

PARKER KENPO TERMINOLOGY

A

ADD - the adjoining of a weapon or move immediately after the BASE move.

AGGRESSIVE OFFENSE - when you activate the first attacking move which your opponent is not aware of.

AIMING - the pointing of a natural weapon or a portion of a cocked natural weapon to an intended target so that upon its release it will accurately strike the desired target.

ALTER - to vary a weapon and/or target within a technique sequence.

ANATOMY - study of the human body structure which aids in determining the vital areas on an opponent as well as determining those body parts which could be readily used as natural weapons.

ANCHOR - generally refers to the weighting down of the arm or buttocks. For example, the elbow is firmly fixed at a much lower level than the fist when executing the right inward block. This principle, when applied, gives greater force and allows a greater margin for error. In short, it gives one greater protection.

“AND” – a word in our Kenpo vocabulary that is eliminated by the more adept. It involves time and therefore is contradictory to ECONOMY OF MOTION – a principle well worth following.

ANGLE OF CANCELLATION – a controlled angle which places an opponent in a precarious position thus minimizing or even nullifying the use of his weapons.

ANGLE OF DEFLECTION – that increases angle caused by a block, parry or otherwise, which widely gaps the weapon from the target.

ANGLE OF DELIVERY – the positioning of one's natural weapons that makes the execution of same effective and accurate.

ANGLE OF DEPARTURE – the most desired angle of deviation when fading or covering our and away from an opponent.

ANGLE OF EXECUTION - any angle which, when an attack is executed, produces maximum results.

ANGLE OF GREATEST MOVEMENT - an ideal positioning of the body which enables one to move rapidly, easily and without hesitation.

ANGLE OF INCIDENCE – angle which a weapon, when delivered, strikes perpendicular or right angle to the target or surface intended these obtaining maximum results.

ANGLE OF OPPORTUNITY - this involves any and all of the "angle" classifications which when taken advantage of results in the success desired and/or intended.

ANGLES OF ATTACK - the eight directions from which you or an opponent can attack.

APEX - the uppermost height or point of any circular or linear movement whether delivered defensively or offensively.

B

BACK-UP-MASS - the assistance of body weight used directly behind of the action used. For example, a punch delivered when the elbow is directly behind the fist, the bracing of one finger directly behind the other in delivering a two finger chop, etc.

BASE LINE - imaginary line or lines used to illustrate the direction and execution of a basic move.

BASICS - simplified moves which form the base of the Art. They are divided into stances, blocks, punches, strikes, kicks, etc.

BLACK DOT FOCUS - our concept of focus. We visualize a black dot on a white background representing total awareness. Our concern is on maximum power as well as maximum protection.

Please note: Here at USA Kenpo we regard this as *concentrations* because though you can see the area around you (aware mess) you are concentrating on the black dot. See **WHITE DOT FOCUS**

BLOCK - a defensive maneuver used to hinder or check an attack.

BODY COMMUNICATION - the giving and receiving of information by body movements, mannerisms, expressions, gestures, habits, etc.

BODY INTERPRETATION - the translation of body movements, mannerisms, expressions, gestures, habits, etc. In predetermining an opponent's true intentions. !

BODY LANGUAGE - the ability to communicate with body movements, mannerisms, expressions, gestures, habits, etc. in relaying true or false information.

BODY MECHANICS - the technical utilization of the body in the science of motion and action so that the forces therein are fully maximized. In short highly technical knowledge of the proper use of the body in reaching or obtaining maximum results.

BODY TRANSLATION - the decoding of body movements that give one answers to an opponent's true intentions.

BORROWED FORCE – the utilization of an opponent’s force in defeating himself. This can be accomplished by going with the opponent’s force.

BRACING ANGLE – the positioning of the body to strengthen and support the execution of a defensive or offensive move in anticipation of impact upon contact

BUCKLE - methods used to force the opponent's leg to bend in or out, forward or back. Its use can unbalance, twist, sprain or even break an opponent's leg.

C

CHECK - to restrain, hinder, or repress an opponent from taking action. This is accomplished by pressing, pinning, or hugging an opponent usually at the joints so that it minimizes his leverage and nullifies his actions.

CHOP - the execution of a cutting blow to an opponent or object which generally employs the knife-edge of the hand as the weapon.

