

KENPO KARATE KEYWORDS



Attack Keywords

**Push - A forceful, shoving action**  
Palm: One-handed push  
Palms: Two-handed push

**Punch - A striking action using the knuckles**  
Horn: Left hand punch  
Ram: Right hand punch

**Kick - A striking action using the leg or foot**  
Lightning: Linear kick  
Thunder: Rotational kick

**Grab & Tackle - An attempt to gain control**  
Claw: One-handed grab to the wrist  
Eagles: Two-handed body grab from the front  
Falcon: One-handed grab from the flank  
Hawk: One-handed body grab from the front  
Rage: Tackle  
Talons: Two-handed grab to the wrist or wrists

**Hold & Hug - A motion restricting action**  
Bear: Bearhug  
Honor: Handshake  
Restraint(s): Hold from the back  
Surrender: Full nelson

**Lock & Choke - A painful, controlling action**  
Death: Two-handed choke  
Guard: Lock from the back  
Vice: Head lock or forearm choke  
Vine: Lock to the wrist

**Weapon - An action employing a weapon**  
Fire: Gun  
Oak: Club  
Steel: Knife

Defense Keywords

**Tactical Movements - Initial step direction**  
Avoiding: Moving back to left rear quadrant  
Eastern: Moving to right front quadrant  
Evading: Moving back to right rear quadrant  
Northern: Moving forward  
Southern: Moving back  
Western: Moving to left front quadrant

**Repositioning - Advantageous position change**  
Ascending: Upward maneuver  
Circling: To maneuver over or on top of  
Crossed: A maneuver that crosses  
Descending: Downward maneuver  
Rotating: A turning maneuver

**Engagement Methods - Primary method used**  
Clashing: Meet force with force  
Clutching: Pin the hand  
Countering: Retaliate, a series of rapid strikes  
Dominating: To gain control of the opponent  
Echoed: Retaliate with a similar attack  
Entwined: Two-handed wrapping hold  
Escaping: To break free  
Raking: To chamber or strike past our centerline  
Redirected: To guide off center  
Resisting: To stop before fully locked

**Two Person - More than one attacker**  
Courting: Stationary two person attack  
Escorting: Moving two person attack

Defense Keywords

**Takedowns - Likely to take the attacker down**  
Grounded: Full takedown from the front  
Rooted: Buckling maneuver, potential takedown  
Tripping: Full takedown from the back

**Tools - Primary strike, block, or manipulation**  
Bracing: To use an X-block  
Broken: To break or hyperextend a limb  
Chopping: To use knife hand strikes  
Crushing: To grab or impact with tremendous force and intention  
Hammering: To strike with a hammer fist  
Leveraged: To use a fulcrum  
Shielding: To use an outward block  
Strangling: To apply a chokehold

