

BLUE BELT KEMPO

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

One of the main principles of Blue Belt Kempo is taking advantage of your opponent while they are off balance. By pulling your opponent toward you, there is a brief moment where they are trying to regain their balance and they aren't able to fight back. Seize the opportunity and strike during this precise moment. Timing is a key principle of the martial arts, and this technique is a fantastic way to improve your skill.

Start in Left Fighting Stance. As opponent attacks, execute #1 Helping Hand Block, then grab the wrist with your right hand. Pull opponent toward you and deliver Left Cross Shuto to nose. Deliver Right Crescent Shin Kick across opponent's abdomen. As you step back from delivering the kick, deliver Left Blood Palm to opponent's head. Meet left foot to right, turning clockwise to face 6:00. Deliver Right Side Kick to body, then cross and on guard.