



# KENPO

## SJÄLVFÖRSVARSTUDIO

### 1<sup>ST</sup> DEGREE BROWN BELT - TECHNIQUES

Teknikerna skall läras ut i nedanstående ordning

Nr	Namn	Attack
1	Fatal Cross	Front Two - Hand Attempted Low Grab or Push
2	Thrust Into Darkness	Rear Right Step Through Right Punch
3	Circling Fans	Front Left & Right Straight Punch Combination
4	Dance Of Darkness	Front Right Ball Kick Followed by a Right Straight Punch
5	Falcons Of Force	Flank Left & Right Shoulder Grabs / Two Men
6	Bear And The Ram	Front Right Straight Punch / Rear Bear Hug - Arms Free / Two Men
7	Clipping The Storm	Front Right Thrusting Club (Middle Zone)
8	Circling Windmills	Front Two - Hand Push Followed By Right Straight Punch
9	Leap Of Death	Front Right Step Through Right Straight Punch
10	Protecting Fans	Front Left & Right Punch Combination (Opponent's Left Leg is Forward)
11	Reversing Circles	Front Left Step Through Front Kick and Left Punch
12	Courting The Tiger	Flank Left & Right Arm & Shoulder Grabs / Two Men
13	Gathering Of The Snakes	Front Left Punch / Rear Right Punch / Two Men
14	Raining Lance	Front Right Step Through Overhead Knife Attack (Icepick)
15	Destructive Fans	Left Flank Right Step Through Right Punch
16	Unfurling Crane	Front Left & Right Punch Combination (Opponent's Right Leg is Forward)
17	Unwinding Pendulum	Front Right Ball Kick and then Right Straight Punch
18	Grasping Eagles	Front Right Lapel Grab / Rear Right Shoulder Grab / Two Men
19	Parting Of The Snakes	Front Right Straight Punch / Rear Step Through Right Punch/ Two Men
20	Glancing Lance	Front Right Step Through Knife Thrust (High Zone)

#### Forms

Form 4

Own Form (10 Techniques)