



戰
士
和
學

IRISH SCHOOL OF
KENPO KARATE

者
去
做
爭
鬥



GREEN BELT TECHNIQUES

TECHNIQUE	Against
1) CIRCLING DESTRUCTION	Front left step through punch
2) SQUATTING SACRIFICE	Rear bear hug, arms free
3) ESCAPE FROM DEATH	Right rear arm choke
4) OBSCURE CLAWS	Flank left hand shoulder grab
5) CIRCLES OF PROTECTION	Front overhead right punch
6) HEAVENLY ASCENT	Front two handed choke
7) BRUSHING THE STORM	Flank right overhead club
8) MENACING TWIRL	Left hand rear belt grab
9) TAMING THE MACE	Front step through punch
10) DETOUR FROM DOOM	Front right roundhouse kick
11) CROSS OF DEATH	Front two handed cross choke
12) CAPTURING THE STORM	Front right overhead club
13) CONQUERING SHIELD	Front left stiff arm lapel grab
14) ENCOUNTER WITH DANGER	Front two hand push
15) KNEEL OF COMPULSION	Flank step through right punch
16) CIRCLE OF DOOM	Front straight right kick
17) BROKEN GIFT	Handshake
18) SECURING THE STORM	Front right roundhouse club
19) INTERCEPTING THE RAM	Front tackle
20) LEAP FROM DANGER	Rear two hand push
21) GLANCING WING	Front left upper cut punch
22) TWIRLING SACRIFICE	Full nelson
23) CLIPPING THE STORM	Front right straight club/knife
24) THE BACK BREAKER	Flank step through right punch
a) SHORT FORM THREE	

Irish School of Kenpo Karate - Firhouse

www.iskkfirhouse.ie – info@iskkfirhouse.ie