



# KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR  
LINEAGE

## BLUE BELT - TECHNIQUES

In the order they should be taught

Nr	Namn	Attack
1	Twin Kimono	Front Two - Hand Lapel Grab -
2	Parting Wings	Front Two - Hand Push
3	Thundering Hammers	Front Right Step Through Right Punch
4	Swinging Pendulum	Front Right Step Through Roundhouse Kick
5	Squeezing The Peach	Rear Bear Hug - Arms Pinned
6	Circling Wing	Rear Two - Hand Choke - Arms Bent
7	Obstructing The Storm	Front Right Step Through Overhead Club
8	Darting Mace	Front Two - Hand Wrist Grab Same Arm
9	Hooking Wings	Front Two - Hand Low Push
10	Shield And Sword	Front Left Step Through Left Punch
11	Gift In Return	Front Handshake
12	Bow Of Compulsion	Front Wrist Lock Against Opponent's Chest
13	Charging Ram	Front Tackle With Arms Extended Wide (One Step Forward)
14	Sleeper	Front Right Step Through Straight Right Punch
15	Cross Of Destruction	Rear Two - Hand Choke
16	Flight To Freedom	Rear Right Hammerlock