

Kenpo Self-Defense Technique Cross Reference Name Chart

#	Poway Kenpo Names	EPAK Names	Tracy Kenpo Names
1	Alternating Fists	Alternating Mace	Japanese Sword
2	Arms of Silk	Wings of Silk	Silk Wind
3	Ascending from Death	Heavenly Ascent	The Wedge
4	Back Breaker	Back Breaker	Eagle Claws
5	Bear and the Ram	The Bear and the Ram	Eagle Pin
6	Begging Palms	Begging Hands	Anvil
7	Blinding Vice	Blinding Sacrifice	Darting Serpent
8	Bouncing Pendulum	Swinging Pendulum	Chopping the Log
9	Broken Gun	Broken Rod	Turning the Flame
10	Broken Kneel	Destructive Kneel	Sowing the Seeds
11	Broken Tackle	Broken Ram	Encircling Arms
12	Brushing the Club	Brushing the Storm	Startled Cat
13	Buckling the Leg	Buckling Branch	Blocking the Kick
14	Calming the Club	Calming the Storm	Calming the Storm
15	Captured Arms	Captured Twigs	Japanese Strangle Hold
16	Capturing the Club	Capturing the Storm	Spinning from the Sun
17	Capturing the Gun	Capturing the Rod	Uncovering the Flame
18	Charging Tackle	Charging Ram	Encircling Arms
19	Checking the Club	Checking the Storm	Evasion
20	Circling Elbow	Circling Wing	Crash of the Eagle
21	Circling Parries	Circling Fans	Whirling Leaves
22	Circling the Arm	Circling the Horizon	Shaolin Warrior
23	Circling the Club	Circling the Storm	Crashing Elbows var.
24	Circling the Kick A	Circle of Doom	Circle of China
25	Circling the Kick B	N/A	N/A
26	Clipping the Blade	Clipping Lance & Storm	Cobra and the Mongoose
27	Compulsive Kneel	Bow of Compulsion	Eagle Miss
28	Conquering Arm	Conquering Shield	Advancing Phoenix
29	Courting the Tiger	Courting the Tiger	Knee Sweep
30	Cradling the Baby	Gathering Clouds	Parting the Waves
31	Crashing Elbows	Crashing Wings	Circling Elbows
32	Cross of Destruction	Cross of Destruction	Bridge
33	Crossed Arms	Crossed Twigs	Shackle Break
34	Crossing Fist	Attacking Mace	Kenpo Shield
35	Crossing Grab	Crossing Talon	Crossing Talon
36	Crushing Palm	Crushing Hammer	Rising Elbow
37	Dance of Death	Dance of Death	Dance of Death
38	Dancing in the Dark	Dance of Darkness	Brushing Wind
39	Dangerous Tackle	Encounter with Danger	Falling Rock
40	Darting Fist	Darting Mace	Cobra and the Mongoose
41	Defending the Cross	Defensive Cross	Sweeping Winds
42	Deflecting Pendulum	Deflecting Hammer	Blocking the Kick
43	Defying the Club	Defying the Storm	Bending Reeds

44	Defying the Gun	Defying the Rod	Uncovering the Flame
45	Delayed Hand	Delayed Sword	Delayed Sword
46	Desperate Fists	Desperate Flacons	Crossing the Lock
47	Destructive Circles	Circling Destruction	Cyclone
48	Destructive Gift	Broken Gift	Gift variation
49	Destructive Parries	Destructive Fans	Spinning Hammers
50	Detouring the Kick	Detour from Doom	Chopping the Log
51	Dividing the Enemy	Parting of the Snakes	Chinese Junk
52	Ducking Dragon	Short Form 2	Short Form 2
53	Eluding Death	N/A	N/A
54	Entangled Arm A	Entangled Wing	Breaking the Sword
55	Entangled Arm B	Bow of Compulsion	Eagle Miss
56	Entwined Blade	Entwined Lance	Chinese Fan
57	Entwined Fists	Entwined Maces	Crossing the Mountain
58	Escaping Death	Escape from Death	Japanese Stranglehold
59	Evading the Club	Evading the Storm	Evasion
60	Falling Eagle	Falling Falcon	Drawbridge
61	Fatal Variation	Fatal Cross	Bridging the Gap
62	Fingers of Wisdom	Snakes of Wisdom	Sweeping Branches
63	Fist of Aggression	Mace of Aggression	Covering Talon
64	Flashing Fist	Flashing Mace	Whirling Warrior
65	Flashing Hands	Flashing Wings	Flashing Wings
66	Flowing Hands	Falcons of Force	Flowing Hands
67	Glancing Blade	Glancing Lance	Striking Mace
68	Glancing Palm	Glancing Salute	Rocker
69	Glancing Poke	Glancing Spear	Bending the Limb
70	Grabbing Hair	Clutching Feathers	Eagles Beak
71	Gripping Wrist	Gripping Talon	Pushing the Circle
72	Grouping the Enemy	Gathering of the Snakes	Whirling Warrior
73	Hammerlock	Flight to Freedom	Passing the Horizon
74	Hand and Shield	Shield and Sword	Crossed Swords
75	Hand of Destruction	Sword of Destruction	Japanese Sword
76	Hidden Elbow A	Obscure Wing	Japanese Stranglehold
77	Hidden Hand	Obscure Sword	Broken Staff
78	Hooking Arms	Hooking Wings	Sweeping Arm Hook
79	Hugging Pendulum	Hugging Pendulum	The Serpent
80	Jamming the Tackle	N/A	N/A
81	Jumping Crane	Leaping Crane	Springing Tiger
82	Kick Into Darkness	Thrust Into Darkness	N/A
83	Leap of Death	Leap of Death	Leap of Death
84	Lock of Death	Grip of Death	Headlock
85	Locked Arm	Locked Wing	Locking Arm
86	Locked Horns	Locking Horns	Headlock
87	Mating the Rams	Marriage of the Rams	Folding Wings
88	Meeting the Tackle	Intercepting the Ram	Encircling Arms
89	Obstructing the Club	Obstructing the Storm	Crossing the Sun

