

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>Black Belt Requirements</i>	
<i>Palama Sets</i>	<i>13 & 14</i>
<i>Grab Counters</i>	<i>13 - 15</i>
<i>Punch Counters</i>	<i>17 - 21</i>
<i>Knife Counters</i>	<i>12 - 15</i>
<i>Club Counters</i>	<i>12 & 13</i>
<i>2-Man Counters</i>	<i>7 & 8</i>
<i>3-Man Counters</i>	<i>5 & 6</i>
<i>Alphabet Techniques</i>	<i>D - F</i>

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

PALAMA SET #13

- START FROM AN OPEN STANCE
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE
- BOW
- MOVE TO THE SQUATTING POSITION (***KIAI***)
- LOOK TO YOUR LEFT TOWARDS 9 O'CLOCK, THEN MOVE YOUR LEFT FOOT OUT TO A LEFT FORWARD STANCE FACING 9 O'CLOCK AND EXECUTE A LEFT-HAND DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 9 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR RIGHT SHOULDER, THEN PIVOT YOUR BODY CLOCKWISE ON YOUR LEFT FOOT TO A RIGHT FORWARD STANCE FACING 3 O'CLOCK AND EXECUTE A RIGHT DOWNWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT TO 3 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR.
- LOOK TOWARD 12 O'CLOCK, THEN PIVOT YOUR BODY COUNTERCLOCKWISE ON YOUR RIGHT FOOT INTO A LEFT FORWARD STANCE FACING 12 O'CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT UPWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR LEFT SHOULDER, THEN PIVOT COUNTERCLOCKWISE ON YOUR RIGHT FOOT TO A LEFT FORWARD STANCE FACING 3 O'CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 3 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR RIGHT SHOULDER AND PIVOT CLOCKWISE ON YOUR LEFT FOOT TO A RIGHT FORWARD STANCE FACING 9 O'CLOCK AND EXECUTE A RIGHT DOWNWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

PALAMA SET #13 CONTINUED

- MOVE YOUR LEFT FOOT TO 9 O’CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR LEFT SHOULDER TOWARD 6 O’CLOCK, THEN PIVOT YOUR BODY CLOCKWISE ON YOUR RIGHT FOOT TO A LEFT FORWARD STANCE FACING 6 O’CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 6 O’CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT TO 6 O’CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT TO 6 O’CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR **(KIAI)**.
- LOOK OVER YOUR LEFT SHOULDER, THEN PIVOT COUNTERCLOCKWISE ON YOUR RIGHT FOOT TO A LEFT FORWARD STANCE FACING 10 O’CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- SLIDE YOUR RIGHT FOOT OUT TO 10 O’CLOCK INTO A REVERSE “T” STANCE AND EXECUTE A DOUBLE SIDE CHOP TOWARD 10 O’CLOCK WITH THE RIGHT CHOP HEAD HIGH AND THE LEFT CHOP NECK HIGH.
- SLIDE YOUR LEFT FOOT OUT TO 8 O’CLOCK INTO A REVERSE “T” STANCE AND EXECUTE A DOUBLE SIDE CHOP TOWARD 8 O’CLOCK WITH THE LEFT CHOP HEAD HIGH AND THE RIGHT CHOP NECK HIGH.
- SLIDE YOUR RIGHT FOOT OUT TO 4 O’CLOCK INTO A REVERSE “T” STANCE AND EXECUTE A DOUBLE SIDE CHOP TOWARD 4 O’CLOCK WITH THE RIGHT CHOP HEAD HIGH AND THE LEFT CHOP NECK HIGH.
- SLIDE YOUR LEFT FOOT OUT TO 2 O’CLOCK INTO A REVERSE “T” STANCE AND EXECUTE A DOUBLE SIDE CHOP TOWARD 2 O’CLOCK WITH THE LEFT CHOP HEAD HIGH AND THE RIGHT CHOP NECK HIGH.
- MOVE YOUR LEFT FOOT BACK TO 9 O’CLOCK INTO A HORSE STANCE FACING 12 O’CLOCK AND EXECUTE A HIGH X BLOCK, FOLLOWED BY AN DOUBLE ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE.
- BOW
- MOVE YOUR RIGHT FOOT OUT TO AN OPEN STANCE, AND THEN CROSS YOUR HANDS IN FRONT OF YOU AND PLACE YOUR FISTS IN FRONT OF YOUR HIPS.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

