

# COMBINATION #3

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

*Combination 3 is a core movement of Shaolin Kempo. Train this technique repeatedly, become proficient at it, and it will teach you some of Kempo's finest lessons.*

Start in Horse Stance. As opponent attacks, execute #4 Palm Block, step forward with your left foot and deliver Right Thrust Punch to ribs. Press down on opponent's right arm with left hand. Deliver Right Backfist to temple.

