



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

PURPLE BELT - BASICS REQUIREMENTS

STANCES

Front Twist (Fwd / Rev)
Rear Twist (Fwd / Rev)
Side Horse

PUNCHES

Stiff – Arm Lifting Punch
Roundhouse
Hook

FINGER TECHNIQUES

Underhand Front / Back Finger Whip
Underhand Forward / Back Claw
Inward Horizontal Finger Slice
Outward Horizontal Finger Slice
Upward Claw

FOOT MANEUVERS

Twist Through (Distance - Rotation or
Rotation - Distance)

SETS/FORMS

Short Form # 2
Own form (5 techniques)

BLOCKS/PARRIES

X Block (Up & Down)
Universal Block
Inward Horizontal Heel Palm Parry
Outward Horizontal Heel Palm Parry
Upward Parry (Over the head)
Knee Block

STRIKES

Stiff – Arm Lifting Back Knuckle
Stiff – Arm Lifting Heel Palm (Fwd / Rev)
Outward Horizontal Heel Palm
Middle Knuckle Strike
Inverted Hammerfist
Chopping Knuckle Strike
Outward Overhead Downward Elbow

BODY MANEUVERS

Riding
Slipping

KICKS

Stomp Kick (Front, Side, Back) (With supporting leg)
Stomp (Front, Side, Back) (With no supporting
leg on the ground)
Spinning (Rotation) Kick (Front, Side, Back,
Roundhouse, Hook, Crescent)
Back Leg Sweep
Front Foot Sweep
Roundhouse Sweep