PALAMA SET #14

- START FROM AN OPEN STANCE
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE.
- BOW
- MOVE TO THE SQUATTING POSITION (***KIAI***)
- MOVE YOUR RIGHT FOOT INWARD, BACK TO THE SET POSITION STANCE AND PLACE YOUR HANDS ON YOUR HIPS.
- SLIDE YOUR LEFT FOOT OUT TO 9 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR LEFT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR LEFT FOOT OUT TO 9 O'CLOCK AND BODY SWITCH TO YOUR LEFT INTO A BENT KNEE HORSE STANCE, THEN RETURN YOUR LEFT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR RIGHT FOOT OUT TO 3 O'CLOCK AND BODY SWITCH TO YOUR RIGHT INTO A BENT KNEE HORSE STANCE, THEN RETURN YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR LEFT FOOT OUT TO 10 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR LEFT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR RIGHT FOOT OUT TO 2 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR LEFT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR LEFT FOOT BACK TO 8 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR LEFT FOOT BACK TO THE SET POSITION STANCE.
- SLIDE YOUR RIGHT FOOT BACK TO 4 O'CLOCK INTO A HORSE STANCE, THEN RETURN YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE.
- MOVE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT UPWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT BACKWARD TO 6 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT SHORT OUTWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT BACKWARD TO 6 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT SHORT OUTWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

PALAMA SET #14 CONTINUED

- MOVE YOUR RIGHT FOOT BACKWARD TO 6 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT SHORT INWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT BACKWARD TO 6 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT SHORT INWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- PLACE YOUR HANDS ON YOUR HIPS, THEN EXECUTE A LEFT FRONT THRUST KICK TOWARD 12 O'CLOCK (***KIAI***), AND THEN PLACE YOUR LEFT FOOT DOWN AT 12 O'CLOCK INTO A LEFT FORWARD STANCE.
- EXECUTE A RIGHT FRONT THRUST KICK TOWARD 12 O'CLOCK, AND THEN PLACE YOUR RIGHT FOOT DOWN AT 12 O'CLOCK INTO A RIGHT FORWARD STANCE.
- MOVE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT BACK EVEN WITH YOUR LEFT FOOT INTO A DEEP HORSE STANCE FACING 12 O'CLOCK AND EXECUTE A HIGH X-BLOCK, FOLLOW BY A DOUBLE ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT UPWARD BLOCK/STRIKE, FOLLOWED BY A LEFT FRONT SNAP KICK, AND THEN PLACE YOUR LEFT FOOT BACK INTO THE HORSE STANCE.
- EXECUTE A LEFT UPWARD BLOCK/STRIKE, FOLLOWED BY A RIGHT FRONT SNAP KICK, THEN PLACE YOUR RIGHT FOOT BACK INTO THE HORSE STANCE.
- EXECUTE A RIGHT SHORT OUTWARD BLOCK/STRIKE, FOLLOWED BY A LEFT FRONT SNAP KICK, AND THEN PLACE YOUR LEFT FOOT BACK INTO THE HORSE STANCE.
- EXECUTE A LEFT SHORT OUTWARD BLOCK/STRIKE, FOLLOWED BY A RIGHT FRONT SNAP KICK, THEN PLACE YOUR RIGHT FOOT BACK INTO THE HORSE STANCE.
- EXECUTE A RIGHT SHORT INWARD BLOCK/STRIKE, FOLLOWED BY A LEFT FRONT SNAP KICK, AND THEN PLACE YOUR LEFT FOOT BACK INTO THE HORSE STANCE.
- EXECUTE A LEFT SHORT INWARD BLOCK/STRIKE, FOLLOWED BY A RIGHT FRONT SNAP KICK, THEN PLACE YOUR RIGHT FOOT BACK INTO THE HORSE STANCE.
- LOOK TO YOUR LEFT TOWARD 10 O'CLOCK, THEN RAISE BOTH HANDS UP INTO A HIGH READY POSITION WITH YOUR FINGERS POINTING TOWARD 3 O'CLOCK.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

