



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

Level 1

1. What is rule nr one? And why?
2. What is the inside rule?
3. What is the outside rule?
4. You never _____ or _____ as a separate move.
5. What is the purpose of the forms?
6. When the power principle is torque we say?
7. In Kenpo we do as many things as possible in one move. We do many threes and a few fours. What do we call this principle?
8. Which of the 4 basic blocks does not use angle of incident?
9. What are the methods of execution of the two inward blocks in short form 1?
10. What does karate mean?
11. Who is the head of Parker/Planas Lineage?
12. How many moves are there in short form 1?
13. How do you measure the width and the depth of a neutral bow?
14. What do we mean with Face your work?
15. Name 4 things a beginner should know about short form 1?
16. You are never without a _____ or a _____ .
17. What is the basic fighting stance in Kenpo?
18. What do we mean with stone statue syndrome?
19. What is the purpose of a foot maneuver?
20. Who was the creator of the system that we teach and practice today?



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Level 2

21. What is the definition of a basic?
22. What does pendulum mean in the name of the techniques?
23. What is the cover out rule?
24. Explain how you cover out.
25. What is the V step rule?
26. Name the basic shuffles.
27. Explain angle of deflection and angle of incident?
28. In Kenpo we say you pick up your feet for what reasons?
29. What do we mean by the order of danger in the forms?
30. Which are the basics forms?
31. What is the two uses for the term cover?
32. What is the three things we do to a circle?
33. What makes Kenpo work?
34. What is the Kenpo motto in the proper order?
35. What is the origin of the word Kenpo and its meaning?
36. What is the Chinese name for Kenpo?
37. When did Ed Parker die and how old was he?
38. How many techniques does the system have as we teach it?
39. How many standard forms and sets do we teach?
40. How many moves are there in long 1?
41. How many moves are there in short 2?
42. How many moves are there in long 2?
43. Name 3 mandatory step techniques.
44. Explain what we mean with seek the centre line.
45. What does anchor the elbow mean?
46. Explain zone of Sanctuary.
47. Explain dead legging when executing a kick.
48. What power principle is used normally when we say pin-step-cock?
49. What power principle is used normally when we say pin-step-strike?
50. When the _____ stops the _____ stops.



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Level 3

51. Explain borrowed force.
52. Explain the basic power principles thoroughly.
53. What is the definition of shuffling and how many normal ways do we do this?
54. Which are the methods of executions?
55. What is the definition of a block?
56. What is the definition of a strike?
57. What is the difference between a block and a parry?
58. What is the definition of a punch?
59. What is the definition of a kick?
60. Which are the themes of short and long 3?
61. Give 3 examples of pulling force in techniques.
62. Give 3 examples of pushing force in techniques.
63. Explain a meat technique.
64. Explain category completion.
65. What is a orbital switch?
66. What is the definition of a double parry?
67. What is the formula used to create a name for a basic?
68. Why do we use a 45 degree angle for a neutral bow?
69. Never let a _____ kill a _____ move .
70. What is floating?
71. Always _____ until you can check.
72. Explain third hand principle.
73. Explain the three feet principle.
74. What is the definition of a step through?
75. What is the definition of a twist through.?
76. Don't generally turn in the air without a base when the power principle is _____ .



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Level 4

77. What is not considered a part of a techniques. But are put in when they are needed?
78. What does gauging mean?
79. We talk about bracing angle in Kenpo, what is it?
80. What is the definition of a technique?
81. What is the difference between a dual and a compound?
82. What is the definition of a universal block?
83. What is the formula for power?
84. What is the definition of an isolation in the forms?
85. What is the definition of switching?
86. Name the standard thing done to a technique and which ones are the most common?
87. What is the meaning of the sign language in the Kenpo salutation?
88. What is the difference between a stomp and a stomp kick?
89. What is the outer rim?
90. Explain vertical back-up mass?
91. What is the theme of form 4?
92. What is the theme of form 5?
93. What is the theme of form 6?
94. What is Kenpo?
95. What is family grouping?
96. Name 3 techniques were you do 4 things at the same time.
97. What is the definition of a check?
98. What does complementary angle mean?
99. Explain reading.
100. What is the definition of a master key technique?
101. What is the definition of a Kenpo form?