

Seven Star Women's Kung Fu Basics Handout

THREE PRIMARY TARGETS

1. Eyes
2. Throat
3. Knees

ALL TARGETS – LISTED FROM THE HEAD DOWN

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|---|--------------------------------------|
| 1. Forehead | 24. Deltoid Muscle |
| 2. Occipital Bone | 25. Sternum |
| 3. Zygomatic Temporal Nerve
(Temple) | 26. Spine |
| 4. Bridge of the Nose | 27. Armpit (Axilla) |
| 5. Eyes | 28. Heart Muscle |
| 6. Infra Orbital Nerve (Lower part of
Eye Socket) | 29. Solar Plexus |
| 7. Ears | 30. Ribs, Ribcage |
| 8. Temporal Nerve (Just in front of
the Ear) | 31. Floating Ribs |
| 9. Nose | 32. Spleen |
| 10. Filtrum of the Nose | 33. Diaphragm |
| 11. Superior Labial Nerve (Upper Lip) | 34. Kidney |
| 12. Sternocleido Mastoid Muscle | 35. Upper Arm (Median Nerve) |
| 13. Under Jaw | 36. Elbow (Median Nerve) |
| 14. Mental Nerve (Chin) | 37. Radial Nerve |
| 15. Jaw | 38. Ulnar Nerve |
| 16. Base Brain | 39. Wrist (Median Nerve) |
| 17. Throat (Carotid Artery, Jugular
Vein, Vagus Nerve) | 40. Back of the Hand |
| 18. Adam's Apple (Larynx) | 41. Groin |
| 19. Seventh Vertebrae (Base of Neck) | 42. Bladder |
| 20. Windpipe (Trachea) | 43. Coccyx (Tailbone) |
| 21. Collar Bone (Clavicle) | 44. All Sides of the Thigh |
| 22. Trapezius Muscle | 45. Knee, Knee Cap (Patella) |
| 23. Brachial Plexus | 46. Shin |
| | 47. Calf |
| | 48. Ankle |
| | 49. Instep |
| | 50. Achilles Tendon |
| | 51. Branch of the Sural Nerve (Heel) |

STANCES

Orange Belt

1. Horse Stance
 2. Forward Stance
 3. Modern Cat Stance (Short, Medium, and Long)
 4. Tiger Stance
 5. Extended Forward Stance
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Purple Belt

6. Twisted Horse Stance
 7. Drop Stance
 8. Crane Stance
 9. Kempo Stance (Toe-in)
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Blue Belt

10. Classical Cat Stance (Short, Medium, and Long)
 11. Boxer Stance (Back Stance)
 12. Natural Stance
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Green Belt

13. Glass Horse Stance
 14. Reverse Glass Horse Stance
 15. Side Drop Stance
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Brown Belt

16. Seven Star Stance
 17. Dragon Stance
 18. Wun Hop Kuen Do Drop Stance
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Black Belt

19. Three Point Stance

HAND STRIKES

Orange Belt

1. Full Twisting Punch
 2. Reverse Punch
 3. Back Knuckle Strike
 4. Back Fist Strike
 5. Bottom Fist Strike
 6. Vertical Punch
 7. Elbow Strike
 8. Elbow Smash
 9. Spear Hand Strike
 10. Spear Hand Thrust
 11. Palm Heel Strike
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Purple Belt

12. V-Hand Strike
 13. Roundhouse Punch
 14. Hook Punch (Upper Cut)
 15. Side to Side Punch
 16. Eight Knuckle Punch
 17. Shoto Chop
 18. Double Punch
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Blue Belt

19. Double Back Knuckle Strike
20. Tiger Claw
21. Ridge Hand Strike
22. Peacock Strike
23. Bear Claw
24. Spear Hand Rake
25. "U" Punch

Green Belt

26. Palm Fist Strike
 27. Shoto Chop Short
 28. Shoto Chop Long
 29. Leopard's Paw (Fore Knuckle Punch)
 30. Forearm Strike
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Brown Belt

31. Upward Slap
 32. Rising Punch
 33. Kempo Punch
 34. Up Vertical Punch
 35. Down Vertical Punch
 36. Ear Slap
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Black Belt

