

PURPLE BELT KEMPO

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

Purple Belt Kempo is an excellent technique to develop your Wing Block. Try using Wing Blocks in sparring to quickly deflect up high when your guard is low. This technique will also help you develop a strong foundation with elbow strikes and getting in close.

Start in Left Fighting Stance. As opponent attacks, hinge right foot back into Horse Stance facing 3:00 and execute Left Wing Block. Grab the wrist with your right hand. Step-glide toward opponent with left foot and deliver Left Side Elbow to head. Let go of the wrist and deliver Right Roundhouse Elbow to ribs, then Right Side Elbow to kidney. Strike the back of opponent's head with a Left Roundhouse Elbow, bending opponent over. Finish with Right Downward Elbow to back of neck.

