

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>3rd Degree Black Belt Requirements</i>	
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UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

ALPHABET "S"

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 12 O'CLOCK (BETWEEN BOTH ATTACKERS) AND TURN SLIGHTLY TO YOUR RIGHT AS YOU STRIKE THE FIRST ATTACKER WITH A RIGHT CHOP TO THE SIDE OR BASE OF THE NECK.
- STEP THROUGH WITH YOUR LEFT FOOT AND PIVOT TO YOUR LEFT TO AN "ON GUARD" POSITION.

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ALPHABET “T”

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 SHORT INWARD BLOCK/STRIKE.
- AT THE SAME TIME, STRIKE THE ATTACKER IN THE FACE WITH A LEFT FORWARD CLAW STRIKE AND KICK THE ATTACKER IN THE GROIN WITH A LEFT FRONT KICK.
- PLACE YOUR LEFT FOOT DOWN AT 10 O'CLOCK AND GRAB THE ATTACKER'S RIGHT SHOULDER OR COLLAR AREA WITH YOUR LEFT HAND.
- PULL THE ATTACKER DOWN AND TO YOUR LEFT WITH YOUR LEFT HAND AND STRIKE THE ATTACKER ACROSS THE BASE OF THE NECK WITH A RIGHT DOWNWARD FOREARM STRIKE.
- WHILE HOLDING THE ATTACKER UP WITH YOUR LEFT HAND, DO A REVERSE PIVOT TO 4 O'CLOCK WITH YOUR LEFT FOOT AND STRIKE THE ATTACKER UPWARD TO THE THROAT WITH A RIGHT UPWARD FOREARM.
- GRAB THE ATTACKER'S LEFT SHOULDER WITH YOUR RIGHT HAND (TO CONTROL HIM) AND STRIKE THE ATTACKER IN THE LEFT TEMPLE WITH A LEFT SNAPPING PUNCH.
- PUSH THE ATTACKER'S HEAD DOWN WITH YOUR RIGHT HAND AND KICK THE ATTACKER IN THE FACE WITH A LEFT QUICK KICK.
- RELEASE YOUR GRIP AND PLACE YOUR LEFT FOOT BACK TO 5 O'CLOCK INTO A RIGHT MEDIUM CAT STANCE AND KICK THE ATTACKER IN THE STOMACH, RIBS OR FRONT KNEE WITH A RIGHT SIDEKICK.

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ALPHABET “U”

ATTACKER THROWS A RIGHT HOOK PUNCH 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 10 O’CLOCK AND STRIKE THE ATTACKER ACROSS THE RIGHT SIDE OR BASE OF THE NECK WITH A RIGHT CHOP.
- STEP FORWARD WITH YOUR LEFT FOOT TO 12 O’CLOCK AND PIVOT YOUR BODY TO THE RIGHT (CLOCKWISE), THEN STRIKE THE ATTACKER BETWEEN THE SHOULDER BLADES WITH A DOWNWARD VERTICAL ELBOW STRIKE.
- PIVOT YOUR BODY BACK TO YOUR LEFT (COUNTERCLOCKWISE) AND STRIKE THE ATTACKER IN THE RIGHT RIBS WITH A RIGHT PUNCH.
- KICK THE ATTACKER IN THE BODY WITH A LEFT FRONT KICK AS THE ATTACKER FALLS TO THE GROUND.

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ALPHABET "V"

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 12 O'CLOCK (BETWEEN BOTH ATTACKERS) AND TURN YOUR BODY SLIGHTLY TO YOUR RIGHT, THEN STRIKE THE FIRST ATTACKER WITH A RIGHT SNAP BACK KNUCKLE STRIKE TO THE LOWER SPINE AREA.
- STEP THROUGH WITH YOUR LEFT FOOT AND PIVOT TO YOUR LEFT TO AN "ON GUARD" POSITION.

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ALPHABET “W”

ATTACKER THROWS A RIGHT HOOK 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.
- SLIDE YOUR RIGHT FOOT FORWARD TO 1 O’CLOCK INTO A RIGHT FORWARD STANCE AND STRIKE THE ATTACKER IN THE RIGHT SIDE OF THE NECK WITH A RIGHT BACK FIST STRIKE.
- PIVOT YOUR UPPER BODY TO YOUR RIGHT (CLOCKWISE) AND STRIKE THE ATTACKER IN THE COLLARBONE OR IN THE RIGHT SIDE OF THE NECK WITH A LEFT HAMMERFIST STRIKE.
- TURN YOUR BODY LEFT AND STRIKE THE ATTACKER IN THE STERNUM WITH A RIGHT FORWARD OX-JAW STRIKE, AND COUNTER STRIKE THE ATTACKER WITH A LEFT FRONT KICK TO THE GROIN.

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ALPHABET “X”

ATTACKER THROWS A RIGHT HOOK OR UPPERCUT 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.
- SLIDE YOUR RIGHT FOOT FORWARD TOWARD 12 O’CLOCK AND STRIKE THE ATTACKER’S RIGHT COLLAR BONE WITH A RIGHT HORIZONTAL ELBOW STRIKE (POKE).
- ROTATE YOUR BODY TO YOUR LEFT AND LOWER YOUR BODY INTO A LOW LEFT FORWARD STANCE AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT CIRCULAR HAMMER FIST STRIKE, COUNTER STRIKE THE ATTACKER IN THE CHIN WITH AN UPWARD RIGHT ELBOW STRIKE AND KICK THE ATTACKER IN STOMACH WITH A RIGHT SIDEKICK.

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ALPHABET “Y”

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.
- KICK THE ATTACKER IN THE GROIN WITH A LEFT FRONT KICK, THEN PLACE YOUR LEFT FOOT DOWN AT 11 O'CLOCK AND ROTATE YOUR BODY TO THE RIGHT AS YOU STRIKE THE ATTACKER ACROSS THE RIGHT TEMPLE WITH A LEFT SLASHING KNUCKLE STRIKE (FINGERS OF YOUR LEFT FIST FACE YOU AND THE KNUCKLES STRIKE THE ATTACKER'S TEMPLE).
- STRIKE THE ATTACKER IN THE FACE WITH A LEFT BACK FIST STRIKE, THEN ROTATE YOUR BODY BACK TO YOUR LEFT (COUNTERCLOCKWISE) AND STRIKE THE ATTACKER IN THE RIBS WITH A RIGHT REVERSE PUNCH, FOLLOWED BY A RIGHT ROUNDHOUSE KICK TO THE ATTACKER'S BODY AS THEY FALL BACKWARD.

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ALPHABET “Z”

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 INWARD BLOCK/STRIKE.
- KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT ROUNDHOUSE KICK, THEN PLACE YOUR LEFT FOOT DOWN AT 11 O'CLOCK INTO A LEFT FORWARD STANCE AND STRIKE THE ATTACKER IN THE LEFT SIDE OF THE NECK WITH A LEFT CHOP.
- STRIKE THE ATTACKER IN THE THROAT WITH A RIGHT BEAR CLAW STRIKE AND KICK THE ATTACKER IN THE STOMACH OR GROIN WITH A RIGHT FRONT KICK.

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PALAMA SETS

The student will explain the self-defense and fighting applications contained within Palama Sets 11 through 14.