

UNITED KAJUKENBO FEDERATION  
EMPERADO METHOD KAJUKENBO

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# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #11***

- 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 BACK TO THE SET POSITION STANCE
- LOOK TOWARD 12 O'CLOCK AND CROSS YOUR LEFT FOOT OVER YOUR RIGHT AS YOU PLACE YOUR RIGHT PALM IN FRONT OF YOUR LOWER ABDOMEN AND YOUR LEFT PALM ON TOP OF THE BACK OF YOUR RIGHT PALM, THEN PUSH DOWNWARD IN FRONT OF YOUR GROIN.
- LOOK TOWARD 9 O'CLOCK AND MOVE YOUR RIGHT FOOT IN AN OUTWARD CIRCULAR MOTION TO YOUR RIGHT AND PLACE THE FOOT DOWN AT 3 O'CLOCK INTO A HORSE STANCE AS YOU CIRCLE YOUR RIGHT HAND COUNTERCLOCKWISE TOWARD THE CENTER OF YOUR BODY AND OUT TO THE RIGHT AS YOU EXECUTE A RIGHT SHOULDER HIGH PALM UP BACK HAND STRIKE TOWARD 9 O'CLOCK WHILE PULLING YOUR LEFT ELBOW BACK TO AN ELBOW SMASH POSITION.
- WHILE LOOKING AT 3 O'CLOCK, EXECUTE A LEFT FACE HIGH ELBOW SMASH INTO YOUR OPEN RIGHT PALM AS YOU KEEP YOUR KNEES POINTING TOWARD 12 O'CLOCK.
- LOOK TO YOUR LEFT TOWARD 9 O'CLOCK AND MOVE YOUR HANDS INTO A RIGHT-SIDE COVER POSITION.
- EXECUTE A LEFT DOWNWARD BLOCK/STRIKE TOWARD 9 O'CLOCK, THEN MOVE YOUR HANDS INTO A LEFT-SIDE COVER.
- SNAP YOUR HEAD TO THE RIGHT AND THEN BACK TO THE LEFT.
- CROSS YOUR RIGHT FOOT OVER YOUR LEFT FOOT, THEN MOVE YOUR LEFT FOOT OUT TOWARD 9 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK AND EXECUTE A RIGHT SHORT OUTWARD BLOCK/STRIKE WITH A LEFT RIB HIGH FORWARD PUNCH.
- BODY SWITCH TO YOUR LEFT AS YOU EXECUTE A LEFT UPWARD BLOCK/STRIKE AND A RIGHT RIB HIGH HAMMER FIST STRIKE TOWARD 12 O'CLOCK.
- PIVOT BACK TO YOUR RIGHT FACING 12 O'CLOCK AND EXECUTE A SNAPPING LEFT DOWNWARD FACE HIGH BACK FIST STRIKE WITH A RIGHT OPEN PALM PLACED UNDER YOUR LEFT ELBOW.
- RAISE YOUR LEFT FOOT IN A SWEEPING MOTION AND TOUCH THE INSIDE OF YOUR RIGHT CALF WITH THE BOTTOM OF YOUR LEFT FOOT AND THEN PLACE YOUR LEFT FOOT BACK DOWN INTO THE HORSE STANCE.
- EXECUTE A LEFT NECK HIGH LONG OUTWARD FOREARM STRIKE TOWARD 10 O'CLOCK WITH YOUR RIGHT OPEN HAND REMAINING UNDER YOUR LEFT ELBOW.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #11 CONTINUED***

