

# United Kenpo Systems

## CAMARILLO KENPO KARATE



Ed Parker's Kenpo System

SELF DEFENSE TECHNIQUES FOR  
PURPLE BELT

Version 3.0

The original Ed Parker Self-defense Techniques were created and written by Ed Parker Sr.



# CAMARILLO KENPO KARATE

SELF DEFENSE TECHNIQUES

## PURPLE BELT TECHNIQUES

- |                      |                      |
|----------------------|----------------------|
| 1. TWIRLING WINGS    | 9. REVERSING MACE    |
| 2. SNAPPING TWIG     | 10. THRUSTING PRONGS |
| 3. LEAPING CRANE     | 11. LOCKED WING      |
| 4. BUCKLING BRANCH   | 12. OBSCURE WING     |
| 5. CRUSHING HAMMER   | 13. RAINING CLAW     |
| 6. CAPTURED LEAVES   | 14. SPIRALING TWIG   |
| 7. CALMING THE STORM | 15. TWISTED TWIG     |
| 8. CROSSING TALON    | 16. OBSCURE SWORD    |

### Purple Belt Requirements

Purple Belt Pledge  
Short Form #2  
Stance Set #1  
Coordination Set #1

### Purple Belt Pledge

I hold the art of Kenpo sacred and freely take upon myself the obligation and responsibility that I shall never misuse my skill to hurt or make afraid. I shall fight only if forced to defend myself and shall be slow to anger, loath to take offense, quick to forgive, and to forget personal affront.

NOTE: Ed Parker's Kenpo Karate Self-Defense Techniques, Version 3.0, present the material in a more logical sequence than presented in Version 2 (as outlined in the WEB OF KNOWLEDGE). The content of material has not been altered. This new arrangement is structured to provide self-defense techniques up to 5th Degree Black Belt within the Ed Parker Kenpo System.



## TWIRLING WINGS

(Rear stiff two-hand neck or shoulder grab)

1. Standing naturally, tuck your chin (to help nullify the effects of a possible choke), and step back counterclockwise with your left foot (toward 5 o'clock) into a left rear twist stance. Simultaneously cock your right fist (palm up) on your right hip and your left fist (palm facing down) across your waist and over your right fist.
2. Pivot counterclockwise into a left forward bow (facing 6 o'clock) while executing a left vertical outward block at or above the outside of your opponent's left elbow, and strike simultaneously "with" a right inward horizontal elbow to the back of your opponent's left lower rib cage. This should cause your opponent to turn clockwise with his stomach jutting forward.
3. Pivot to your right (clockwise) into a left fighting horse (facing 9 o'clock) as you deliver a left inward horizontal elbow strike to the front of your opponent's left lower rib cage. Simultaneously have your right hand check high as it braces up and against your opponent's left arm. Be sure to have your left knee check, and/or buckle the inside of your opponent's left knee. (Your opponent should bend forward at the waist as he stumbles backward.)
4. Left front crossover, and cover out toward 10:30.











## CAPTURED LEAVES

(Right flank finger lock)

1. With the fingers of your right hand twisted by your opponent's left hand from your right flank, raise your right hand high (toward 1:30) to relieve the pressure (have your left hand positionally check your opponent's right hand and arm in the process), as you move your right foot slightly to your right (toward 1:30).
2. While in place, pivot counterclockwise into a horse stance (facing between 8 and 9 o'clock) and deliver a left back elbow strike (from the last checking position) to the back of your opponent's left kidney. (Your opponent is on the tips of his toes, and his body is turning clockwise to the right.)
3. Immediately pivot clockwise into a right neutral bow stance, and deliver a right back elbow strike to the front of your opponent's left rib cage as your left hand now grabs and controls your opponent's left arm at the wrist. (Your opponent should bend forward at the waist.)
4. Right front crossover and cover between 8 and 9 o'clock.









## THRUSTING PRONGS

(Front bear hug – arms pinned)

1. Step back with your right foot toward 6 o'clock into a left forward bow (facing 12 o'clock). (You will probably modify it because of the pressure of the bear hug). Have only your right foot move back and not the upper body. Simultaneously thrust both of your thumbs (keeping thumbs together) up and to your opponent's groin. (Your opponent should bend forward at the waist as well as move his feet back and away from you.)
2. Now strike your opponent's groin with your right knee as your left hand circles over and on top of (clockwise) your opponent's right arm (forming the shape of a crane), and pins (with the assistance of your anchored left elbow) your opponent's right arm to you. Simultaneously with the above two actions cock your right hand to your right hip as a clearing check of your opponent's left arm, as well as in preparation for your next strike. (Your knee strike should magnify the damage to your opponent's groin.)
3. With your right knee in his groin, immediately deliver a right knife-edge kick to the inside of your opponent's left shin. (This action should force your opponent's left leg outward).
4. Scrape your opponent's shin with your right foot, and convert the scrape into a right stomp to your opponent's left instep. This is done while simultaneously delivering a right inward horizontal elbow strike to the right side of your opponent's face or ribs (depending on the size of your opponent). This strike should drive your opponent's head up and away from you.
5. Right front crossover, and cover out toward 7:30.



