

How To Train Your Kenpo Techniques

A. In The Air

1. When a partner is unavailable
2. Use of a mirror or video camera for feedback
3. Methods - Using Parting Wings
 - a. Slow (Tai Chi), carefully working each move slowly, without power, to improve the quality of the mechanics - setting the "muscle memory" neuro-pathways
 - b. Slow, adding dynamic tension
 - c. Proper speed and power - then, always push the envelope to increase power
4. Application: Have participants practice these three methods for: Destructive Twins on their own
5. Run techniques aerobically while bouncing on the balls of the feet.

B. On a Bag/WaveMaster

1. Develop proper power and strike penetration (which can't be practiced on a partner.)
2. Bag work will help you to develop the correct timing, distance and targeting.
3. Development of stamina
4. On the WaveMasters: Destructive Twins
 - a. Step in with good strong double punch
 - b. Angle change to practice right inward slice - doesn't need great power since it's to the eye
 - c. Left four-finger thrust - proper formation of the hand
 - d. Rotate to the horse with the right straight punch

C. With a Partner

1. Primary Rule: Practice "smart" with your partner, demonstrating respect for each other with appropriate levels of self-control.
2. Targeting - Don't practice to miss
3. Rather than "punching" each move into place, "push" the motion.
4. Proper "dummying"
5. Methods - Using Five Swords
 - a. Slow, pushing through each move coupled with the partner's correct body responses
 - b. Run with proper timing and power

D. Final ideas for technique practice:

1. Break out of "following a list" patterns - Practice the takedown techniques, the kick techniques, the weapon techniques, the armbreak techniques, etc.
2. Practice the full technique, which includes a crossout. Don't practice to "just stop"