

KENPO SALUTATION

1. Start at Attention Stance
2. Bring Right Hand out straight ahead at shoulder height like a Horizontal Punch.
3. Pull Right Hand back to shoulder keeping fist at shoulder height, while at the same time, bringing Left Hand out to Front in Hand Sword. (Keep hand almost vertical)
4. Bring Left Hand Back to cover Right hand at shoulder while at the same time step out into a Right Front Twist Stance.
5. Step-Thru Forward with your Left Foot into a Left 90 Degree Cat Stance While keeping your Right Foot in position. (In the Right Twist) At the same time, bring Both Hands out in front with the Left Hand Covering the Right Fist. (Kenpo Salute)
6. Turn Both Hands outward by pointing your fingers down, so that the Backs of Both Hands are Touching.
7. Rotate Both Hands down and back towards you in a circle with your elbows pointing to the sides until Palms are up, then Pull both hands back to your sides as your Left Foot Steps thru backwards to your starting position with your Right Foot following so that you are at Attention Position.
8. Left Foot steps to Left into Training Horse Stance except both hands come up to eye level with both Index Fingertips and Thumbtips touching with Palms Facing Away from you forming a Triangle that you may look thru.
9. Make the Kenpo Salute.
10. Bring Both Hands into Praying Position in front of your Face.
11. Both Palms Rotate Outward and up and outward into Outward Palm Heel Strikes at your shoulder height and continue the motion down until your palms are against your legs at the side. As your Hands come to your sides, your Left Foot Steps back to your Right Foot as in Attention Stance.



KENPO SALUTE

THE WARRIOR & THE SCHOLAR

COME TOGETHER

GO FORTH TO FIGHT

BACK TO BACK

PULLING OUR COUNTRY TOGETHER

I HAVE NO WEAPONS

I HIDE MY TREASURE

IN THE ART OF KENPO KARATE

AND PRAY FOR FORGIVENESS

SHOULD I EVER HAVE TO USE IT
