

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>Blue Belt Requirements</i>	
<i>Palama Sets</i>	<i>5 - 7</i>
<i>Grab Counters</i>	<i>5 - 7</i>
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<i>2-Man Counters</i>	<i>1 & 2</i>

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PALAMA SET #5

- 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 TO YOUR LEFT AND STRIKE DOWNWARD ALONG THE SIDES OF YOUR BODY WITH YOUR CLOSED FISTS (PALMS DOWN).
- BRING BOTH FISTS UPWARD ALONG THE SIDES OF YOUR BODY CHEST HIGH, THEN PUNCH FORWARD FACE HIGH WITH BOTH FISTS AT THE SAME TIME.
- MOVE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK, THEN CROSS YOUR FISTS ABOVE YOUR HEAD AND ROTATE YOUR FISTS IN AN OUTWARD MANNER ALL THE WAY AROUND UNTIL THEY RETURN TO YOUR SIDES, AT WHICH POINT YOU PUNCH FORWARD WITH BOTH FISTS AT THE SAME TIME (RIGHT STRIKING THE FACE, LEFT STRIKING THE THROAT).
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE, THEN EXECUTE A RIGHT SHORT OUTWARD BLOCK/STRIKE WITH A LEFT DOWNWARD BLOCK/STRIKE.
- MOVE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT SHORT OUTWARD BLOCK/STRIKE WITH A RIGHT DOWNWARD BLOCK/STRIKE.
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT UPPER CUT PUNCH TO THE RIB AREA WITH YOUR LEFT OPEN PALM COVER PLACED OVER THE TOP OF YOUR RIGHT FOREARM.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE AS YOU PULL YOUR RIGHT FIST IN TOWARD YOUR BODY AND ROTATE YOUR FIST ABOVE YOUR LEFT OPEN PALM, THEN EXECUTE A RIGHT FORWARD UPPERCUT PUNCH TO THE FACE.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A HORSE STANCE FACING 9 O'CLOCK AND EXECUTE A RIGHT HORIZONTAL ELBOW SMASH INTO YOUR OPEN LEFT PALM, FOLLOWED BY A RIGHT ELBOW POKE TOWARD 12 O'CLOCK.
- AT THE SAME TIME, EXECUTE A RIGHT FACE HIGH LONG OUTWARD STRIKE AND A LEFT RIB HIGH PUNCH TOWARD 12 O'CLOCK.
- LOOK OVER YOUR LEFT SHOULDER TOWARD 6 O'CLOCK AND PIVOT TO YOUR LEFT FACING 6 O'CLOCK INTO A LEFT FORWARD STANCE WITH A LEFT SHORT OUTWARD BLOCK/STRIKE AND A RIGHT DOWNWARD BLOCK/STRIKE.
- DRAW YOUR LEFT FOOT BACK INTO A CAT STANCE AND CIRCLE YOUR HANDS INTO CLOSED HAND ON GUARD POSITION.

