

COMBINATION #2

Defense against: Hook punch to head.

Combination 2 is an American Kenpo technique known as "5 Swords." Combination 2 is a fundamental technique that will help you to develop deadly hand speed and dexterity.

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot, pivot to face 9:00 in Left Fighting Stance, and execute Double Sword Arm Block. Deliver Right Cross Shuto to neck. Pivot to face 12:00 and deliver Left Palm Heel to face. Cross your left hand to your right shoulder and deliver Right Back Two Knuckle Punch to solar plexus. Finish with Left Cross Shuto to neck.

BROWN BELTS AND ABOVE:

Start in Right Fighting Stance. Perform technique as usual. After the Left Cross Shuto to neck, deliver Right Downward Shuto to collarbone. Deliver Left Willow Palm to side of face, immediately followed by a Right Cross Shuto to carotid artery. Deliver Right Front Instep Kick and step back into Left Fighting Stance.