

# COMBINATION #18

*Defense against: Hook punch to head.*

*Combination 18 is an American Kenpo technique known as "Shielding Hammer." When executed correctly and with force, the Hammer Block is an excellent defense against a hook punch and may be all you need to stop your attacker. Remember this lesson: a strike is a block, and a block is a strike.*

Start in Left Fighting Stance. As opponent attacks, execute #2 Hammer Block. Step-glide to inside of opponent's stance and deliver Left Hammer Strike across the face. Left Side Elbow to solar plexus. Turn your body away from opponent and deliver Left Reverse Hammer to groin. Cross left foot in front of right, and step out on guard.

## **BROWN BELTS AND ABOVE:**

After the Side Elbow, step in with right foot in front of left into Twist Stance and deliver simultaneous Right Thrust Punch to face and Left Cross Hammer to body, moving opponent back. Left Rising Cross Shuto to jaw, exposing opponent's throat. Untwist into Neutral Stance facing 9:00 while delivering Right Cross Shuto to throat, moving opponent back even more. Left Spinning Side Kick to body.