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PALAMA SET #5 CONTINUED

- MOVE YOUR LEFT FOOT FORWARD TO 6 O’CLOCK INTO A LEFT FORWARD STANCE, THEN EXECUTE A LEFT UPWARD BLOCK/STRIKE WITH A RIGHT GROIN HIGH PUNCH.
- RAISE YOUR RIGHT FIST UPWARD CHIN HIGH (STRIKING WITH THE TOP KNUCKLE OF THE RIGHT INDEX FINGER OF YOUR CLOSED RIGHT FIST) AND AT THE SAME TIME, MAKE A LEFT ELBOW STRIKE TO THE REAR.
- LOOK TOWARD 3 O’CLOCK, THEN BRING YOUR RIGHT FOOT UP NEXT TO YOUR LEFT AND PIVOT TO YOUR LEFT FACING 3 O’CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK TOWARD 12 O’CLOCK, THEN BRING YOUR RIGHT FOOT UP NEXT YOUR LEFT AND PIVOT TO YOUR LEFT FACING 12 O’CLOCK INTO A LEFT FORWARD STANCE AND MAKE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT REVERSE PUNCH, FOLLOWED BY A LEFT LUNGE PUNCH TOWARD 12 O’CLOCK.
- HOP BACK TO 8 O’CLOCK ONTO YOUR LEFT FOOT INTO A MEDIUM CAT STANCE AND EXECUTE A RIGHT SIDEKICK TOWARD 2 O’CLOCK, WITH YOUR RIGHT FIST IN FRONT OF YOU FOR COVER (***KIAI***).
- WITHOUT PUTTING YOUR RIGHT FOOT DOWN, HOP BACK TO 4 O’CLOCK ONTO YOUR RIGHT FOOT INTO A MEDIUM CAT STANCE AND EXECUTE A LEFT SIDE KICK TOWARD 10 O’CLOCK, WITH YOUR LEFT FIST IN FRONT OF YOU AS COVER.
- PLACE YOUR LEFT FOOT DOWN AT 10 O’CLOCK INTO A LEFT FORWARD STANCE AND AT THE SAME TIME, EXECUTE A LEFT NECK HIGH LONG OUTWARD HAMMER FIST STRIKE AND A RIGHT FACE HIGH PUNCH TOWARD 10 O’CLOCK (RIGHT FIST ON TOP).
- LOOK TOWARD 6 O’CLOCK, THEN PIVOT YOUR BODY TO YOUR LEFT INTO A LEFT FORWARD STANCE FACING 6 O’CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT REVERSE PUNCH, FOLLOWED BY A LEFT LUNGE PUNCH TOWARD 6 O’CLOCK.
- LOOK TO YOUR LEFT, THEN MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE ALL THE WAY AROUND TO 3 O’CLOCK INTO A HORSE STANCE FACING 12 O’CLOCK AND 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 OUTWARD TO AN OPEN STANCE, THEN CROSS YOUR HANDS IN FRONT OF YOU AND PLACE YOUR FISTS IN FRONT OF YOUR HIPS.

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PALAMA SET #6

- 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 TO YOUR LEFT AND STRIKE DOWNWARD ALONG THE SIDES OF YOUR BODY WITH YOUR OPEN PALMS FACING DOWNWARD.
- BRING BOTH HANDS UPWARD ALONG THE SIDES OF YOUR BODY CHEST HIGH, AND THEN POKE FORWARD FACE HIGH WITH BOTH HANDS AT THE SAME TIME.
- MOVE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK, THEN CROSS YOUR PALMS ABOVE YOUR HEAD AND ROTATE YOUR PALMS IN AN OUTWARD MANNER ALL THE WAY AROUND UNTIL THEY RETURN TO YOUR SIDES, AT WHICH POINT YOU EXECUTE A DOUBLE FORWARD FINGER POKE TO THE THROAT WITH THE RIGHT HAND ON TOP OF THE LEFT (***KIAI***).
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT OPEN HAND SHORT OUTWARD BLOCK/STRIKE WITH A LEFT OPEN HAND DOWNWARD BLOCK/STRIKE.
- MOVE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT OPEN HAND SHORT OUTWARD BLOCK/STRIKE WITH A RIGHT OPEN HAND DOWNWARD BLOCK/STRIKE.
- MOVE YOUR RIGHT FOOT FORWARD TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FINGER POKE TO THE RIB AREA WITH YOUR LEFT OPEN PALM COVER PLACED OVER THE TOP OF YOUR RIGHT FOREARM.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE AS YOU PULL YOUR RIGHT HAND IN TOWARD YOUR BODY, THEN ROTATE YOUR RIGHT HAND ABOVE YOUR LEFT ARM AND EXECUTE A RIGHT FACE HIGH FORWARD POKE.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A HORSE STANCE FACING 9 O'CLOCK AND EXECUTE A RIGHT HORIZONTAL ELBOW SMASH INTO YOUR OPEN LEFT PALM, FOLLOWED BY A RIGHT ELBOW POKE TOWARD 12 O'CLOCK.
- AT THE SAME TIME, EXECUTE A RIGHT FACE HIGH LONG OUTWARD CHOP AND A LEFT THROAT HIGH POKE TOWARD 12 O'CLOCK.
- LOOK OVER YOUR LEFT SHOULDER TOWARD 6 O'CLOCK AND PIVOT TO YOUR LEFT FACING 6 O'CLOCK INTO A LEFT FORWARD STANCE WITH A LEFT OPEN HAND SHORT OUTWARD BLOCK/STRIKE AND A RIGHT OPEN HAND DOWNWARD BLOCK/STRIKE.

