



Advanced Curriculum

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Phase 2.1

Circling Wing

Words- Pin, Sump, Sump, OSS!
 Attack-Right flank shoulder grab
 Defense- Left pin right shoulder, step forward left leg. Right arm circles over opps arm to under hook. Left Palm strike to face. Right upward elbow, right hammer fist to groin.

Parting Wings

Words- Sump, Sump, Sump, OSS!
 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.

Mace of Aggression

Words-Sump, Sump, Sump, OSS!
 Attack- Lapel grab
 Defense- Pin opps hands with left hand while right foot steps forward with a right hammer fist to face. Pull arms down followed by a right inside then outside elbow to face.

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, OSS!

Phase 2.2

Passing the Horizon

Words- Sump, Sump, OSS!
 Attack- Right hammerlock
 Defense- Left step back with a left elbow to head and right counter grab. Left step to 1:00 to face opponent. Left front kick to stomach.

Crashing Elbow

Words- Sump, Sump, Sump, OSS!
 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 with left palm to back of head.

Fallen Cross

Words- Sump, Sump, Sump, Sump, OSS!
 Attack- Rear two handed choke
 Defense- Left step into horse stance, pull hands down to break hold. Right step to 11:00 twisting opps arms. Right knee to arms, right kick to groin. Land with right elbow to the head.

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 rear cross, 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 OSS!

Phase 2.3

<p><u>Drums of Manchu</u> Words- Sump, Sump, Sump, OSS! Attack-Left, right hook combo Defense- Left step back with right outward block and left check. Shuffle forward, left outside block with right low hammerfist. Left claw to face followed by a right back knuckle to the face.</p>	<p><u>Bowing to Buddha</u> Words-Sump, Sump, OSS! 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><u>Plucking the Bird from the sky</u> Words- 1,2,3,4,5,6,7 OSS! Attack Straight right punch Defense- Step left to 11:00 with a left parry. Right C-step, with a butterfly palm to back. Grab shoulders, then tilt right, and throw opponent down to your left with leg buckle. Right kick to side, right stomp. Right knee on belly w/ right punch</p>
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Universal Three- The goal for Universal Three is **eye contact**.

Kenpo Kata, Universal Three. Left leg horse stance, chop chop. Fist cover.

1. Left forward bow to 9:00 with a right arm scoop followed by a right chop
2. Right forward to 3:00 with a left arm scoop followed by a left chop
3. Left leg cat stance with cup and saucer on right hip
4. Left leg forward, back knuckle punch
5. Right foot forward, right reverse punch
6. Left rear cross, right rolling back knuckle
7. Spinning left back knuckle
8. Right reverse punch
9. Right advancing roundhouse kick
10. Guarding stance, right chop
11. Right leg back guarding stance, left chop
12. Left rear cross, left chop
- 13,14. Left outside crescent kick into a forward bow to 9:00, right reverse punch to 12:00
- 15,16,17,18. Front kick, rear kick, side kick, right leg land in guarding stance at 12:00
19. Right counter grab
20. Right leg step back, turn and drop down punch
21. 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, OSS!!

Phase 2.4

<p><u>Grasping Talon</u> Words- Sump, Sump, Sump, OSS! 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><u>Dagger</u> Words- Sump, Sump, Sump, Sump, Sump, OSS! 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 face.</p>	<p><u>Thundering Hammers</u> Words- Sump, Sump, Sump, Sump, OSS! 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>
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Universal Four

Kenpo Kata, Universal Four. Left leg horse stance, chop chop. Fist cover. Natural Stance Aiya,

1. Look left
2. Look right
3. Look left again
4. Step left, left back knuckle
5. Right reverse punch
6. Feet together, left back knuckle
7. Step left, right reverse punch
8. Natural stance
9. Look right
10. Look left
11. Look right
12. Step right, right back knuckle
13. Left reverse punch
14. Feet together, right back knuckle
15. Step right, left reverse punch
16. Natural stance
17. X block
18. Right steps back horse stance, double chops to side
19. Guarding stance
20. Right advancing front kick
21. Left advancing front kick
22. Left chop
23. Right step forward, right drop down chop
24. Cover step, guarding stance
- 25,26. Advancing low/high roundhouse combo
27. Shuffle hook kick
28. Shuffle sidekick
29. Left leg C-step to horse, right vertical punch
30. Left vertical punch
31. Right leg C-step back guarding stance
32. Right returning front kick
- 33,34. Right switch kick, land right elbow strike
35. Right leg slides to guarding stance, X block. OSS! Double chops down to sides

Chop chop. Fist cover. Victory. Cross. Humility. Flip up. Bow. Natural stance, OSS!