

COMBINATION #3

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

Combination 3 is a Master Key of Shaolin Kempo. Train this technique repeatedly, become proficient at it, and it will teach you some of Kempo's finest lessons.

Start in Left Fighting Stance. As opponent attacks, execute #4 Palm Block, step-glide toward 10:30 with your left foot and deliver Right Thrust Punch to ribs. Press down on opponent's right arm with left hand. Deliver Right Backfist to temple.