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PALAMA SET #6 CONTINUED

- DRAW YOUR LEFT FOOT BACK INTO A CAT STANCE AS YOUR CIRCLE YOUR HANDS INTO AN OPEN HAND ON GUARD POSITION.
- MOVE YOUR LEFT FOOT FORWARD TO 6 O'CLOCK INTO A LEFT FORWARD STANCE, THEN EXECUTE A LEFT OPEN HAND UPWARD BLOCK/STRIKE WITH A DOWNWARD RIGHT OPEN HAND SLASH TO THE GROIN.
- RAISE YOUR RIGHT-HAND UPWARD CHIN HIGH (SRIKING WITH THE TOP KNUCKLE OF THE RIGHT INDEX FINGER OF YOUR OPEN RIGHT HAND) AND AT THE SAME TIME, MAKE A LEFT ELBOW STRIKE TO THE REAR.
- LOOK TOWARD 3 O'CLOCK, THEN BRING YOUR RIGHT FOOT UP NEXT TO YOUR LEFT AND PIVOT TO YOUR LEFT FACING 3 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A RIGHT OPEN HAND UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK TOWARD 12 O'CLOCK, THEN BRING YOUR RIGHT FOOT UP NEXT YOUR LEFT AND PIVOT TO YOUR LEFT FACING 12 O'CLOCK INTO A LEFT FORWARD STANCE AND MAKE A LEFT OPEN HAND DOWNWARD PARRY WITH A RIGHT ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT REVERSE POKE, FOLLOWED BY A LEFT LUNGE POKE TOWARD 12 O'CLOCK.
- HOP BACK TO 8 O'CLOCK ON YOUR LEFT FOOT INTO A MEDIUM CAT STANCE AND EXECUTE A RIGHT SIDEKICK TOWARD 2 O'CLOCK WITH YOUR RIGHT OPEN HAND IN FRONT OF YOU FOR COVER.
- WITHOUT PUTTING YOUR RIGHT FOOT DOWN, HOP BACK TO 4 O'CLOCK ON YOUR RIGHT FOOT INTO A MEDIUM CAT STANCE AND EXECUTE A LEFT SIDE- KICK TOWARD 10 O'CLOCK WITH YOUR LEFT OPEN HAND IN FRONT OF YOU AS COVER.
- PLACE YOUR LEFT FOOT DOWN AT 10 O'CLOCK INTO A LEFT FORWARD STANCE AND AT THE SAME TIME, EXECUTE A LEFT THROAT HIGH LONG OUTWARD CHOP AND A RIGHT FACE HIGH FORWARD POKE TOWARD 10 O'CLOCK (RIGHT POKE ON TOP).
- LOOK TOWARD 6 O'CLOCK, THEN PIVOT YOUR BODY TO YOUR LEFT INTO A LEFT FORWARD STANCE FACING 6 O'CLOCK AND EXECUTE A LEFT DOWNWARD PARRY WITH A RIGHT ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT REVERSE POKE, FOLLOWED BY A LEFT LUNGE POKE TOWARD 6 O'CLOCK ***(KIAI)***.
- LOOK TO YOUR LEFT, THEN MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE ALL THE WAY AROUND TO 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK AND 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 OUTWARD TO AN OPEN STANCE, CROSS YOUR HANDS IN FRONT AND PLACE YOUR FISTS IN FRONT OF YOUR HIPS.

