

Penn Ryukyu Kempo Club

Curriculum 2006-07 School Year

Core Curriculum for first hour of class¹

- ❖ Leo Fong combinations 2, 3, 9
 - Built on: fighting stance, jab, cross, hook, upper cut
 - Progression
 - To the air
 - Against pads
 - In response to feeds

- ❖ Stick striking and blocking
 - *Largo*
 - Striking sequences from Roger Agbulos
 - Blocking: Two-handed if moving into *medio* range
 - *Medio*
 - Striking sequences from Bobby Taboada
 - Blocking: Hard single stick block first, block-check-counter second
 - *Corto*
 - *Punyo* strikes
 - Check-hand block

- ❖ Rick Manglinong forehand and backhand set
 - Built on: basic stick striking, triangular footwork, Bobby Taboada 12 angles of attack
 - Progression
 - Forehand set with sticks against forehands and backhands
 - Forehand set open-hand to both inside and outside
 - Forehand set with sticks against all Bobby angles
 - Forehand set with multiple patterns
 - Backhand set against all of the above

- ❖ Kicks
 - Front / Step-over kick
 - Roundhouse kick
 - Drill: One-kick, One-kick

- ❖ EDT (Edged Defense Tactics)

- ❖ *Wei Kuen Do* Trapping Form 1

¹ Advanced students should make an effort to work alternately with beginning students and other advanced students (though this can be difficult in the beginning of the school year). When working with beginning students, the focus should be on developing core skills at a basic level, both as a participant and as a coach. When working with other advanced students, students should seize the opportunity to practice more complex versions of the same drill genre. That is, practicing a different *Wei Kuen Do* trapping form would be acceptable, but practicing *Naihanchi* would not.

Advanced Section Curriculum

2 nd Semester Wearing Orange Belt	3 rd Semester Wearing Yellow Belt	4 th Semester Wearing Green Belt	5 th Semester Wearing Blue Belt
<i>Wei Kuen Do</i> Trapping Form 3 Self-Defense #1 Snake Disarm Lung-5 Takedown Basic back breakfall C-step takedown Clinches Side kicks Elbows & Knees <i>Sinawali</i> Boxing <i>Hubud</i> <i>Sinawali</i> (Single, Double)	<i>Naihanchi</i> Self-Defense #2 Hitchhiker Disarm Leo Combinations 4, 5, 6 Standing Center Lock Shooting Obstruction Removal 10-count drill	<i>Taikyoku Shodan</i> <i>Crossada</i> Disarm Poultry locks Sprawl Chokes Knife <i>Crossada</i> drill <i>Abaniko Corto / Palis-palis</i> (passing) Trapping Hands	<i>Wei Kuen Do</i> Trapping Form 2 Self-Defense #3 Strip Disarm Leo Combinations 7, 8, 10, 1 Center lock Julie Kedze drill [guard, mount, side control] Lock knee throw Hawaiian mega choke

6 th Semester Wearing Purple Belt	7 th Semester Wearing Brown Belt	8 th Semester Wearing Brown Belt
<i>Seisan</i> Lever Disarm Lock flow ² 1,2,5,12 Drill Ankle locks	Self-Defense #4	<i>Passai</i> Self-Defense #5

² Predetermined, but based on: Finger lock, standing center, poultry locks, mobility throw, upside down two-finger lock, center lock, Jeff twisty thing, kotegaeshi

