



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

ORANGE BELT - TECHNIQUES

In the order they should be taught

Nr	Namn	Attack
1	Clutching Feathers	Front Left Hand Hair Grab
2	Triggered Salute	Front Right Step Through Hand Push (Same Side)
3	Dance of Death	Front Right Step Through Straight Punch, With right Leg Forward
4	Thrusting Salute	Front Right Step Through Ball Kick
5	Gift of Destruction	Handshake
6	Locking Horns	Front Right Headlock
7	Evading The Storm	Front Right Step Through Overhead Club
8	Lone Kimono	Front Left Hand Lapel Grab
9	Glancing Salute	Front Right Hand Cross Push
10	Five Swords	Front Right Step Through Roundhouse Punch
11	Scraping Hoof	Full Nelson
12	Grip of Death	Left Flank Right Arm Headlock
13	Repeating Mace	Front Left Step Through, Left Hand Centre or Cross Push
14	Shielding Hammer	Front Left Step Through Hooking Punch
15	Striking Serpent's Head	Front Bear Hug, Arms Free
16	Crashing Wings	Rear Bear Hug, Arms Free