



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

BLUE BELT - BASICS REQUIREMENTS

STANCES

Reverse Wide Kneel
Reverse Close Kneel
Staggered Horse

PUNCHES

Inward Striking – Punch (Conquering Shield)
Inward Blocking – Punch

FINGER TECHNIQUES

Back Claw (Crossing over the shoulder)
Back Finger Thrust (Crossing over the shoulder)
Finger Hook

FOOT MANEUVERS

Jump (One foot to the other)
Skip or Hop (Same foot to same foot)

SETS/FORMS

Finger Set
Long Form # 2
Own form (7 techniques)

BLOCKS/PARRIES

Downward Horizontal Forearm Block
Inward Vertical Forearm Block
Outward Vertical Forearm Block (Two man set)
Vertical Upward Heel Palm Parry
Vertical Downward Heel Palm Parry

STRIKES

Overhand Heel Palm
Inward Inner Diagonal Wrist (Ridge Hand)
Inward Vertical Forearm
Upward Outward Diagonal Reverse Handword
Flapping Elbow

KICKS

Thrusting Sweep Kick
Cross Stomp (Front and Rear) (Fwd / Rev)
Cross Stomp Kick (Front and Rear) (Fwd / Rev)
Inward & Outward Crescent Kick (Half Circle)
Crossover Sweep (A positioner usually done for pulling as in a double sweep)
Reverse Roundhouse Sweep
Double Sweep (Glancing Spear and others)