37. Back Hand Slap
38. One Knuckle Punch
39. Mid-Knuckle Punch
40. Dropping Punch
41. Ripping Punch
42. Thumb Up Punch
43. One Finger Poke
44. Whipping Hand Strike
45. Twist-Out Punch
46. Head Butt
47. Upside Down Punch

BLOCKS

Orange Belt

1. Outward Block
 2. Inward Block
 3. Upward Block
 4. Downward Block
 5. Brush Block
 6. Upper Cross Block
 7. Lower Cross Block
 8. Bottom Fist Block
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Purple Belt

9. Peacock Block
 10. Extended Outward Block
 11. Shooting Star Block
 12. Extended Inward Block
 13. Open Hand Inward Block
 14. Extended Ridge Hand Block
 15. Open Hand Upward Block
 16. Palm Heel Block
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Blue Belt

17. Palm Fist Block
 18. Outward Arc Block
 19. Knife Hand Block
 20. Wedge Block
 21. Scroll Block 1
 22. Scroll Block 2
 23. Scroll Block 3
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Green Belt

24. Back Fist Block
25. Open Hand Downward Block
26. Hook Block
27. Ridge Hand Block
28. Forearm Block
29. Double Forearm Block

Brown Belt

30. Hanging Elbow Block
 31. Elbow Block
 32. Punch Block
 33. Shield Block
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Black Belt

34. Upper Elbow Block
35. Scissor Block
36. Mantis Block

KICKS

Orange Belt

1. Front Snap Kick
 2. Front Thrust Kick
 3. Side Thrust Kick
 4. Roundhouse Snap Kick
 5. Roundhouse Thrust Kick
 6. Back Thrust Kick
 7. Butterfly Kick
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Purple Belt

8. Back Snap Kick
 9. Inside Crescent Kick
 10. Outside Crescent Kick
 11. Kempo Snap Kick
 12. Hook Kick
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Blue Belt

13. Side Snap Kick
 14. Side Stomp Kick
 15. Kempo Thrust Kick
 16. Heel Kick
 17. Knee Strike
 18. Football Kick
 19. Spinning Back Snap and Thrust Kicks
 20. Spinning Side Thrust Kick
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Green Belt

21. Inward Axe Kick
22. Outward Axe Kick
23. Spinning Hook Kick
24. Jumping Front Snap and Thrust Kicks
25. Jumping Roundhouse Snap and Thrust Kicks
26. Spinning Roundhouse Snap and Thrust Kicks

Brown Belt

27. Wheel Kick (Spinning Heel Kick)
 28. Jumping Side Snap and Thrust Kick
 29. Rising Side Thrust Kick
 30. Funny Kick
 31. Jump Spinning Crescent Kick (Inside)
 32. Drop Kick
 33. Skip Kick
 34. Back Toe Kick
 35. Back Heel Kick
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Black Belt

36. Jump Spinning Back Snap and Thrust Kicks
37. Jump Spinning Roundhouse Snap and Thrust Kicks
38. Tiger Tail Kick
39. Sil Lum Double Front Kick
40. Double Front Kick
41. Scissor Kick
42. Low Toe-Out Heel Kick
43. Donkey Kick
44. Jump Spinning Crescent Kick (Outside)
45. Front Toe Hook Kick
46. Upward Slap Kick
47. Single Si Lum Front Kick

GRAB ARTS

Orange Belt

1. TWO HAND GRAB from the front, Double Palm Heel Strike, Front Snap Kick
 2. TWO HAND GRAB from the front, Double Palm Heel Strike, Front Snap Kick, Front Thrust Kick
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Purple Belt

3. TWO HAND GRAB from the front, Double Forearm Trap, Eight Knuckle Punch
 4. TWO HAND GRAB from the front, Simultaneous Outward Block and Downward Block, Back Knuckle Strike
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Blue Belt

5. TWO HAND GRAB from the front, Nerve Attack, Arm Trap, Bottom Fist, Chop, Step Back, Bottom Fist Elbow Break
 6. TWO HAND GRAB from the front, Nerve Attack, Arm Trap, Rising Punch, Bottom Fist, Step Back, Bottom Fist Elbow Break
 7. (Not Required) ONE HAND GRAB from the front, Nerve Attack, Step In, Forearm Strike
 8. ONE HAND GRAB from the front, Nerve Attack, Step In, Forearm Strike, Back Knuckle Strike, Elbow Strike, Knee Takedown
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Green Belt