PALAMA SET #14 CONTINUED

- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A HORSE STANCE AND EXECUTE A DOUBLE HAMMER FIST STRIKE TO THE COLLARBONE ***(KIAI)***.
- LOOK TO YOUR LEFT TOWARD 6 O'CLOCK, AND THEN RAISE BOTH HANDS UP INTO A HIGH READY POSITION.
- MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 6 O'CLOCK INTO A HORSE STANCE AND EXECUTE A DOUBLE HAMMER FIST STRIKE TO THE COLLARBONE AREA ***(KIAI)***.
- LOOK TO YOUR RIGHT TOWARD 6 O'CLOCK, AND THEN RAISE BOTH HANDS INTO A HIGH READY POSITION.
- MOVE YOUR LEFT FOOT CLOCKWISE TO 6 O'CLOCK INTO A DEEP HORSE STANCE AND EXECUTE A DOUBLE HAMMER FIST STRIKE TO THE COLLARBONE AREA ***(KIAI)***.
- LOOK TO YOUR RIGHT TOWARD 12 O'CLOCK, AND THEN DRAW YOUR RIGHT FOOT INWARD TO A MEDIUM CAT STANCE AND PLACE YOUR HANDS IN A CRANE POSITION WITH YOUR RIGHT WRIST HELD FACE HIGH AND YOUR LEFT OPEN PALM PLACED AS A LOW RIB COVER.
- MOVE YOUR LEFT FOOT OUT TO 9 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK, THEN EXECUTE A HIGH X-BLOCK, FOLLOWED BY A DOUBLE ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE.
- BOW
- MOVE YOUR RIGHT FOOT OUT TO AN OPEN STANCE, AND THEN CROSS YOUR HANDS IN FRONT OF YOU AND PLACE THEM AT YOUR HIPS.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

GRAB COUNTER #13

ATTACKER GRABS THE BACK OF YOUR NECK WITH BOTH HANDS FROM THE REAR.

- TURN QUICKLY TO YOUR LEFT FACING 6 O'CLOCK, DROP INTO A LOW LEFT FORWARD STANCE, AND AT THE SAME TIME, STRIKE THE ATTACKER'S ARMS UPWARD WITH A LEFT UPWARD BLOCK/STRIKE AND PUNCH THE ATTACKER IN THE GROIN WITH YOUR RIGHT HAND.
- GRAB BEHIND THE ATTACKER'S KNEES WITH BOTH HANDS (RIGHT HAND BEHIND LEFT KNEE, LEFT HAND BEHIND RIGHT KNEE) AND PULL THE ATTACKER'S KNEES TOWARD YOU, AS YOU LOWER YOUR HEAD AND HEAD-BUTT THE ATTACKER IN THE STOMACH, TAKING THEM TO THE GROUND ON THEIR BACK.
- SPREAD THE ATTACKER'S LEGS APART WITH THE OUTSIDE OF YOUR LEGS AND PUNCH THE ATTACKER IN THE GROIN WITH A RIGHT PUNCH, FOLLOWED BY A LEFT PUNCH, FOLLOWED BY A RIGHT SNAP KICK TO THE ATTACKER'S GROIN.

NOTE: INSTEAD OF USING A HEAD-BUTT TO THE STOMACH YOU CAN USE EITHER YOUR RIGHT OR LEFT SHOULDER FOR THE TAKEDOWN.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

GRAB COUNTER #14

ATTACKER GRABS YOU IN A BEAR HUG FROM THE REAR:

- WRAP YOUR ARMS AROUND THE ATTACKER'S ARMS AND STOMP DOWN ON THE ATTACKER'S RIGHT INSTEP WITH YOUR RIGHT HEEL.
- PLACE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE SHOOT YOUR HANDS FORWARD INTO AN X-BLOCK TO BREAK THE ATTACKER'S HOLD.
- STRIKE THE ATTACKER IN THE GROIN WITH A LEFT HAMMER FIST.
- MOVE YOU LEFT FOOT BACK TO 6 O'CLOCK, AND IN ONE CONTINUOUS MOTION, ROTATE TO YOUR LEFT AS YOU STRIKE THE ATTACKER IN THE RIBS WITH A RIGHT HAND CIRCULAR UPPER CUT OR ONE KNUCKLE STRIKE.
- PIVOT BACK TO YOUR RIGHT, THEN STRIKE THE ATTACKER ON THE BACK OF THE NECK WITH A LEFT CHOP.
- GRAB THE ATTACKER'S RIGHT SHOULDER WITH YOUR LEFT HAND AND PUSH IT DOWNWARD, AS YOU FOLLOW UP WITH A RIGHT CHOP OR HAMMER FIST TO THE BACK OF THE ATTACKER'S NECK.

