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# ELBOW 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.

## Elbow Set Notes:

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The concept focused on in this set is Point of Origin. In other words, you do not have to re-chamber to execute another elbow strike. You can instantly and quickly turn one elbow strike into another.

This set can be trained while stationary (in a Training Horse Stance) or with added footwork. If trained with added footwork, this set combines the concepts of upper and lower body movement studied in Block Set and Stance Set and trains them simultaneously. Note: The section with footwork should only be performed after the stationary section is complete.

## Movement:

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

1. Execute a right upward elbow strike. (Step forward with your right foot into a right Neutral Bow Stance.)
2. From your first elbow's Point of Contact, circle your arm counterclockwise and execute a right looping overhead downward elbow strike. (Step forward with your left foot into a left Twist Stance.)
3. Execute a right inward elbow strike. (Step forward and out of the left Twist Stance with your right foot into a right Neutral Bow Stance.)
4. Execute a right outward elbow strike. (Execute a Step-Drag Shuffle towards 12:00; remain in right Neutral Bow Stance.)
5. Chamber your arm and execute a right back elbow. (Step back and counterclockwise with your left foot into a Training Horse Stance facing 6:00.)
6. Drop your right hand down and execute a right rising obscure elbow. (Remain in Training Horse Stance facing 6:00.)

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

If you are practicing the footwork portion of Elbow Set as well, repeat on your left side (facing 6:00) using the same sequence of stances and foot maneuvers.

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

## **Elbow Set Notes: (continued)**

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This set's final strike (Obscure Elbow) is a small introduction to Zones of Obscurity seen throughout the Kenpo system.

### **Contains:**

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Sequence of elbow strikes that are as follows:

1. Right upward elbow
2. Right downward elbow
3. Right inward elbow
4. Right outward elbow
5. Right back elbow
6. Right obscure elbow

Note: Repeat the same sequence on the left side.

Possible sequence of stances/foot maneuvers that are as follows:

1. Right Neutral Bow Stance
2. Left Twist Stance
3. Right Neutral Bow Stance
4. Step-Drag Shuffle from right Neutral Bow Stance
5. Training Horse

Note: Repeat the same sequence on the left side facing 6:00.

## **Teaches:**

Six (6) major elbow strikes.

Sequence of elbow strikes that promotes Continuity of Motion and preserves Economy of Motion.

Correct manner in which to use major elbow strikes.

The execution of major elbow strikes while in a stationary position as well as while advancing using transitory stances and basic foot maneuvers.

How to decrease distance when advancing.

How to utilize transitory stances and basic foot maneuvers while advancing.

How to maintain proper Center of Gravity when moving from one stance to another.

How to coordinate proper upper body alignment with stances.