9. TWO HAND GRAB from the front, Rotate Right and Left, Rising Punch, Pull Down, Knee Strike with Slap, Chop
10. "PULL PUNCH"--ONE HAND GRAB from the Rear and Punch, Simultaneous Outward Arc Block and Outward Block, Bottom Fist, Tiger Claw, Back Knuckle, Back Thrust Kick
11. "PULL PUNCH"--ONE HAND GRAB from the Rear and Punch, simultaneous Outward Arc Block and Outward Block, Kempo Punch

Brown Belt

12. BEAR HUG from the Rear, Double Punch, Simultaneous Elbow Strike and Jab, Back Fist Strike, Front Snap Kick, Full Twisting Punch, Side Thrust Kick

GRAB ARTS (cont).

14. BEAR HUG from the Rear, Double Punch, Simultaneous Elbow Strike and Jab, Knife Hand Strike, Grab and Pull, Back Thrust Kick

Black Belt

13. BEAR HUG from the Rear, Double Punch, Simultaneous Elbow Strike and Jab, Back Fist Strike, Full Twisting Punch, Front Snap Kick, Full Twisting Punch, Lunge Punch, Side Thrust Kick
15. BEAR HUG from the Rear, Double Punch, Simultaneous Elbow Strike and Jab, Arm Catch, Takedown, Front Thrust Kick

PUNCH ATTACKS

NOTE: "Left" and "Right" designations used to show change of hands only.

Orange Belt

- 1 One Punch Brush Outward Block, Front Snap Kick, Bottom Fist, Reverse Punch
- 2 One Punch Brush Outward Block, Front Snap Kick, Back Knuckle Rake, Check, Back Knuckle Strike
- 3 One Punch Simultaneous Brush Block-Bottom Fist Strike-Front Snap Kick, Takedown, Two Back Fist Strikes, Reverse Punch, Roundhouse Kick

Purple Belt

- 5a One Punch Brush Outward Block, "Left" Bottom Fist, "Right" Bottom Fist, Chop, Front Snap Kick, Pull, Palm Heel, Takedown
- 5b One Punch Brush Outward Block, "Left" Bottom Fist, "Right" Bottom Fist, Chop, Front Snap Kick, Pull, Palm Heel, Takedown, Forearm Strike, Choke
- 4a One Punch Simultaneous Brush Block-Bottom Fist Strike-Front Snap Kick, Takedown, Elbow Break, "Left" Bottom Fist, "Right" Bottom Fist
- 6a One Punch Open Handed Upward Block into circling redirect, Eye Rake, Spear Hand Thrust, "V" Hand Strike, Roundhouse Kick
- 6b One Punch Open Handed Upward Block into circling redirect, Bottom Fist Strike, Chop, Pull Down for Knee Strike and Slap, Elbow Strike

Blue Belt

- 7a One Punch Double Palm Heel Strike, Bottom Fist Rake, Front Snap Kick, Bottom Fist Strike, Chop, Takedown, Back Knuckle Strike
- 7b One Punch Peacock Block and Hook, Palm Heel Strike, Bottom Fist Rake, Palm Heel Strike, Front Snap Kick, Forearm Strike, Back Knuckle Strike, Full Twisting Punch, Side Stomp Kick (or Side Snap Kick)

- 4b One Punch Simultaneous Brush Block-Bottom Fist Strike-Front Snap Kick, Takedown, Front Thrust Kick, Heel Kick, Shoulder Dislocation, Back Fist Strike, Side Stomp Kick, Cover, Full Twisting Punch, Cover
- 8a One Punch (Not Required) Simultaneous Palm Heel Slip Block & Full Twisting Punch, Up Vertical Punch, Whipping Hand Strike, Pull Down for Knee Strike and Slap, Chop
- 8b One Punch Simultaneous Palm Heel Slip Block & Full Twisting Punch, Up Vertical Punch, Whipping Hand Strike, Double Roundhouse Punch, Pull Down for Knee Strike and Slap, Chop, Double Knife Hand Strike

