
KICK SET

Kenpo Sets:

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.

Kick Set Notes:

1. Practice snapping kicks as well as thrusting kicks.
2. Use snapping and thrusting kicks in combination with each other.
3. Vary the height of your kicks.
4. Increase the number of repetitions of your kicks.
5. Practice the set on a heavy bag.
6. Practice the set with a partner, having him block your kicks, during your attempt to kick specific targets on his body.

Movement:

Opening: Meditative Horse Stance. When executing the Kicking Set, have both of your hands up and in front of you in a guarding position.

SIDE I: Moves on this side are to be done while basically facing 12:00.

1. From your meditating horse stance have your right foot drop back toward 6:00 into a left neutral bow, facing 12:00.
2. Execute a right step through front snap ball kick toward 12:00 and plant your right foot forward into a right neutral bow, again facing 12:00.
3. Immediately move into a left front crossover and deliver a right thrusting knifeedge kick, toward 12:00, planting your right foot forward into a right neutral bow facing 12:00.
4. Shuffle forward with a right snapping roundhouse kick, toward 12:00, planting your right foot forward into a right neutral bow while still facing 12:00
5. Without any hesitation pivot counterclockwise, in place, and deliver a left thrusting spinning back heel kick toward 12:00, planting your left foot forward into a left neutral bow facing 12:00.
6. Have your right foot slide clockwise and back toward 9:00 so that you conclude SIDE I while facing 3:00 in a left neutral bow.

SIDE II: Moves on this side are to be done while basically facing 3:00

7. From your left neutral bow deliver a right step through knifeedge kick toward 3:00, planting your right foot forward into a right neutral bow facing 3:00.
8. Shuffle forward toward 3:00 with a right front snap ball kick and plant your right foot forward into a right neutral bow while still facing 3:00.
9. Immediately shuffle forward toward 3:00 with a right roundhouse

Kick Set Notes: (continued)

7. Have your partner refrain from blocking your kicks.

8. Practice your kicks on various surfaces and terrains.

9. Practice the left side of the Set.

10. Practice your kicks in slow motion.

11. Practice your kicks with as much speed as possible.

12. Practice your kicks with assorted breathing patterns.

13. Practice your kicks while wearing shoes of various weights.

14. Convert your kicks back to foot maneuvers and practice building speed in your new Set.

15. Now try these variations:

a. Use slicing kicks.

b. Use dropping kicks.

c. Use jumping kicks.

d. Use stomps.

e. Use chicken kicks (both variations -- front to back and back to front).

f. Use your kicks as blocks rather than strikes.

16. Give clarity to each kick when practicing them in order to develop Articulation of Motion.

17. As a reminder, practice all kicks while relaxed before exerting the energy needed to maximize your kick. This method of motor practice allows you to examine and develop Articulation of Motion.

kick and again plant your right foot forward into a right neutral bow facing 3:00.

10. Again shuffle forward, only deliver a right back heel kick toward 3:00 and plant your right foot forward into a right neutral bow facing 3:00.

11. From your right neutral bow have your left foot slide clockwise and back toward 12:00 so that you conclude SIDE II while facing 6:00 in a right neutral bow.

SIDE III: Moves on this side are to be done while basically facing 6:00.

12. From your right neutral bow pivot counterclockwise and execute a left spinning back heel kick toward 6:00 and plant your left foot forward into a left neutral bow facing 6:00.

13. Shuffle forward toward 6:00 with a left roundhouse kick and plant your left foot forward into a left neutral bow while still facing 6:00.

14. Immediately shuffle forward toward 6:00 with a left front snap ball kick and plant your left foot forward into a left neutral bow facing 6:00.

15. Again shuffle forward only with a left knifeedge kick toward 6:00 and plant your left foot forward into a left neutral bow facing 6:00.

16. From your left neutral bow have your right foot slide clockwise and back toward 3:00 so that you conclude SIDE III while facing 9:00 in a left neutral bow.

SIDE IV: Moves on this side are to be done while basically facing 9:00.

17. From your left neutral bow deliver a right step through roundhouse kick toward 9:00 and plant your right foot forward into a right neutral bow facing 9:00.

18. Execute a left spinning back heel kick toward 9 o'clock and plant your left foot forward into a left neutral bow still facing 9:00

19. Without hesitation deliver a right front snap ball kick toward 9:00 and plant your right foot forward into a right neutral bow facing 9:00

20. Followup with a left step through knifeedge kick toward 9:00 and plant your left foot toward 9:00 only into a MEDITATING HORSE STANCE (specifically facing 12:00).

Close: Attention Stance and bow.

KICK SET

Contains:

1. Basic Stances:
 - a. Attention
 - b. Horse
 - c. Neutral Bow
2. Transitional Stances:
 - a. Front Twist
 - b. 45 Degree Cat
3. Basic Kicks
 - a. Front Snap Ball
 - b. Front Snap Knife-Edge
 - c. Front Snap Roundhouse
 - d. Back Snapping Heel
4. Low Kicks
5. Foot Maneuvers:
 - a. Step Through
 - b. Front Crossover
 - c. Drag-Step
 - d. Cover (Side)
6. Body Maneuvers:
 - a. Spinning (180 degrees)

Teaches:

- How to retain an erect posture when kicking.
- How to maintain good balance while kicking.
- How to keep your upper body relaxed when kicking.
- The importance of solidified stances prior, during and after kicking.
- How to form and maintain a proper defensive posture (guarded position) while kicking.
- How to execute kicks with proper snap.
- How to eliminate wasted angles when delivering a kick.
- How to contour properly with the kicking leg.
- How to employ correct body alignment when kicking.
- How to take full advantage of back-up mass with the kicking leg.
- The importance of employing the proper natural weapons.
- How to step through with a kick.
- The value of sustaining a constant head level when kicking.
- How to aid the force of your kicks utilizing body momentum.
- Shuffles (forward momentum) - DEPTH
- Crossovers (forward momentum) - DEPTH
- Spinning (rotational momentum) - WIDTH
- Use of SETTling - HEIGHT
- How to execute a succession of kicks in a straight line.
- How to readily change from one weapon to another.
- How to gauge distance when kicking.
- How to gain power when kicking off the front leg and the rear leg.
- That a kick is nothing more than an exaggerated step.
- That foot maneuvers are no more than conjunctions of motion.
- The value and effectiveness of low kicks.
- That the head operates like a gyro on a ship's compass.
- The need for proper timing and torque.
- How to elongate circles.
- How repositioning other body limbs helps to counterbalance your action when kicking.