

AMERICAN KENPO



2nd Degree **Brown Belt**
Techniques
Children's

AMERICAN KENPO
2ND BROWN BELT TECHNIQUES



Obstructing the Storm

Brushing the Storm

Clipping the Storm

Encounter with Danger

Leap from Danger



2nd Brown Belt

Self Defense Techniques

1. OBSTRUCTING THE STORM

(Front Right Overhead Club)

- Step forward with left leg to 10:00 into a LNB as you double cross block up (right hand over left) towards 12:00
- Right hand controls the wrist as left hand rolls around and brings opponent down breaking elbow if possible
- Adjust your Step with left towards 2:00 around opponent's front foot as you continue to control opp.
- Shoot a right knee to face and step back to start point of kick

2. BRUSHING THE STORM

(Right Flank Overhead Club)

- As opponent attacks from the right – Step to the right with the right foot to 1:30 & simultaneously left inward parry(to the right) while striking to opp's left jaw with a right heel palm
- Step forward with left to 2:00 and collapse right elbow straight down to ribs into a left close kneel
- Right hand circles down to the right & comes up with a heel palm to the groin
- Hook your right hand around opp's right knee as you left heel palm to back and push and pull (Pull w/ right – Push w/ left) & turn opponent around as you step back with right foot towards 1:00 and end up in a LNB facing 7:00 (opp falls forward facing ground)
- Drop into a left cat stance & snap kick to groin with left immediately following with a right side kick to left knee

3. CLIPPING THE STORM

(Right Stabbing with Club)

- Step drag to the left into a LNB as you shoot a left downward hand sword on top of opponents right wrist – right hand goes to the right ear
- Twist to the left (shift) into a LFB as you shoot a right inward (palm up) hand sword to right bicep – left hand comes to right shoulder
- Right hand hooks (crane) to the left outside of opponents right arm and pulls it down out of the way as you shoot a left outward hand sword to throat and a right knee to thigh
- Step thru with right to 1:00 and heel palm with right to the face

4. LEAP FROM DANGER

(Rear Two handed Push – Fall Forward)

- Opponent pushes from rear- fall forward and roll to 12:00
- Leap up and turn to 6:00 facing oncoming opponent in a LNB
- Leap to the left to 4:00 and shoot a right roundhouse kick to solar plexus and plant foot to 8:00
- Pivot counter clockwise and shoot a left back kick to right ribs
- Cross out

5. ENCOUNTER WITH DANGER

(Two Hand Push – Fall Down)

- Fall back down and slap out (Break fall) with both hands
- **Immediately** as you hit the ground shoot a left straight heel kick to groin (as opponent keeps coming)
- Turn to the left onto your left side and shoot a **right side blade** kick to chest
- Roll over onto knees to the left and shoot a **left back kick** to groin re-plant and come up into a LNB facing 12:00