. Step back to RNB with left chop, grab and pivot 45 degrees to left with right inward elbow to chin.

Hugging Pendulum (*Front Right Drag-up Thrusting Sidekick*) — Slide diagonally backwards into RNB with right low block. Go forward to left twist-stance with left shoulder-check on his right shoulder. Right side kick to his left knee so he drops to his knees. Right back knuckle to face and right heel palm to face.

Destructive Twins (*Two Hand Choke, Pulling-in, Front*) — Step forward with the right foot into RNB, deliver a left horizontal punch to the face and a right uppercut to the groin. Execute a left outward block to “clear” his arms, then a left eye-poke, grab his left arm with your left hand, and deliver a right punch to the ribs.

Forms / Sets · *Naifanchi Shodan*

A fundamental kata performed along a single lateral line from a rooted horse stance. It emphasizes close-range defence and counterattacks through compact blocks, strikes and body shifts. In the Kenpo lineage it holds a special place, as Naifanchi was the only kata taught by James Mitose, instructor of William K. S. Chow, who in turn taught Ed Parker.

Jiu-Jitsu – Block 13 · *Jigo waza*

Single clothing grab, thumb down — Control the hand with both hands and apply waki gatame.

Front one-hand choke — Use an atemi distraction and step back into waki gatame.

High clothing grab — Take the hand with both hands and apply ude hishigi hiji gatame.

Bent-arm clothing grab — Circle with the nearer hand to capture the arm and apply kuzure ude garami.

Clothing grab at shoulder height — Circle your arm over and straighten it; place the opposite leg across the hip for ude hishigi te gatame.

Kihon: waki gatame (armpit arm lock); ude hishigi hiji gatame (elbow-extension arm lock); kuzure ude garami (modified entangled arm lock); ude hishigi te gatame (hand-controlled arm lock).

Escrima – Block 13

Hubud Drills: Hubud A (empty hand against hook punch, straight punch, overhead strike, backhand and elbow); Hubud B (single stick at punyo range); Hubud C (empty hand against stick). · *Eligible to test: Escrima Antas Tatlo – Brown Belt after Blocks 9–13.*

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Jigo Waza Randori. **Escrima:** Stick-Defence Drill. Light Stick Sparring.

1st Kyu – Brown Belt (3rd Degree, Three Stripes)

Core Principles: Multiple Attackers – manage position, movement and threat priority against more than one opponent. Purposeful Compliance and Purposeful Defiance – deliberately flow with or oppose pressure according to what the situation requires. Continuity of Motion – maintain functional movement through changing circumstances rather than unnecessarily stopping and restarting. Examples: Bear and the Ram, Flight to Freedom, Retreating Pendulum.

Kenpo Self-Defence

Circle of Doom (*Front Right Straight Kick*) — RNB with right inside scoop block to right outward block to clear the leg. Right inverted scoop kick to groin, left spinning hook kick to head.

Escape from Darkness (*Left Rear Flank, Right Step-through Punch*) — Hold his punch off with your left hand and perform a left front side kick to his knee. Set your foot down and spin forward to RNB with right back fist to back. Push him down with your hands and by stepping forward to LNB with your knee to back. Grab his right shoulder with your right hand, left vertical fist to chin, left eye rake and grab his neck, break the neck and end it with left hook kick to face.

Unfolding the Dark (*Right Rear Flank, Left Step-Through Punch*) — Hold his punch off with your right hand and perform a right front side kick to his knee. Right back kick to stomach, spin behind him to LNB with left back fist. Right hammer fist to torso and left heel palm to chest to make him fall. End with right stomp to face, step out.

Bear and the Ram (*Front Right Punch / Rear Bear Hug, Arms Free – Two Men*) — Right inwards block and right snap kick to groin (Delayed Sword). Do Crashing Wings. Right step-through side kick to punching attacker. Right snap kick to the other attacker if he gets up.

