



# KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR  
LINEAGE

## YELLOW BELT - TECHNIQUES

In the order they should be taught

Nr	Namn	Attack
1	Delayed Sword	Front – Right Hand Lapel Grab
2	Aggressive Twins	Front - Two Hand Push Left Foot Forward
3	Sword of Destruction	Front - Left Straight or Roundhouse Punch
4	Deflecting Hammer	Front - Right Front Thrust Kick
5	Spreading Branch	Rear – Bear Hug, Arms Pinned
6	Grasp of Death	Left Flank – Right Arm Headlock
7	Checking The Storm	Front - Right Step Through Overhead Club
8	Mace of Aggression	Front - Two Hand Lapel Grab, pulling In
9	Attacking Mace	Front - Right Step Through Straight Punch
10	Intellectual Departure	Front - Right Front Thrust Kick