- RAISE YOUR RIGHT FOOT IN A SWEEPING MOTION AND TOUCH THE INSIDE OF YOUR LEFT CALF WITH THE BOTTOM OF YOUR RIGHT FOOT AND THEN PLACE YOUR RIGHT FOOT BACK DOWN INTO THE HORSE STANCE.
- PIVOT YOUR UPPER BODY TO YOUR RIGHT AS YOU EXECUTE A LEFT NECK HIGH LONG INWARD FOREARM STRIKE TOWARD 2 O'CLOCK WITH YOUR RIGHT HAND REMAINING UNDER THE LEFT ELBOW.
- LOOK TO YOUR LEFT TOWARDS 9 O'CLOCK AND PLACE YOUR HANDS INTO A RIGHT-SIDE COVER.
- EXECUTE A DOUBLE STRIKE TOWARD 9 O'CLOCK WITH A LEFT NECK HIGH LONG OUTWARD HAMMER FIST STRIKE AND A RIGHT RIB HIGH PUNCH.
- CIRCLE YOUR LEFT HAND COUNTERCLOCKWISE TOWARD THE CENTER OF YOUR BODY AND THEN EXECUTE A LEFT SHOULDER HIGH PALM UP BACK HAND STRIKE TOWARD 9 O'CLOCK AS YOU PULL YOUR RIGHT ELBOW BACK TO AN ELBOW SMASH POSITION.
- EXECUTE A RIGHT ELBOW SMASH INTO YOUR OPEN LEFT PALM AS KEEP YOUR KNEES FACING TOWARD 12 O'CLOCK, THEN LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK AND PLACE YOUR HANDS INTO A LEFT-SIDE COVER POSITION.
- EXECUTE A RIGHT DOWNWARD BLOCK/STRIKE TOWARD 3 O'CLOCK, THEN MOVE YOUR HANDS INTO A RIGHT-SIDE COVER.
- SNAP YOUR HEAD TO THE LEFT AND THEN BACK TO THE RIGHT.
- CROSS YOUR LEFT FOOT OVER YOUR RIGHT FOOT, THEN MOVE YOUR RIGHT FOOT OUT TOWARD 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK AND EXECUTE A LEFT SHORT OUTWARD BLOCK/STRIKE WITH A RIGHT RIB HIGH FORWARD PUNCH.
- BODY SWITCH TO YOUR RIGHT AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE AND A LEFT RIB HIGH HAMMER FIST STRIKE TOWARD 12 O'CLOCK.
- PIVOT BACK TO YOUR LEFT FACING 12 O'CLOCK AND EXECUTE A SNAPPING RIGHT-HAND DOWNWARD FACE HIGH BACK FIST STRIKE WITH A LEFT OPEN PALM PLACED UNDER YOUR RIGHT ELBOW.
- RAISE YOUR RIGHT FOOT IN A SWEEPING MOTION AND TOUCH THE INSIDE OF YOUR LEFT CALF WITH THE BOTTOM OF YOUR RIGHT FOOT AND THEN PLACE YOUR RIGHT FOOT BACK DOWN IN THE HORSE STANCE.
- EXECUTE A RIGHT NECK HIGH LONG OUTWARD FOREARM STRIKE TOWARD 2 O'CLOCK WITH YOUR LEFT OPEN HAND REMAINING UNDER YOUR RIGHT ELBOW.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #11 CONTINUED***

- RAISE YOUR LEFT FOOT IN A SWEEPING MOTION AND TOUCH THE INSIDE OF YOUR RIGHT CALF WITH THE BOTTOM OF YOUR LEFT FOOT AND THEN PLACE YOUR LEFT FOOT BACK DOWN IN THE HORSE STANCE.
- PIVOT YOUR UPPER BODY TO YOUR LEFT, THEN EXECUTE A RIGHT NECK HIGH LONG INWARD FOREARM STRIKE TOWARD 10 O'CLOCK WITH YOUR LEFT HAND REMAINING UNDER YOUR RIGHT ELBOW.
- LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK AND PLACE YOUR HANDS INTO A LEFT-SIDE COVER POSITION.
- EXECUTE A DOUBLE STRIKE TOWARD 3 O'CLOCK WITH A RIGHT NECK HIGH LONG OUTWARD HAMMER FIST STRIKE AND A LEFT RIB HIGH PUNCH.
- MOVE YOUR RIGHT FOOT BACK TO THE SET POSITION STANCE FACING 12 O'CLOCK AS YOU PLACE YOUR HANDS IN A HIGH X-BLOCK POSITION, THEN CIRCLE YOUR HANDS OUTSIDE IN UNTIL YOUR FISTS COME ALL THE WAY AROUND INTO THE POSITION STANCE WITH YOUR RIGHT FIST RESTING IN YOUR LEFT PALM AT YOUR WAIST.
- 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 #12***