NOTE: YOU CAN ADD A RIGHT KNEE TO THE ATTACKER'S FACE AS YOU EXECUTE THE RIGHT CHOP OR HAMMER FIST STRIKE TO CREATE A MOVEMENT CALLED THE NUTCRACKER.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

GRAB COUNTER #15

ATTACKER GRABS YOU IN A BEAR HUG FROM THE REAR:

- WRAP YOUR ARMS AROUND THE ATTACKER'S ARMS AND STOMP DOWN ON THE ATTACKER'S RIGHT INSTEP WITH YOUR RIGHT HEEL.
- PLACE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE SHOOT YOUR HANDS FORWARD INTO AN X-BLOCK TO BREAK THE ATTACKER'S HOLD.
- STRIKE THE ATTACKER IN THE STOMACH WITH A LEFT REAR ELBOW, FOLLOWED WITH A LEFT HAMMER FIST TO THE GROIN.
- SLIDE YOUR RIGHT LEG BACK AGAINST THE ATTACKER'S RIGHT LEG AS YOU SIMULTANEOUSLY GRAB THE ATTACKER'S RIGHT SHOULDER WITH YOUR RIGHT HAND.
- FLIP THE ATTACKER OVER YOUR RIGHT SHOULDER (Judo Technique: SEOI-NAGI).

NOTE: IF YOU CANNOT EXECUTE THE FLIP SIMPLY STEP FORWARD TOWARD 12 O'CLOCK WITH YOUR RIGHT FOOT AFTER THE HAMMER FIST STRIKE TO THE GROIN AND EXECUTE A LEFT BACK KICK TO THE ATTACKER'S STOMACH OR CHEST AREA.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

PUNCH COUNTER #17

ATTACKER STANDS IN AN OPEN STANCE, THEN STEPS FORWARD WITH THEIR LEFT FOOT INTO A LEFT FORWARD STANCE AND THROWS A STRAIGHT RIGHT PUNCH AT YOUR FACE:

- FROM AN OPEN STANCE, MOVE YOUR HEAD TO YOUR LEFT AS YOU SIMULTANEOUSLY BRUSH BLOCK THE ATTACKER'S RIGHT PUNCHING ARM INWARD WITH YOUR LEFT PALM, STRIKE THE ATTACKER'S RIGHT BICEP WITH A RIGHT BOTTOM KNUCKLE STRIKE, AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- AFTER THE KICK, PLACE YOUR RIGHT FOOT BEHIND YOU AT 6 O'CLOCK, AND THEN PIVOT YOUR BODY TO YOUR RIGHT AS YOU GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND AND TAKE THE ATTACKER TO THE GROUND FACE FIRST BY PRESSED DOWN ON THE ATTACKER'S TRICEP WITH YOUR LEFT PALM.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

PUNCH COUNTER #18

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

ATTACKER STANDS IN A LEFT FORWARD STANCE AND 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 AS THE ATTACKER JABS.

ATTACKER COUNTERS WITH A RIGHT HOOK PUNCH TO YOUR FACE:

- STRIKE THE TOP OR INSIDE OF THE ATTACKER'S RIGHT FOREARM WITH A SECOND RIGHT PALM HEEL STRIKE AS THE ATTACKER THROWS THE HOOK PUNCH.
- KICK THE ATTACKER IN THE RIBS WITH A LEFT SNAP FRONT 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 INTO A FORWARD STANCE AT 12 O'CLOCK AND STRIKE THE ATTACKER ACROSS THE LEFT SIDE OF THE NECK WITH A LEFT DOWNWARD CHOP, FOLLOWED BY A RIGHT DOWNWARD CHOP TO THE SAME LOCATION.
- GRAB THE ATTACKER'S LEFT COLLAR AREA WITH YOUR RIGHT HAND AND STRIKE THE ATTACKER IN THE NECK WITH A LEFT HORIZONTAL ELBOW STRIKE.
- AS YOU STRIKE, SIMULTANEOUSLY PIVOT TO YOUR RIGHT AND PULL THE ATTACKER TO THE GROUND WITH YOUR RIGHT HAND BY PULLING THEIR NECK OR SHOULDER DOWNWARD.