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PALAMA SET #7

- START FROM AN OPEN STANCE
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE
- BOW
- MOVE TO THE SQUATTING POSITION (***KIAI***)
- MOVE YOUR HANDS INTO A LEFT SIDE COVER, THEN EXECUTE THREE GROIN HIGH DOUBLE HAMMER FIST STRIKES: FIRST TO THE RIGHT, THEN TO THE LEFT, AND BACK TO THE RIGHT.
- MOVE YOUR HANDS BACK INTO A LEFT-SIDE COVER AND THEN 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.
- KEEP YOUR LEFT PUNCH OUT AND MOVE YOUR RIGHT FOOT NEXT TO YOUR LEFT FOOT, THEN SLIDE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE STILL FACING 12 O'CLOCK AND CIRCLE YOUR LEFT ARM COUNTERCLOCKWISE IN A LARGE CIRCLE TOWARD 9 O'CLOCK, STOPPING WITH YOUR FIST FACE HIGH POINTING TOWARD 9 O'CLOCK.
- PIVOT YOUR BODY TO YOUR LEFT TO FACE 9 O'CLOCK, AS YOU MOVE YOUR LEFT FOOT TO YOUR LEFT INTO A LEFT FORWARD STANCE, THEN EXECUTE A RIGHT REVERSE PUNCH, FOLLOWED BY A LEFT LUNGE PUNCH TOWARDS 9 O'CLOCK.
- KEEP YOUR LEFT PUNCH OUT AND EXECUTE A RIGHT SNAP FRONT KICK TOWARDS 9 O'CLOCK, THEN RETURN THE KICK AND PIVOT YOUR BODY TO YOUR LEFT AS YOU PLACE YOUR RIGHT FOOT DOWN AT 9 O'CLOCK INTO A HORSE STANCE FACING 6 O'CLOCK.
- LOOK TO YOUR LEFT TOWARD 3 O'CLOCK, AND THEN STRIKE TOWARD 3 O'CLOCK WITH A LEFT STIFF-ARM BACK FIST STRIKE (***KIAI***).
- MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 6 O'CLOCK INTO A HORSE STANCE FACING 3 O'CLOCK AND BRING BOTH FISTS TO THE CENTER OF YOUR CHEST WITH THE KNUCKLES OF YOUR FISTS TOUCHING.
- STRIKE TO 6 O'CLOCK WITH A RIGHT FACE HIGH BACK FIST STRIKE, THEN RETURN YOUR RIGHT FIST TO YOUR CHEST AND STRIKE TO 12 O'CLOCK WITH A LEFT FACE HIGH BACK FIST STRIKE, THEN RETURN YOUR LEFT FIST TO YOUR CHEST.
- MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK AND EXECUTE A HIGH X-BLOCK, FOLLOWED BY A DOUBLE ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT INWARD TO A POSITION STANCE
- BOW

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PALAMA SET #7 CONTINUED

- MOVE YOUR RIGHT FOOT OUTWARD TO AN OPEN STANCE, THEN CROSS YOUR HANDS IN FRONT OF YOU AND PLACE YOUR FISTS IN FRONT OF YOUR HIPS.

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GRAB COUNTER #5

ATTACKER STEPS FORWARD WITH THEIR LEFT FOOT AND GRABS YOUR LAPEL AREA WITH BOTH HANDS:

