

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>2nd Degree Black Belt Requirements</i>	
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ALPHABET "M"

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 LEFT HAND SHORT OUTWARD BLOCK/STRIKE.
- KICK THE ATTACKER IN THE RIGHT RIB CAGE WITH A LEFT FRONT KICK, THEN PLACE YOUR LEFT FOOT DOWN AT 9 O'CLOCK AND BODY SWITCH TO YOUR LEFT AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT VERTICAL SPEAR HAND. YOUR LEFT OPEN HAND COVER IS PLACED IN FRONT OF YOUR HEART.
- DRAW YOUR RIGHT LEG IN, AND THEN KICK THE ATTACKER IN THE FRONT KNEE WITH A RIGHT SIDEKICK.

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ALPHABET “N”

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 RIGHT CLOSED HAND SHORT INWARD BLOCK/STRIKE AS YOU SIMULTANEOUSLY RAISE YOUR LEFT OPEN HAND (PALM-UP) ABOVE YOUR LEFT EAR TO PREPARE FOR THE NEXT MOVE.
- KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FRONT KICK AND SIMULTANEOUSLY RAKE THE ATTACKER'S EYES WITH THE FINGERS OF YOUR LEFT OPEN HAND (PALM UP) AS YOU STRIKE ACROSS THE ATTACKER'S EYES FROM YOUR LEFT TO RIGHT.
- PLACE YOUR LEFT FOOT AT 9 O'CLOCK AND AS YOU DO CHOP THE ATTACKER IN THE LEFT SIDE OF THE NECK WITH A LEFT CHOP, THEN COUNTER STRIKE THE ATTACKER IN THE SAME AREA WITH A RIGHT CHOP WHILE ROTATING YOUR BODY TO YOUR LEFT FOR POWER.

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ALPHABET “O”

ATTACKER THROWS A STRAIGHT RIGHT OR HOOK TO YOUR FACE:

- FROM A SOUTHPAW, MEDIUM CAT STANCE (RIGHT FOOT FORWARD) WITH BOTH HANDS HELD FACE HIGH (PALMS OPEN) SIMULTANEOUSLY, BLOCK THE ATTACKER’S PUNCHING ARM WITH A LEFT PALM FORWARD OPEN HAND OUTWARD BLOCK/STRIKE AND A RIGHT HAMMERFIST OR “BOTTOM” KNUCKLE STRIKE TO THE ATTACKER’S RIGHT BICEP AS YOU KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- PLACE YOUR RIGHT FOOT DOWN AT 12 O’CLOCK, THEN GRAB THE ATTACKER’S RIGHT WRIST WITH YOUR LEFT HAND AND PULL THE ATTACKER TOWARD YOU AS YOU STRIKE THE ATTACKER ACROSS THE RIGHT SIDE OF THEIR NECK WITH A RIGHT CHOP (CAROTID ARTERY).
- GRAB THE ATTACKER’S RIGHT COLLAR OR SHOULDER AREA WITH YOUR RIGHT HAND AND STEP BACK TO 6 O’CLOCK WITH YOUR RIGHT FOOT, PULLING THE ATTACKER’S HEAD DOWN AND FORWARD.
- SLIDE YOUR LEFT HAND UNDER THE ATTACKER’S RIGHT ARM AND PLACE YOUR PALM ON THE ATTACKER’S RIGHT SHOULDER AREA AS YOU BEGIN TO ROTATE YOUR BODY TO YOUR RIGHT.
- PUSH DOWN ON THE BACK OF THE ATTACKER’S NECK WITH YOUR RIGHT HAND AND PULL FORWARD AGAINST THE ATTACKER’S RIGHT SHOULDER WITH YOUR LEFT ARM AS YOU CONTINUE TO PIVOT YOUR BODY TO YOUR RIGHT, CAUSING THE ATTACKER TO FLIP OVER ONTO THEIR BACK.
- ONCE THE ATTACKER HITS THE GROUND, GRAB THE ATTACKER’S RIGHT WRIST WITH BOTH OF YOUR HANDS AND PLACE HIS WRIST INTO A TWO-HAND WRISTLOCK, THEN STOMP ON THE ATTACKER’S HEAD WITH YOUR RIGHT FOOT.

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ALPHABET "P"

TWO-PERSON ATTACK

ATTACK SEQUENCE:

THE FIRST ATTACKER IS ON YOUR RIGHT-SIDE AT 2 O'CLOCK AND THE SECOND ATTACKER IS ON YOUR LEFT SIDE AT 10 O'CLOCK. THE FIRST ATTACKER THROWS A STRAIGHT RIGHT PUNCH AT YOUR HEAD, WHILE THE SECOND ATTACKER TRIES TO GRAB YOUR THROAT, NECK OR LAPEL WITH BOTH HANDS. YOU ARE IN AN OPEN STANCE WITH YOUR FEET SHOULDER WIDTH APART.

