

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

