

# BROWN BELT KEMPO

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

*Brown Belt Kempo introduces you to arm breaks while in motion. Be very careful when practicing on partners. Always start off slow, and ask your partner for feedback on your arm lock positions.*

Start in Left Half Moon Stance with hands on guard. As opponent attacks, slide left foot back into Horse Stance facing 3:00 and execute #4 Block. Wrap left arm over attacking arm. Spin 180 degrees clockwise into Horse Stance facing 9:00 to hyperextend opponent's arm over your back, and deliver Right Rear Elbow to kidney. Let go of the arm with your left hand and sweep opponent with a Right Crane's Wing to neck and Right Leg Hock to opponent's right leg. Before opponent falls to the floor, wrap the attacking arm at the elbow with your right arm, putting opponent in an arm lock. Left Thrust Punch to face.