

YELLOW BELT KEMPO

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

This technique is also known as “Delayed Sword.” This technique offers an even quicker kick than White Belt Kempo – a lead leg kick. As you get smoother with this technique, try to shorten the time between your block and your first strike (the kick in this case). That time frame is critical because the opponent will not be waiting around after throwing their first punch. Take the reins of the situation and kick before they throw their next strike.

Start in Right Fighting Stance. As opponent attacks, execute #3 Knife-Hand Block. Deliver Right Front Instep Kick to groin, then step down and deliver Right Cross Shuto to neck.

