

ED PARKER'S AMERICAN KENPO - SELF DEFENCE TECHNIQUES

	GRABS & TACKLES	PUSHES	PUNCHES	PUNCH COMBINATIONS	KICKS	KICK COMBINATIONS	KICK/PUNCH COMBINATIONS	HUGS & HOLDS	LOCKS & CHOKES	2 MAN ATTACKS (GRABS)	2 MAN ATTACKS (PUNCHES/HOLDS)	WEAPONS
YELLOW	DELAYED SWORD SWORD & HAMMER MACE OF AGGRESSION	ALTERNATING MACES	SWORD OF DESTRUCTION ATTACKING MACE		DEFLECTING HAMMER			CAPTURED TWIGS	GRASP OF DEATH			CHECKING THE STORM
ORANGE	CLUTCHING FEATHERS CROSSING TALON OBSCURE SWORD LONE KIMONO OBSCURE WING	TRIGGERED SALUTE REPEATING MACE GLANCING SALUTE	DANCE OF DEATH SHIELDING HAMMER RAINING CLAW FIVE SWORDS REVERSING MACE		THRUSTING SALUTE BUCKLING BRANCH			GIFT OF DESTRUCTION STRIKING SERPENT'S HEAD CRASHING WINGS SCRAPING HOOF THRUSTING PRONGS	LOCKING HORNS LOCKED WING GRIP OF DEATH TWISTED TWIG			
PURPLE	TWIRLING WINGS DARTING MACE CHARGING RAM TWIN KIMINO	SNAPPING TWIG HOOKING WINGS PARTING WINGS	LEAPING CRANE SHIELD & SWORD THUNDERING HAMMERS SLEEPER		SWINGING PENDULUM			CRUSHING HAMMER GIFT IN RETURN SQUEEZING THE PEACH SPIRALLING TWIG	CAPTURED LEAVES BOW OF COMPULSION FLIGHT TO FREEDOM CIRCLING WING CROSS OF DESTRUCTION			EVADING THE STORM OBSTRUCTING THE STORM CALMING THE STORM
BLUE	BEGGING HANDS CROSSED TWIGS BROKEN RAM RAKING MACE GRIPPING TALON	THRUSTING WEDGE TWIST OF FATE SNAKING TALON	FLASHING WINGS FLASHING MACE CIRCLING THE HORIZON SHIELD & MACE GATHERING CLOUDS		HUGGING PENDULUM RETREATING PENDULUM			REPEATED DEVASTATION GIFT OF DESTINY TRIPPING ARROW	ENTANGLED WING WINGS OF SILK FALLEN CROSS DESTRUCTIVE TWINS			DEFYING THE STORM RETURNING THE STORM
GREEN	OBSCURE CLAWS CONQUERING SHIELD MENACING TWIRL INTERCEPTING THE RAM	ENCOUNTER WITH DANGER LEAP FROM DANGER	CIRCLING DESTRUCTION TAMING THE MACE GLANCING WING CIRCLES OF PROTECTION KNEEL OF COMPULSION THE BACK BREAKER		DETOUR FROM DOOM CIRCLE OF DOOM			SQUATTING SACRIFICE TWIRLING SACRIFICE BROKEN GIFT	ESCAPE FROM DEATH CROSS OF DEATH HEAVENLY ASCENT			BRUSHING THE STORM SECURING THE STORM CAPTURING THE STORM CLIPPING THE STORM
3RD BROWN	GLANCING SPEAR DOMINATING CIRCLES FALLING FALCON DESPERATE FALCONS BLINDING SACRIFICE		THRUST INTO DARKNESS DESTRUCTIVE FANS LEAP OF DEATH	CIRCLING FANS UNFURLING CRANE PROTECTING FANS		ROTATING DESTRUCTION DECEPTIVE PANTHER				FALCONS OF FORCE GRASPING EAGLES COURTING THE TIGER SNAKES OF WISDOM	THE BEAR & THE RAM PARTING OF THE SNAKES GATHERING OF SNAKES	RAINING LANCE THRUSTING LANCE GLANCING LANCE ENTWINED LANCE
2ND BROWN		FATAL CROSS CIRCLING WINDMILLS	TWIRLING HAMMERS UNFOLDING THE DARK PRANCE OF THE TIGER DESTRUCTIVE KNEEL ESCAPE FROM DARKNESS		DEFENSIVE CROSS BOWING TO BUDDHA		DANCE OF DARKNESS UNWINDING PENDULUM FATAL DEVIATION REVERSING CIRCLES ENTWINED MACES			MARRIAGE OF THE RAMS	THE RAM & THE EAGLE REPRIMANDING THE BEARS	ESCAPE FROM THE STORM PIERCING LANCE BROKEN ROD TWISTED ROD CIRCLING THE STORM CAPTURING THE ROD DEFYING THE ROD