- PRESS THE INSIDE OF YOUR LEFT WRIST AGAINST THE OUTSIDE OF THE ATTACKER'S RIGHT WRIST, THEN GRAB THE ATTACKER'S LEFT WRIST WITH YOUR LEFT HAND AND PULL DOWNWARD, LOCKING THE ATTACKER'S ARMS AGAINST YOUR CHEST.
- STEP BACK WITH YOUR LEFT LEG INTO A RIGHT FORWARD STANCE AND STRIKE THE ATTACKER IN THE RIGHT TRICEP AREA (NERVE BETWEEN THE BICEP AND TRICEP) WITH A ONE KNUCKLE STRIKE.
- STRIKE THE ATTACKER IN THE RIGHT RIBS WITH A RIGHT HAMMER FIST STRIKE.
- MOVE YOUR LEFT FOOT TO 9 O'CLOCK AND THEN TURN YOUR BODY TO YOUR RIGHT AS YOU STRIKE THE OUTSIDE OF THE ATTACKER'S RIGHT ARM WITH A RIGHT LONG OUTWARD BLOCK/STRIKE, KNOCKING THE ATTACKER'S ARMS AWAY.

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GRAB COUNTER #6

ATTACKER STEPS FORWARD WITH THEIR LEFT FOOT AND GRABS YOUR THROAT WITH BOTHS HANDS:

- REACH ACROSS BOTH OF THE ATTACKER'S ARMS WITH YOUR LEFT HAND AND GRAB THE OUTSIDE AREA OF THE ATTACKER'S LEFT WRIST (FOR A REVERSE WRIST LOCK).
- PIVOT YOUR BODY TO YOUR LEFT, AS YOU SIMULTANEOUSLY MOVE YOUR LEFT FOOT TOWARD 9 O'CLOCK, THEN TWIST THE ATTACKER'S LEFT WRIST COUNTERCLOCKWISE AND STRIKE UPWARD AGAINST THE ATTACKER'S LEFT ELBOW WITH YOUR RIGHT PALM, KNOCKING THE ATTACKER'S LEFT ARM UPWARD AND ROTATING THEIR BODY TOWARD 9 O'CLOCK.
- IMMEDIATELY, STEP TOWARD THE ATTACKER WITH YOUR RIGHT LEG INTO A HORSE STANCE FACING 9 O'CLOCK, AS YOU PLACE YOUR RIGHT HIP AGAINST THE LEFT SIDE OF THE ATTACKER'S BODY AND ROTATE THE ATTACKER'S LEFT ARM DOWNWARD WITH A LEFT REVERSE WRIST LOCK, FORCING THE ATTACKER'S HEAD FORWARD AND DOWN.
- STRIKE THE BACK OF THE ATTACKER'S LEFT ELBOW A RIGHT FOREARM STRIKE, THEN FOLLOW UP WITH A RIGHT BOTTOM KNUCKLE STRIKE TO THE LEFT SIDE OF THE ATTACKER'S NECK.
- STRIKE THE ATTACKER IN THE SPINE WITH A DOWNWARD VERTICAL ELBOW STRIKE, THEN RAISE THE ATTACKER'S LEFT ARM UP WITH YOUR LEFT HAND AND DRIVE YOUR LEFT KNEE INTO THE ATTACKER'S FACE OR RIBS, AS YOU HOLD THE ATTACKER'S NECK WITH YOU RIGHT HAND.

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GRAB COUNTER #7

ATTACKER STEPS FORWARD WITH THEIR LEFT FOOT AND ATTEMPTS A TWO HAND GRAB TO YOUR LAPEL OR THROAT:

- AT THE SAME TIME, MOVE YOUR RIGHT FOOT BACK INTO A LEFT FORWARD STANCE AND BLOCK THE ATTACKER'S LEFT ARM UPWARD WITH A RIGHT-HAND CRANE BLOCK AND THEIR RIGHT ARM DOWN WITH A LEFT PALM HEEL BLOCK/STRIKE.
- STRIKE THE ATTACKER IN THE EYES WITH A RIGHT FINGER POKE, AND THEN MOVE YOUR RIGHT FOOT FORWARD INTO A FORWARD STANCE AND STRIKE THE ATTACKER IN THE STERNUM WITH A RIGHT PALM HEEL STRIKE.

