

American Kenpo Karate 32 Extensions

- 1. CLUTCHING FEATHERS (Front Left Hand Direct Hair Grab)**

Base: Lt. pin as lt. ft. slides back, pivot to RNB (12) w/rt. mid-kn. (armpit), rotate to RFB w/rt. vert. out. blocking strike (lt. radial - to frictionally pull him towards you) and continue your rt. arm's motion into rt. ext. out. block position w/sim. lt. hpalm (chin).
Extension: rotate to RNB w/rt. in. down-diag hamfist. (nose), push-drag fwd. w/rt. hamfist. (groin); pivot to RRevWKn w/rt. back scoop kick (groin); RFXC (6:00).

- 2. TRIGGERED SALUTE (Front Right Straight Push)**

Base: Lt. pin as rt. ft. slides fwd. to RNB (12 - check rt. knee) w/rt. hpalm (chin); form rt. shape of crane and frictionally pull down. the top of his rt. arm as you sink to a RHWK (12), your rt. fist concludes in chamber position, rt. in. elb. (s-plex - complete motion with rt. fist chambered on lt. hip) push-drag fwd. w/rt. out. elb. (rt. ribs/armpit); rt. outward glancing bk strike (rt. kidney) and chamber to rt. hip; rt. vert. bk punch (rt. jawline or chin).
Extension: from the rt. out. elb. - arc your rt. arm towards you and into a straight rt. hpalm push (rt. rot cuff), lt. ohead claw (face) and a rt. vert.-bk punch (bridge of nose); slide lt. ft. to 12:00 into a LRTw w/a rt. down-diagonal elb. (s-plex), slide rt. ft. into a RRevBow buckle (lt. knee joint) w/a rt. hsword (groin), RST-Fwd. knee kick (rt. knee joint), RFXC (6:00).

- 3. DANCE OF DEATH (Front Right Straight Punch)**

Base: Lt. ft. to LNB (10:30) w/lt. inward block, LFB (10:30 w/rt. rev. hsword (groin) and lt. cover (rt. elbow), RST-For lifting knee kick & lt. hand leg grab w/rt. in. down.-diag. elb. (front rt. hip hinge for TD), plant to RWK (10:30) & rt. dropping knee stomp (above rt. knee (lock/break)) as lt. hand & forearm locks his rt. ft. to your lt. kidney, rt. out. horiz. bk strike (lt. knee joint), rt. down. finger whip (groin), track rt. hand along his rt. leg and grab his foot, lock it to your lt. hip - rotate to RWK to roll Q face down.
Extension: Lt. front X stomp (small back), plant rt. ft. to 1:30 into lt. one-leg (7:30) w/hands in guard, lt. side stomp kick (kidney), lt. pushdown (lt. shoulder blade) and rt. hsword (neck), rt. front X stomp (b/t shldr blades), plant lt. ft. to LNB (7:30), chamber rt. leg and deliver a rt. back side stomp kick (head), RFXC (7:30).

- 4. GIFT OF DESTRUCTION (Handshake)**

Base: Rt. step forward knee kick (groin) w/lt. inward horiz. hpalm-claw (rt. elb) as you pull his hand down and past your rt. hip, lt. hand slides to top of his rt. arm and presses it into his midsection as you plant to a RNB (12:00) w/rt. inward horiz. elb. (face).
Extension: Slide lt. ft. up circle to a RNB (10:30) w/lt. in. palm-down two-finger slice (lt. eye) followed by rt. out. bk strike (s-plex); pivot to RFB (10:30) w/lt. down. hsword (lt. temple) & sim. rt. up. rev. hamfist (rt. jaw), pivot to RNB (10:30) w/rt. down. hamfist. (nose) & settle into a RHWK (10:30) w/rt. hamfist (s-plex). RFXC (6:00).

- 5. LOCKING HORNS (Front Headlock - Front Figure-Four Lock)**

Base: Rt. ft. fwd. to RWK (11:00) w/rt. rev. hsword (groin) and left push-down check (rt. knee); rise to RNB (11:00) w/rt. vert. obscure elbow (chin); drop to RWK (11:00) w/rt. glancing inward downward-diagonal elb. (rt. side of head) and a sim. lt. in. hooking hpalm (lt. side of head).
Extension: Slide lt. ft. fwd. to LFTw (12) w/sim rt. out. horiz. bk (bladder) and lt. vert. punch (s-plex), rt. knee (groin), rt. side cross stomp (rt. ft.), lt. rear cross stomp & takedown (lt. ft.), RFXC (6:00).

6. **LONE KIMONO (Left Direct Lapel Grab)**

Base: Lt. vert. 2-finger hook (rt. eye) to lt. pin (lt. hand) as you slide lt. ft. back & pivot to RNB (12) w/rt. upward forearm strike (lt. elbow joint), circle rt. arm down-under his lt. arm to chamber by rt. ear, drop to RWK (12) w/rt. glancing down. forearm strike to clear his lt. grab, rev. direction w/rt. up. whipping hsword (throat) then chamber in guard position.

Extension: From the rt. upward forearm, sink to RHWK (12) w/rt. hamfist (solar); pivot to RFB w/rt. frictional pulling ext. out. block position and a lt. palm-down hsword (throat); pivot to RNB w/rt. in. down.-diag. glancing hamfist. (nose) as you drag lt. ft. to your rt. ft. and deliver a rt. side thrust kick (rt. knee), RFXC (7:30).

7. **GLANCING SALUTE (Front Right Hand Cross Push)**

Base: Lt. ft. to 10:30 and pivot to LRB (10:30) as lt. hand pins his rt. hand and left forearm strikes/breaks rt. elbow, LFB (12:00) as lt. hand presses his rt. arm into his midsection and as you deliver rt. horiz. glancing hpalm (jaw) into a rt. shape of crane grab (back of neck), pull opponent fwd. into a RST-For knee kick (sternum) - plant to RNB w/rt. in. elb. (face).

Extension: LRXO to RRB (7:30) w/rt. inner knee buckle (lt. knee), deliver a RST-For knee kick (rt. knee), plant to a RFTw w/lt. in. vert. 2-finger hook and a rt. out. vert. 2-finger slice, slide lt. ft. to trans. RNB (7:30) w/rt. in. vert. 2-finger hook, slide rt. ft. back to LNB (7:30) w/lt. out. vert. 2-finger slice. LFXC (6:00).

8. **FIVE SWORDS (Front Right Roundhouse Punch)**

Base: Rt. ft. to RNB (12:00) w/rt. thrusting in. block (bicep) and lt. check (rt. wrist). Rt. down-diag. slicing hsword (neck) as you pivot to RFB (12) w/lt. 4-finger thrust (eyes). Pivot back to RNB w/rt. uppercut punch (bladder/groin) and lt. open-hand cover. Slide lt. ft. up circle to RFB (10:30) w/lt. str. hsword (neck) as you chamber rt. fist by rt. ear. Lt. shape of crane (back of neck) & bend him forward as you sink to RWK (10:30) w/rt. hammering hsword (back of neck) and lt. mid-zone cover.

Extension: From the uppercut, slide lt. ft. up circle to RFB (10:30) w/lt. str. hsword (neck) as you chamber rt. fist by rt. ear. Sink to RWK (10:30) as you chamber lt. hand palm-up in front of your midsection and deliver a rt. slicing down. hsword (neck) followed with a lt. upward hpalm claw (face), pivot to a RRWKn w/upward whipping hsword (throat). Slide rt. ft. to lt. ft. into rt. back kick (groin), RFXC (6:00).