## LOCKED WING

(Rear Hammerlock)

1. With your opponent locking your right arm behind your back, step back and to your right with your left foot (toward 4:30) into a right neutral bow (with your head still facing 12 o'clock) as your right hand counter grabs your opponent's right wrist. (Try to place your left leg inside as well as against your opponent's right leg.)
2. Immediately pivot your entire body counterclockwise into a left neutral bow (or horse depending on the circumstance, and facing 6:00), while delivering a left outward elbow strike to your opponent's jaw. (This strike should drive your opponent's head back and away from you and in the process hyper-extend his right arm.)
3. Circle your left arm over and under (counterclockwise) your opponent's right elbow as you pivot to your right (toward 10:30) into a right forward bow. With this action strike the back of your opponent's right elbow with the inner portion of your left elbow. Resembling a left uppercut punch, it is used to break or dislocate your opponent's right elbow. (This should prop your opponent up and bring his body around toward 12:00.)
4. While applying steady pressure on your opponent's right elbow, drop back with your right foot toward 6:00 into a left forward bow (facing 12:00). Immediately release your right hand, and as you deliver a right knee strike to your opponent's chest synchronize it "with" a right inward overhead heel palm strike to the back of your opponent's neck, thus causing a sandwiching effect. Your left arm is still controlling your opponent's right arm in the process. (This action should stagger your opponent.)
5. Follow through by planting your right foot forward and toward 11:00 into a right neutral bow while pushing your opponent off of your right knee and onto the ground.
6. Right front crossover, covering out toward 6 o'clock.







## **SPIRALING TWIG**

(Rear bear hug – arms free)

1. With your feet together, step with your right foot toward 3 o'clock into a horse stance, as your right and left middle knuckle fists strike to the back of your opponent's top hand (or hands depending on the type of grab). Immediately drop both of your elbows to pin your opponent's arms. (The minor move of your knuckle strikes should loosen your opponent's grip, and your elbows should clear and pin your opponent's arms to your body.) Without hesitation, follow up by grabbing your opponent's right hand with both of yours, making sure that your thumbs are on top and with your fingers inside of your opponent's palm.
2. Have your left foot step forward toward 1:30, pulling your opponent forward and off balance, while starting a clockwise wrist twist. Be sure to keep your right elbow anchored, as it continues to pin your opponent's right arm. Immediately pivot clockwise, as you execute a step through reverse with your right foot into a left neutral bow facing 7:30, and both of your hands continue to twist your opponent's right wrist clockwise in a very tight circle close to your body to maintain control. (Your rapid body momentum further disturbs your opponent's balance, and will probably break his wrist.)
3. Deliver a right front snapping ball kick to the right ribs of your opponent, while continuing to pull your opponent's right arm past your right hip, and still maintaining the wrist twist. (This should stun your opponent.)
4. As you plant your right foot forward into a right neutral bow (facing 7:30), make sure that your right foot plants alongside your opponent's right knee to keep that leg in check. Simultaneously have your left hand check your opponent's right elbow by pushing it down past your right hip, as you deliver a right underhand stiff-arm back knuckle strike (remembering to use torque during the procedure) to your opponent's face or temple (depending upon how the head is positioned). (This should snap your opponent's head back and force him away from you.)
5. Execute a right front crossover, and cover out toward 1:30.





Camarillo Kenpo Karate  
**REQUIRED BASICS**

**PURPLE BELT**

Stances

One-Legged  
Front Twist  
Wide Kneel

Blocks

Inside Palm Down  
Inside Palm Up  
Upward Cross Wedge

Parries

Outward  
Inside  
Outside

Punches

Roundhouse  
Uppercut

Strikes

Forearm

Kicks

Drag-up Back  
Sweep  
Heel Hook

Fingers

Overhead Whip  
Underhand Claw  
Underhand Whip

Maneuvers

Rear Crossover  
1. Forward  
2. Reverse

Read *Infinite Insights into Kenpo- Volume Two* before Purple Belt Test  
(This requirement is for Adult students only).