NOTE: YOU CAN STRIKE THE ATTACKER IN THE FACE WITH THE RIGHT PALM HEEL STRIKE INSTEAD OF THE STERNUM OR STRIKE BOTH.

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PUNCH COUNTER #5

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 LEFT FOOT BACK TO 8 O'CLOCK INTO A FOUR CORNER COVER, PARRY THE ATTACKER'S PUNCHING ARM INWARD WITH THE OUTSIDE EDGE OF BOTH HANDS, THEN GRAB THE ATTACKER'S RIGHT WRIST WITH BOTH HANDS, (RIGHT OVER LEFT).
- ROTATE THE ATTACKER'S RIGHT WRIST CLOCKWISE TO YOUR LEFT SIDE AS YOU MOVE YOUR LEFT FOOT BACK TO 7 O 'CLOCK AND PULL THE ATTACKER TOWARD YOU, FORCING THEM TO BEND OVER.
- WHILE HOLDING THE ATTACKER'S RIGHT WRIST CHEST HIGH WITH YOUR LEFT HAND, STRIKE THE ATTACKER'S RIGHT ELBOW AREA WITH A RIGHT LONG INWARD HAMMER FIST STRIKE, THEN FOLLOW UP WITH A RIGHT CHOP TO THE RIGHT SIDE OF THE ATTACKER'S NECK.
- GRAB THE ATTACKER'S COLLAR OR BACK OF THE NECK WITH YOUR RIGHT HAND, THEN STEP BACKWARD TO 6 O'CLOCK WITH YOUR RIGHT FOOT INTO A LEFT FORWARD STANCE AND PULL THE ATTACKER TOWARD YOU.
- KICK THE ATTACKER IN THE STOMACH OR GROIN WITH A RIGHT SNAP FRONT KICK, THEN PLACE YOUR RIGHT FOOT BACK AT 6 O'CLOCK.
- STEP FORWARD WITH YOUR RIGHT FOOT TO 12 O'CLOCK AND DRIVE YOUR RIGHT FOREARM UP UNDER THE ATTACKER'S CHIN, KNOCKING THEM BACKWARDS.

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PUNCH COUNTER #6

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 LEFT FOOT TO 10 O'CLOCK INTO A LEFT FORWARD STANCE AND BLOCK THE ATTACKER'S PUNCHING ARM OUTWARD WITH A RIGHT LONG OUTWARD BLOCK/STRIKE.
- PLACE YOUR RIGHT HAND ON THE ATTACKER'S RIGHT WRIST AND CIRCLE THE ATTACKER'S RIGHT ARM CLOCKWISE TO CHEST HIGH LEVEL, THEN GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND AND SLASH THE ATTACKER ACROSS THE EYES WITH A RIGHT OUTWARD EYE RAKE
- KICK THE ATTACKER IN THE STOMACH OR GROIN WITH A RIGHT ROUNDHOUSE KICK.

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PUNCH COUNTER #7

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 LEFT FOOT TO 8 O'CLOCK INTO A FOUR CORNER COVER AND PARRY THE ATTACKER'S PUNCHING ARM AWAY FROM YOU WITH THE BOTTOM EDGE OF BOTH HANDS, THEN GRAB THE ATTACKER'S RIGHT WRIST WITH BOTH HANDS (RIGHT ON TOP, LEFT ON BOTTOM).
- ROTATE THE ATTACKER'S RIGHT ARM CLOCKWISE UNTIL THE ARM IS IN FRONT OF YOU, AND THEN KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 6 O'CLOCK INTO A LEFT FORWARD STANCE AND STRIKE THE ATTACKER BEHIND THE RIGHT ELBOW WITH A RIGHT FOREARM STRIKE, TAKING THE ATTACKER TO THE GROUND FACE FIRST.