- 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 INTO A LEFT FORWARD STANCE FACING 9 O'CLOCK AND EXECUTE A LEFT 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.
- WHILE STILL FACING 9 O'CLOCK, AT THE SAME TIME, EXECUTE A LEFT GROIN HIGH SNAP FRONT KICK, A LEFT FACE HIGH UPPER CUT PUNCH AND A RIGHT ELBOW SMASH TO THE REAR.
- PLACE YOUR LEFT FOOT DOWN AT 9 O'CLOCK AND EXECUTE A RIGHT REVERSE PUNCH WITH A LEFT ELBOW SMASH TO THE REAR (THE ***KIAI*** IS EXTENDED FROM THE UPPER CUT AND KICK THROUGH THE RIGHT PUNCH).
- LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK AND THEN PIVOT YOUR BODY TO YOUR RIGHT INTO A RIGHT FORWARD CAT STANCE THAT TRANSITIONS TO A RIGHT FORWARD STANCE AS YOU EXECUTE A RIGHT DOWNWARD BLOCK/STRIKE.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE AND CIRCLE YOUR HANDS RIGHT OVER LEFT INTO AN ON-GUARD POSITION.
- MOVE YOUR LEFT FOOT FORWARD INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH TOWARD 3 O'CLOCK, WITH A RIGHT ELBOW SMASH TO THE REAR.
- HOP BACK TO 6 O'CLOCK ONTO YOUR RIGHT FOOT INTO A CAT STANCE FACING 12 O'CLOCK AND EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- SLIDE YOUR LEFT FOOT FORWARD TO 12 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LONG OUTWARD 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, FOLLOWED BY A LEFT FRONT SNAP KICK.
- PLACE YOUR LEFT FOOT DOWN IN FRONT OF YOU INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT UPWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR, FOLLOWED BY A RIGHT SNAP FRONT KICK.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #12 CONTINUED***

- PLACE YOUR RIGHT FOOT DOWN IN FRONT OF YOU INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT BACK TO 6 O'CLOCK 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 LEFT FOOT BACK TO 6 O'CLOCK INTO A RIGHT FRONT STANCE FACING 12 O'CLOCK AND EXECUTE A RIGHT LONG INWARD BLOCK/STRIKE, FOLLOWED BY A COUNTER RIGHT NECK HIGH OPEN HAND LONG OUTWARD CHOP WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK, THEN MOVE YOUR LEFT FOOT CLOCKWISE TO 3 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT FORWARD PUNCH TOWARD 3 O'CLOCK 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 AS YOU PLACE YOUR LEFT HAND IN A CRANE POSITION AND PULL YOUR LEFT HAND DOWNWARD UNTIL IT IS BEHIND YOUR BACK
- MOVE YOUR LEFT FOOT TO 3 O'CLOCK, THEN PIVOT TO YOUR RIGHT INTO A RIGHT FORWARD STANCE FACING 9 O'CLOCK AND EXECUTE A RIGHT UPWARD BLOCK/STRIKE AS YOU PULL YOUR LEFT HAND BEHIND YOU AGAIN IN A CRANE POSITION.
- MOVE YOUR LEFT FOOT TO 9 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A GROIN HIGH LEFT CRANE STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR, THEN RAISE THE CRANE STRIKE UPWARD TO CHIN HIGH LEVEL.
- EXECUTE A HIGH X-BLOCK AND A RIGHT GROIN HIGH SNAP FRONT KICK ***(KIAI)***.
- PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 12 O'CLOCK AND PIVOT YOUR BODY TO YOUR LEFT INTO A LEFT FORWARD STANCE FACING 6 O'CLOCK, THEN EXECUTE A LEFT DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- EXECUTE A RIGHT REVERSE PUNCH WITH A LEFT ELBOW SMASH TO THE REAR, FOLLOWED BY A LEFT FORWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR TOWARD 6 O'CLOCK.
- MOVE YOUR RIGHT FOOT TO 6 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT FORWARD PUNCH TO THE SOLAR PLEXUS AND A LEFT ELBOW SMASH TO THE REAR. DRAW YOUR RIGHT-HAND BACK AND EXECUTE A RIGHT FACE HIGH PALM STRIKE.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #12 CONTINUED***

