



# Advanced Curriculum

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## Kids Phase 3.1

<p><b><u>Passing the Horizon</u></b>          Words- Sump, Sump, ASAH!          Attack- Right hammerlock          Defense- Left step back with a left elbow to head. Left step to 1 o'clock to face opponent. Left front kick to stomach.</p>	<p><b><u>Crashing Elbow</u></b>          Words- Sump, Sump, Sump, ASAH!          Attack- Straight right punch          Defense- Right step back with a left inward block. Shuffle forward with a right elbow to ribs. Back fist to kidney, and left palm to back of head.</p>	<p><b><u>Breaking the Cross</u></b>          Words- Sump, Sump, Sump, Sump, ASAH!          Attack- Rear two handed choke          Defense- Right step into horse stance, pull hands down to break hold. Right step to 11 o'clock twisting opponent's arms. Right knee to arms and kick to groin, land with elbow to the head.</p>
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**Universal Arnis**

Kenpo Kata, Universal Arnis, Bow Natural stance. Keeping grip on sticks, slide sticks together so hands touch. Double downward block out to sides. Sticks "X" block overhead. Double downward block again. Right step forward, sticks cross in front. Left dancer step, left rising block with a right downward block. Spin, left back knuckle strike, right overhead strike. Left step to left side, left rising strike, step with right rising strike. Left dancer step, double downward block to right side. Right step into guarding stance. Right step, tornado kick. Drop to right knee with a right rising strike. Stand up lean away stance, left backward spin, right forward spin, and then reverse. Advancing rear leg side kick. Turn into guarding. Cross strike in front, then straight out. sticks to advancing right knee strike, double backward spin, right leg land forward, double stab straight out. Right leg C-step back into guarding stance. Returning spin hook kick, drop to left knee looking over right shoulder. Double strike straight out. Spin forward to right knee on ground, left downward block. Right strike, left strike, right strike. Stand up with left strike forward followed by a right overhead strike. Feet together, Bow ASAH!

## Kids Phase 3.2

<p><b><u>Circling Wing</u></b>          Words- Sump, Sump, Sump, Sump, ASAH!          Attack- Right flank shoulder grab          Defense- Left pin right shoulder, step forward left leg. Right elbow to opp. elbow, right back fist to head. Left spear to eyes. Right upward elbow, right hammer fist to groin.</p>	<p><b><u>Parting Wings</u></b>          Words- Sump, Sump, Sump, ASAH!          Attack- Two hand push          Defense- Right leg back with double outward chop block to arms. Right chop to the ribs. Left chop to the neck. Right vertical punch to the solar plexus.</p>	<p><b><u>Mace of Aggression</u></b>          Words- Sump, Sump, Sump, ASAH!          Attack- Lapel grab          Defense- Pin opponent's hands with left hand while right foot steps forward with a right hammerfist to face. Pull arms down followed by a right inside then outside elbow to face.</p>
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**Universal Bo**

Kenpo Kata, Universal Bo, Bow Slowly raise staff straight out. Left chop down. Back to natural stance, AIYA!  
 Pick left leg up; poke staff up then down to left side. Pick right leg up; turn staff to a left rising block overhead. Chamber staff to right shoulder with right hand, right leg to forward stance and strike, right hand out. Chamber staff to left shoulder (right hand), right strikes out again, left strike out. Figure "8" spin and chamber to right shoulder, and then right strike straight out. Poke staff back while stepping with right leg behind left, then poke forward while stepping right back out. Drop to left knee and spin staff overhead right strike, left strike, and right strike again. Stand up and block straight out. Again, poke staff back, then forward, while moving right foot back and forth. Slide right to horse stance. Left strike, then right strike, spin staff overhead with a right strike, then back for a left strike. Raise right leg and step to 4 o'clock, poke down to left side. Bow, ASAH!

## Kids Phase 3.3

<p><b><u>Drums of Manchu</u></b>          Words- Sump, Sump, Sump, ASAH!          Attack-Left, right hook combo          Defense- Left step back with left downward block and a right outside block. Shuffle forward and switch blocks. Left claw to face followed by a right back knuckle to the face.</p>	<p><b><u>Bowing to Buddha</u></b>          Words-Sump, Sump, ASAH!          Attack- Right knee to face          Defense- Down on left knee. Right downward block to stop momentum, inward block to opponent's knee. Right upward hammer fist to the groin. Left hand checks high.</p>	<p><b><u>Climbing the Stairs</u></b>          Words- Sump, Sump, ASAH!          Attack- Left wrist grab          Defense- Left leg step back with a right downward block knocking hand off wrist. Left spin outside crescent kick followed by a right inside crescent kick. (Tornado kick with two kicks.)</p>
<p style="text-align: center;"><b><u>Universal Kamas</u></b></p> <p>Kenpo Kata, Universal Kamas. Bow. Left foot step forward , kneel down on right knee, right down strike. Sit back on heels, both kamas on knees.</p> <p><b><u>1-Asah</u></b>-Right leg up, right hand down strike <b><u>2-Su Su Asah</u></b>-Left crane stance, right rising block, left down block. Left hand inward strike, land in horse stance with left outward strike. <b><u>3-Aiya</u></b>-Face right cat stance. <b><u>4-Su Su Asah</u></b>-Right crane stance, left rising block, right down block. Right hand, inward strike. Land in horse stance with right outward strike. <b><u>5-Su Su Asah</u></b>-Step into left forward bow, double inward slice. Outward slice. Stab. <b><u>6-Su Su Asah</u></b>-Left "V" step, right down block. Rising block. Left strike. <b><u>7-Su Su Asah</u></b>-Right "V" step, circle kamas clockwise, Left down block. Left rising block. Right strike. <b><u>8-Su Su Asah</u></b>-Right front kick. Right side kick, right hand strike. Land on left knee with left strike. <b><u>9-Su Su Su Asah</u></b>-Stand up facing left with left rising block, right inward strike. Right advancing front kick. Right down block. Left strike. <b><u>10-Su Su Su Asah</u></b>-Right leg swing around facing right side with right rising block, left inward strike. Left advancing front kick. Left down block. Right strike.</p> <p><b><u>11-Su Su ssss Asah</u></b>-Step into left forward bow, left diagonal strike. Right stab. Right diagonal tension strike. <b><u>12-Su Su Asah</u></b>-Right advancing front kick. Left dancer step with left cross body down strike. Left step back with a right down block. <b><u>13-Aiya</u></b>-Left cat stance facing back. <b><u>14-Su Su Asah</u></b>- Left step. Right step. Tornado kick, land facing forward down on right knee, right strike up. Stand up, feet together, Bow! Natural stance ASAH!</p>		