



KENPO

SJÄLVFÖRSVARSTUDIO

ROAD WARRIOR
LINEAGE

ORANGE BELT - BASICS REQUIREMENTS

STANCES

Wide Kneel
Close Kneel
One - Leg (Crane stance)
Reverse Cat
Cat 90°
Rear Bow

PUNCHES

Diagonal Punch
Uppercut

FINGER TECHNIQUES

Vertical Spear Hand
Upward Spear Hand
Horizontal Spear Hand (Fingers together)
One Finger Poke
Front Finger Whip

FOOT MANEUVERS

Switch Back – Front
Jump Switch (Without “and then”)
Pull – Drag (Usually used in reverse after a kick)
Leap (Both feet leave the ground
at the same time)
Front Crossover (Fwd / Rev)
Rear Crossover (Fwd / Rev)

SETS/FORMS

Kicking Set
Long Form # 1
Own form (5 techniques)

BLOCKS/PARRIES

Inside Downward Block Palm Down
Inside Downward Block Palm Up
Inward Parry
Outward Parry
Inside Downward Parry
Outside Downward Parry
Double Parry

STRIKES

Downward Elbow
Upward Elbow
Obscure Vertical Elbow
Vertical Back Knuckle
Inward Horizontal Forearm
Underhand Heel Palm
Underhand Reverse Hammerfist
Inward Horizontal Heel Palm
Half Fist

BODY MANEUVERS

Bobbing
Weaving
Rolling

KICKS

Front Thrusting Knee Kick
Front Lifting Knee Kick
Reverse Roundhouse Kick
Hook Kick or Hooking Heel Kick
Heel Kick (Front, Side, Back, Upward)
Scoop Kick (Front & Back)