Retreating Pendulum (*Front Right Thrusting Heel Kick – Side Kick Defence*) — Step back to left twist stance with right low block. Right low side kick to back of attacker's left knee, land in RNB with right downward hammer fist to neck. Right inward scoop kick to groin, stepping forcefully back to reverse bow checking his legs – throwing a right elbow to back of head.

Begging Hands (*Front Two-Hand Grab to Wrists*) — Break the grip by moving your elbows forward, step into right cat stance and counter-grab. Right snap kick to groin (foot coming back to neutral stance), and left snap kick to groin to LNB. Double palm strike to stomach.

Flight to Freedom (*Right Hammer-Lock from Behind*) — Counter-grab with the right hand, step back with the left leg into right reverse bow, send the left elbow outward as in Locked Wing – but when the opponent blocks, turn out into RNB, deliver a right side kick to the ribs, land in a right twist stance, apply an armbar to the elbow, then deliver a left side kick to the knee and break the arm.

Taming the Mace (*Front Right Step-through Punch with a Wall Behind You*) — Step forward diagonally into LNB with left inward palm parry and right hammer fist to his left shoulder. Trap his right hand with your left. Right chop to neck, and grab his shirt with your right hand. Pull everything downwards and switch to RNB on the spot. Pivot 180 degrees to LNB and push him up against the wall. Right knee strike to groin and right elbow to chin.

Forms / Sets · Thesis Form

Construct and demonstrate an original form based on a clearly defined Kenpo theme, principle, attack category, or group of related self-defence techniques. The form shall have a coherent sequence, directional structure, and practical transitions between the included techniques.

Long Form 3 – Optional Material

Jiu-Jitsu – Block 14 · *Jigo waza*

Rear headlock, bear hug or choke — Step behind uke and apply tani otoshi.

High tackle — Follow the incoming movement into tomoe nage.

Low tackle — Follow the incoming movement into sumi gaeshi.

Baseball-bat swing — Evade with taisabaki, close to a waist grip and apply tani otoshi.

Kihon: tani otoshi (valley drop); tomoe nage (stomach/circle throw); sumi gaeshi (corner reversal); kuchiki daoshi (single-leg takedown); morote gari (double-leg takedown); ashi dori garami (leg-catch entanglement); ashi hishigi (leg lock); hiza hishigi (knee lock).

Escrima – Block 14

Applied Strip Disarms: use the previously learned strip mechanics against dynamic stick attacks.

Applications: haymaker-style club swing – enter, secure the weapon wrist, disrupt structure and strip; returning back-hand – evade the first strike, enter on the return, secure the weapon arm, strip and finish with wrist control.

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. Multiple-Attacker Defence Drill: defence against two controlled but unscripted attackers using movement, positioning, threat prioritization and disengagement. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Jigo Waza Randori. **Escrima:** Stick-Defence Drill. Light Stick Sparring.

Shodan – 1st Degree Black Belt

Core Principles: Master Key Principle – identify fundamental movements that unlock multiple related techniques and applications. Embryonic to Sophisticated Basics – develop simple fundamentals into integrated and adaptable application. Defensive Offense – use actions that simultaneously protect you and adversely affect or control the attacker. Examples: Calming the Storm, Falling Falcon, Broken Rod, Capturing the Rod.

Kenpo Self-Defence

Prance of the Tiger (*Right Flank – Right Step-through Uppercut Punch*) — RNB with right low block, left oblique kick to right knee and left eye jab. Shuffle step forward to RNB with left-hand-grab to his right arm and right vertical fist to face.

Twisted Twig (*Right Front Wrist Twist*) — Push his right elbow down, stepping forward into RNB with right rising elbow to chin. Circular motion to right thrusting elbow to chest. Sink into right reverse bow with right hammer fist to groin.

Leap of Death (*Front – Right Step-through Straight Punch*) — Step into LNB with an arm bar takedown on his right arm, sending him to the ground. Leap onto him. Squat over him, and do double heel palm to back of head. Grab his chin with both hands and pull sharply up, breaking his neck against your legs.

