

ORANGE BELT KEMPO

Defense against: Hook punch to head.

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot and execute simultaneous #2 Knife-Hand Block and Right Hammer Strike to nose. Grab the wrist and rotate opponent's arm so the elbow points downward. Circle your right arm clockwise and break opponent's elbow with your right forearm. Deliver Right Cross Hammer to ribs. Deliver Right Side Kick to ribs. Cross and on guard.

