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# BLOCK SET

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## Kenpo Sets:

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Sets, like Forms, are offensive and defensive movements incorporated into dance-like routines.

Although similar in context, Sets and Forms provide somewhat different approaches in learning the basics of Kenpo.

Sets teach you how to articulate your basics, to be crisp and exact, while progressively developing them.

In our system of Kenpo, they are appendices to the study of motion.

~ Ed Parker Sr.

## Block Set Notes:

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The concepts focused on in this set are those of Point of Origin. In other words, you do not have to re-chamber to execute another block. You can instantly and quickly turn one block into another. Try to visualize a star as you do this.

## Movement:

Meditative Horse Stance facing 12:00. Bring hands to pocket.

1. Execute a right upward block.
2. Leaving your hand as the focal point, execute a right inward block.
3. From the inside, rotate at the shoulder, and execute a right extended outward block.
4. From there, circle your arm down counterclockwise, and execute a right outward downward block.
5. Chamber your arm executing a right back elbow.
6. Execute a right push-down block.

Repeat on your left side using the same sequence of blocks with your left arm.

Meditative Horse Stance facing 12:00. Close the set by stepping the left foot to the right into the Attention Stance. Bow.

## Contains:

Sequence of blocks are as follows: (up, in, extended outward, down, re-cock, push-down)

1. Right upward block for a left overhead club attack or chop.
2. Right inward block for a right punch to the body.
3. Right extended outward block for a left punch to the face.
4. Right outside downward block for a left kick to the groin
5. Right hand re-cocks (a right back elbow) to your right hip for a roundhouse kick to your right kidney.
6. Right push-down block for a right knee to the groin.

Note: Repeat the same sequence on the left side.

## Teaches:

Five (5) major blocks in addition to one (1) hidden block.

Sequence of blocks that promote Continuity of Motion and preserve Economy of Motion.

Correct manner in which to use major blocks.

The execution of these major blocks, while in a stationary position.

Maximum coverage of the head and upper body areas.