Green Belt

- 9b Two Punches Simultaneous Upward Block and Full Twisting Punch, Brush Block, Back Knuckle Strike, Chop, Roundhouse Kick, Chop, Takedown, Front Thrust Kick, Double Palm Heel Strike, Reverse Punch, Jumping Roundhouse Kick
- 10a One Punch Vertical Punch, Tiger Claw, Vertical Punch, Elbow Strike Takedown, Bottom Fist Strike
- 10b Two Punches Vertical Punch, Extended Ridge Hand Block, Spear Hand Rake, Full Twisting Punch, Roundhouse Kick
- 9a One Punch Simultaneous Upward Block and Full Twisting Punch, Simultaneous Chop and Ridge Hand Strike, Back Breaker, Double Bottom Fist

Brown Belt

- 11a Two Punches Side-to-side, Simultaneous Outward Block and Full Twisting Punch and Front Snap Kick, Palm Heel Block, Full Twisting Punch, Side Thrust Kick
- 11b Two Punches Side-to-side, Simultaneous Ridge Hand Block, Spear Hand Thrust and Front Snap Kick, Palm Heel Block and Grab, Side Thrust Kick
- 12a One Punch (Not Required) Whipping Hand Strike, Double Jabs, Elbow Strike Takedown, Palm Heel Strike
- 12b Two Punches Whipping Hand Strike, Double Jabs, Head Butt Takedown, Front Thrust Kick
- 13a One Punch Simultaneous Brush Block and Bottom Fist Rake, Bottom Fist Rake, Elbow Smash, Simultaneous Front Snap Kick and Chop
- 13b Two Punches Simultaneous Brush Block and Bottom Fist Rake, Double Forearm Block, Simultaneous Forearm Strike and Hook Punch, Hook Punch, Side Stomp Kick Takedown, Back Fist Strike

14a	One Punch	Simultaneous Brush Block, Rising Punch and Front Snap Kick, Knife Hand Strike
14b	Two Punches	Simultaneous Brush Block, Rising Punch and Front Snap Kick, Extended Ridge Hand Block, Spear Hand Rake, Elbow Strike, Tiger Claw, Back Knuckle Strike, Back Thrust Kick
15a	One Punch	Open Handed Upward Block and Catch, Roundhouse Punch, Roundhouse Kick
15b	Two Punches	Open Handed Upward Block and Hook, Outward Arc Block and Catch, Roundhouse Punch, Roundhouse Kick
16a	One Punch	Simultaneous Upward Block to Catch and Full Twisting Punch, Simultaneous Knee Strike and Hook Punch, Hook Punch, Pull Down, Football Kick
16b	Two Punches	Simultaneous Upward Block to Catch and Full Twisting Punch, Outward Arc Block to Catch, Knee Strike, Hook Punch, Throw Down, Front Thrust Kick
17a	One Punch	Brush Outward Block, Pull Down with Knee Strike and Slap, Chop
17b	Two Punches	Brush Outward Block, Knife Hand Block with simultaneous Vertical Punch, Catch, Roundhouse Kick, Elbow Smash, Elbow Strike, Takedown
18a	One Punch	(Not Required) Palm Heel Block, Knife Hand Block, Simultaneous Spear Hand Strike and Front Snap Kick (not required)
18b	Two Punches	Palm Heel Block, Palm Heel Block, Knife Hand Block, Simultaneous Spear Hand Strike and Front Snap Kick, Double Ear Slap, Knee Strike, Takedown
<i>Black Belt</i>		
19a	One Punch	Upward Block, Tiger Claw, Takedown, Spear Hand Thrust
19b	Two Punches	Upward Block, Palm Heel Block and Catch, Forearm Strike, Leg Sweep, Back Knuckle Strike
20a	One Punch	Palm Heel Block and Catch, One-Knuckle Punch, Bottom Fist Strike, Chop, Forearm Strike to Arm Lock Takedown
20b	Two Punches	“Left” Palm Heel Block, “Right” Knife Hand Block to Catch, Roundhouse Kick, Forearm Strike to Arm Lock Takedown
21a	One Punch	(Not Required) Drop Roundhouse Kick
21b	Two Punches	Drop Roundhouse Kick, Scissor Takedown, Roundhouse Thrust Kick