CIRCULAR MOVEMENTS – moves that loop or follow an oval. Such moves can be used defensively or offensively. They can orbit in a single direction or divert into multiple directions.

CLASSICAL - a term used to describe the so called pure systems of Karate. Many of the movements associated with these systems are not practical in our present environment, since their methods were created for the types of defense found prevalent during ancient times.

CLAW - pulling and tearing action utilizing the fingertips which results in scratching and/or ripping.

CLOCK PRINCIPLE - a system, in teaching, which helps the student to visually imagine the direction which he is to follow. He is generally asked to think of himself as being in the middle of a big clock facing 12 o'clock with 6 o'clock to the rear, 3 and 9 to his right and left and all other numbers in their respective places.

COMBAT - realistic fight-which excludes control and rules.

COMPACT UNIT – the constriction of body parts to enhance the effect of a natural weapon when delivered. For example, the pinching of the forearm and biceps together when striking a target with the elbow.

COMPLIMENTARY ANGLE - a path or angle which when an attack is delivered parallels an attacking weapon, or a given line, to produce maximum results. It is an angle which is used to our advantage to cause greater damage.

CONSTIPATED MOVES – moves that tense prematurely, resulting in needless exertion and hinders speed.

CONTINUITY – the principle that no move passes from one position to another without being utilized effectively. It is a counterpart of **ECONOMY OF MOTION**.

CONTINUOUS WEAPONS – the employment of a series of (multiple) natural weapons when involved in combat or freestyle.

CONTROL - the regulation of force to produce accuracy but not injury. Example, a punch which is thrown to a specific target but does not hurt or injure. It may or may not touch the target intended.

CONTROLLED RESPONSE - the regulation of one's actions so that he does not react prematurely, unnecessarily, or foolishly. This is especially true if • an opponent should employ deceptive action.

COORDINATION - (1) refers to the synchronization of your moves with the moves, timing and direction of your opponent in order to take advantage of attacking him. (2) movements brought into order to act as a whole.

CORKSCREW PUNCH - a torquing, twisting punch, which makes contact at the time the clenched fist is facing palm down.

COVER – the repositioning of oneself into a protective pose while creating distance between opponent and self. This is usually done by shifting the forward leg to the opposite side as you turn to face the opposite direction. This will increase distance.

COVER STEP – the first step of a front crossover which aids in concealing the groin area.

CRITICAL DISTANCE – crucial distance that places you in reach to be effectively struck or to effectively strike your opponent.

D

DECEPTIVE ACTION - the utilization of feinting movements or gestures to deceive an opponent.

DEFENSE - protective moves to safeguard injury.

DEFLECT - to deviate the course of an attacking weapon.

DELETE - the elimination of a weapon and target within a technique sequence.

DEPTH ZONES - one of the categorical zones of protection. It entails the protection of approximately four to six basic depth zones. Four of them are herewith mentioned – hand to elbow, elbow to knee, knee to shoulder and shoulder to head

DIVERSIFIED ANGLE OF ATTACK - the ability to attack from one angle and switch into another without any loss of motion especially when using only one hand. In the case of two hands alternate action from two or more angles while striking to the same target or otherwise is still considered "diversified angle of attack". (Example, a punch to opponent's jaw which changes into a lifting punch under chin of opponent.)

DIVERSIFIED ANGLE OF COVER - refers to changing directions while covering out; not getting into the habit of covering out in one direction.

DIVERSIFIED ANGLE OF RETREAT - see "diversified angle of cover".

DIVERSIFIED TARGETS - striking of varied targets to insure multiple effects.

DRAG - the sliding of one foot against the other while either moving forward, back, or to the side.

DRAG-STEP - the dragging of one foot either forward, back, or to the side as the other foot steps away from it. This is one of three methods of shuffling.

DROP – the execution of moves which employs marriage of gravity when body weight drops with the intended action.

E

ECONOMY OF MOTION - any movement that takes less time to execute but still causes the effect intended. Failure to cause the effect intended will only categorize the move as being "wasted motion". "It must be short, sweet, and effective to be considered economical.