Hooking Wings (*Low Double Front Push*) — Double inside low crane blocks in right cat stance with right snap kick to groin. Right inward hammer fist to temple, right back fist, slide forward into RNB with right rising elbow to chin, push away and create distance.

Falling Falcon (*Front – Right Direct Lapel Grab*) — Counter-grab, step in to RNB with right outward block to his right armpit. Slide your right leg behind his right leg, and do an outward reap, taking him down. Left stomp to face.

Calming the Storm (*Right Club Swing*) — Step forward into RNB with a left outward block to the weapon wrist and simultaneous right vertical punch. Convert the left block immediately into a seize; take the right hand to the club, strip it through the weak line and clear it. Pivot into RFB with a right sliding check and left body punch, then return to RNB with a left hooking check and right back-knuckle to the ribs. Cover out.

Broken Rod (*Rear – Right-hand Pistol Against Your Back*) — Pivot clockwise into RNB, moving off the original line of fire and immediately controlling the attacker's gun hand. Step forward into LNB with a left forearm strike to the extended elbow, then roll the forearm down into an arm bar while drawing the gun hand past the right hip. Maintain the pin, strip the pistol into the right hand, deliver one short butt strike to the jaw, then reverse-step away and create distance while retaining the firearm.

Capturing the Rod (*Front – Right Pistol Against Your Chest*) — Use a left tan-sau-style peel/grab to move the muzzle completely off the torso and clamp the gun hand. Step into RNB with a right eye jab while maintaining continuous weapon control; rotate only as far as needed to stay off the muzzle line and bring the right hand to the pistol. Establish two-hand control and lever-strip the weapon through the weak line, reorient toward the attacker and deliver one short butt strike. Step back, retain the firearm and create separation.

Forms / Sets · Long Form 4 (First Half)

Protecting Fans → Isolation Sequence #1 → Darting Leaves → Unfurling Crane → Destructive Kneel → Flashing Wings → Gathering Clouds → Circles of Protection → Dance of Darkness → Thundering Hammers.

Jiu-Jitsu – Block 15 · *Jigo waza*

Front knife threat — Redirect the knife hand with shotei uchi, use kin geri and disengage.

Front knife stab — Use soto ude uke outside; take two-hand control, use kin geri, optional strip, apply kote osae and disarm.

Low or side knife stab — Use low ude uke on the same side; catch the elbow, step aside, optional strip and establish ushiro ude osae.

Overhead knife stab — Use jodan ude uke, seize the hand, apply ude garami and disarm.

Backhand knife stab — Use ude uke, move through 90 degrees, seize the hand, optional strip, apply ude osae and disarm.

Rear knife threat at the neck — Take two-hand control; step sideways under the arm through 90 degrees and use the arm angle to disarm.

Attempted rear-waistband draw: arm control — Prevent the draw, use an atemi distraction and establish ushiro ude osae.

Attempted rear-waistband draw: wrist control — Prevent the draw, use an atemi distraction and establish kote osae.

Front handgun threat — Redirect and seize the gun hand; take the pistol with the other hand and strip inward.

Rear or side handgun threat — Block while turning outside, trap the weapon arm at the elbow fold, use hiji ate and apply the front disarm.

Rear handgun threat with a choke — Redirect the pistol, turn sideways through 90 degrees, secure the hand and apply one-hand kote gaeshi.

Kihon: okuri eri jime (sliding collar choke); sode guruma jime (sleeve-wheel choke); ushiro kesa gatame (reverse scarf hold); uki gatame (floating hold).

Gensoke: sen no sen / go no sen (acting as the attack develops / responding immediately after the attack has committed). · Eligible to test: Jiu-Jitsu 1st kyu – Brown Belt after Blocks 13–15.

