



KENPO

SJÄLVFÖRSVARSTUDIO

GREEN BELT - BASICS

Stances

Concave (Double Close Kneel)

Convex (Diamond, Double wide Kneel)

Övriga stances

Rotating Twist (Inplace Twist)

Punches

Striking – Punch (Ricochet)

Övriga Punches

Chopping Punch

Finger Techniques

Back Whip (Below the waist)

Tiger Mouth

Övriga tekniker

Back Whip (Over the shoulder)

Peck

Strikes

Övriga strikes

Upward Outward Diagonal Reverse Handword

Looping Overhead Strike

Punching Chop

Blocking-Strike Long 5, Circling the Horizon

Sets / Forms

Short Form # 3

Own Form (10 Techniques)

Blocks / Parries

Övriga blocks

Inward Elbow Block

Outward Elbow Block (Low & High)

Upward Elbow Block

Downward Elbow Block

Inside Downward Diagonal Elbow Block

(Two man set)

Outward Downward Elbow Block

(Clipping the Lance)

Vertical Upward Heel Palm Parry

Vertical Downward Heel Palm Parry

Kicks

Inward Crescent Kick (Half Circle)

Outward Crescent Kick

Back Chicken Kick (Front then Back)

Back Chicken Kick (Back then Front)

Side Chicken Kick (Back then Front) (Butterfly Kick)

Övriga kicks

Funny Kick

Vertical Knife Edge (Encounter from Danger)

Flying Kick (Front, Side, Back) (Both feet in the air)

Retarded Front Ball Kick

Ax Kick

Back stiff leg