NOTE: ACCORDING TO GGM DAVIS, THIS TECHNIQUE HAS ALSO BEEN TAUGHT IN THE FOLLOWING MANNER:

- FROM A SOUTHPAW MEDIUM CAT STANCE BLOCK THE ATTACKER'S JAB DOWNWARD WITH A RIGHT PALM HEEL STRIKE, THEN BLOCK THE ATTACKER'S RIGHT HOOK PUNCH DOWNWARD WITH A RIGHT PALM HEEL STRIKE AS YOU SIMULTANEOUSLY KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT SNAP KICK.
- PLACE YOUR RIGHT FOOT DOWN AT 12 O'CLOCK AND EXECUTE A RIGHT CLAW STRIKE TO THE ATTACKER'S EYES, FOLLOWED BY A RIGHT PALM STRIKE TO THE ATTACKER'S CHEST OR STERNUM.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

PUNCH COUNTER #19

ATTACKER STANDS IN AN OPEN STANCE, THEN STEPS FORWARD WITH THEIR LEFT FOOT INTO A LEFT FORWARD STANCE AND THROWS A STRAIGHT RIGHT PUNCH AT YOUR FACE:

- FROM AN OPEN STANCE, HOP BACK TO 6 O'CLOCK AND EXECUTE A RIGHT-SIDE KICK TO THE ATTACKER'S RIBS OR FRONT KNEE.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

PUNCH COUNTER #20

ATTACKER STANDS IN AN OPEN STANCE, THEN STEPS FORWARD WITH THEIR LEFT FOOT INTO A LEFT FORWARD STANCE AND THROWS A STRAIGHT RIGHT PUNCH AT YOUR FACE:

- FROM AN OPEN STANCE, HOP BACK TO 8 O'CLOCK AND EXECUTE A RIGHT SNAP FRONT KICK TO THE ATTACKER'S GROIN.
- FOLLOW UP WITH A RIGHT ROUNDHOUSE TO THE BODY OR HEAD.

NOTE: YOU CAN USE YOUR LEFT PALM TO PARRY THE PUNCH INWARD AND AWAY FROM YOUR FACE AS YOU KICK.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

PUNCH COUNTER #21

ATTACKER THROWS A STRAIGHT RIGHT PUNCH FROM A LEFT FORWARD STANCE:

- FROM AN OPEN STANCE, DROP DOWN TO YOUR LEFT TO AVOID THE PUNCH AS YOU PLACE YOUR LEFT KNEE AND BOTH PALMS ON THE GROUND AT 9 O'CLOCK.
- FROM THE GROUND, KICK THE ATTACKER IN THE RIBS OR GROIN WITH A RIGHT FORWARD CARTWHEEL KICK.

NOTE: A COMMON FINISH IS A RIGHT SIDEKICK TO THE ATTACKER'S LEFT KNEE, TAKING THEM TO THE GROUND.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

KNIFE COUNTER # 12

ATTACKER STABS FORWARD TO YOUR STOMACH WITH A KNIFE IN THEIR RIGHT HAND:

- MOVE YOUR LEFT FOOT TO 8 O'CLOCK INTO A FOUR CORNER COVER AND PARRY THE ATTACKER'S WEAPON ARM INWARD WITH YOUR LEFT PALM, THEN GRAB THE ATTACKER'S WRIST WITH BOTH HANDS (LEFT ON TOP, RIGHT ON BOTTOM).
- ROTATE THE ATTACKER'S WRIST COUNTERCLOCKWISE INTO A WRISTLOCK, BREAKING THE ELBOW, THEN KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT KICK AND PLACE YOUR RIGHT FOOT BEHIND YOU AT 6 O'CLOCK AS YOU PULL THE ATTACKER'S RIGHT WRIST TOWARD YOU.
- AS THE ATTACKER COMES FORWARD, WHILE STILL HOLDING THE ATTACKER'S WRIST WITH BOTH HANDS, SLASH THE ATTACKER ACROSS THE RIGHT SIDE OF THE THROAT WITH BLADE, THEN PUSH THE BLADE FORWARD INTO THE ATTACKER'S STOMACH.
- LEAVE THE WEAPON IN THE ATTACKER'S BODY.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

KNIFE COUNTER #13

ATTACKER STABS DOWNWARD TO THE LEFT SIDE OF YOUR FACE WITH A KNIFE IN THEIR RIGHT HAND:

- AT THE SAME TIME, MOVE YOUR RIGHT FOOT TO 2 O'CLOCK AND BODY-SWITCH TO YOUR RIGHT AS YOU STRIKE THE INSIDE OF THE ATTACKER'S WEAPON ARM WITH A LEFT LONG OUTWARD BLOCK/STRIKE AND STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT HAMMER FIST.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND, THEN MOVE YOUR RIGHT FOOT TO 12 O'CLOCK AND STRIKE DOWNWARD ACROSS THE ATTACKER'S RIGHT BICEP WITH A RIGHT FOREARM STRIKE, KNOCKING THE WEAPON TO THE GROUND.
- WRAP YOUR RIGHT ARM AROUND THE ATTACKER'S NECK WITH YOUR PALM ON THE BACK OF THE NECK, THEN MAKE A REVERSE PIVOT WITH YOUR LEFT LEG TO 3 O'CLOCK AND FLIP THE ATTACKER OVER YOUR RIGHT HIP.
- RECOVER THE WEAPON.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

