



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

PURPLE BELT - TECHNIQUES

In the order they should be taught

Nr	Namn	Attack
1	Twirling Wings	Rear Two -Hand Stiff -Arm Shoulder Grab
2	Snapping Twig	Front Left Step Through Left Hand Chest Push
3	Leaping Crane	Front Right Step Through Right Punch
4	Buckling Branch	Front Left Step Through Kick
5	Crushing Hammer	Rear Bear Hug - Arms Pinned
6	Captured Leaves	Front Right Finger Lock
7	Calming The Storm	Front Right Step Through Roundh. Club
8	Crossing Talon	Front Right Cross Wrist Grab
9	Reversing Mace	Front Left Shuffle Left Jab
10	Thrusting Prongs	Front Bear Hug , Arms Pinned
11	Locked Wing	Rear Right Hammerlock
12	Obscure Wing	Right Flank Left Hand Shoulder Grab
13	Raining Claw	Front Right Uppercut Punch
14	Spiraling Twig	Rear Bear Hug - Arms Free
15	Twisted Twig	Front Twist Lock (Backwards Throw)
16	Obscure Sword	Right Flank Left Hand Shoulder Grab