Self-Defense

Form	Attack	Defense	Move in form	PP
1 <i>Naihanchi</i>	Straight Punch	Parry; hook to TW-12 or other appropriate target	Hook punch	TW-12
	Straight Punch	Parry arm; kick to (opposite) knee; outside hammer to face	Knee kick; hammer fist	LI-10/11; SP 11
	Push	Strike up into throat and then down into CO-4	Opening move	CO-4
	Punch	Catch; low strike to head	Catch	
	Grab	Strike to inguinal crease, follow to strike to head	Double Block	Sp-12/Li-12, St-5
	Opponent grabs guard	Palm twist	Elbow smack	
2 <i>Taikyoku</i>	Same-side wrist grab	Peel to <i>kotegaeshi</i>	Low Block	TW-3
	Same-side shoulder grab from behind	Trap hand; raise elbow and turn 180°; strike down (?)	Retraction and 180° turn	LI-4(?)
	Double lapel grab	270° takedown	Arms cross and 270° turn	LI-10/11?
	Lapel grab	Lapel grab turn and <i>kotegaeshi</i>	Low block	TW-3
	Two-handed choke	Finger lock	Low block	
	Same-side wrist grab	Grab wrist, arm bar via strike to TW-12	Low block	TW-12
3 <i>Naihanchi</i> <i>Seisan</i>	Lapel grab	Grab LI-10 cross body, inside hook to TW-17	Inside hammer	LI-10/H-3
	Push	Palm twist hand to catch; manipulate hand, strike head	Catch into last move	SI-6 (?)
	Left hand lapel grab	Grab hand, punch to LI-13	Short hook	LI-13
	Double lapel grab	Trap hand; step to the side; strike out to head	Opening move	GB-20?
	Punch	Arm bar	Punch, middle counter	TW-11
	Push	Palm twist with thumb-wrist entry	Hands X in front	
	Punch / Push	Sacrum takedown	Last move	
	Punch	Hammer lock	Parry to neck chop	H-2
	Grab or punch	Upwards arm bar aka “Arm break”	Arm roll	TW-11, L-8
	Punch	Catch on the inside; Backfist to head; drop on shoulder; Back leg kick to lightning bolt; Inosanto knee; kick out other leg	Catch, backfist, stomp, kick	

Self-Defense

	Form	Attack	Defense	Move in form	PP
4	<i>Taikyoku</i>		Two-finger lock	Low block	
			Grapple to girdle (?) to bring head down; ear control take down	Two punches down the middle	
	<i>Naihanchi</i>	Haymaker	Figure 4 lock	Hammerfist	
		Anything	Walking throw	Framing moves	
	<i>Passai</i>		Grab ear strike to head 1		
		Lapel grab	Grab LI-13 cross body; neck chop	Augmented block	LI-13
		Wrist grab	Center lock	Hand circles	H-6
			the cross and hammer fist—parry push and backfist		
		Some breakdown for the sidekick (hip throw?)	sidekick		
	Punch	Kotegaeshi	Opening move		
5	<i>Seisan</i>	Bull rush	Modified mobility throw	Last move	
		From clinch, opponent shoots	Guillotine choke	Middle counter	
	<i>Taikyoku</i>				

10 basic combinations from Leo Fong

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|-----|---------------|----------------------|----------------------|---------------------|---------------------|--------------------|--------------------|----------------------|--------------------|----------------------|------------------|
| 1. | L Jab | ^R Cross | ^L Hook | ^R Upper Cut | R Hook | ^L Upper Cut | L Hook | ^R Inside-out Hammer | ^L In-out Hammer | ^R Outside-in Hammer | ^L Out-in Hammer |
| 2. | L Jab | R Low Cross | ^R Upper Cut | L Hook | ^R Step-back punch | | | | | | |
| 3. | L Jab | R Low Cross | ^R Hook | L Upper Cut | L Hook | ^R Step-back punch | | | | | |
| 4. | L Jab | ^R Cross | L Hook | R Upper Cut | L Hook | ^R Step-back punch | | | | | |
| 5. | L Jab | R Low Cross | ^R Roll to Back fist | L Hook | R Upper Cut | L Hook | ^R Step-back punch | | | | |
| 6. | L Jab | L Low Jab | L Back fist | ^R Back fist | L Hook | R Upper Cut | L Hook | ^R Step-back punch | | | |
| 7. | L Jab | ^R Cross | L Body Upper Cut | ^L Hook | R Low Cross | ^R Upper Cut | L Hook | ^R Step-back punch | | | |
| 8. | L Jab | L Duck and feint low | L Jab | ^R Low kidney hook | R Upper Cut | L Hook | ^R Step-back punch | | | | |
| 9. | L Jab | L Hook | L Upper Cut | L Inside-out hammer | L Outside-in hammer | R Low cross | ^R Upper Cut | L Hook | ^R Step-back punch | | |
| 10. | R Bob & Weave | R Upper Cut | L Hook | R Hook | L Bob & Weave | L Upper Cut | R Hook | L Hook | | | |

All combos should be done from both left and right leads.

^ = switch lead on this strike