Escrime – Block 15

Double Stick: Sinawali 1; Sinawali 2; Redondo Flow; Sonkete-to-Redondo; Heaven Six Sinawali.

Basics: Double-Stick Angles 1–5 – alternating diagonal, horizontal and straight sonkete attacks with both sticks.

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Free Jigo Waza Randori. **Escrime:** Stick-Defence Drill. Light Stick Sparring.

Nidan – 2nd Degree Black Belt

Core Principles: Stages of Learning – understand the progression from learning and reproducing movements to internalizing and freely adapting them. Equation Formula – systematically alter techniques by adding, deleting, rearranging or modifying their components. White and Black Dot Focus – retain broader awareness while concentrating on the immediate opponent, weapon or problem.

Kenpo Self-Defence

Entangled Wing (*Front Figure-Four Arm Lock*) — Grab your own right wrist with your left hand and step forward into RNB, driving a right rising elbow toward the chin. Pivot counter-clockwise into LNB, pulling his left arm across your right shoulder for an arm break while delivering a left rear elbow. Pivot back with a right rear elbow to the ribs, maintain arm control, and cover out.

Flashing Wings (*Front Right Step-Through Punch*) — Step left and off-line into LNB with a left inward block and right inward elbow to the ribs. Pivot through kneeling stances with a right outward elbow to the shoulder blade and left heel-palm claw across the face. Follow with hand swords to the back and side of the neck, then cover out.

Obstructing the Storm (*Front Right Step-Through Overhead Club Attack*) — Step the left foot toward 10:30–11:00 into a horse stance, angled toward 1:00–1:30, with a right-over-left upward cross block. Seize the weapon wrist, then step the left foot forward toward 2:00 into LNB and apply the arm-bar structure. Deliver a right knee strike, lever-strip the club while maintaining wrist control, replant into LNB, retain the club and cover out.

Entwined Maces (*Front Left-Right Punch Combination*) — Step back into RNB with a right figure-eight block against the left and right punches. Shuffle forward into RFB, hook his right arm down and deliver a left vertical punch to the face. Pivot into RNB with a right hand sword to the neck, then use a rear crossover, knee buckle, hammer fist, knee strike, and back kick to finish.

Twisted Rod (*Front Right-Hand Pistol*) — Step slightly forward/off-line into LNB, parrying the pistol off the body line with the right hand while the left clamps the gun hand. Step outside the attacker's right leg, establish two-hand weapon control and pivot counterclockwise into LFB to continue the wrist lock and take the attacker down. Once grounded, immobilize the wrist and peel/rotate the pistol free through the weak line. Retain the firearm and step away to create separation.

Entwined Lance (*Front Right Step-Through Knife Thrust*) — Step into a left front twist stance off the thrust line with a left hooking parry that converts immediately into a seize of the knife wrist. Step forward into RNB, check the attacker's knee/leg position and deliver a right heel-palm to the chin. As the right hand recoils, rotate the wrist slightly, peel/strip the knife with the right hand and clear it; maintain left-hand arm control and execute a right inward sweep kick to break the attacker's base. Replant, create distance and cover out.

Dance of Darkness (*Front Right Kick Followed by Right Punch*) — Step back into a left twist stance with a right downward parry to the kick and left inward parry to the punch. Step forward through RNB and LNB with a right outward parry and right elbow through the ribs. Pivot with a right back-knuckle to the kidney and left vertical punch to the head, sweep and reap his leg, then finish with a right downward front kick and cover out.

Returning Storm (*Front Right Inward Roundhouse Followed by Outward/Backhand Return Club Strike*) — Begin in RNB. Reverse-shuffle toward 7:30 to evade the first swing. Against the return strike, step the left foot toward 1:30 into LNB, intercepting the elbow with the left arm and the wrist with the right. Seize and rotate the weapon wrist, strip the club, deliver a right front kick, then plant the right foot toward 1:30 into RNB and finish with the lifting back-knuckle before covering out.

