

Mass Attack

Mass Attack is a form taught in the system of Chinese Kenpo. Many of the techniques in Mass Attack will be recognized as techniques in American Kenpo as well, with different names and some different motions.

1. Meditating horse stance.
2. Courtesy Bow
3. Chamber your hands at your side.
4. Step your right foot to 3 o'clock using a clockwise circle to get it there. (You are now in a narrow horse stance.)
5. Step your left foot to 9 o'clock using a counterclockwise circle to get it there. (You are now in a deep horse stance.)

Set I: Flowing Hands (Flank Shoulder Grabs)

1. Step your right foot to 3 o'clock as you execute a right outward handsword to your attacker's throat as your left hand checks at your chest.
2. Step your right foot to 9:00 as you execute a right inward rake across your attacker's eyes. Follow this with a left forward thrusting handsword to your attacker's throat.
3. Step your left foot to 10:30 into a right fighting stance as you execute a right inward block to check any attacker's returns.
4. Execute a right front kick to 4:30 followed by a left front kick to 7:30 and land into a left fighting stance facing 7:30.

Set II: Whirling Blades (Front and Rear Punches)

1. Execute a left inward block to the attacker in front at 7:30 and a right extended outward block to the attacker behind you at 1:30.
2. Step your right foot just short of 7:30 as you execute a right raking fist to your 7:30 attacker's ribs and unwind into a left fighting stance facing 1:30 as you execute a left outward handsword to your 7:30 attacker's groin.
3. Execute a right inward block to your 1:30 attacker's right punch as you execute a right front kick at the same time.
4. Land forward into a soft bow as you execute a right chop to the right side of your attacker's neck.
5. Follow this with a left downward slice to your attacker's centerline as you drop to a close kneel.
6. Rise back into a fighting stance as you execute a right upward elbow to your attacker's jaw.
7. Execute a right claw down onto your attacker's eyes.

Set III: Thrusting Limb / Attacking Crane (Flank Attacks)

1. Pivot to 7:30 Execute a right front kick low followed by a right thrust kick high to your 7:30 attacker. Land into a left fighting stance facing 1:30 as you execute a left downward block to 1:30 and a right outward elbow to 7:30 .
2. Execute a left outward block as you also execute a right punch and a right front kick to your 1:30 attacker.

Set IV: Crossing Hammers (Left Step-Through Punch)

1. Land in a right fighting stance to 1:30 as you execute a left extended outward block while your right hand is cocked high.
2. Pivot into a horse stance facing your attacker at 10:30 and execute a right half fist rake to attackers ribs.
3. Execute a left outward handsword to attackers neck.
4. Pivot into a hard forward bow as you execute a right hammerfist to your attacker's left ribs.

Set V: Two Man Swinging Gate (Front: Grab and Rear Attacker)

1. Step your left foot back to 4:30 into a right fighting stance as you pin your front attacker with your left hand and a right upward break under their arm.
2. Step your right foot to 1:30 as your right hand pulls your attacker to that direction. Execute a right backfist to your attacker's ribs.
3. Bring your right foot forward to a cat stance facing 4:30. Have your right hand go to your attacker's right shoulder and sweep down clearing your attacker's arm away.
4. Execute a right chop to your front attacker as you execute a right front kick to your rear attacker.

Set VI: Attack from the Temple (Front Grab)

1. As you land forward to 4:30 into a right fighting stance, execute a right forearm strike to your attacker.
2. Step your left foot in a left rear twist stance to 4:30 and execute a right hammerfist to your attacker's groin.
4. Rotate toward 10:30 into a forward bow. Drop both hands down.

Set VII: Sweeping Branches (Flank Shoulder Grabs)

1. Step your right foot back to 4:30 into a hard bow as you do double wrap arounds to your attackers' arms.
2. Step your right foot forward to 10:30 into a full kneel as you do double uppercuts to break your attackers' arms.

3. Do double backfists to your attacker's ribs. Slide down and grab your attacker's ankles, sweeping backwards as you step your right foot backwards.

4. Bring feet together facing 10:30.

Set VIII: Knee Sweep (Flank Shoulder Grabs)

1. Step your right foot behind your left to a right rear twist to set your attackers off balance.

2. Execute a right knife edge side kick to your right side attacker's knee and land with your right foot now in front of your left.

3. Execute a left foot sweep to the back of the left side attacker's leg. Execute a left side kick to take out that attacker's left knee.

Set IX: Kung Fu Wrist (Flank Attacks)

1. Step your right foot behind your left to a right rear twist to set your attackers off balance.

2. Execute a right front kick to your right side attacker. Pivot into the other attacker as you execute a right forearm strike to your left side attacker's arm. (Much like Crossing Talon).

3. Execute a right downward block at the same time as a left inverted punch.

Set X: Stone Warrior- (Flank Attacks)

1. Pivot into a horse stance facing 10:30 as you execute dual inward blocks to your side.

2. Execute double vertical backfists into your attacker's face.

3. Pivot into a left hard bow facing 7:30 as you execute a right underhand claw to your right attacker and a left overhand claw to your left attacker.

4. Pivot into a right hard bow facing 1:30 as you execute a right overhead claw to your right attacker and a left underhand claw to your left attacker.

Closing

1. Step your left foot to a left front twist stance toward 1:30.

2. Step your right foot out toward 4:30.

3. Check the left foot to the right knee as the hands form the scholar and the warrior bow near the right shoulder. Finish in a meditating horse stance facing 12 O'Clock.