

COMBINATION #18

Defense against: Hook punch to head.

Combination 18 is an American Kenpo technique known as "Shielding Hammer." When executed correctly and with force, the Hammer Block is an excellent defense against a hook punch and may be all you need to stop your attacker. Remember this phrase: a strike is a block, and a block is a strike.

Start in Horse Stance. As opponent attacks, step back with right foot and execute #2 Hammer Block. Step-glide to inside of opponent's stance and deliver Left Hammer Strike across face. Left Side Elbow to solar plexus.

BROWN BELTS AND ABOVE:

After the Side Elbow, pivot away from opponent and deliver Left Reverse Hammer to groin. Finish with Left Whipping Heel Kick to groin, then cross and on guard.