FORMS (Opening Moves)

Orange Belt

KATA 1	Step Back Right, Left Downward Block
KATA 2	Step Back Right, Left Downward Block, Right Punch
PINYON 1	Step Back Left, Left Brush Block, Right Outward Block
KATA 3	Step Forward Left, Right Brush Block, Left Upward Block, Right Punch
PINYON 2	Double Punch Downward, Double Back Knuckle Strike, Right Punch Downward
PINYON 3	(Optional) Double Punch Downward, Double Back Knuckle Strike, Figure Four to the Right

Purple Belt

PINYON 4	Side to Side Punch Left, Left Punch Downward, Figure Four
PINYON 5	Double Palm Fist Block, Double Rising Punch
PINYON 6	Double Palm Heel Block, Double Upward Slaps

Blue Belt

PINYON 7	Side to Side Punch Left, Simultaneous Back Fist Block and Hook Punch Block on Right
PINYON 8	Right Side Thrust Kick with Right Upward Block, Right Front Thrust Kick with Left Upward Block, Right Back Thrust Kick with Right Full Twisting Punch
KATA 4	(Optional) Step Back Left, Left Brush Block, Right Extended Inward Block

Green Belt

- PINYON 9 Cover Back into Right Cat Stance with Right Upward Block and Left Outward Block, Right Hook Punch, Left Bottom Fist Strike
- PINYON 10 Drop Stance, Right Vertical Punch, Left Brush Block, Right Vertical Punch
- LIM PO (Optional) Continuous Step
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Brown Belt

- PINYON 11 Double Upward Ridge Hand Strike with Tension
- PINYON 12 Kempo Stance, Shift to Left Forward Stance with Left Downward Block
- PINYON 13 (Clock Dance) Right Drop Stance, Left Drop Stance, Horse in Eight Directions
- PINYON 14 Double Palm Heel Strikes to the Rear, Right Back Heel Kick to the Rear
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Brown or Black Belt

- FAU YIP (Floating Leaf)
- HAU KUEN (Monkey Form)
- SUI WAN (Small Circle)
- PAK PAI 6 (Northern Way)
- SIL LUM PAI (Southern Hand Way)
- NUN PAI (Middle Way)
- STANCE FORM
- PAK PAI 8
- AGILITY FORM

SPARRING PRINCIPLES

Orange Belt

1. Center Line Cover (open vs. closed)
 2. Bridge the Gap
 3. Constant Forward Pressure
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Purple Belt

4. Relaxation vs. Tension
 5. Targeting
 6. Economy of Movement
 7. Leading Side vs. Trailing Side
 8. Critical Distance Line
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Blue Belt

9. Independent Movement
 10. Faking
 11. Broken Rhythm
 12. Straight Line vs. Curved Line
 13. Three Primary Techniques (Back Knuckle, Roundhouse Kick, Reverse Punch)
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Green Belt

14. Focus in Combinations
 15. Primary vs. Secondary Attack
 16. Initial Speed
 17. Set Ups
 18. Angular Attacks vs. Technique Variation
 19. Unpredictability vs. Classical
 20. Line of Attack (inside front center line, outside back center line)
 21. Defensive Choice (jam, block & counter, retreating, angle off)
 22. Initial Speed vs. Combination
 23. Half, Full and Extension Commitment
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Brown Belt

24. Reversing the Flow
 25. External vs. Internal Focus
 26. Positioning (mobility, leg & hand immobility, recovery)
 27. Defensive Movement Pattern
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Black Belt

28. Mental Projections
 29. Leading Center – watch opponent’s center for the first movement of attack
 30. Time Commitment Theory – how long to formulate a plan, set yourself to it and deliver the blow
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Al Dacascos and Joe Lewis identified these principles to use in sparring against Japanese Karateka. They used mobility against immobility, straight line against curved line, technique variation against angling.

Fighting Skills Exercises

1. Two-on-One
2. Street vs. Classical
3. Variability in Control (restrain, injure, maim, or kill)
4. Monkey Line
5. Multiple Attacker