90	Opposing Palms	Grasping Eagles	Chinese Junk
91	Parrying Grab	Snaking Talon	Crossing the Mountain
92	Parting Arms	Parting Wings	Flashing Daggers
93	Piercing Blade	Piercing Lance	Tumbling Clouds
94	Pinch from Death	The Grasp of Death	Headlock
95	Prancing Tiger	Prance of the Tiger	The Lotus
96	Protective Circles	Circles of Protection	Winding Limbs
97	Protective Parries	Protective Fans	Long 4
98	Pursuing Panther	Short Form 2	Short 2
99	Raining Blade	Raining Lance	Whirling Thorn
100	Raking Fist	Raking Mace	Striking Asp
101	Ram and the Eagle	Ram and the Eagle	Whirling Blades
102	Rear Belt Grab	Menacing Twirl	Turning the Flame
103	Retreating Pendulum	Retreating Pendulum	The Serpent
104	Returning Club	Returning Storm	Dance of the Mongoose
105	Returning the Gift	Gift in Return	Gift variation
106	Reversing Circles	Reversing Circles	Long 4
107	Reversing Fist	Reversing Mace	Double Spear
108	Rolling Fists	Long Form 2	N/A
109	Scraping Stomp A	Scraping Hoof	Heel Hook
110	Scraping Stomp B	Twirling Sacrifice	N/A
111	Securing the Club	Securing the Storm	The Scorpion
112	Shield and Punch	Shield and Mace	Attacking the Wall
113	Shielding Fingers	Shielding Hammer Raining Claw (combined)	Double Asp
114	Six Hands	Five Swords	Five Swords
115	Skipping Tackle	Form 5	Form 5
116	Sleeper	Sleeper	Sleeper
117	Snapping Arm	Snapping Twig	Snapping Twig
118	Spiraling Wrist	Spiraling Twig	Spiraling Wrist
119	Straddling the Leg	Squatting Sacrifice	N/A
120	Sweeping the Leg	N/A	N/A
121	Taming the Fist	Taming the Mace	Passing Wind
122	The Nutcracker	Bowing to Buddha	Kneeling Tiger
123	Thrusting Blade	Thrusting Lance	Locking the Gate
124	Thrusting Palm	Thrusting Salute	Blocking the Kick
125	Thrusting Thumbs	Thrusting Prongs	Knee Lift
126	Thundering Fists	Thundering Hammers	Thundering Hammers
127	Training the Bears	Reprimanding the Bears	Covering the Moon
128	Triggered Palm	Triggered Salute	Aiming the Spear
129	Tripping Leg	Tripping Arrow	Reaching for the Moon
130	Turn of Fate	Twist of Fate	Parting the Reeds
131	Turning the Cross	Fatal Cross	Bridging the Gap
132	Turning Windmills	Circling Windmills	Long 4
133	Twin Lapel Grab	Twin Kimono	Kimono Grab variation
134	Twins of Aggression	N/A	N/A

135	Twins of Destruction	Destructive Twins	Two-Headed Serpent
136	Twirling Fist	Twirling Hammers	Reversing Hammers
137	Twisted Gun	Twisted Rod	Covering the Flame
138	Twisted Wrist	Twisted Twig	Attacking Temple
139	Twisting the Gift	Gift of Destiny	Chinese Thumbscrew
140	Unexpected Blade	Unfurling Lance	Chinese Fan
141	Unrolling Crane	Unfurling Crane	Drums of Manchu
142	Untwirling Pendulum	Unwinding Pendulum	Checking the Tide
143	Wraparound	Obscure Claws	Hidden Fist

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