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KNIFE COUNTER #2

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 AND HOLD THE ATTACKER'S ARM FACE HIGH AS YOU MOVE YOUR RIGHT FOOT TO 12 O'CLOCK AND PUNCH THE ATTACKER IN THE RIGHT TRICEP, DISARMING THE ATTACKER (REPEAT THE TRICEP STRIKE AS NEEDED TO DISARM).
- WHILE STILL HOLDING THE ATTACKER'S RIGHT ARM, FLIP THE ATTACKER OVER YOUR RIGHT SHOULDER (JUDO TECHNIQUE - SEOI NAGI).
- RECOVER THE WEAPON.

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KNIFE COUNTER #3

THE ATTACKER HOLDS A KNIFE IN THEIR RIGHT HAND AND SLASHES ACROSS YOUR BODY FROM YOUR LEFT TO RIGHT, THEN STEPS IN WITH THEIR RIGHT FOOT AND STABS BACK TOWARD YOUR RIGHT RIBS:

- TO AVOID THE FIRST STRIKE, HOP BACK TO 8 O’CLOCK INTO A MEDIUM CAT STANCE WITH YOUR RIGHT FOOT FORWARD.
- AS THE ATTACKER STABS BACK TOWARD YOUR RIGHT SIDE, MOVE YOUR LEFT FOOT TO 10 O’CLOCK AND STRIKE THE BACK OF THE ATTACKER’S WEAPON ARM AT THE ELBOW WITH YOUR RIGHT FOREARM AS YOUR LEFT OPEN HAND STRIKES THE ATTACKER’S TRICEP.
- GRAB WITH THE ATTACKER’S RIGHT WRIST AREA WITH YOUR LEFT HAND AND PULL THE ATTACKER SLIGHTLY FORWARD TO TAKE THEM OFF BALANCE AS YOU STRIKE THE ATTACKER’S RIGHT WRIST WITH A RIGHT HAMMER FIST, PUNCH, OR OPEN PALM STRIKE, TO DISARM THE ATTACKER
- GRAB THE ATTACKER’S RIGHT WRIST WITH YOUR RIGHT HAND, THEN KICK THE BACK OF THE ATTACKER’S RIGHT KNEE WITH YOUR LEFT FOOT AND STRIKE THE ATTACKER ACROSS THE THROAT WITH A LEFT-HAND CHOP, TAKING THE ATTACKER DOWN.
- AS THE ATTACKER FALLS, PLACE YOUR RIGHT KNEE ON THE GROUND AND PUSH DOWN ON THE ATTACKER’S THROAT WITH YOUR LEFT HAND AS YOU FORCE THE ATTACKER’S RIGHT ARM DOWN OVER YOUR LEFT KNEE WITH YOUR RIGHT WRIST GRAB, DISARMING THE ATTACKER.
- RECOVER THE WEAPON.

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CLUB COUNTER #2

ATTACKER SWINGS A CLUB FROM OVERHEAD WITH THE RIGHT HAND:

- AT THE SAME TIME, BLOCK THE ATTACKER'S ARM WITH AN UPWARD X BLOCK AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT SNAP KICK.
- AT THE SAME TIME, RETURN YOUR KICK BEHIND YOU AND PLACE IT AT 6 O'CLOCK, AS YOU GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND AND CIRCLE THE ATTACKER'S ARM COUNTERCLOCKWISE TO 6 O'CLOCK, TWISTING THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND FROM RIGHT TO LEFT TO FORCE THEIR FINGERS UPWARD.
- WITH THE BACK OF YOUR RIGHT PALM AGAINST YOUR STOMACH AND YOUR THUMB POINTING DOWN, GRAB THE CLUB AND PUSH IT DOWNWARD AGAINST THE GATE, REMOVING THE CLUB FROM THE ATTACKER'S HAND.
- STEP FORWARD TO 12 O'CLOCK WITH YOUR RIGHT LEG AND STRIKE THE ATTACKER IN THE STOMACH WITH THE FRONT OF THE CLUB.
- WHILE HOLDING THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND, STRIKE THE ATTACKER UNDER THEIR RIGHT ELBOW WITH YOUR RIGHT FOREARM, THEN FOLLOW UP BY TWISTING YOUR RIGHT WRIST AND STRIKING THE ATTACKER IN THE THROAT WITH THE CLUB.
- MAKE A REVERSE PIVOT WITH YOUR LEFT FOOT TO 6 O'CLOCK, AS YOU PLACE YOUR RIGHT HAND WITH THE CLUB UNDER THE ATTACKER'S RIGHT ARMPIT AND TWIST THE ATTACKER'S RIGHT WRIST COUNTERCLOCKWISE WITH YOUR LEFT HAND, TAKING THE ATTACKER TO THE GROUND ON THEIR BACK.

