

# WHITE BELT KEMPO

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

*White Belt Kempo is a classic 1-2-3 combo. A kick to the groin will usually lead to the opponent bending forward in response, right into your Palm Heel strike.*

Start in Left Fighting Stance. As opponent attacks, execute #2 Block. Deliver Right Front Instep Kick to groin, then step forward into Right Fighting Stance. Right Palm Heel to face.

## **YELLOW BELTS AND ABOVE:**

Upgrade the block to #2 Knife-Hand Block.

