

WHITE BELT KEMPO

*Defense against: **Straight punch to face.***

Start in Horse Stance. As opponent attacks, step back with right foot and execute #2 Block. Deliver Right Front Ball Kick to solar plexus, then step forward into Right Half Moon Stance. Right Palm Heel to face.

ORANGE BELTS AND ABOVE:

Upgrade the block to #2 Knife-Hand Block.

