



# KENPO

## SJÄLVFÖRSVARSTUDIO

### 3<sup>RD</sup> DEGREE BROWN BELT - TECHNIQUES

Teknikerna skall läras ut i nedanstående ordning

Nr	Namn	Attack
1	Dominating Circles	Front Offset Right Hand Grab To Right Shoulder
2	Twist Of Fate	Front Two - Hand Push Right Foot Forward
3	Flashing Mace	Front Right Step Through Right Punch
4	Detour From Doom	Front Right Roundhouse Kick
5	Gift Of Destiny	Front Handshake
6	Blinding Sacrifice	Front Two - Hand Attempted Chock
7	Returning Storm	Front Inward Roundhouse And Backhand Club
8	Glancing Spear	Front Right Direct, Left Wrist Grab
9	Encounter With Danger	Front Two - Hand Push
10	Gathering Clouds	Front Right Step Through Right Punch
11	Circle Of Doom	Front Right Straight Kick
12	Squatting Sacrifice	Rear Bear Hug - Arms Free
13	Fallen Cross	Rear Two-Hand Choke
14	Brushing The Storm	Right Flank Right Step Through Overhead Club
15	Desperate Falcons	Front Two-Hand Direct Grabs to Both Wrists
16	Circling The Horizon	Front Right Step Through Right Punch
17	Gripping Talon	Front Left Direct Grab to the Right Wrist
18	Broken Ram	Front Tackle (One Step Forward)
19	Circling Destruction	Front Left Step Though Left Punch
20	Obscure Claws	Right Flank Left Hand Shoulder Grab

Forms	Övrigt
Long Form 3	Write one A4 page Thesis
Own Form (10 Techniques)	