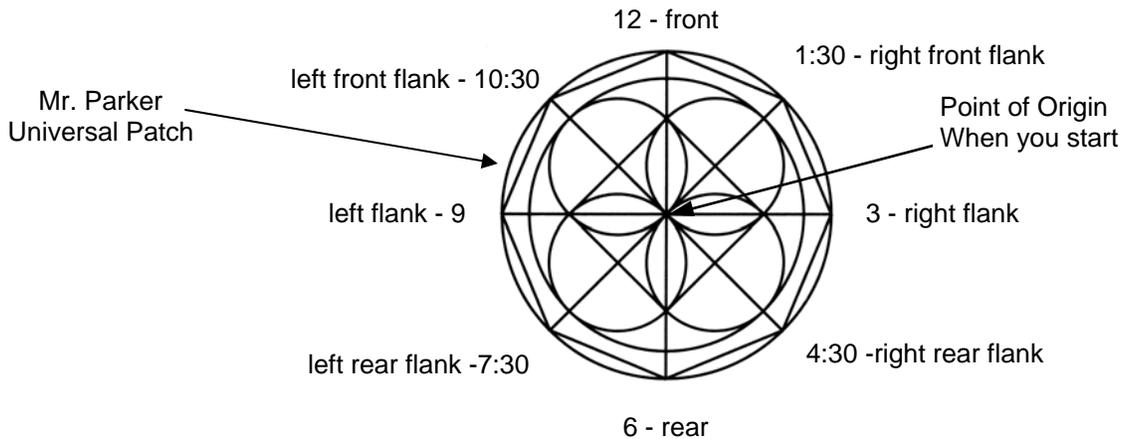


The Clock Principle

12 o'clock is the way you are facing when you begin.
The Clock Principle is a directional reference used to aid you in selecting the proper direction when attacking, retaliating, or working your basics.



The system you are studying is Ed Parker's American Kenpo. (With the exception of the youth first three forms.) They incorporate some basic sets and moves from Kenpo.)

The founder of our system was Edmund K. Parker. Mr. Parker saw the need to develop a system that would serve as a more effective self-defense system against bigger, stronger Americans and that did not take a life time to be effective. Mr. Parker's instructor was William K.S. Chow, a Chinese Martial Artist. Mr. Parker also included Japanese influence in our system. Forms Short One and Short Two were William K.S. Chow's forms. All the Long Forms and Short Three were Mr. Parker's. Though some of the techniques were developed by others to include William Chow, Huk Planas, and others.

He open his first Karate studio back in 1956. Mr. Parker helped Bruce Lee get started in America. Bruce Lee did his first demonstration at Mr. Parker's famous International Tournament. Mr. Parker was Elvis Presley's top bodyguard at the time of his death. In Elvis' Hawaii concert you can see Mr. Parker and the Kenpo Patch on Elvis' guitar. (Did you know during the concerts when Elvis would point toward the sides of the stage, he was telling Mr. Parker which way he was going to exit the stage.) Mr. Parker passed away in December 15, 1990. FYI: Walt Disney another of Mr. Hartman's role models passes away on the same date in 1966 (24 years earlier).

Kenpo means Fist Law

Karate in Japanese means Empty Hands

We work three power principles:

1. **Torque**, (Width) the twisting action used with your offensive or defensive movements which position your body and muscles to work at maximum efficiency.
2. **Gravitational Marriage** (Height) the uniting of strength, mind and breath while dropping with the weight of the body. The merging of all of the above factors at the time the body drops adds greatly or the force of the blow, strike or whatever. This causes a literal marriage with gravity
3. **Backup Mass** (Depth) 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, shuffling forward as you strike like in Deflecting Hammers, etc.

We teach people not Karate, so enjoy your journey and we hope you enjoy the many benefits that we have to offer. We think studying with us is a good investment, we hope you do too, but as in anything, you must put in to get out and you get out what you put in. Thank You