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CLUB COUNTER #3

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 BODY-SWITCH TO YOUR RIGHT AS YOU STRIKE THE INSIDE OF THE ATTACKER'S WEAPON ARM WITH A LEFT LONG OUTWARD OPEN PALM BLOCK/STRIKE AND HIT THE ATTACKER IN THE THROAT WITH A RIGHT-HAND EAGLE CLAW STRIKE.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND AND THEIR ADAMS APPLE WITH YOUR RIGHT HAND, THEN TWIST THE ATTACKER'S RIGHT WRIST INWARD WITH YOUR LEFT HAND AND PUSH DOWNWARD ON THEIR ADAMS APPLE WITH YOUR RIGHT HAND AS YOU MAKE A REVERSE PIVOT WITH YOUR LEFT FOOT TO 4 O'CLOCK AND TAKE THE ATTACKER TO THE GROUND ON THEIR BACK.
- RECOVER THE WEAPON.

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2-MAN COUNTER #1

ATTACK SEQUENCE:

THE FIRST ATTACKER IS ON YOUR RIGHT-SIDE AT 3 O’CLOCK AND THE SECOND ATTACKER IS ON YOUR LEFT SIDE AT 9 O’CLOCK. BOTH ATTACKERS THROW A STRAIGHT RIGHT PUNCH AT YOUR HEAD, 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, MOVE YOUR RIGHT FOOT TO 4 O’CLOCK INTO A HORSE STANCE AND STRIKE THE INSIDE OF THE ATTACKER’S PUNCHING ARM WITH A RIGHT SHORT INWARD BLOCK/STRIKE, FOLLOWED BY A RIGHT HAMMER FIST STRIKE TO THE GROIN.

LEFT ATTACKER:

AS THE LEFT ATTACKER PUNCHES, MOVE YOUR LEFT FOOT OUT TO 8 O’CLOCK, PARRY THE ATTACKER’S PUNCH INWARD WITH A LEFT BRUSH BLOCK OR LEFT SHORT INWARD BLOCK/STRIKE, AND THEN KICK THE ATTACKER IN THE STOMACH WITH A RIGHT ROUNDHOUSE KICK.

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2-MAN COUNTER #2

ATTACK SEQUENCE:

THE FIRST ATTACKER IS ON YOUR LEFT SIDE AT 9 O'CLOCK AND THE SECOND ATTACKER IS ON YOUR RIGHT-SIDE AT 3 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, MOVE YOUR HEAD TO YOUR LEFT AND SIMULTANEOUSLY BRUSH BLOCK THE ATTACKER'S RIGHT PUNCHING ARM INWARD WITH YOUR LEFT PALM AS YOU 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.

WHILE YOUR RIGHT FOOT IS STILL UP AND YOU ARE BALANCING ON YOUR LEFT FOOT, GRAB THE LEFT ATTACKER'S RIGHT SHOULDER WITH YOUR RIGHT HAND AND THE OUTSIDE OF THEIR RIGHT ELBOW AREA WITH YOUR LEFT HAND.

RIGHT ATTACKER:

AS THE RIGHT ATTACKER PUNCHES, KICK THEM IN THE STOMACH, RIBS, OR GROIN WITH A RIGHT BACK KICK.