



## **Kensho Jr Gold Belt**

1. Footwork
  - a. Pivot
  - b. Forward /Female triangle with cross
2. Defense
  - a. Weave
  - b. Catch
  - c. Parry
3. Punches
  - a. Hooks
4. Kicks –
  - a. side kick from fighting stance
  - b. Back kick – from fighting stance, turn & look and kick to rear with lead leg
5. Combos – 2-3 technique combos (punches and kicks)

### **Self-defense**

1. Kenpo star blocks – opposites (Right hand forward, left hand backwards)
2. Technique #3 – haymaker feed
  - a. Out block with left hand and step forward with left foot or backward with right foot
  - b. Right palm strike
  - c. Right front kick
3. Wrist grab – cross side
  - a. Palm up and pull pinkie to navel while stepping back
  - b. Raise thumb vertically

### **Equipment requirement**

1. Boxing Gloves
2. Kali Sticks