EIGHT CONSIDERATIONS – the eight predicaments involved in freestyle or combat that must be considered or anticipation in order to be victorious are listed in the order of importance: 1. environment 2. range 3. positions 4. maneuvers 5. target 6. natural weapons 7. blocks 8. cover

EMBRYONIC BASICS - simple basic movements which are generally single in action and. single in purpose. Moves that are primitive in nature.

ENVIRONMENTAL CONDITIONS - existing conditions when involved in combat or tournament freestyle which include rules of a particular tournament, weather conditions, time of day, number of persons involved, character

identity, general surroundings, layout, floor plan, terrain, etc.

F

FADE OUT - to get back or away from the action.

FEEL - a word to describe the foot as it slides back. The foot when moving back should lightly slide back along the ground, so that it literally feels its way back to overcome possible obstacles.

FORMS - offensive and defensive maneuvers incorporated into a dance. It is an index of movements whereby one can get answers to certain situations. It is a physical expression of form, speed, power, continuity, poise, etc.

FINAL POSITION – the concluding move of a sequence

FIGHTING POSITION - an assumed stance and defense when freestyling or in actual combat on the street.

FOCUS - the concentration of mind, body, breath, and strength at the exact same instant on a specific target.

FREESTYLE - a term used in Karate for sparring. As in boxing it is a combination of offense and defense - free physical expression.

FRictional PULL – multiple effects caused by scrapping, hooking and pulling the result of which causes pain on the part of the opponent.

FRONT CROSSOVER – a type of maneuver which involves the back foot crossing over and in front of the forward leg, or the forward leg moving and in front of the rear leg, when moving forward or back.

G

GAUGING OF DISTANCE - Maintenance of proper distance between opponent and self for purposes of defense or attack.

GAUGING LEG – leg used to alter the distance between opponent and self for purpose of offense or defense

GRAVITATIONAL MARRIAGE - the uniting of strength, mind and breath while drop-ping with the weight of the body. The mergence of all of the above factors at the time the body drops adds greatly to the force of the blow, strike or whatever. This causes a literal marriage with gravity.

GUARD - a set or arranged position of the arms and legs in anticipation of an attack.

H

HARD - another term used to describe major moves. Moves that cause devastation. Hard hitting moves.

HARMONIOUS MOVEMENTS - a pleasing arrangement of movements that contain continuity and economy of motion.

HARNESSING THE FORCE - means to capitalize and bring into condition the production of maximum power. In short, teaching one how to obtain 100% power related to his body structure.

HEEL-KNEE - method of determining the proper depth of a neutral bow and arrow stance where the heel of the forward foot is on the same line as the knee of the rear leg when it is smartly and naturally placed on the ground.

HOOK - a weapon, or angle, so positioned that when executed it catches or fastens itself to the target. It is when contact is made to the left of the apex or halfway mark of a circle when executing a right punch or vice-versa.

HOP - a maneuvering method which involves moving forward, back or side while springing on one foot.

HORIZONTAL ZONES – another one of the categorical zones of protection. It basically entails the protection of three horizontal or height levels – 1. solar plexus to the top of the head, 2. groin to the solar plexus 3. feet to groin.

HORIZONTAL ZONES OF ATTACK – it basically entails the striking to the three horizontal or height levels - 1. solar plexus to the top of the head, 2. groin to the solar plexus 3. feet to groin.

HORIZONTAL ZONES OF PROTECTION – see “horizontal zone”

HUG – keeping close to and up against a key area on an opponent’s body thus minimizing his leverage and actions

I

INSERT - the addition of a weapon or move, simultaneous with, or sandwiched in between your **BASE** moves.

INTENTIONAL MOVES - execution of planned moves.

J

JUMP - a maneuvering method which involves moving forward, back, or sideways by vigorously springing or leaping to avoid or execute an attack.

K

KICK - refers to the methods used when striking with the foot.

KINETICS - the science that deals with the motion of masses in relation to the forces acting on them.

L

LEAP - a springing type jump where both feet simultaneously leave the ground for purposes of evasion or attack.

LEFT TO LEFT - a freestyle position where your left foot, which is forward, is opposite your opponent's left forward foot.

LEFT TO RIGHT - a freestyle position where your left foot, which is forward is opposite your opponent's right forward foot.

LEVERAGE POINTS - fixed points which when force, minimum or otherwise, when used can overthrow an opponent or prevent his action from taking place.

