

UNITED KAJUKENBO FEDERATION  
EMPERADO METHOD KAJUKENBO

<i>1<sup>st</sup> Degree Black Belt Requirements</i>	
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# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “G”***

### ***ATTACKER THROWS A STRAIGHT RIGHT PUNCH TO YOUR FACE:***

- FROM AN OPEN STANCE STEP BACK TO 6 O'CLOCK WITH YOUR LEFT FOOT INTO A RIGHT FORWARD STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM WITH A CLOSED RIGHT HAND SHORT OUTWARD BLOCK/STRIKE.
- AT THE SAME TIME, STRIKE THE ATTACKER'S RIGHT ELBOW WITH A LEFT HAMMER FIST STRIKE AND KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FRONT KICK.
- PLACE YOUR LEFT FOOT DOWN INTO A FORWARD STANCE AT 12 O'CLOCK AND STRIKE THE ATTACKER IN THE RIGHT EYE WITH THE MIDDLE KNUCKLE OF YOUR MIDDLE FINGER ON YOUR RIGHT HAND.
- CIRCLE YOUR RIGHT ARM COUNTERCLOCKWISE ALL THE WAY BEHIND YOU AND BACK DOWN IN FRONT OF YOU AS YOU SLIDE YOUR LEFT FOOT FORWARD TOWARD 12 O'CLOCK AND STRIKE THE BACK OF THE ATTACKER'S RIGHT CALF AREA WITH A RIGHT HAMMER FIST OR "BOTTOM" KNUCKLE STRIKE.
- CIRCLE BOTH OF YOUR ARMS COUNTERCLOCKWISE ALONG THE RIGHT SIDE OF YOUR BODY AND IN FRONT OF THE ATTACKER AS YOU MOVE YOUR RIGHT FOOT FORWARD AND BEHIND THE ATTACKER'S RIGHT LEG, THEN STRIKE THE ATTACKER WITH A DOUBLE FOREARM STRIKE ACROSS THE NECK (USE THE BOTTOM OF YOUR FOREARMS), KNOCKING THE ATTACKER TO THE GROUND ON THEIR BACK.
- MOVE FORWARD TO THE ATTACKER AND STRIKE THE ATTACKER IN THE STERNUM WITH A RIGHT DOWNWARD VERTICAL ELBOW STRIKE.

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## ***ALPHABET “H”***

### ***ATTACKER THROWS A STRAIGHT RIGHT PUNCH TO YOUR FACE:***

- FROM AN OPEN STANCE STEP BACK TO 6 O'CLOCK WITH YOUR LEFT LEG INTO A RIGHT FORWARD STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM WITH A CLOSED RIGHT HAND SHORT INWARD BLOCK/STRIKE.
- KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT ROUNDHOUSE KICK AS YOU RAISE YOUR LEFT HAND UP ACROSS THE RIGHT SIDE OF YOUR FACE TO SET UP THE NEXT MOVE.
- PLACE YOUR LEFT FOOT DOWN AT 2 O'CLOCK CROSSING OVER YOUR RIGHT FOOT AND STRIKE THE ATTACKER IN THE LEFT SIDE OF THE NECK (CAROTID ARTERY) WITH A LEFT CHOP.
- STEP TOWARDS 12 O'CLOCK WITH YOUR RIGHT FOOT, THEN PIVOT TO YOUR LEFT AND STRIKE THE ATTACKER IN THEIR LEFT RIBS WITH A RIGHT REVERSE PUNCH.
- STEP TO 6 O'CLOCK WITH YOUR LEFT FOOT AND BODY SWITCH TO YOUR LEFT AS YOU STRIKE THE ATTACKER'S LEFT CALF WITH THE INSIDE OF YOUR RIGHT FOREARM AND SCOOP THE ATTACKER'S LEFT LEG UPWARD.
- RAISE THE ATTACKER'S LEG UP AND AS THEY BEGIN TO FALL BACKWARD CHOP THE ATTACKER IN THE THROAT WITH YOUR RIGHT HAND.

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## ***ALPHABET “I”***

### ***ATTACKER THROWS A RIGHT HOOK TO YOUR FACE:***

- FROM A SOUTHPAW, MEDIUM CAT STANCE, WITH BOTHS HANDS HELD FACE HIGH (OPEN PALMS), STRIKE THE TOP OF THE ATTACKER’S RIGHT FOREARM OR WRIST WITH A RIGHT DOWNWARD PALM HEEL STRIKE.
- SLIDE YOUR RIGHT FOOT FORWARD AND EXECUTE A RIGHT ELBOW STRIKE THE ATTACKER’S STERNUM, FOLLOWED BY A RIGHT BACK FIST TO THE ATTACKER’S FACE.
- SIMULTANEOUSLY GRAB THE ATTACKER’S RIGHT SHOULDER WITH YOUR LEFT HAND AND THEIR LEFT SHOULDER WITH YOUR RIGHT HAND.
- STEP TOWARD 9 O’CLOCK WITH YOUR LEFT FOOT, THEN PLACE YOUR RIGHT FOOT BEHIND THE ATTACKER’S FRONT LEG AND THROW THE ATTACKER OVER YOUR RIGHT HIP CAUSING THEM TO FLIP ALL THE WAY OVER ONTO THEIR FACE.
- STRIKE THE ATTACKER IN THE BACK OF THE NECK WITH A RIGHT CHOP.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “J”***

