

# COMBINATION #2

*Defense against: Hook punch to head.*

*Combination 2 is an American Kenpo technique known as "5 Swords." Combination 2 is a fundamental technique that will help you to develop deadly hand speed and dexterity.*

Start in Horse Stance. As opponent attacks, step forward with right foot and pivot to face 9:00 in Left Half Moon Stance, and execute #3 Knife-Hand Block. Deliver Right Cross Shuto to neck. Deliver Left Palm Heel to face. Cross your left hand to your right shoulder and deliver Right Back Two Knuckle Punch to solar plexus. Finish with Left Cross Shuto to neck.

## **BROWN BELTS AND ABOVE:**

Start in Right Half Moon Stance with hands on guard. Perform technique as usual. After the Left Cross Shuto to neck, deliver Right Downward Shuto to collarbone. Deliver Left Willow Palm to side of face, immediately followed by a Right Cross Shuto to carotid artery. Deliver Left Palm Heel to chest and simultaneously attack the groin with a Right Front Scoop Kick, then step back into Left Half Moon Stance on guard.