

# Intermediate Curriculum

## Kids Phase 2.1

<p><b><u>Delayed Sword</u></b>          Words- Back, Kick, ASAH!          Attack- Right hook punch          Defense- Step back with left leg into guarding stance. Drag right leg into cat stance with a right inward block. Right front kick to belly or groin. Land in right neutral bow with a right hand chop to neck.</p>	<p><b><u>Clutching Feathers</u></b>          Words- Pin, Punch, Block, ASAH!          Attack- Left hand hair grab          Defense- Pin opps. hand with your left hand. Step forward with right leg and throw a right jab to ribs. Right outside block opps. hand off of your head. Right hammer fist to face.</p>	<p><b><u>Five Swords</u></b>          Words- In, Chop, Palm, ASAH!          Attack- Right hook Punch          Defense- Step forward with right leg and do a right inward block. Right chop to neck. Left palm to face. Right uppercut to stomach.</p>
<p style="text-align: center;"><b><u>Universal Three</u></b>- The goal for Universal Three is <b><u>eye contact</u></b>.          Kenpo Kata, Universal Three. Left leg horse stance, chop chop. Fist cover.  <b>1.</b> Left forward bow to 9:00 with a right arm scoop followed by a right chop <b>2.</b> Right forward with a left arm scoop followed by a left chop <b>3.</b> Left leg cat stance with cup and saucer on right hip <b>4.</b> Left leg forward, back knuckle punch <b>5.</b> Right foot forward, right reverse punch <b>6.</b> Left dancer step, right rolling back knuckle <b>7.</b> Spinning left back knuckle <b>8.</b> Right reverse punch <b>9.</b> Right advancing roundhouse kick <b>10.</b> Guarding stance, hands open <b>11.</b> Right leg back guarding stance, hands open <b>12.</b> Left dancer step, left chop <b>13,14.</b> Left outside crescent kick into a forward bo, right reverse punch <b>15,16,17,18.</b> Front kick, rear kick, side kick, right leg land in guarding stance <b>19.</b> Right counter grab <b>20.</b> Right leg step back, turn and drop down punch <b>21.</b> Turn counter clockwise with right knee on ground, left rising block and right vertical punch          Chop chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, ASAH!</p>		

## Kids Phase 2.2

<p><b><u>Grasping Talon</u></b>          Words- Crane, Chop, Grab, ASAH!          Attack- Right wrist grab          Defense- Crane right hand. Pick right foot up, put on inside of L-knee, left chop to opponent's hand, grab wrist. Land in horse stance, while executing a right vertical punch to ribs.</p>	<p><b><u>Circling Serpent</u></b>          Words- Parry, Chop, Grab, Sump, ASAH!          Attack- Straight right punch          Defense- Step left to 11 o'clock with a left parry. Right chop above opponent's elbow, and then slides down and grabs wrist. Right roundhouse kick to the stomach, touch foot down, axe kick to back.</p>	<p><b><u>Plucking the Bird from the sky</u></b>          Words- 1,2,3,4,5,6,7 ASAH!          Attack Straight right punch          Defense- Step left to 11 o'clock with a left parry. Right "C" step, with a butterfly palm to side. Grab shoulders, then tilt right, and throw opponent down to your left. Right kick to side, right stomp. Right knee-punch</p>
<p style="text-align: center;"><b><u>Universal Kicking</u></b>- The goal for Universal Kicking is <b><u>Good Stances</u></b>.          Kenpo Kata, Universal Kicking. Left leg horse stance, chop chop. Fist cover.  <b>1.</b> Left outward chop <b>2.</b> Right reverse punch <b>3.</b> Left spear hand. <b>4.</b> Right advancing crescent kick to hand <b>5.</b> Right outward chop <b>6.</b> Left reverse punch <b>7.</b> Right spear hand <b>8.</b> Left advancing crescent kick to hand <b>9.</b> Left downward block <b>10.</b> Right reverse punch <b>11.</b> Feet together, right hand to left shoulder <b>12.</b> Right chop out to side <b>13.</b> Right side kick, <b>14.</b> Feet together, left hand to right shoulder <b>15.</b> Left chop out to side <b>16,17.</b> Left side kick, land in horse stance <b>18 through 23</b> , (Star Block Set) ASAH !          Chop chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, ASAH!</p>		

## Kids Phase 2.3

<p><b><u>Dagger</u></b> Words- In, Chop, Elbow, Hammer fist, Back knuckle, ASAH! Attack- Straight right punch Defense- Right step forward with a right inward block. Right chop to throat, right elbow to the head. Soft bow stance, right hammer fist to groin. Right back knuckle to the head. Left palm strike to bladder.</p>	<p><b><u>Thundering Hammers</u></b> Words- Block, Hammer, Check, Sump, ASAH! Attack- Straight right push Defense- Step back with right leg and do a left inward block. Shuffle forward into forward bow and do right hammer fist to groin. Right hand “waiters check” to back of opps. neck. Left then right hammer fists to opps. back.</p>	<p><b><u>Grip of Death</u></b> Words- Hammer fist, grab, ASAH! Attack- Right arm side headlock Defense- Step forward with right leg into horse stance and do sandwiching hammer fists. Reach up with left hand and grab the back of opps. hair or shirt. Pull back with left hand as you turn into left forward bow and do right hammer fist to chest.</p>
<p><b><u>Universal Four</u></b>- The goal for Universal Four is <b><u>Power</u></b>. Kenpo Kata, Universal Four. Left leg horse stance, chop chop. Fist cover. <b>1.</b>Look left <b>2.</b>Look right <b>3.</b>Look left again <b>4.</b>Step left, left back knuckle <b>5.</b>Right reverse punch <b>6.</b>Feet together, left back knuckle punch <b>7.</b>Step left, right reverse punch <b>8.</b>Natural stance <b>9.</b>Look right <b>10.</b>Look left <b>11.</b>Look right again <b>12.</b>Step right, right back knuckle punch <b>13.</b>Left reverse punch <b>14.</b>Feet together, right back knuckle punch <b>15.</b>Step right, left reverse punch <b>16.</b>Natural stance <b>17.</b> X block overhead <b>18.</b>Right steps back horse stance, double chops to side <b>19.</b>Guarding stance <b>20.</b>Right advancing front kick <b>21.</b> Left advancing front kick <b>22.</b>Left chop out front <b>23.</b> Right step forward, and right drop down chop <b>24.</b>Stand up guarding stance <b>25,26.</b> Advancing roundhouse, wheel kick combo <b>27.</b>Shuffle up hook kick <b>28.</b>Shuffle up sidekick <b>29.</b>Left leg slide back to horse, right vertical punch <b>30.</b>Left vertical punch <b>31.</b>Right leg back guarding stance <b>32.</b>Right returning front kick <b>33,34.</b>Right switch kick, land right elbow strike forward <b>35.</b> Right leg slides to guarding stance, X block overhead <b>.ASAH!</b> Double chops down to sides Chop chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, <b>ASAH!</b></p>		

## **Student Creed 2**

I Will

Develop Myself

In A Positive Manner

And Never Do Anything

That Will Harm

My Physical Growth

Or Mental Health