Camarillo Kenpo Karate  
KENPO TERMINOLOGY

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## PURPLE BELT

ANGLE OF CANCELLATION

ANGLE OF INCIDENCE

BORROWED FORCE

BRACING ANGLE

COMPACT UNIT

CONSTIPATED MOVES

CONTINUOUS WEAPONS

COVER

COVER OUT

DEPTH ZONES

DROP

EIGHT CONSIDERATIONS

FRICTIONAL PULL

FRONT CROSSOVER

GAUGING LEG

HORIZONTAL ZONES

HUGGING CHECK

PIN

PINNING CHECK

POINT OF ORIGIN

RIGHT-TO-RIGHT

ROUNDING THE CORNERS

SYNCHRONIZED

UNINTENTIONAL MOVES

**Note:**

The Kenpo Terminology on these sheets has been taken exclusively from Ed Parker's [Encyclopedia of Kenpo](#). Most of the terms can also be found in [The Kenpo Journal](#).

Having a complete working knowledge of Kenpo Terminology is intended for our [adult students](#). However, our Juniors are encouraged to read through this page and have an understanding of our terminology, to the best of their ability.

# Camarillo Kenpo Karate

## STANCE SET ONE

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Attention stance and bow.

- 1) Slide your left leg out into a Meditative Horse Stance facing 12:00.
- 2) Slide your left leg back alongside your right, but maintain the same height as in the Meditative Horse Stance. Maintain this height throughout the set. Your hands are placed on your hips, and they remain there throughout the set.
- 3) Slide your left leg back out to a Horse Stance facing 12:00.
- 4) Slide your left leg back to form a Right Neutral Bow facing 12:00.
- 5) Slide your right leg back into Right 45° Cat Stance facing 12:00.
- 6) Slide your right leg out to form a Horse Stance facing 12:00.
- 7) Slide your right leg back into Left Neutral Bow facing 12:00.
- 8) Slide your left leg back into Left 45° Cat Stance facing 12:00.
- 9) Slide your left leg back into a Right Twist Stance facing 12:00.
- 10) Unwind into Right Neutral Bow facing 12:00.
- 11) Slide your right leg back into Left Twist Stance facing 12:00.
- 12) Unwind into Left Neutral Bow facing 12:00.
- 13) Rotate into Right Reverse Bow facing 12:00.
- 14) Rotate in-place into Left Forward Bow facing 12:00.
- 15) Front to Back Switch utilizing a transitional Concave Stance, ending in a Right Neutral Bow facing 12:00.
- 16) Rotate into Left Reverse Bow facing 12:00.
- 17) Rotate in-place into Right Forward Bow facing 12:00.
- 18) Slide your right foot back towards your left as you rotate into a Right Front Twist Stance facing 12:00.
- 19) With your left foot, step-thru forward into a Fighting Horse Stance facing 12:00.
- 20) Rotate in-place into Left Rotating Twist Stance facing 12:00.
- 21) Unwind into Left Neutral Bow facing 12:00.
- 22) Slide your left leg back and alongside your right, and then out towards 9:00 into a Horse Stance facing 12:00.
- 23) Slide your left leg along side of your right.
- 24) Slide your left leg back out to a Meditative Horse Stance facing 12:00. As you do, your hands leave your hips and go to the left over right meditative position.

Attention stance and bow.

# Camarillo Kenpo Karate

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# Camarillo Kenpo Karate

## KENPO FREESTYLE TECHNIQUES- PURPLE



### The Original Purple Freestyle Techniques

B = base move – same as Orange Belt.

a = first variation

b = second variation

1 = refers to pivoting (in-place) into a forward bow. This is a body maneuver void of a foot maneuver

5 = step through

6 = rear crossover

P = punch

K = kick

h = heel or back heel kick

bk = back knuckle

ts = thrusting sweep or thrusting sweep kick

r = roundhouse or roundhouse kick

LL = left to left - your left leg (which is forward) is facing your opponent's left leg (which is also forward)

Purple Belt Freestyle Techniques - LL	
1. B5a	17. tsKB5aPbk
2. B5b	18. tsKB5aPhK
3. B5aP	19. tsKB5aPbkhK
4. B5bP	20. tsKB5aPhKbk
5. B5aPbk	21. rKtsK6bk
6. B5aPhK	22. rKtsK6hK
7. B5aPbkhK	23. rKtsK6bkhK
8. B5aPhKbk	24. rKtsK6hKbk
9. tsKrK	25. rKtsKB5a
10. rKtsK	26. rKtsKB5b
11. B1atsKrK	27. rKtsKB5aP
12. tsKrKB1a	28. rKtsKB5bP
13. tsKB5a	29. rKtsKB5aPbk
14. tsKB5b	30. rKtsKB5aPhK
15. tsKB5aP	31. rKtsKB5aPbkhK
16. tsKB5bP	32. rKtsKB5aPhKbk