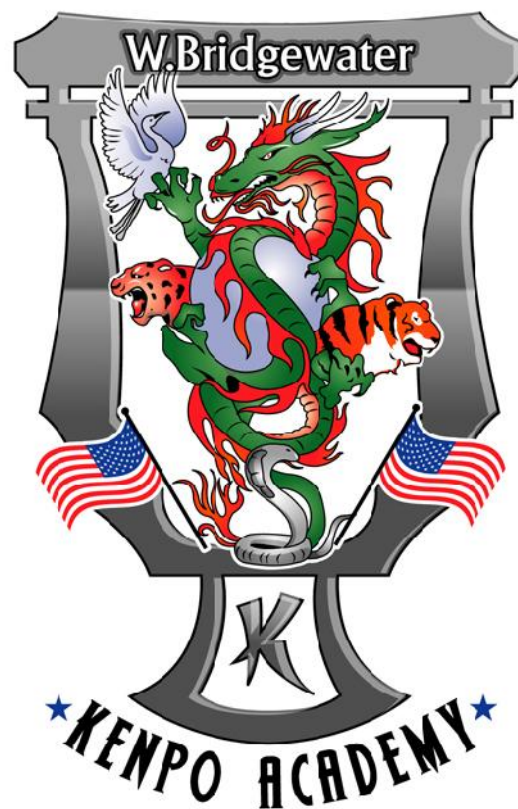


AMERICAN KENPO



Yellow Belt Techniques



CHILDREN'S

AMERICAN KENPO YELLOW BELT TECHNIQUES



**DELAYED SWORD
SWORD OF DESTRUCTION
DEFLECTING HAMMER
CAPTURED TWIGS
SWORD and HAMMER**



Yellow Belt

Self Defense Techniques

1 DELAYED SWORD

(Right Handed Lapel Grab)

- Step back with left foot (Into a right neutral bow) as your left hand checks at midsection
- Execute a right inward block
- Right front kick to opponents groin , planting right foot forward
- Execute an **outward** hand sword strike to base of opponents **right** side of neck

2 SWORD OF DESTRUCTION

(Left Hand Hook Punch)

- Step back with left (Into a right neutral bow)
- Right extended outward block (to the right) , while left hand checks centerline
- Right front kick to groin or midsection and plant foot forward
- Execute a right inward sword to the **left** side of opponent's neck.

3 DEFLECTING HAMMER

(Right Front Kick)

- Step back to 8 o'clock with left foot (Pushing off with the right leg) into a Right Neutral Bow
- Right downward block as left hand checks the face
- Come up with a right upward elbow to opponents face



Yellow Belt

Self Defense Techniques

4 CAPTURED TWIGS

(Bear Hug From Behind)

- Step to the side (left) with left foot and drop down (into a deep horse stance)
- Left hand slides up to the midsection and checks opponent's hands
- Right hand **hammer fist** to groin
- Pull right leg into a cat stance facing 3:00 – let shoulder (right) slam into opponent
- Right leg stomps foot and plants down
- Right elbow (**Obscure Elbow**) to the face
- Twist to the right and shoot a left heel palm to face

5. SWORD & HAMMER

(Grab right shoulder from behind w/ Left)

- Pin opponent's hand with your left hand
- **Turn head to the right & look**
- Left leg steps (forward) into a Left Neutral Bow
- Right hand sword to the throat – come up the opponent's body
- Come down with right into a **hammer fist** to the groin