KNIFE COUNTER #14

ATTACKER STABS FORWARD TO YOUR STOMACH WITH A KNIFE IN THEIR RIGHT HAND:

- MOVE YOUR LEFT FOOT TO 8 O'CLOCK INTO A FOUR CORNER COVER AND PARRY THE ATTACKER'S WEAPON ARM INWARD WITH YOUR RIGHT PALM, THEN GRAB THE ATTACKER'S WRIST WITH BOTH HANDS (RIGHT ON TOP, LEFT ON BOTTOM).
- PLACE YOUR RIGHT PALM ALONG THE OUTSIDE OF THE ATTACKER'S RIGHT WRIST AND ROTATE THE ATTACKER'S RIGHT ARM COUNTERCLOCKWISE UNTIL THE ARM IS IN FRONT OF YOU.
- GRAB THE ATTACKER'S RIGHT WRIST WITH BOTH HANDS, (LEFT ON TOP AND RIGHT ON BOTTOM), AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK, THEN PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AND FOLLOW UP WITH A RIGHT FOREARM STRIKE BEHIND THE ATTACKER'S RIGHT ELBOW, TAKING THE ATTACKER TO THE GROUND FACE FIRST.
- RECOVER THE WEAPON.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

KNIFE COUNTER #15

ATTACKER STABS DOWNWARD FROM OVERHEAD WITH A KNIFE IN THEIR RIGHT HAND:

- MOVE YOUR LEFT FOOT TO 10 O'CLOCK AND STRIKE THE ATTACKER'S WEAPON ARM UPWARD WITH A RIGHT-HAND UPWARD BLOCK/STRIKE.
- GRAB THE OUTSIDE OF THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND AND TWIST THE BLADE UPWARD, THEN KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT KICK.
- PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 7 O'CLOCK AND TURN YOUR BODY TO YOUR RIGHT AS YOU STRIKE THE BACK OF THE ATTACKER'S RIGHT ARM WITH A LEFT FOREARM STRIKE, DRIVING THE ATTACKER TO THE GROUND FACE FIRST AND DISARMING THEM.
- RECOVER THE WEAPON.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

CLUB COUNTER #12

ATTACKER SWINGS A CLUB AT THE LEFT SIDE OF YOUR HEAD WITH THEIR RIGHT HAND:

- AT THE SAME TIME, MOVE YOUR RIGHT FOOT TO 2 O'CLOCK AND STRIKE THE INSIDE OF THE ATTACKER'S WEAPON ARM WITH A LEFT LONG OUTWARD BLOCK/STRIKE AS YOU STRIKE THE ATTACKER'S IN THE RIGHT COLLAR BONE WITH A RIGHT LONG INWARD HAMMER FIST.
- KICK THE ATTACKER IN THE GROIN WITH A LEFT SNAP FRONT KICK, THEN PLACE YOUR LEFT FOOT DOWN AT 12 O'CLOCK AND GRAB THE ATTACKER'S LEFT SHOULDER WITH YOUR RIGHT HAND.
- PIVOT YOUR BODY TO YOUR RIGHT AND STRIKE THE ATTACKER IN THE RIGHT SIDE OF THE HEAD OR NECK WITH A LEFT HORIZONTAL ELBOW AS YOU PULL THE ATTACKER'S LEFT SHOULDER DOWNWARD WITH YOUR RIGHT HAND, TAKING THE ATTACKER TO THE GROUND.
- RECOVER THE WEAPON.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

CLUB COUNTER #13

ATTACKER SWINGS A CLUB FROM OVERHEAD WITH THE RIGHT HAND:

- AT THE SAME TIME, STRIKE THE ATTACKER'S WEAPON ARM WITH A LEFT UPWARD BLOCK/STRIKE AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK AS YOU POKE THE ATTACKER IN THE EYES WITH A RIGHT-HAND FINGER JAB.
- PLACE YOUR RIGHT FOOT DOWN BEHIND THE ATTACKER'S FRONT LEG AT 10 O'CLOCK, THEN WRAP YOUR LEFT ARM AROUND THE ATTACKER'S RIGHT ELBOW AND HIT THE ATTACKER UNDER THE CHIN WITH A RIGHT PALM HEEL STRIKE AS YOU PIVOT TO YOUR LEFT AND FLIP THE ATTACKER OVER YOUR RIGHT HIP, TAKING THE ATTACKER TO THE GROUND ON THEIR BACK.
- RECOVER THE WEAPON.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