- MOVE YOUR LEFT FOOT TO 6 O'CLOCK INTO A LEFT FORWARD STANCE AND EXECUTE A LEFT NECK HIGH LONG INWARD CHOP WITH A RIGHT ELBOW SMASH TO THE REAR, FOLLOWED BY A COUNTER LEFT NECK HIGH LONG OUTWARD CHOP.
- 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)**.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE AND CIRCLE YOUR HANDS RIGHT OVER LEFT INTO AN ON-GUARD POSITION.
- LOOK OVER YOUR LEFT SHOULDER, THEN PIVOT COUNTERCLOCKWISE ON YOUR RIGHT FOOT, PLACING YOUR LEFT FOOT NEXT TO YOUR RIGHT FOOT IN A SET POSITION STANCE FACING 6 O'CLOCK WITH YOUR HANDS HELD IN FRONT OF YOUR FACE (RIGHT PALM IS IN FRONT OF YOUR FACE, LEFT PALM IS PLACED OVER THE BACK OF YOUR RIGHT HAND).
- SLIDE YOUR LEFT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE AND EXECUTE A LEFT NECK HIGH HORIZONTAL CHOP TOWARD 3 O'CLOCK WITH A RIGHT OPEN HAND ELBOW SMASH TO THE REAR.
- DRAW YOUR LEFT FOOT BACK INTO A MEDIUM CAT STANCE, AS YOU ALSO DRAW YOUR LEFT HAND SLIGHTLY BACK SO THAT YOUR PALM IS FACING DOWNWARD AND YOUR LEFT ELBOW IS BENT.
- LEAVE THE LEFT FOOT STATIONARY, THEN MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 3 O'CLOCK INTO A SET POSITION STANCE FACING 12 O'CLOCK WITH YOUR HANDS HELD IN FRONT OF YOUR FACE (LEFT PALM IS IN FRONT OF YOU, RIGHT PALM IS PLACED OVER THE BACK OF YOUR LEFT HAND).
- SLIDE YOUR RIGHT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE AND EXECUTE A RIGHT NECK HIGH HORIZONTAL CHOP TOWARD 3 O'CLOCK WITH A LEFT OPEN HAND ELBOW SMASH TO THE REAR.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE, AS YOU ALSO DRAW YOUR RIGHT HAND SLIGHTLY BACK SO THAT YOUR PALM IS FACING DOWNWARD AND YOUR RIGHT ELBOW IS BENT.
- LOOK OVER YOUR RIGHT SHOULDER, LEAVE YOUR LEFT FOOT STATIONARY, THEN MOVE YOUR LEFT FOOT BACK CLOCKWISE TO 3 O'CLOCK INTO A SET POSITION STANCE FACING 6 O'CLOCK WITH YOUR HANDS HELD IN FRONT OF YOUR FACE (LEFT PALM IS IN FRONT OF YOU, RIGHT PALM IS PLACED OVER THE BACK OF YOUR LEFT HAND).
- SLIDE YOUR RIGHT FOOT OUT TO 9 O'CLOCK INTO A HORSE STANCE AND EXECUTE A RIGHT NECK HIGH HORIZONTAL CHOP TOWARD 9 O'CLOCK WITH A LEFT OPEN HAND ELBOW SMASH TO THE REAR.
- DRAW YOUR RIGHT FOOT BACK INTO A MEDIUM CAT STANCE, AS YOU ALSO DRAW YOUR RIGHT HAND SLIGHTLY BACK SO THAT YOUR PALM IS FACING DOWNWARD AND YOUR RIGHT ELBOW IS BENT.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PALAMA SET #12 CONTINUED***

- LEAVE YOUR RIGHT FOOT STATIONARY, THEN MOVE YOUR LEFT FOOT CLOCKWISE TO 9 O'CLOCK INTO A SET POSITION STANCE FACING 6 O'CLOCK WITH YOUR HANDS HELD IN FRONT OF YOUR FACE (RIGHT PALM IS IN FRONT OF YOU, LEFT PALM OVER YOUR RIGHT HAND).
- SLIDE YOUR LEFT FOOT OUT TO 9 O'CLOCK INTO A HORSE STANCE AND EXECUTE A LEFT NECK HIGH HORIZONTAL CHOP TOWARD 9 O'CLOCK WITH A RIGHT OPEN HAND ELBOW SMASH TO THE REAR.
- DRAW YOUR LEFT FOOT BACK INTO A MEDIUM CAT STANCE, AS YOU ALSO DRAW YOUR LEFT HAND SLIGHTLY BACK SO THAT YOUR PALM IS FACING DOWNWARD AND YOUR LEFT ELBOW IS BENT.
- LOOK OVER YOUR LEFT SHOULDER, THEN MOVE YOUR LEFT FOOT COUNTERCLOCKWISE TO 3 O'CLOCK INTO 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 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