Forms / Sets · Long Form 4 (Full Form)

Protecting Fans → Isolation Sequence #1 → Darting Leaves → Unfurling Crane → Destructive Kneel → Flashing Wings → Gathering Clouds → Circles of Protection → Dance of Darkness → Thundering Hammers → Unwinding Pendulum → Reversing Circles → Snaking Talon → Circling Fans → Isolation Sequence #2 → Defensive Cross → Bowing to Buddha → Prance of the Tiger → Shield and Mace → Five Swords → Twirling Hammers.

Long Form 5 – Optional Material

Jiu-Jitsu – Block 16

Jigo waza: free self-defence applications — from a given attack, escape, block or evade; apply an appropriate atemi/kyusho action, then finish with nage, kansetsu or shime/ne waza.

Kyusho jitsu: basic vital-point application to the head, neck, torso, arms and legs – attack appropriate targets through strikes, pressure or gripping/pinching actions.

Renraku waza: freely flowing combinations – combine atemi/kyusho, nage, kansetsu and shime/ne waza into continuous defensive sequences.

Escrima – Block 16

Advanced Single Stick: abaniko concepts; redondo–witik concepts; freestyle flow; recovery from missed strikes; transition from angle striking into checking-hand control.

Range / Concepts: transition between long range, middle range and punyo range; principle transfer and blade awareness.

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Free Jigo Waza Randori. **Escrima:** Stick-Defence Drill. Light Stick Sparring.

Sandan – 3rd Degree Black Belt

Core Principles: Universal Pattern – understand motion through underlying lines, angles, circles and geometric relationships. Directional Harmony – coordinate body parts so their directions of movement support rather than oppose one another. Anatomical Positioning – position yourself and the opponent so anatomical structure creates advantageous targets, leverage and control.

Kenpo Self-Defence

Destructive Fans (*Left Flank - Right Step-Through Punch*) — Step left and back toward 8 o'clock into a modified horse stance with double parries to the outside of the punch and a right hammer fist to the solar plexus. Sweep his right leg with your left foot into a twist stance, then unwind with a right back-knuckle to the kidney and right stiff-leg sweep. Drop into a close kneel with a right punch, deliver a right stomp kick, and cover out.

Gathering Clouds (*Front Right Step-Through Punch*) — Step left toward 10 o'clock into LNB with a left inward parry and right middle-knuckle rake to the ribs. Continue with a right outward hand sword to the ribs, step through to buckle his right knee and deliver a right inward elbow. Follow with a right scoop kick to the groin, eye slice and gouge, and left heel-palm before covering out.

Circles of Protection (*Front Right Step-Through Overhead Punch*) — Step left toward 11 o'clock into LFB with a right upward parry under and outside the punch. Shift into LNB with a left upward claw to the face, then circle the right hand into an underhand heel-palm claw to the groin. Shuffle forward with a left back-knuckle to the face and cover out.

Glancing Spear (*Front Right-Hand Grab to Left Wrist*) — Counter-grab his right wrist with your right hand and step back into LNB. Shift into left reverse bow while pulling him off balance, then return to LNB with a left elbow to the ribs. Release with a right glancing heel-palm and finger strike to the eyes, sweep his right foot, use a right stiff-leg sweep to take him down, and finish with a right downward roundhouse kick before covering out.

Thrust Into Darkness (*Rear Right Step-Through Punch*) — Step forward into a left reverse cat stance to create distance and deliver a left back kick to the attacker behind you. Plant and pivot into LNB facing him, then deliver a right front kick to the body. Continue with a right side kick to the inside of his left knee, land with a right back-knuckle to the temple and left vertical punch to the ribs, then finish with a right back kick and cover out.

Cross of Death (*Front Two-Hand Cross-Arm Choke, Left over Right*) — Pin his hands with your left hand and step forward into RNB, buckling his right knee while striking his left elbow with a right glancing forearm. Continue into a right vertical punch to the face, left uppercut to the stomach, left hooking parry and right chopping punch to the kidney. Finish with a right vertical back-knuckle to the temple and cover out.

