

ROADMAP TO: YELLOW BELT

An introduction to basic Kenpo concepts applied to common attacks.

Each Kenpo belt colour has a different theme and meaning. From the clean slate of **White Belt**, **Yellow Belt** represents the first beam of sunlight shining upon a new beginning. Basic Kenpo **principles** and **concepts** are introduced which will form the foundation of using motion **effectively** and **efficiently**. Ideas related to **self-defence psychology** and **awareness** are also introduced.



The **Kenpo Salutation** emphasises the union of the Warrior (symbolised by the closed right fist) and the Scholar (shown by the left open hand). **The Warrior** represents the practical application of our skills – knowing **what** to do and **how** to do it. **The Scholar** applies a greater understanding of the art and science of Kenpo while answering the further questions of **why** (the reason for particular actions) and **when** (a sense of timing and appropriateness for a chosen action).

There is strength in **structure**. **Establishing our base** in a stance that pays attention to **height**, **depth** and **width** is the first step to power generation. **Effective action** uses **bracing angles**, **rotation** and **weight transfer**. In **Star Block Set**, each of the basic blocks is tested against a strike with **intent**. The transition between **Neutral & Forward Bow** stances allows power to be generated from the ground up throughout the body (eg. instead of just from the strength of the arms). Pad work (striking the **Focus Mitts**) is used to apply these principles with full impact.

“Distance is your best friend.” – Ed Parker

In contrast to the benefits of forming a solid foundation, **mobility** is also an asset in self-defence. To emphasise this, the **Forearm Pads (Damage & Distance)** drill is used to apply **focussed aggression** from a close-range clinch from which the priority is switched to **creating space** between you and the assailant.



The most **efficient action** to deal with a threat requires an appropriate **Level of Awareness**. Acknowledging the most **probable types of assault** (a confrontational shove or arcing punches aimed at head etc) is an early step in awareness. The **Techniques** apply Kenpo's **Power Principles** (**rotational torque**, **back-up mass**, **gravitational marriage**) as well as other ideas and concepts in self-defence. Although the Kenpo syllabus later includes escapes to locks and chokes, these attacks represent being caught off guard.

The first set of **Pre-Conflict Tactics** uses **posture** to control **distance** and likely type of attack by one or more aggressor. The **Master Technique Scenario** reinforces these skills while developing the ability to **read the type of attack** from early signs in the aggressor's **body language**.

Sparring is an opportunity to apply some of these skills in a dynamic situation. At this early stage, the priority is **defence** while taking opportunities to attack when they present themselves.