## ***GRAB COUNTER #11***

***ATTACKER GRABS YOUR RIGHT SHOULDER FROM THE REAR WITH THEIR LEFT HAND, THEN STEPS FORWARD WITH THEIR RIGHT FOOT AND THROWS A RIGHT PUNCH TO THE RIGHT SIDE OF YOUR FACE.***

- TURN YOUR BODY TO YOUR RIGHT (CLOCKWISE) AND MOVE YOUR RIGHT FOOT TO 7 O'CLOCK, AS YOU STRIKE THE INSIDE OF THE ATTACKER'S RIGHT PUNCHING ARM WITH A LEFT OUTWARD PALM HEEL STRIKE AND RAISE YOUR RIGHT OPEN PALM UP TO COVER YOUR FACE.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK, THEN STRIKE THE ATTACKER'S LEFT EAR WITH A RIGHT-HAND OPEN PALM STRIKE, FOLLOWED BY A RIGHT HAMMER FIST TO THE GROIN, FOLLOWED BY A RIGHT BACKFIST TO THE FACE.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***GRAB COUNTER #12***

***ATTACKER GRABS YOUR RIGHT SHOULDER FROM THE REAR WITH THEIR LEFT HAND, THEN STEPS FORWARD WITH THEIR RIGHT FOOT AND THROWS A RIGHT PUNCH TO THE RIGHT SIDE OF YOUR FACE.***

- TURN YOUR BODY TO THE RIGHT (CLOCKWISE) AND MOVE YOUR RIGHT FOOT TO 7 O' CLOCK AS YOU CIRCLE YOUR RIGHT ARM FROM RIGHT TO LEFT (COUNTERCLOCKWISE) OVER THE TOP OF THE ATTACKER'S LEFT ARM AND RAISE YOUR LEFT HAND UP TO COVER YOUR FACE.
- AS THE ATTACKER PUNCHES WITH THEIR RIGHT ARM, DRIVE YOUR RIGHT FOREARM DOWNWARD ON TOP OF THE ATTACKER'S PUNCHING ARM AND THE ATTACKER'S GRABBING ARM, KNOCKING THEM BOTH DOWNWARD.
- STRIKE THE ATTACKER IN THE THROAT OR SIDE OF THE NECK WITH A RIGHT CHOP.

UNITED KAJUKENBO FEDERATION  
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***PUNCH COUNTER #13***

***ATTACKER MAKES TWO SEPARATE PUNCH ATTACKS TO YOUR FACE.***

***FIRST ATTACK:***

***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, AT THE SAME TIME, BLOCK THE ATTACKER'S PUNCHING ARM OUTWARD WITH A LEFT SHORT OUTWARD BLOCK/STRIKE, PUNCH THE ATTACKER IN THE FACE WITH A RIGHT FORWARD PUNCH, AND KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT KICK.
- CROSS YOUR RIGHT FOOT OVER YOUR LEFT, AND THEN SLIDE YOUR LEFT FOOT OUT TO 8 O'CLOCK INTO A HORSE STANCE.

***SECOND ATTACK:***

***ATTACKER RECOVERS, STEPS FORWARD WITH THEIR LEFT FOOT INTO A LEFT FORWARD STANCE AND THROWS A LEFT ROUNDHOUSE PUNCH:***

- KICK THE ATTACKER IN THE RIBS WITH A RIGHT SIDEKICK AS THEY BEGIN TO PUNCH FOR A SECOND TIME.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PUNCH COUNTERS #14 & #15 (COMBINATION)***

***ATTACKER MAKES TWO SEPARATE PUNCH ATTACKS TO YOUR FACE.***

### ***ATTACK 14:***

***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, PARRY THE ATTACKER'S PUNCH INWARD WITH A LEFT PALM PARRY STRIKE AS YOU SIMULTANEOUSLY KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 5 O'CLOCK INTO A LEFT FORWARD STANCE WITH YOUR HANDS IN A COVER POSITION.

