



KENPO

SJÄLVFÖRSVARSTUDIO

GREEN BELT - TECHNIQUES

Teknikerna skall läras ut i nedanstående ordning

Nr	Namn	Attack
1	Begging Hands	Front Two - Hand Grab To Wrists
2	Thrusting Wedge	Front Two - Hand High Push
3	Flashing Wings	Front Right Step Through Right Punch
4	Hugging Pendulum	Front Right Thrusting Knife-Edge Kick
5	Repeated Devastation	Full Nelson
6	Destructive Twins	Front Two - Hand Choke – Pulling In
7	Defying The Storm	Front Right Step Through Roundhouse Club
8	Crossed Twigs	Rear Two - Hand Grab To Wrists
9	Snaking Talon	Front Two - Hand Push Right Leg forward
10	Shield And Mace	Front Right Step Through Left Punch
11	Retreating Pendulum	Front Right Thrusting Heel Kick – Executed with Either a Right Step Through Or a Left Rear Crossover
12	Tripping Arrow	Front Bear Hug Arms Free
13	Wings Of Silk	Rear Double Armlock
14	Conquering Shield	Front Left Stiff – Arm Lapel Grab
15	Entangled Wing	Front Figure Four Arm Lock
16	Raking Mace	Front Two – Hand Lapel Grab - Pulling In