

# AIK CURRICULUM FORMS

## Triple Block Form

↑↑ Inward Blocks
⇄ Outward Blocks
⇒ Upward Blocks
⇓ Downward Blocks
↑ ▶ Triple Block Isolation

## Intercept Form

↑↑ Inward Blocks & Chops
↔ Outward Blocks & Punches
↓↑ Upward Blocks & Middle Knuckle
↘✓ Downward Blocks & Palms
↗↖ Outward Extended Block & ½ Fist

## Block Punch Form

↑↑ Inward Blocks & Punches
⇒ Outward Blocks & Punches
⇄ Upward Blocks & Punches
⇓ Downward Blocks & Punches
↑ ▶ Punch Isolation

## Information

### Foundational Sets:

Block Set  
Cage Set  
Closed Hand Set  
Elbow Set  
Kick Set  
Open Hand Set

The sets teach how to articulate the basics, fundamentals, and foundations of the art of Kenpo while introducing its theories, concepts, and principles within primarily fixed positions.

### Basic Forms:

Block Punch Form  
Intercept Form  
Triple Block Form

The basic forms teach and fortify sound basics. They also expand our directional awareness, our understanding of transitional movements, and outline the art of Kenpo's power principles.

### Combative Forms:

Counter Strike Form  
Leverage Form  
Push Pull Form

The combative forms teach our students to bridge the gap between pattern and purpose. They are comprised of self-defense techniques, advanced transitions, and isolations that develop and continually train the student.

### Black Belt Forms:

#### Specialty Forms

Twin Horse Form  
Multi Strike Form  
Takedown Form  
Weapons Defense Form

#### Lineage Forms

Mass Attack Form  
Combative Two-Man Form

#### Weapons Forms

Tanaka 24 Count  
Fighting Cane Form  
Chinese Broadsword Form  
Cudgel Staff Form  
Chinese Broadsword Form  
Saht Quan Spear Form

The Black Belt forms teach our black belt students specific and specialty training models to advance their understanding and application of the art of Kenpo to include weapons training.

## Leverage Form

↑ Dominating Eagles
↓ Rooted Bear
→ Rotating Restraints
✓ Circling Death
✓ Echoed Claw
↘ Resisting Surrender
↖ Countering Eagles & Lightning
↗ Hammering Vice
✓ Leveraged Guard
↘ Crossed Restraints
✓ Rotating Guard
↗ Dominating Hawk & Ram
↗ Leveraged Bear

## Counter Strike Form

↑↑ Inward Block Counters
↔ Outward Block Counters
↓↑ X-Block Counters
↘✓ Downward Block Counters
↗↖ Outward Extend Block Counters
↖↖ Down/In Palm Up Counters
↗↗ Down/In Palm Down Counters
↗↗↗ Push Down Block Counters
↗↗ Punch Block & Crane Counters
↑ ▶ Elbow Isolation

## Push Pull Form

↑ Ascending Talons
↑ Southern Palms
← Ascending Palm
← Broken Palm
↓ Redirected Hawk
↓ Redirected Palm
→ Chopping Falcon
→ Western Falcon
↑ Leveraged Claw
↑ Southern Hawk
↑ Clashing Eagles
↑ Northern Eagles
↑ ▶ Southern Eagles Isolation

## Twin Horse Form

↑↑ Dominating Eagles
↖↗▷ Single Wrist Grab Isolation
⇓ Rooted Bear
↖↗▷ Circling Hawk
↑ ▶ Hug & Hold Isolation
↑↑ Chopping Palms
↑↑ Southern Claw
⇄▶ Shoulder Grab Isolation
↑↑ Echoed Claw
✓↘ Echoed Palms
↖↗ Dominating Palms
⇓ Rotating Guard
↓ Resisting Surrender
↓ ▷ Rotating Surrender
↑↑ Leveraged Talons

## Multi Strike Form

↑↑ Western Horn & Ram
↑↑ ▷ Double Strike Isolation
↑↑ ▷ Double Block Isolation
↗↖ Dominating Claw & Ram
↖↗ Southern Horn & Ram
↑↑ Leveraged Ram
↑↑ Northern Ram
↔ Raking Ram
↖↘ Bracing Ram
✓↗ Leveraged Lightning & Ram
↔ Hammering Ram
✓↘ Rooted Lightning & Ram
✓↘ Clashing Thunder & Horn
✓↘ Circling Palms
↔ Circling Horn & Ram
↓ ▶ Bracing Palms & Ram Isolation
↓ ▶ Open Hand Isolation
⇓ Bracing Lightning
⇓ Grounded Thunder
↔ Descending Ram
↔ Shielding Ram
↑↑ Countering Ram
↑↑ Eastern Horn

## Takedown Form

↔ Redirected Ram
↑↓ Grounded Ram
↔ Crushing Ram
↘✓ Tripping Ram
↑↑ ▶ Footwork & Kicking Isolation
↓↑ Strangling Ram
↓↑ Tripping Oak
↔ Grounded Hawk
↑↓ Rooted Ram
↖↗ Western Ram

## Mass Attack Form

→↔ Courting Falcons
↘↖ Courting Rage & Bear
↘↖ Courting Ram & Falcon
✓↗ Courting Ram & Bear
→↔ Courting Horn & Rage
↓↑ Escorting Falcons & Claws
↔ Escorting Falcons
→↔ Courting Falcons & Claws
→↔ Escorting Ram & Palms
→↔ Courting Hawk & Falcon

## Weapons Form

↑↑ Redirected Steel
→↔ Southern Steel (Horn & Ram)
⇓ Chopping Steel (Oak)
⇓ Bracing Steel
↔ Descending Steel
↑↓ Northern Oak
↓↑ Rotating Oak
↔ Leveraged Oak
✓↘ Eastern Steel
↔ Redirected Fire
↖↗ Rotating Fire
✓↘ Ascending Fire
↔ Grounded Fire
↑ ▶ Opposing Circles Isolation

## Forms Legend

### Opponent Attacks From

↑ 12:00   → 3:00   ↓ 6:00   ← 9:00  
↗ 1:30   ↘ 4:30   ✓ 7:30   ↖ 10:30

### Order Markers

▶ Independent isolations  
▷ Isolations or techniques that combine with the prior technique

## Form Keywords

Mass Attack uses the following keywords in additon to the standard technique keywords.

**Courting:** Stationary two person attack

**Escorting:** Moving two person attack