

The Basics of Kenpo

Stances

- Attention
 - Horse (Training)
 - Neutral Bow
 - Forward Bow
 - Reverse Bow
 - One-Leg
 - 90' Cat
 - 45' Cat
 - Front Twist
 - Rear Twist
 - Wide Kneel
 - Close Kneel
 - Concave
 - Rear Bow
 - Rotating Twist
-

Blocks

- Inward
 - Vertical Outward
 - Upward
 - Downward
 - Inside Downward (palm up)
 - Inside Downward (palm down)
 - Pushdown
 - Horizontal Downward Forearm
 - Vertical Inside Forearm
 - Vertical Outside Forearm
 - Inward Elbow
 - Outward Elbow
 - Upward Elbow
 - Downward Elbow
 - Inside Downward Elbow
-

Parries

- Inward
 - Outward
 - Downward
 - Inside Downward
 - Upward
 - Horizontal Inward
 - Horizontal Outward
 - Vertical Upward
 - Vertical Downward
-

Punches

- Straight Thrust

- Straight Snap
 - Vertical Thrust
 - Vertical Snap
 - Vertical Back-Knuckle Thrust
 - Vertical Back-Knuckle Snap
 - Uppercut
 - Roundhouse
 - Inverted Vertical Roundhouse
 - Looping Overhead
 - Hook
 - Blocking
 - Front (Stiff-Arm) Lifting Back-Knuckle
-

Strikes

- Straight Heel Palm
 - Inward Handword
 - Outward Handword
 - Back Hammerfist
 - Underhand Reverse Hammerfist
 - Inward Elbow
 - Outward Elbow
 - Back Elbow
 - Obscure Back Elbow
 - Inward Overhead Elbow
 - Outward Overhead Elbow
 - Upward Elbow
 - Forward Horizontal Forearm
 - Back Horizontal Forearm
 - Inward Diagonal Inner Wrist
 - Inward Horizontal Heel Palm
 - Underhand Heel Palm
 - Outward Back-Knuckle
 - Inside Vertical Forearm
 - Outward Heel Palm
 - Overhead Heel Palm
 - Rear (Stiff-Arm) Heel Palm
 - Obscure Vertical Elbow
 - Outward Diagonal Reverse-Handword
-

Finger Techniques

- Straight Thrust
- Overhead Claw
- Outward Whip
- Vertical Thrust
- Upward Thrust
- Overhead Whip
- Side Thrust
- Back Thrust

- Back Claw
 - Underhand Claw
 - Underhand Whip
 - Upward Claw
 - Back Whip (shoulder)
 - Back Whip (waist)
 - Horizontal Slice
 - Reverse Horizontal Slice
-

Kicks

- Front Snap
 - Side Snap
 - Back Snap
 - Roundhouse
 - Front Thrust
 - Side Thrust
 - Back Thrust
 - Shovel
 - Front Scoop
 - Back Scoop
 - Spinning Back
 - Side Chicken
 - Front Chicken
 - Front Stomp
 - Side Stomp
 - Back Stomp
 - Front Cross Side Stomp
 - Rear Cross Side Stomp
 - Front Roundhouse Sweep
 - Reverse Roundhouse Sweep
-

Foot Maneuvers

- Step-Thru
- Step-Drag
- Drag-Step
- Push-Drag
- Front Crossover
- Rear Crossover
- Hop - Forward & Reverse
- Jump - Forward & Reverse
- Leap - Forward & Reverse