### ***ATTACK 15:***

***ATTACKER RECOVERS, STEPS FORWARD WITH THEIR LEFT FOOT INTO A LEFT FORWARD STANCE AND THROWS A RIGHT ROUNDHOUSE PUNCH:***

- MOVE YOUR RIGHT FOOT TO 2 O'CLOCK AS YOU BLOCK THE ATTACKER'S PUNCHING ARM AWAY FROM YOU WITH A LEFT OPEN HAND PALM HEEL BLOCK/STRIKE AND HIT THE ATTACKER IN THE THROAT WITH A RIGHT EAGLE CLAW STRIKE.
- GRAB THE ATTACKER'S THROAT WITH YOUR RIGHT HAND AND THEIR RIGHT WRIST WITH YOUR LEFT HAND, THEN MAKE A REVERSE PIVOT WITH YOUR LEFT FOOT TO 4 O'CLOCK AND TAKE THE ATTACKER TO THE GROUND ON THEIR BACK.

***NOTE:*** ORIGINALLY THE FIRST DEFENSIVE MOVE ON 14 WAS A DOUBLE SHORT INWARD BLOCK/STRIKE TO THE OUTSIDE AND INSIDE WRIST AREA OF THE ATTACKER'S PUNCHING ARM, MEANING THE LEFT AND RIGHT FOREARMS STRIKE INWARD AT THE SAME TIME TO STOP THE PUNCH. SINCE THAT APPLICATION ONLY WORKS ON A PERFECTLY STRAIGHT PUNCH, IT WAS CHANGED TO A LEFT INWARD PALM HEEL PARRY.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***PUNCH COUNTER #16***

***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 RIGHT FOOT TO 2 O'CLOCK AND BLOCK THE ATTACKER'S PUNCHING ARM AWAY FROM YOU WITH A LEFT LONG OUTWARD BLOCK/STRIKE, AS YOU STRIKE THE ATTACKER IN THE GROIN WITH A RIGHT HAMMER FIST STRIKE.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND, THEN MOVE YOUR RIGHT FOOT TO 10 O'CLOCK AND STRIKE THE ATTACKER'S RIGHT TRICEP AREA WITH A RIGHT PUNCH.
- GRAB THE BACK OF THE ATTACKER'S RIGHT ARM AT THE SHOULDER WITH YOUR RIGHT HAND AND MAKE A REVERSE PIVOT TO 4 O'CLOCK WITH YOUR LEFT FOOT AS YOU FLIP THE ATTACKER OVER YOUR RIGHT SHOULDER (JUDO TECHNIQUE-SEOI NAGE).

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***KNIFE COUNTER #8***

### ***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 STRIKE DOWN ON THE TOP OF THE ATTACKER'S RIGHT FOREARM WITH BOTH PALMS (LEFT STRIKING THE ELBOW, RIGHT STRIKING THE WRIST).
- GRAB THE ATTACKER'S RIGHT WRIST AREA WITH YOUR LEFT HAND AND STRIKE THE ATTACKER'S RIGHT WRIST WITH A RIGHT PUNCH, HAMMER FIST, OR PALM HEEL STRIKE, DISARMING THE ATTACKER.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND, SLIDE YOUR LEFT FOOT TO 12 O'CLOCK INTO A HORSE STANCE AND STRIKE THE ATTACKER IN THE GROIN WITH A LEFT HAMMER FIST.
- WHILE STILL HOLDING THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND, SWING THE ATTACKER'S RIGHT ARM BETWEEN THEIR LEGS AND GRAB IT WITH YOUR LEFT HAND FROM BEHIND THE ATTACKER.
- WHILE HOLDING THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND, STRIKE THE ATTACKER IN THE SPINE WITH A RIGHT DOWNWARD VERTICAL ELBOW STRIKE, FOLLOWED BY A RIGHT CHOP TO THE BACK OF THE ATTACKER'S NECK.
- PULL UP WITH YOUR LEFT HAND AS YOU PUSH DOWN ON THE BACK OF THE ATTACKER'S NECK WITH YOUR RIGHT HAND, FLIPPING THE ATTACKER OVER ONTO THEIR BACK.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***KNIFE COUNTER #9***

