

YELLOW BELT SELF DEFENSE TECHNIQUES

1. DELAYED SWORD - (Front right hand lapel grab)
2. ALTERNATING MACES - (Front two hand push)
3. SWORD OF DESTRUCTION - (Front left roundhouse punch)
4. DEFLECTING HAMMER - (Front right thrust kick)
5. CAPTURED TWIGS - (Rear high bear hug - arms pinned)
6. GRASP OF DEATH - (Left flank right arm headlock)
7. CHECKING THE STORM - (Front overhead club)
8. MACE OF AGGRESSION - (Front two hand lapel grab pulling in)
9. ATTACKING MACE - (Front right step through punch)
10. SWORD AND HAMMER - (Right flank left hand shoulder grab)

Optional

11. INTELLECTUAL DEPARTURE - (Front right snapping ball kick)
12. AGGRESSIVE TWINS - (Front two hand push)

Sword = Hand sword * Mace = Fist * Storm = Club * Twig = Arm

Kenpo Sets

Blocking Set 1 -

Kicking Set 1 -Side 1

Side 2

Side 3

Side 4

Coordination Set 1

SAYINGS

- Distance is your best friend.
- Whatever the attitude, so the response.
- When blocking on the inside of an opponent's arm, do so below the elbow, never above it.
- When blocking on the outside of an opponent's arm, do so at or above the elbow.
- The ankle is the wrist of the foot.
- A knife-edge kick is a chop with the foot.
- Deflection; then infliction of pain