



Beginner Curriculum W-Y-O-P

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Kids Phase 1.1

Wrap Around

Words- Pin, Point, Point up, OSS!
 Attack- Right shoulder grab
 Defense- Left hand pins opponent's hand. Right hand point forward, then up. Right arm wraps around opponent's arm.

Opponents at Sides

Words- Chop, Flip, OSS!
 Attack- Two person shoulder grab
 Defense- Right step to horse stance with a right chop as left hand covers. Flip hand over, and then step counterclockwise with right foot into horse and chop to throat.

Windmill Guard

Words- Parry, Chop, Grab, OSS!
 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.

Universal One

Kenpo Kata, Universal One. Left leg horse stance, Chop-Chop. Fist cover. AIYA!

1. Left back knuckle
 2. Right reverse punch
 3. Right advancing roundhouse kick
 4. Shuffle up side kick
 5. Right back knuckle
 6. Left knee on the ground, left reverse punch
 7. Spin to the left and put hands on ground, right side kick
 8. Spin around left knee on ground, left ridge hand
 9. Right knife hand chop
- ASAH. Left reverse punch
 Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together).
 Natural stance, ASAH

Kids Phase 1.2

Five Swords

Words- In, Chop, Palm, OSS!
 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.

Clutching Feathers

Words- Pin, Punch, Block, OSS!
 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.

Grip of Death

Words- Hammer fist, grab, OSS!
 Attack- Right 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. shirt. Pull back with left hand as you turn into left forward bow and do right hammer fist to chest.

Universal Tiger

Kenpo Kata, Universal Tiger. Left leg horse stance, chop chop. Fist cover, Right leg back, Ayah.

1. Left outward chop
 2. Right reverse punch
 3. Left low palm strike
 4. Right advancing inside crescent kick
 5. Right outward chop
 6. Left reverse punch
 7. Right low palm strike
 8. Left advancing inside crescent kick
 9. Left downward block
 10. Right reverse punch
 11. Right whip kick
 12. Left back knuckle
- OSS. Right reverse punch.
 Chop chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up.
 Bow (feet together). Natural stance, OSS!

Kids Phase 1.3

Driving Elbows

Words- Elbow, Elbow, Elbow, OSS!
 Attack- Bear hug from behind
 Defense- Left step forward with a right elbow back to opponent's stomach. Left elbow back. Right elbow back. Right rear kick.

Double Blades

Words- Double blades, Grab, OSS!
 Attack- Right roundhouse bat swing
 Defense- Right step forward into horse stance with double chops to opponent's arm. Left hand grabs right wrist. Right chop to throat.

Delayed Sword

Words- Back, Kick, OSS!
 Attack- Right shirt grab
 Defense- Left hand pins opps hand. Step back with left leg into guarding stance. Right inward block. Right front kick to belly or groin. Land in right neutral bow with a right hand chop to neck.

Universal Dragon

Kenpo Kata, Universal Dragon. Left leg horse stance, Chop-Chop. Fist cover. Chamber. Right hand only- UP, IN, OUT, TOUCH, DOWN, BACK, OSS! Re-chamber. Left hand only- UP, IN, OUT, TOUCH, DOWN, BACK, OSS! Re-chamber. Right leg back in guarding stance, AIYA! Left back knuckle, right reverse punch, right front kick (sump, sump, OSS!). Chicken kick (sump, OSS!). Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, OSS

Kids Phase 1.4

Anvil

Words- Back, Kick, OSS!
 Attack- Double wrist grab
 Defense- Pull hands in, palms up, as right leg steps back. Right advancing front kick. Double palm strikes to the ribs.

Thrusting Salute

Words- Down, Kick, OSS!
 Attack- Right wrist grab
 Defense- Left downward block, as right leg steps back. Right advancing front kick. Right heel palm strike under the chin.

Lone Kimono

Words- Pin, Up, In, OSS!
 Attack- One hand shirt grab
 Defense- Left hand pins hand down as left leg steps back. Right rising block to arms. Right inward block to clear arms. Right chop to throat.

Universal Two

Kenpo Kata, Universal Two. Left leg horse stance, Chop-Chop. Fist cover. AIYA!
 1. Left back knuckle 2. Right step through reverse punch 3. Left Spin back knuckle 4. Right reverse punch, down on right knee 5. Stand up, Lean away stance, right hand above head and left hand extended in front of leg, both hands open. 6. Right foot to horse stance with hands chambered 7. Right high spear hand (palm down) 8. Left high spear hand (palm down) 9. Right middle spear hand (palm in) 10. Left middle spear hand (palm in) 11. Right low spear hand (palm up) 12. Left low spear hand (palm up). OSS. Left crane stance with right hand high block and left hand downward palm block, both hands open.
 Chop-Chop. Fist cover. Victory (feet together). Cross. Humility (feet apart). Flip up. Bow (feet together). Natural stance, OSS