LINE OF DEPARTURE – the line or direction one can deviate to in order to place oneself in a secure position

LINE OF SIGHT – the path of a moving target brought into alignment

LINEAR MOVEMENTS - movements that are direct in nature and that follow a straight path. They are primarily offensive but can be utilized defensively, are useful follow-ups after meeting resistance.

LOCK-OUT - refers to a body weapon that is delivered and which remains at the target rather than be retrieved.

M

MAJOR MOVES – strong and positive moves which cause immediate devastation.

MANEUVER – method which you use to close or extend your range. This is especially true of FOOT MANEUVERS

MARGIN FOR ERROR – the execution of a defensive and/or offensive move which when delivered gives your greater latitude to work within the event of error or miscalculation.

MECHANICAL - refers to those whose movements are very staccato in appearance. Sequence of movements which look as if they are being done by the numbers.

MEET - refers to movements that move towards an opponent which meets his action at a distance from you.

METHOD OF DISTURBANCE - ways in which to upset, confuse, or trouble an opponent.

METHOD OF EXECUTION – the manner in which a move is executed to produce maximum results. For example several methods could be used when executing a punch; it can follow a direction course, a dipping path, a roundhouse etc.

MINOR MOVES – subordinate moves which, although not devastating, cause ample damage and delay to allow the execution of A MAJOR strike, blow or kick.

MISCOMMUNICATION - the art of faking an opponent out.

MOMENTARY CONDITIONING - the ability to condition your opponent to think one way only to reverse the conditioned reflex so as to set him up for an attack.

MOVE - a command used when teaching to cause a student to react to a particular exercise.

MULTIPLE ATTACKS - an attack by two or more opponents.

N

NATURAL WEAPONS - use of body parts as offensive weapons. This includes using parts of the hand, arm, foot, leg, etc.

NEUTRALIZED HANDS - the positioning of ones hand (or hands) in a neutral area for maximum availability in nullifying an attack or for use in rendering a more successful attack.

NULLIFY - the prevention of an opponent's intentional or unintentional moves. **PREFIX** - the addition of, a weapon or move which precedes the **BASE** move.

O

OFFENSE - attacking moves to insure Injury

OFFENSIVE CHECK - a single move which first acts as a check before becoming a strike or hit.

OPPOSING FORCE - two forces going in opposite directions from each other.

OUTER RIM - that imaginary egg shaped circle that defensive and/or offensive moves should be confined In so as not to over-extend or over-commit. Employing this concept reduces an opening and, the chances of getting hit.

OVER-REACH - to over-extend oneself with a blow or kick needlessly, to reach beyond or above a certain point unnecessarily.

P

PARRY - to ward off a blow or kick. Riding and re-directing the force of a blow or kick.

PENETRATION POINT - that imaginary point beyond the intended target which compels the deliverer of an attack not to prematurely tense his punch, kick, strike, etc. Fulfillment of this principle will greatly enhance the power of the attack and therefore cause greater damage or shock.

PLANNED REACTION - predetermined scheme for making an opponent respond prematurely, thus creating an opportune opening.

PIN – the pressing of joint or other key areas on an opponent’s body to your own body. (third hand) This momentarily keeps an opponent in one position and thus prevents him from taking action.

PINNING CHECK – that point, spot, position, level etc. which various body parts use as an axis to turn from.

PIVOT - is the changing from one stance or position to another while in place. This is done without moving the foot from the spot it is in.

PIVOTING AXIS - a stationary revolving point.

POKE - refers to the thrusting of the tips or joints of the fingers to particular target areas on an opponent's body.

POINT OF ACTIVITY - center of action where attention should be focused. **REBOUNDED CHECK** - a check that occurs on the return of a blow or strike.

POINT OF ORIGIN – the beginning, root or source of any movement.

POSITION - (1) a command used when teaching to have a student assume his original starting position (2) a set or arranged posture used in class for training purposes other than mentioned, or when fighting (3) how you or your opponents body is angled.

PRACTICAL - realistic and applicable moves that work, especially on the street. Moves that work not only in theory but in practice as well.

PRACTITIONER - one who learns, teaches, and practices the art of Karate.

PREMEDITATED COMMITMENT - purposeful moves that are preplanned to be utilized in setting an opponent up for the kill.