Detour From Doom (*Front Right Roundhouse Kick*) — Shift the left foot toward 4 o'clock into a right cat stance with a left downward block to the kick and simultaneous right vertical punch to the face. Deliver a right front snap kick to the groin, plant into RNB with a left vertical punch to the solar plexus and right forearm check. Follow with a right back-knuckle to the body and hammer fist to the back of the neck, then cover out.

Evading the Storm (*Front Right Step-Through Overhead Club Attack*) — Step left/off-line into LFB with a right extended outward block, seize the weapon wrist and deliver a right roundhouse kick to the groin. Rotate the wrist and strip the club with the left hand, plant forward into RNB while pulling the arm past the hip, deliver a left punch to the kidney/ribs, then cover out.

Forms / Sets · Sanchin Kata

A rooted breathing and body-structure kata associated with the southern Chinese and Okinawan traditions. It emphasizes posture, stable movement, coordinated breathing, controlled tension and relaxation, and whole-body power at close range.

Long Form 6 – Optional Material

Jiu-Jitsu – Block 17

Taiho waza: control and escorting – flow through Kubi Hiji Osae → Kote Osae → Hiji Hikkake Gatame → Ushiro Ude Osae, adapting the sequence to the opponent's resistance.

Tokui waza: demonstrate at least five personally developed favourite techniques performed at a high technical level.

Koryu waza: demonstrate at least ten classical self-defence techniques drawn from the prescribed Jiu-Jitsu/Jujutsu traditions or historical sources.

Randori: free defence against grabs, strikes, kicks and weapons; nage/ne-waza randori and Jiu-Jitsu sparring.

Gensoku / General requirements: riai (internal logic and technical coherence); aiki (harmonising with force); seiryoku zen-yo (maximum efficiency with minimum effort); minimum four years of budo training; basic instructional competence and familiarity with safe training practice. · *Eligible to test: Jiu-Jitsu 1st dan – Black Belt after Blocks 16–17.*

Escrima – Block 17

Advanced Defence: X-block against overhead attacks – move outside, press/trap and counter with the live hand; optional elbow control.

Disarms / Form: Arm-Wrap Disarm; Anyo Dalawa – Form Two – roof block, Angle 1, sonkete, redondo, low-line strike and Angle 6-to-redondo sequence through the principal directions. · *Eligible to test: Escrima Antas Apat – 1st Degree Black Belt after Blocks 14–17.*

Live Training

Kenpo: Full-Contact or Technical/Tactical Sparring, as required. **Jiu-Jitsu:** Integrated Sparring. Nage-Waza Randori. Ne-Waza Randori. Free Jigo Waza Randori. **Escrima:** Stick-Defence Drill. Light Stick Sparring.

Jiu-Jitsu belt guide and block matrix

The full Sanchin Budokai Jiu-Jitsu system has ten black-belt degrees. This booklet covers 5th kyu through 1st dan and illustrates only the first black-belt degree. The matrix shows where each grade's material is completed within the Kenpo sequence; higher dan grades lie outside this booklet's scope.

5th kyu

Yellow belt

4th kyu

Orange belt

3rd kyu

Green belt

2nd kyu

Blue belt

1st kyu

Brown belt

1st danBlack belt · 1st degree

Jiu-Jitsu Rank	Belt	Integrated Blocks	Completed at Kenpo Rank
Gokyu – 5 kyu	Yellow Belt	Blocks 1–3	12 th Kyu – Yellow Belt (One Stripe)
Yonkyu – 4 kyu	Orange Belt	Blocks 4–6	9 th Kyu – Purple Belt
Sankyu – 3 kyu	Green Belt	Blocks 7–9	6 th Kyu – Blue Belt (One Stripe)
Nikyu – 2 kyu	Blue Belt	Blocks 10–12	3 rd Kyu – Brown Belt (1 st Degree, One Stripe)
Ikkyu – 1 kyu	Brown Belt	Blocks 13–15	Shodan – 1 st Degree Black Belt
Shodan – 1 dan	Black Belt	Blocks 16–17	Sandan – 3 rd Degree Black Belt

The matrix links the separate Jiu-Jitsu grades to the integrated teaching sequence.

