



KENPO

SJÄLVFÖRSVARSTUDIO

1ST DEGREE BLACK BELT - TECHNIQUES

Teknikerna skall läras ut i nedanstående ordning

Nr	Namn	Attack
1	Destructive Kneel	Front Right Step Through Right Punch
2	Entwined Maces	Front Right & Left Punch Combination (Opponent's Left Leg Forward)
3	Marriage Of The Rams	Right and Left Shoulder Grabs, Close / Two Men
4	Ram And The Eagle	Front Right Punch and Rear Left Collar Grab / Two Men
5	Escape From The Storm	Right Step Through Overhead Club - Right Flank
6	Thrusting Lance	Front Right Step Through Knife Thrust
7	Capturing The Rod	Front Right Pistol, Against Your Chest
8	Prance Of The Tiger	Right Step Through Uppercut From Right Flank
9	Fatal Deviation	Front Right and Left Punch (Opponent's Right Leg Forward)
10	Snakes Of Wisdom	Flank Left & Right Shoulder Grabs / Two Men
11	Reprimanding The Bears	Right Front Punch and Rear Bear-Hug, Arms pinned / Two Men
12	Circling The Storm	Right Front Club Thrust
13	Entwined Lance	Front Right Step Through Knife Thrust
14	Broken Rod	Rear Right Hand Pistol Holdup
15	Twirling Hammers	Front Left Step Through Punch
16	Piercing Lance	Front Right Knife Thrust
17	Unfolding The Dark	Left Step Through Punch From Right Rear Flank
18	Defying The Rod	Front Right Pistol Holdup
19	Escape From Darkness	Right Punch From Left Rear Flank
20	Twisted Rod	Front Right Pistol Holdup

Forms	Sets
Creation Form	Two Man Set
Write a complete Thesis	