



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

YELLOW BELT - BASICS REQUIREMENTS

STANCES

Attention
Formal Horse (Square Horse, Meditation)
Training Horse (Riding horse stance)
Neutral Bow (The kenpo basic
fighting stance) 50% - 50%
High Wide Kneel
Forward Bow (60% - 40%)
Reverse Bow (40% - 60%)
Cat 45° (90% - 10%)

PUNCHES

Straight Punch (Reverse punch)
Vertical Punch

FINGER TECHNIQUES

Inward Overhand Claw
Horizontal Finger Thrust (Shotgun effect)
Outward Finger Whip
Pinch

FOOT MANEUVERS

Step Through
Step – Drag
Drag – Step
Push – Drag (Shuffle, without “and then”)
Switch Front – Back
Cover (180° turn around)
Angle Change (Any degree except 180°)
Cover out

SETS/FORMS

Blocking Set or Star Block
Short Form # 1

BLOCKS/PARRIES

Hammering Inward Block
Thrusting Inward Block
Anchoring Inward Block (Blocking set)
Vertical Outward Block
Upward Block
Downward Block (Outside Downward
Block Palm Down)
Extended Outward Block
Back Elbow Block
Push Down

STRIKES

Thrusting Heel Palm (Straight)
Inward Handsword
Outward Handsword
Inward Horizontal Elbow
Outward Horizontal Elbow (Low & High)
Inward Overhead Downward Elbow
Back Elbow
Back Hammerfist
Outward Horizontal Back Knuckle

FALLS

Front, Back, Side Fall
Rolling Falls (Front & Back)

KICKS

Front Kick (Ball or instep)
Side or Knife – Edge Kick
Back or Rear – Heel Kick
Roundhouse Kick (Ball or instep)
Buckle (Usually goes with the joint and breaks
the base. Not meant to move the foot)