Escrima belt guide and block matrix

The full Samahang Tatlong Laban Escrima system has ten black-belt degrees. This booklet covers Antas Isa through Antas Apat and illustrates only the first black-belt degree, marked by one red stripe on one end. Higher black-belt degrees lie outside this booklet's scope.

Antas Isa



Yellow belt

Antas Dalawa



Green belt

Antas Tatlo



Brown belt

Antas Apat



Black belt · 1st degree

Escrima level	Belt	Integrated Blocks	Completed at Kenpo Rank
Level 1 / Antas Isa	Yellow Belt	Blocks 1–4	11 th Kyu – Orange Belt
Level 2 / Antas Dalawa	Green Belt	Blocks 5–8	7 th Kyu – Blue Belt
Level 3 / Antas Tatlo	Brown Belt	Blocks 9–13	2 nd Kyu – Brown Belt (2 nd Degree, Two Stripes)
Level 4 / Antas Apat	1 st Degree Black Belt	Blocks 14–17	Sandan – 3 rd Degree Black Belt

The matrix preserves the integrated block requirements. Higher Jiu-Jitsu and Escrima black-belt grades are outside the technical scope of this booklet.

Historical / optional Kenpo material

These techniques remain part of the optional/historical Kenpo material but are separated from the core integrated rank pages.

Nidan – 2nd Degree Black Belt

Historical/Optional self-defence techniques

Locking Horns
Thrusting Prongs
Snapping Twig
Crushing Hammer
Captured Leaves
Charging Ram
Squeezing the Peach
Darting Mace
Shield and Sword
Gift in Return
Bow of Compulsion
Spiraling Twig
Fallen Cross
Twist of Fate
Flashing Mace
Gift of Destiny
Gripping Talon
Encounter with Danger
Intercepting the Ram
Wings of Silk
Heavenly Ascent
Leap from Danger
Destructive Kneel
Tripping Arrow
Glancing Wing
Cross of Destruction
Repeated Devastation
Crossed Twigs.
Defensive Cross.
Deceptive Panther.
Kneel of Compulsion.

Sandan – 3rd Degree Black Belt

Historical/Optional self-defence techniques

Broken Ram
Circling the Horizon
Obscure Claws
Circling Destruction
Squatting Sacrifice
Menacing Twirl
Rotating Destruction
Falcons of Force
Desperate Falcons
Courting the Tiger
Gathering of the Snakes
Dominating Circles
Grasping Eagles
Parting of the Snakes
Blinding Sacrifice
Snakes of Wisdom
Marriage of the Rams
The Ram and the Eagle
Defying the Rod
Fatal Deviation
The Back Breaker
Brushing the Storm
Piercing Lance
Escape from the Storm
Circling the Storm
Reprimanding the Bears
Protecting Fans
Unfurling Crane
Circling Windmills
Snaking Talon
Unwinding Pendulum
Circling Fans.

These lists are retained as historical/optional material, separate from the fixed integrated rank requirements.

Instructor levels and uniforms

The instructor programme is shared across Sanchin Budokai's three martial arts, while titles and minimum technical requirements follow the respective traditions. For each instructor level, practitioners must meet both the specified technical rank and the same pedagogical, practical, and theoretical instructor requirements, regardless of martial art.