2-MAN COUNTER #7

ATTACK SEQUENCE:

THE FIRST ATTACKER IS ON YOUR LEFT SIDE AT 9 O'CLOCK AND THE SECOND ATTACKER IS IN FRONT OF YOU AT 12 O'CLOCK. BOTH ATTACKERS THROW A STRAIGHT RIGHT PUNCH AT YOUR HEAD, WITH THE LEFT ATTACKER PUNCHING FIRST. YOU ARE IN AN OPEN STANCE WITH YOUR FEET SHOULDER WIDTH APART.

LEFT ATTACKER:

AS THE LEFT ATTACKER PUNCHES, BLOCK THE ATTACKER'S PUNCH WITH A LEFT SHORT OUTWARD BLOCK/STRIKE, AND THEN KICK THEM IN THE GROIN WITH A LEFT SNAP FRONT KICK.

FRONT ATTACKER:

AS THE FRONT ATTACKER PUNCHES, HOP BACK TO 6 O'CLOCK ONTO YOUR LEFT FOOT, AND THEN AT THE SAME TIME, BLOCK THE SECOND ATTACKER'S PUNCHING ARM INWARD WITH A RIGHT SHORT INWARD BLOCK/STRIKE AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

2-MAN COUNTER #8

ATTACK SEQUENCE:

THE FIRST ATTACKER IS ON YOUR RIGHT-SIDE AT 3 O'CLOCK AND THE SECOND ATTACKER IS IN FRONT OF YOU AT 12 O'CLOCK. BOTH ATTACKERS THROW A STRAIGHT RIGHT PUNCH AT YOUR FACE, WITH THE RIGHT ATTACKER PUNCHING FIRST. YOU ARE IN AN OPEN STANCE WITH YOUR FEET SHOULDER WIDTH APART.

RIGHT ATTACKER:

AS THE RIGHT ATTACKER PUNCHES, STRIKE THE INSIDE OF THE ATTACKER'S PUNCHING WITH A RIGHT SHORT INWARD BLOCK/STRIKE AND KICK THEM IN THE GROIN WITH A RIGHT SNAP FRONT KICK.

FRONT ATTACKER:

AS THE FRONT ATTACKER PUNCHES, HOP BACK TO 6 O'CLOCK ONTO YOUR RIGHT FOOT, AND THEN AT THE SAME TIME, BLOCK THE SECOND ATTACKER'S PUNCHING ARM WITH A LEFT OUTWARD PALM HEEL STRIKE AND KICK THEM IN THE RIBS WITH A LEFT SIDE KICK.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

3-MAN COUNTER #5

ATTACK SEQUENCE:

ONE ATTACKER IS ON YOUR LEFT SIDE AT 9 O'CLOCK, ANOTHER ATTACKER IN ON YOUR RIGHT-SIDE AT 3 O'CLOCK, AND A THIRD ATTACKER IS IN FRONT OF YOU AT 12 O'CLOCK. THE LEFT ATTACKER GRABS YOUR LEFT WRIST WITH BOTH HANDS, THE RIGHT ATTACKER GRABS YOUR RIGHT WRIST WITH BOTH HANDS, AND THE FRONT ATTACKER THROWS A STRAIGHT RIGHT PUNCH AT YOUR FACE.

RIGHT ATTACKER:

SIDEKICK THE RIGHT ATTACKER IN THE RIBS AND PULL YOUR RIGHT HAND FREE.

LEFT ATTACKER:

WHILE KEEPING YOUR RIGHT FOOT UP, PIVOT TO YOUR LEFT, AND THEN KICK THE LEFT ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK AND PULL YOUR LEFT HAND FREE.

FRONT ATTACKER:

TURN YOU BODY TO YOUR LEFT AND PLACE YOUR RIGHT FOOT DOWN AT 7 O'CLOCK WITH YOUR BACK TO THE FRONT ATTACKER, AND THEN KICK THE FRONT ATTACKER IN THE STOMACH, RIBS, OR GROIN WITH A LEFT BACK KICK.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

3-MAN COUNTER #6

ATTACK SEQUENCE:

ONE ATTACKER IS ON YOUR LEFT SIDE AT 9 O'CLOCK, ANOTHER ATTACKER IN ON YOUR RIGHT-SIDE AT 3 O'CLOCK, AND A THIRD ATTACKER IS BEHIND YOU AT 6 O'CLOCK. THE LEFT ATTACKER GRABS YOUR LEFT WRIST WITH BOTH HANDS, THE RIGHT ATTACKER GRABS YOUR RIGHT WRIST WITH BOTH HANDS, AND THE REAR ATTACKER THROWS A STRAIGHT RIGHT PUNCH AT THE BACK OF YOUR HEAD.

