

# ORANGE BELT KEMPO

*Defense against: Hook punch to head.*

Start in Horse Stance. As opponent attacks, step forward with right foot into Right Half Moon Stance and execute simultaneous #2 Knife-Hand Block and Right Hammer Strike to nose. Grab the wrist and rotate opponent's arm. Circle your right arm clockwise and break opponent's elbow with your right forearm. Deliver Right Cross Hammer to ribs. Toss up opponent's arm with your right hand, then deliver Right Side Thrust Kick to ribs. Cross and on guard.