### ***ATTACKER THROWS A STRAIGHT RIGHT STEP-IN PUNCH TO YOUR FACE:***

- FROM AN OPEN STANCE STEP BACK TO 6 O'CLOCK WITH YOUR LEFT FOOT INTO A RIGHT FORWARD STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM WITH A CLOSED RIGHT HAND SHORT OUTWARD BLOCK/STRIKE.
- AT THE SAME TIME, STRIKE THE ATTACKER'S RIGHT ELBOW WITH A LEFT HAMMER FIST STRIKE AND KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FRONT KICK.
- PLACE YOUR LEFT FOOT DOWN AT 12 O'CLOCK AND STRIKE THE ATTACKER IN THE RIGHT TEMPLE WITH A STRAIGHT RIGHT PUNCH.
- GRAB THE ATTACKER'S RIGHT SHOULDER WITH YOUR LEFT HAND AND STRIKE THE ATTACKER UNDER THE CHIN WITH A RIGHT PALM STRIKE AS YOU SIMULTANEOUSLY SWEEP THE ATTACKER'S RIGHT LEG WITH YOUR RIGHT LEG, TAKING THEM TO THE GROUND ON THEIR BACK (Judo Technique - O' SOTO GARI).

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “K”***

### ***ATTACKER THROWS A STRAIGHT RIGHT PUNCH TO YOUR FACE:***

- FROM AN OPEN STANCE STEP BACK TO 6 O'CLOCK WITH YOUR LEFT LEG INTO A RIGHT FORWARD STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM WITH A CLOSED RIGHT HAND SHORT INWARD BLOCK/STRIKE.
- KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FRONT KICK, THEN PLACE YOUR LEFT FOOT DOWN AT 10 O'CLOCK INTO A LEFT FORWARD STANCE AND STRIKE THE ATTACKER IN THE SOLAR PLEXUS WITH A RIGHT REVERSE PUNCH.
- STEP TO 12 O'CLOCK WITH YOUR RIGHT FOOT AND STRIKE THE ATTACKER IN THE STERNUM WITH A RIGHT VERTICAL ELBOW STRIKE.
- STEP BACK TO 6 O'CLOCK WITH YOUR LEFT FOOT AS YOU SIMULTANEOUSLY PIVOT YOUR BODY TO YOUR LEFT TO FACE 6 O'CLOCK, AND CIRCLE YOUR RIGHT ARM COUNTERCLOCKWISE, THEN DRIVE YOUR RIGHT ELBOW BACK INTO THE ATTACKER'S SOLAR PLEXUS.
- DRAW YOUR RIGHT FOOT TO YOUR LEFT, AND THEN KICK THE ATTACKER WITH A RIGHT-SIDE KICK TO THE RIBS OR MID-SECTION.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “L”***

### ***ATTACKER THROWS A RIGHT ROUNDHOUSE OR UPPERCUT TO YOUR FACE:***

- FROM A SOUTHPAW, MEDIUM CAT STANCE (RIGHT FOOT FORWARD) WITH BOTH HANDS HELD FACE HIGH (PALMS OPEN) MOVE YOUR RIGHT FOOT TO 2 O'CLOCK AND PIVOT YOUR BODY SLIGHTLY TO YOUR LEFT AS YOU STRIKE THE ATTACKER'S PUNCHING ARM WITH A RIGHT LONG INWARD BLOCK/STRIKE. PLACE YOUR LEFT OPEN HAND COVER AT YOUR FACE.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK, STEPPING BETWEEN THE ATTACKER'S LEGS, AND DRIVE YOUR RIGHT ELBOW BACK INTO THE ATTACKER'S COLLAR BONE, THEN STRIKE THE ATTACKER WITH A COUNTER RIGHT SNAPPING CHOP TO THE RIGHT SIDE OF THE NECK (CAROTID ARTERY).
- MOVE YOUR RIGHT FOOT TO 3 O'CLOCK AND BODY SWITCH TO YOUR RIGHT AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A LEFT VERTICAL PUNCH. YOUR RIGHT OPEN HAND COVER IS PLACED OVER YOUR HEART.
- MOVE YOUR RIGHT FOOT CLOCKWISE TO 8 O'CLOCK, THEN DRAW YOUR LEFT LEG BACK AND KICK THE ATTACKER IN THE MID-SECTION WITH A LEFT SIDE KICK.

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## **PALAMA SETS**

The student will explain the self-defense and fighting applications contained within Palama Sets 1 through 5.