



Kensho Jr Yellow Belt

1. Footwork
 - a. Heal/toe sway
 - b. Jab – stepping forward & back
 - c. Cross – stepping forward
2. Defense
 - a. Duck
 - b. Duck – jab low to high
3. Punches - Back fist
4. Kicks
 - a. Roundhouse
 - b. Outside Crescent
 - c. Side kick from side horse stance
 - d. Jumping Front Snap Kick or Front Kick

Self-defense

1. Kenpo star blocks
 - a. One hand backward
 - b. Both hands backward
2. Technique #2 – straight punch feed
 - a. Inside block with left hand while stepping back with right foot to side horse stance
 - b. Back hand chop or back fist
 - c. Round kick or side kick
3. Wrist grab – same side
 - a. Over grip – “turn door knob” – turn palm up and pull pinkie to navel while stepping back
 - b. Under grip
 - i. turn palm down and pull thumb to navel while stepping back
 - ii. turn palm up and raise vertically