

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

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

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

18. 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
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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. Double Forearm Block

Brown Belt

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

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

KICKS

Orange Belt

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

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

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
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Black Belt

33. Jump Spinning Back Snap and Thrust Kicks
34. Jump Spinning Roundhouse Snap and Thrust Kicks
35. Tiger Tail Kick
36. Skip Kick
37. Back Toe Kick
38. Sil Lum Double Front Kick
39. Double Front Kick
40. Scissor Kick
41. Low Toe-Out Heel Kick
42. Donkey Kick
43. Jump Spinning Crescent Kick (Outside)
44. Front Toe Hook Kick
45. Upward Slap Kick
46. Back Heel 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
 3. TWO HAND GRAB from the front, Double Forearm Trap, Eight Knuckle Punch
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Purple Belt

4. TWO HAND GRAB from the front, Simultaneous Outward Block and Downward Block, Back Knuckle Strike
 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
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Blue Belt

7. 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
 9. TWO HAND GRAB from the front, Rotate Right and Left, Rising Punch, Pull Down, Knee Strike with Slap, Chop
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Green Belt

10. 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. ONE HAND GRAB from the Rear and Punch, simultaneous Outward Arc Block and Outward Block, Kempo Punch
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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
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
14. BEAR HUG from the Rear, Double Punch, Simultaneous Elbow Strike and Jab, Knife Hand Strike, Grab and Pull, Back 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

4a	One Punch	Simultaneous Brush Block-Bottom Fist Strike-Front Snap Kick, Takedown, Elbow Break, “Left” Bottom Fist, “Right” Bottom Fist
5a	One Punch	Brush Outward Block, “Left” Bottom Fist, “Right” Bottom Fist, Chop, Front Snap Kick, Takedown
5b	One Punch	Brush Outward Block, “Left” Bottom Fist, “Right” Bottom Fist, Chop, Front Snap Kick, Takedown, Forearm Strike and Choke
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

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
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
8a	One Punch	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

9a	One Punch	Simultaneous Upward Block and Full Twisting Punch, Simultaneous Chop and Ridge Hand Strike, Back Breaker, Double Bottom Fist
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 Smash Takedown, Bottom Fist Strike
10b	Two Punches	Vertical Punch, Extended Ridge Hand Block, Spear Hand Rake, Full Twisting Punch, Roundhouse Kick

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	Whipping Hand Strike, Double Jabs, Elbow Smash 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, Outward Arc Block and Catch, Vertical Punch, Roundhouse Kick, Elbow Smash, Elbow Strike, Takedown
18a	One Punch	Palm Heel Block, Brush Block, Simultaneous Spear Hand Strike and Front Snap Kick
18b	Two Punches	Palm Heel Block, Palm Heel Block, Brush Block, Simultaneous Spear Hand Strike and Front Snap Kick, Double Ear Slap, Knee Strike, Takedown

Brown or Black Belt

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 Fist 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	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
- KATA 3 Step Forward Left, Right Brush Block, Left Upward Block, Right Punch
- PINYON 1 Step Back Left, Left Brush Block, Right Outward Block
- PINYON 2 Double Punch Downward, Double Back Knuckle Strike, Right Punch
Downward
- PINYON 3 Double Punch Downward, Double Back Knuckle Strike, Figure Four to the
Right
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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
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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 Step Back Left, Left Brush Block, Right Extended Inward Block
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Green Belt

LIM PO (Continuous Step)

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

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

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)

SIGUNG BARBARA BONES' AGILITY FORM
STANCE 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, running, 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

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 Attackers