FIRST ATTACKER:

- 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.
- STEP FORWARD TO 11 O'CLOCK WITH YOUR LEFT FOOT INTO A LEFT FORWARD STANCE AND STRIKE THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FORWARD PUNCH.

SECOND ATTACKER:

- AS THE SECOND ATTACKER STARTS TO STEP TOWARD YOU AND GRAB, PIVOT YOUR BODY TO YOUR LEFT TO FACE THEM AND AT THE SAME TIME EXECUTE A RIGHT "ONE" KNUCKLE STRIKE TO THE FIRST ATTACKER'S SOLAR PLEXUS (BIG KNUCKLE OF YOUR INDEX FINGER) AND A RIGHT FRONT KICK TO THE SECOND ATTACKER'S GROIN.
- PLACE YOUR RIGHT FOOT DOWN FACING 11 O'CLOCK (BETWEEN BOTH ATTACKERS) AND TURN YOUR BODY TO YOUR LEFT, THEN STRIKE THE FIRST ATTACKER IN THE RIBS WITH AN EXTENDED LEFT FOREARM STRIKE, AND A COUNTER RIGHT PUNCH TO THE BASE OF THE SKULL.

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ALPHABET “Q”

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 MEDIUM CAT STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM WITH A CLOSED RIGHT HAND SHORT INWARD BLOCK/STRIKE.
- KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK, THEN PLACE YOUR RIGHT FOOT DOWN AT 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND PUNCH THE ATTACKER IN THE RIGHT SIDE OF THE HEAD OR FACE WITH A LEFT ROUNDHOUSE HOOK PUNCH.
- WITHOUT MOVING YOUR FEET, ROTATE YOUR UPPER BODY TO YOUR LEFT (FOR POWER) AND STRIKE THE ATTACKER ACROSS THE LEFT SIDE OF THE NECK WITH A RIGHT CHOP.

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ALPHABET “R”

ATTACKER THROWS A LEFT JAB TO YOUR FACE, FOLLOWED BY A RIGHT HOOK PUNCH TO YOUR FACE:

ATTACKER THROWS A LEFT JAB TO YOUR FACE:

- FROM A SOUTHPAW, MEDIUM CAT STANCE (RIGHT FOOT FORWARD) WITH BOTH HANDS HELD FACE HIGH (PALMS OPEN) STRIKE THE TOP OF THE ATTACKER’S LEFT FOREARM OR WRIST WITH A RIGHT DOWNWARD PALM HEEL STRIKE.

ATTACKER THROWS A COUNTER RIGHT HOOK PUNCH TO YOUR FACE

- SIMULTANEOUSLY, BLOCK THE ATTACKER’S PUNCHING ARM WITH A LEFT PALM FORWARD OPEN HAND OUTWARD BLOCK/STRIKE AND A RIGHT HAMMERFIST OR “BOTTOM” KNUCKLE STRIKE TO THE ATTACKER’S RIGHT BICEP AS YOU KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- PLACE YOUR RIGHT FOOT DOWN AT 12 O’CLOCK INTO A FORWARD STANCE AND GRAB THE ATTACKER’S RIGHT WRIST WITH YOUR LEFT HAND.
- PULL THE ATTACKER TOWARD YOU WITH YOUR LEFT HAND AS YOU STRIKE THE ATTACKER IN THE COLLAR BONE OR RIGHT SIDE OF THE NECK WITH A RIGHT DOWNWARD ELBOW (POKE) STRIKE, AND COUNTER STRIKE THE ATTACKER IN THE RIGHT SIDE OF THE HEAD WITH A RIGHT BACK KNUCKLE STRIKE.
- CIRCLE YOUR RIGHT HAND INWARD AND BACK OUT AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT HAMMER FIST STRIKE.
- STEP TO 2 O’CLOCK WITH YOUR RIGHT FOOT INTO A RIGHT FORWARD STANCE AND PUNCH THE ATTACKER IN THE RIGHT SIDE OF THE HEAD WITH A LEFT DOWNWARD HOOK PUNCH, THEN COUNTER STRIKE THE ATTACKER IN THE HEAD WITH A LEFT ROUNDHOUSE OR STRAIGHT FRONT KICK.

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PALAMA SETS

The student will explain the self-defense and fighting applications contained within Palama Sets 6 through 10.