Instructor level	Kenpo	Jiu-Jitsu	Escrima
Junior Assistant Instructor	Jiaolian Zhuli 教練助理 (min. 9 kyu, purple belt)	Shidō-ho 指導補 (min. 3 kyu, green belt)	Katulong na Tagapagsanay (min. Antas Dalawa, green belt)
Assistant Instructor	Sihing 師兄 (min. 5 kyu, green belt)	Senpai 先輩 (min. 2 kyu, blue belt)	Katulong na Guro (min. Antas Tatlo, brown belt)
Instructor	Sibak 師伯 (min. 1 dan, black belt)	Shidōin 指導員 (min. 1 dan, black belt)	Lakan (min. Antas Apat, 1 st -degree black belt)
Head Instructor	Sifu 師父 (min. 3 dan, black belt)	Sensei 先生 (min. 3 dan, black belt)	Guro (min. Antas Anim, 3 rd -degree black belt)

Uniforms and common instructor requirements

Level	Uniform	Common requirements
Junior Assistant Instructor	Black trousers with standard jacket/top	Min. 10 assisted and 5 independently led training sessions; basic child pedagogy and first aid; short written reflection.
Assistant Instructor	Black gi	Min. 15 assisted and 10 independently led training sessions; basic adult pedagogy and CPR/first aid; 1–2-page written reflection.
Instructor	Red or blue gi	Min. 20 independently led training sessions; 3–5-page paper on child and adult pedagogy; basic club administration.
Head Instructor	Traditional Chinese uniform	Min. one full term of independent teaching responsibility; advanced knowledge of club administration and responsibility for a development project.

Uniform progression



Student



Junior Assistant Instructor



Assistant Instructor



Instructor



Head Instructor

Students: Kenpo — Toudai; Jiu-Jitsu — Seito; Escrima — Mag-aaral. White gi at all student ranks.

Instructor level is discipline-specific and is not conferred by technical grade alone. The Kenpo uniforms shown are representative of the principal art; the common instructor requirements apply in every discipline.

Sanzhan Wudaohui Chuan Fa Gung Fu



The Gung Fu synthesis grades are inspired by Bruce Lee's approach to martial arts: simplicity, directness, adaptability, interception, and personal expression. These ideas connect naturally to all three arts within Sanchin Budokai. Kenpo has a direct historical link through Ed Parker and his association with Lee; Jiu-Jitsu through Joseph Cowles, who trained under Lee and later taught the Brock brothers, who integrated this material into their Jiu-Jitsu; and Escrima through Dan Inosanto, Lee's student and a major figure in the Filipino martial arts. These three traditions and their respective connections to Lee converge in the founder of Sanchin Budokai. The synthesis grades therefore emphasize integration and functional application rather than the accumulation of techniques.

Jade Panda



Bronze Eagle



Silver Tiger



Gold Dragon



Integration Rank	Kenpo	Jiu-Jitsu	Escrima	Gung Fu Synthesis Principles
Jade Panda	11 kyu – orange belt	5 kyu – yellow belt	Antas Isa – yellow belt	Simplicity & Directness
Bronze Eagle	7 kyu – blue belt	4 kyu – orange belt	Antas Dalawa – green belt	Range & Flow
Silver Tiger	2 kyu – brown belt, 2 nd degree	2 kyu – blue belt	Antas Tatlo – brown belt	Interception & Adaptability
Gold Dragon	3 dan – black belt, 3 rd degree	1 dan – black belt, 1 st degree	Antas Apat – black belt, 1 st degree	Freedom & Personal Expression

Each integration rank requires the stated minimum grades in all three disciplines. It does not replace their technical grades or confer an instructor title.



One curriculum. Three complementary disciplines.

Kenpo supplies the organising framework. Jiu-Jitsu develops the grappling and control work. Escrima adds the study of weapons, distance and timing. Together they form a progressive course of practice grounded in technical understanding, adaptability and responsibility.

From 14th kyu to 3rd dan in Kenpo, this handbook brings the technical requirements, integrated blocks, belt progressions and instructor framework into one working reference.

Kenpo Karate · Jiu-Jitsu · Escrima

UPPSALA · SWEDEN

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