PREVENTIVE MOTION - movements used to ward off attacks or to stabilize a particular body target when delivering a major move. They can be parries, light blocks, or even push type moves and can be used as the opponent delivers his attack or when he is just posed in his attacking stance or position.

PRIMITIVE - generally refers to the execution of crude basics during the early stages of learning. Moves that are singular in purpose. In short, they are. embryonic basics.

PRONOUNCE A MOVE - an analogy used so that a student realizes that basic moves are to be exaggerated only in practice) when we first learn to phonetically pronounce a word. After getting acquainted with the power derived from these basic and ideal positions, he learns to use them realistically without put exaggeration and hesitation.

PSYCHIC REASSURANCE - acquired and developed knowledge beyond the known physical processes which comforts the mind and instills confidence.

PUNCH - primarily refers to the methods used when striking with the front portion of the fist.

PUSH-DRAG - involves slightly raising the forward or rear leg as the other leg pushes the body forward or back before catching up to resume the original distance between feet. This is another of three methods of shuffling.

Q

R

RAKE – the execution of a body weapon in a sweeping manner

RANGE That distance which exists between you and your opponent.

REACTIONARY SET-UP - having an opponent respond to a faked stimulus thus making him vulnerable.

REAR CROSSOVER – a type of maneuver which involves the back foot crossing over and back of the forward leg, or the forward leg moving and in back of the rear leg, when moving forward or back.

REARRANGE - redistribution, or changing the order of a sequence of movements.

RECOIL - to spring back after a blow or kick has been delivered. Fast retrieve after delivery.

REDIRECT - to alter the direction, of an attacking weapon.

RELAXED MOVES - moves that are completely relaxed in nature when utilized as an offense or defense. Tension, however, does enter at the conclusion of these moves. Such moves become faster and more flexible, so that even pain is lessened, and can easily be redirected to another target.

REFERENCE POINT - that point of origin in a sequence which one can refer back to before proceeding to the opposite side. The same sequence to the left side as opposed to the right is then executed. It also means the directing of attention to a particular point in a basic or technique sequence.

RETARDED BALL KICK - a kick that's delivered as a ball kick but ends with the heel of the foot (front portion) making the initial strike.

RIGHT TO LEFT - a freestyle position where your right foot, which is forward, is opposite your opponent's left forward foot.

RIGHT TO RIGHT - a freestyle position where your right foot, which is forward, is opposite your opponent's right foot forward.

RIP - slashing motion which excludes the use of a tear

ROUNDING THE CORNERS - An expression used when teaching to emphasize the importance of continuing a move so that a person does not have to stop one action in order to start another. It's another method to conserve on time.

S

SANDWICHING - the striking of a target from both ends which grossly increases the pressure and effect. This causes a vice-like effect since the target is not able to ride with any of the two striking forces. The principle of prevention motion is employed

SCOOP - the execution of a weapon in a shoveling type motion.

SEE-SAW - moves that occur between defender and attacker which involves going back-and-forth.

SHAPE - contour of the body.

SHUFFLE - is the shifting of the body forward or back to close or increase the distance between your opponent and you. In our system there are three methods that accomplish this; push-drag, drag-step, and step-drag. These are categorized as foot maneuvers.

SKIP - a maneuvering method which involves moving forward, back, or sideways by hopping very lightly.

SLICE - method of attack which when executed, skims the surface of a target. Though not penetrating, it is effective. It is a **MINOR MOVE** used to set one up for a **MAJOR MOVE**.

SLOW MOVES - moves that are done for the benefit of the beginner so that he learns proper synchronization of the body and precision, The practice of slow moves help to eliminate the formulation of bad habits

SNAKING MOVES - twisting and turning movements that entwines or wind around a natural weapon or body part.

SNAP - a particular method of execution which involves utilizing a whipping

type attack or blow but with greater magnitude than a whip.

SOFT another term used to describe minor moves. Flexible moves that generally sting hurt, etc. They are useful in setting one up for an attack with greater magnitude.

SOPHISTICATED BASICS - basic movements which; although singular in movement, produce multiple results.

SOPHISTICATED SIMPLICITY - basic movements that entail more than the eyes can see, though singular in appearance they are multiple in action; single in movement, dual in effect.

SOLIDIFY YOUR BASE - means to strengthen your stance so that it is strong and firm.