### ***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 STRIKE DOWN ON THE TOP OF THE ATTACKER'S RIGHT FOREARM WITH BOTH PALMS (LEFT STRIKING THE ELBOW, RIGHT STRIKING THE WRIST).
- GRAB THE ATTACKER'S RIGHT WRIST AREA WITH YOUR LEFT HAND AND STRIKE THE ATTACKER'S RIGHT WRIST WITH A RIGHT PUNCH, HAMMER FIST, OR PALM HEEL STRIKE, DISARMING THE ATTACKER
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND AND KICK THE ATTACKER IN THE FRONT KNEE WITH A LEFT SNAP FRONT KICK.
- RETURN YOUR KICK AND PLACE YOUR FOOT DOWN AT 12 O'CLOCK INTO A HORSE STANCE, THEN STRIKE THE ATTACKER IN THE GROIN WITH A LEFT HAMMER FIST STRIKE.
- PIVOT TO YOUR LEFT AND STRIKE THE ATTACKER IN THE SOLAR PLEXUS WITH A RIGHT-HAND CIRCULAR ONE KNUCKLE STRIKE.
- PIVOT BACK TO YOUR RIGHT, PLACE YOUR LEFT HAND ON THE ATTACKER'S RIGHT SHOULDER, THEN PUSH THEIR SHOULDER DOWNWARD AND STRIKE THE ATTACKER ON THE BACK OF THE NECK WITH A RIGHT CHOP OR HAMMER FIST.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***KNIFE COUNTER #10***

### ***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.
- IMMEDIATELY GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND (YOUR RIGHT THUMB SHOULD FACE DOWNWARD).
- REACH OVER THE ATTACKER'S ARM AND GRASP THE FRONT OF YOUR RIGHT WRIST WITH YOUR LEFT HAND CREATING A LOCK.
- MOVE YOUR RIGHT FOOT FORWARD TOWARD 12 O'CLOCK, AND THEN MOVE YOUR LEFT FOOT BACK TO 6 O'CLOCK TO MAKE A REVERSE PIVOT AND TAKE THE ATTACKER TO THE GROUND ON THEIR BACK.
- STRIKE THE ATTACKER'S RIGHT WRIST AGAINST THE GROUND TO DISARM THE ATTACKER.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***KNIFE COUNTER #11***

### ***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 STRIKE DOWN ON THE TOP OF THE ATTACKER'S RIGHT FOREARM WITH BOTH PALMS (LEFT STRIKING THE ELBOW, RIGHT STRIKING THE WRIST).
- GRAB THE ATTACKER'S RIGHT WRIST AREA WITH YOUR LEFT HAND AND STRIKE THE ATTACKER'S RIGHT WRIST WITH A RIGHT PUNCH, HAMMER FIST, OR PALM HEEL STRIKE, DISARMING THE ATTACKER
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND AND KICK THE ATTACKER IN THE GROIN WITH YOUR RIGHT FOOT.
- MOVE YOUR LEFT FOOT TO 12 O'CLOCK INTO A HORSE STANCE, THEN STRIKE THE ATTACKER IN THE GROIN WITH A LEFT HAMMER FIST.
- PIVOT TO YOUR LEFT AND STRIKE THE ATTACKER IN THE SOLAR PLEXUS WITH A RIGHT-HAND CIRCULAR ONE KNUCKLE STRIKE.
- PIVOT BACK TO YOUR RIGHT, PLACE YOUR LEFT HAND ON THE ATTACKER'S RIGHT SHOULDER, THEN PUSH THEIR SHOULDER DOWNWARD AND STRIKE THE ATTACKER ON THE BACK OF THE NECK WITH A RIGHT CHOP OR HAMMER FIST.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## **CLUB COUNTER #8**

### ***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-SHIFT TO YOUR RIGHT AS YOU STRIKE THE INSIDE OF THE ATTACKER'S WEAPON ARM WITH A LEFT LONG OUTWARD BLOCK/STRIKE AND HIT THE ATTACKER IN THE GROIN WITH A RIGHT HAMMER FIST STRIKE.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND, THEN STRIKE THE ATTACKER IN THE STOMACH OR RIBS WITH A RIGHT HORIZONTAL ELBOW STRIKE AS YOU MOVE UNDER THE ATTACKER'S RIGHT ARM AND PLACE YOUR RIGHT FOOT AT 9 O'CLOCK.
- MAKE A REVERSE PIVOT WITH YOUR LEFT LEG TO 10 O'CLOCK, AS YOU ROTATE THE ATTACKER'S RIGHT ARM COUNTERCLOCKWISE, FORCING THE ATTACKER TO BEND OVER.
- KICK THE ATTACKER IN THE CHEST OR FACE WITH A RIGHT SNAP FRONT KICK, THEN PLACE YOUR FOOT DOWN BEHIND YOU AND STRIKE THE ATTACKER BEHIND THE RIGHT ELBOW WITH A RIGHT HAMMER FIST OR FOREARM STRIKE, TAKING THE ATTACKER TO THE GROUND.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## **CLUB COUNTER #9**