REAR ATTACKER:

LOOK OVER YOUR RIGHT SHOULDER, AS THE REAR ATTACKER PUNCHES, MOVE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK TO MOVE AWAY FROM THE ATTACKER'S PUNCH AND THEN KICK THE REAR ATTACKER IN THE STOMACH, RIBS, OR GROIN WITH A RIGHT BACK KICK.

RIGHT ATTACKER:

WHILE KEEPING YOUR RIGHT FOOT UP, SIDEKICK THE RIGHT ATTACKER IN THE RIBS AND PULL YOUR RIGHT HAND FREE.

LEFT ATTACKER:

STILL KEEPING YOUR RIGHT FOOT UP, PIVOT TO YOUR LEFT, AND THEN KICK THE LEFT ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK AND PULL YOUR LEFT HAND FREE.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

ALPHABET "D"

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 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.

NOTE: AFTER THE HAMMER FIST STRIKE TO THE CALF, YOU CAN ADD A CIRCULAR LEFT "ONE" KNUCKLE STRIKE TO THE ATTACKER'S SPINE FOLLOWED BY A RIGHT FOREARM STRIKE ACROSS THE ATTACHER'S CHEST.

UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

ALPHABET “E”

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 GROIN WITH A LEFT SNAP FRONT KICK, THEN PLACE YOUR LEFT FOOT OUT AT 9 O’CLOCK AND BODY SWITCH TO YOUR LEFT AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT OPEN HAND POKE (LEFT OPEN HAND COVERS YOUR FACE).
- STEP TO 12 O’CLOCK WITH YOUR LEFT FOOT AND STRIKE THE ATTACKER IN THE RIBS WITH A LEFT HORIZONTAL ELBOW STRIKE.
- STEP OUT TO 10 O’CLOCK WITH YOUR LEFT FOOT AND STRIKE THE ATTACKER IN THE RIBS OR STOMACH WITH A RIGHT REVERSE PUNCH.

NOTE: THE ELBOW STRIKE TO THE RIBS CAN BE TO THE FRONT OF THE ATTACKER’S BODY OR TO THE REAR DEPENDING ON HOW THE ATTACKER REACTS TO THE GROIN STRIKE.

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

ALPHABET “F”

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

THE ATTACKER THROWS A LEFT JAB TO YOUR FACE:

- FROM A SOUTHPAW, MEDIUM CAT STANCE (OR STEP BACK TO 6 O’ CLOCK WITH YOUR LEFT LEG INTO THE CAT STANCE AS THE ATTACKER JABS), WITH BOTHS HANDS HELD FACE HIGH (OPEN PALMS) STRIKE THE TOP OF THE ATTACKER’S LEFT FOREARM OR WRIST WITH A RIGHT DOWNWARD PALM HEEL STRIKE AS THE ATTACKER JABS.

THE ATTACKER COUNTERS WITH A RIGHT HOOK TO YOUR FACE:

- STRIKE THE TOP OR INSIDE OF THE ATTACKER’S RIGHT ARM WITH A SECOND RIGHT PALM HEEL STRIKE, THEN SLIDE FORWARD WITH YOUR RIGHT FOOT TOWARD 12 O’CLOCK AND STRIKE THE ATTACKER IN THE SOLAR PLEXUS WITH A RIGHT VERTICAL ELBOW STRIKE, FOLLOWED BY A COUNTER RIGHT BACK KNUCKLE STRIKE TO THE ATTACKER’S FACE.
- GRAB THE ATTACKER’S LEFT TRICEP AREA WITH YOUR RIGHT HAND AND STRIKE THE ATTACKER IN THE CHEST OR SOLAR PLEXUS WITH A LEFT HORIZONTAL ELBOW STRIKE, THEN STEP BACK WITH YOUR RIGHT FOOT AND PULL THE ATTACKER TO THE GROUND ON YOUR RIGHT SIDE.
- WITH THE ATTACKER ON THEIR BACK ON THE GROUND STRIKE THE ATTACKER’S NECK OR THROAT WITH A LEFT-HAND CHOP.