SPONTANEOUS - refer to moves of impulse. Unpremeditated moves stemming from an unconscious but alert mind.

SQUEEZE – the grabbing and compressing of particular target areas on an opponent.

STABILIZE YOUR BASE – another term used to solidify your base only with reference to maintaining good balance as well.

STAGES OF DISTANCE - those varying distances that exist between opponent and you which can be closed or increased by selecting any one of the foot maneuver sequences.

SET - another term used to describe FORM, a dance routine of offensive and defensive maneuvers created to have the practitioner physically express himself.

STEP - the moving of the front foot forward, or the rear foot back to increase depth or width of a stance. It may also involve moving the right foot to the right or the left foot to the left, depending upon the circumstances.

STEPBACK – another term used for step through when taking one full step back.

STEP-DRAG - the stepping forward, or back, with one foot as the other drags to meet it. This is another of the three methods of shuffling.

STEP THROUGH - the execution of one full step forward or back, or in the case of a step through kick, it means kicking with the forward foot and planting that foot back, or kicking with the rear foot and planting that foot forward.

STRIKE - the delivery of natural body weapons in hitting human targets, the method of which excludes punches and kicks.

SWITCH - is the changing from one stance or position to another while in place. This is done while moving the feet from one spot to another. This involves a lead leg where one of two things can happen, (1) you can step back to forward, (2) step forward to back, or a third possibility (3) jumping in place.

SYNCHRONIZE – to move or occur at the same time or rate; to cause to agree in time or rate of speed

SYNCHRONIZATION - (1) refers to an opponent coordinating his moves, timing, and direction with yours in order to take advantage of attacking you. (2) the tying together of moves so that they become one.

T

TARGETS - vital areas on opponent's or your body which when struck can cause injury or damage.

TEAR – ripping motion while actually involved grabbing while pulling.

TECHNIQUE SEQUENCE – a planned combination of moves which may be used defensively or offensively

THRUST - a particular method of execution which involves utilizing a propelling push type attack or blow.

TOE-HEEL - method of determining the proper width of a neutral bow and arrow stance where the toe of the forward foot is in line with the heel of the rear foot.

TRANSITION – stage between moves – moves within moves

TRANSITORY MOVES

TORQUE - that twisting action used with your offensive or defensive movements which positions your body and muscles to work at maximum efficiency.

U

UNCOMMITTED ACTION - realization that you are not to move in such a manner as to bind you to a certain line of action.

UNINTENTIONAL MOVES – accidental and unplanned moves by an opponent which, when unchecked or not anticipated, can defeat your purpose. It is a normal reaction by the opponent.

V

VERTICAL ZONES – a third of the categorical zones of protection. It encompasses four vertical or width segments that need to be protected; left to middle of right chest, middle of left chest to sternum, sternum to middle of right chest, middle of right chest to outside of right shoulder.

VERTICAL PLANE – upright; straight up and down line.

VITAL AREAS - essential body parts which when struck can be injurious or fatal.

W

WASTED MOTION - a move that lacks economy, that's delivered needlessly, or that does not produce the effect intended.

WEAPON AVAILABILITY - the proper positioning of your natural weapons for immediate use.

WEIGHT DISTRIBUTION - the apportionment of weight related to a particular stance. It may vary, fifty-fifty, sixty-forty, ninety-ten, etc.

WHIP – a particular method of execution which involves utilizing a snapping type attack or blow but with less magnitude than a snap.

WHITE DOT FOCUS - a Japanese concept of focus. They visualize a white dot on a black background representing unawareness. Their concern is on maximum power and minimum protection.

Please note: Here at USA Kenpo we regard this as *focus* because as a star on a black night all you can see is the white dot. See **BLACK DOT FOCUS**.

"WITH" - a very useful word in our Kenpo vocabulary which is adhered to by the more adept. It involves duel movements and eliminates the word "and". Employing this principle eliminates wasted motion and economizes on time.

WORKING SEQUENCE - "a technique sequence which is highly practical and applicable.

X

Y

YIELD - a purposeful submission used in freestyle or combat.

Z

ZONE OF DEFENSE – see “zones of protection”.

ZONES OF PROTECTION – this involves the shielding of the body with consideration given to three protective zones – horizontal, depth and vertical.