

# GREEN BELT KEMPO

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

*The takedown in Green Belt Kempo is a fundamental movement in the art of Kempo. It will show up again in more advanced techniques, so give this technique the attention it deserves, and you will be greatly rewarded.*

Start in Horse Stance with hands on guard. As opponent attacks, execute #4 Palm Block, step forward with your left foot, and deliver Right Backfist to temple. Right Cross Hammer to ribs. Circle right arm clockwise and deliver Right Tiger's Claw to groin. Take opponent down with Right Tiger's Mouth to throat and Right Leg Hock to opponent's right leg. Finish with Right Inward Axe Kick to solar plexus.

