

# DEFLECTING HAMMER

*Defense against: **Right Step-Through Front Kick.***

*This is a very effective American Kenpo technique that teaches you to always be a step ahead of your opponent. When the opponent loses their balance as you redirect their kick, they may try to punch you with their lead hand out of desperation in the moment. To their dismay, this weapon has already been neutralized, and they will land right into your elbow strike.*

Start in Right Side Horse Stance with hands on guard, just high enough to leave your ribs exposed. As opponent attacks, execute a deflecting #7 Block along the side of opponent's calf. Step-glide forward with your right foot and check their right arm with your left palm. Finish with Right Roundhouse Elbow to face.

