



# KENPO

## SJÄLVFÖRSVARSTUDIO

### 2<sup>nd</sup> DEGREE BROWN BELT - TECHNIQUES

Teknikerna skall läras ut i nedanstående ordning

Nr	Namn	Attack
1	Menacing Twirl	Rear Left Hand Belt Grab
2	Leap From Danger	Rear Two - Hand Push
3	Circles Of Protection	Front Right Step Through Right Overhead Punch
4	Rotating Destruction	Front Right Snap & Left Spinning Back Kicks
5	Broken Gift	Front Handshake
6	Escape From Death	Rear Right - Arm Choke
7	Capturing The Storm	Front Right Step Through Overhead Club
8	Intercepting The Ram	Front Tackle (Two steps Forward)
9	Back Breaker	Right Flank Right Step Through Right Punch
10	Deceptive Panther	Combination Right Front Snap Kick ( Low) & Right Roundhouse Kick (High)
11	Twirling Sacrifice	Full Nelson
12	Heavenly Ascent	Front Two - Hand Choke - Arms Straight
13	Securing The Storm	Front Right Step Through Roundhouse Club
14	Falling Falcon	Front Right Direct Lapel Grab
15	Taming The Mace	Front Right Step Through Right Punch
16	Defensive Cross	Front Right Snap Ball Kick
17	Cross Of Death	Front Two-Hand Cross Choke
18	Kneel Of Compulsion	Right Flank Right Step Through Right Punch
19	Bowing To Buddha	Front Right Front Kick
20	Glancing Wing	Front Left Step Through Left Uppercut Punch

Forms	Sets
Own Form (10 Techniques)	Staff Set (Voluntary)