

INTELLECTUAL DEPARTURE

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

This is an American Kenpo technique designed to defend against a front kick when you aren't expecting to be attacked.

Start in Neutral Stance, hands by your sides. As opponent kicks, hinge counterclockwise on your right foot into a small Left Fighting Stance facing 6:00 and execute Right Inward Low Block to deflect the kick. Deliver Right Rising Heel Kick to groin. Step down and rotate clockwise to face opponent as you deliver Right Backfist to head, immediately followed by Left Palm Heel to head.