***ATTACKER SWINGS A CLUB WITH THEIR RIGHT HAND FROM ACROSS THEIR BODY TO THE RIGHT SIDE OF YOUR BODY:***

- MOVE YOUR LEFT FOOT TO 8 O'CLOCK INTO A FOUR CORNER COVER AND STRIKE THE OUTSIDE OF THE ATTACKER'S WEAPON ARM (LEFT PALM AT THE ELBOW AND RIGHT PALM AT THE FOREARM), THEN GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR LEFT HAND AND HIT THE ATTACKER'S RIGHT WRIST WITH A RIGHT PUNCH, HAMMER FIST, OR PALM HEEL STRIKE, DISARMING THE ATTACKER.
- GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND, THEN SLIDE YOUR LEFT FOOT TO 12 O'CLOCK INTO A HORSE STANCE AND STRIKE THE ATTACKER IN THE GROIN WITH A LEFT HAMMER FIST.
- WHILE HOLDING THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND, SWING THE ATTACKER'S RIGHT ARM BETWEEN THEIR LEGS AND GRAB IT WITH YOUR LEFT HAND FROM BEHIND THE ATTACKER.
- WHILE HOLDING THE ATTACKER'S WRIST WITH YOUR LEFT HAND, STRIKE THE ATTACKER IN THE SPINE WITH A RIGHT DOWNWARD VERTICAL ELBOW STRIKE, FOLLOWED BY A RIGHT CHOP TO THE BACK OF THE ATTACKER'S NECK.
- PULL UP WITH YOUR LEFT HAND AS YOU PUSH DOWN ON THE BACK OF THE ATTACKER'S NECK WITH YOUR RIGHT HAND, FLIPPING THE ATTACKER OVER ONTO THEIR BACK.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***CLUB COUNTER #10***

### ***ATTACKER SWINGS A CLUB FROM OVERHEAD WITH THE RIGHT HAND:***

- MOVE YOUR LEFT FOOT BACK TO 8 O'CLOCK INTO A FOUR CORNER COVER, PARRY THE ATTACKER'S WEAPON ARM INWARD WITH THE OUTSIDE EDGE OF YOUR RIGHT HAND, 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.
- KICK THE ATTACKER IN THE STOMACH OR GROIN WITH A RIGHT SNAP FRONT KICK AND THEN PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AND STRIKE DOWN ON THE ATTACKER'S RIGHT ELBOW AREA WITH A RIGHT LONG INWARD HAMMER FIST STRIKE, DRIVING THE ATTACKER TO THE GROUND.
- RECOVER THE WEAPON.

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## ***CLUB COUNTER #11***

### ***ATTACKER POKES FORWARD TO YOUR STOMACH WITH A CLUB IN THEIR RIGHT HAND:***

- MOVE YOUR LEFT FOOT TO 8 O'CLOCK INTO A FOUR CORNER COVER AND STRIKE DOWN ON THE TOP OF THE ATTACKER'S RIGHT FOREARM WITH BOTH PALMS (LEFT STRIKING THE ELBOW AND RIGHT STRIKING THE WRIST).
- GRAB THE ATTACKER'S RIGHT WRIST WITH BOTH HANDS (LEFT OVER RIGHT) AND ROTATE THE ATTACKER'S RIGHT WRIST COUNTERCLOCKWISE INTO A WRISTLOCK, BREAKING THE ATTACKER'S ELBOW.
- KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK, THEN CROSS YOUR RIGHT FOOT OVER YOUR LEFT FOOT AND HIT THE ATTACKER IN THE THROAT WITH A RIGHT EAGLE CLAW STRIKE.
- MOVE YOUR LEFT FOOT FORWARD TO 11 O 'CLOCK, AS YOU TWIST THE ATTACKER'S RIGHT WRIST OUTWARD, THEN STRIKE THE ATTACKER IN THE THROAT WITH A RIGHT FOREARM STRIKE, TAKING THE ATTACKER TO THE GROUND ON THEIR BACK.
- RECOVER THE WEAPON.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## **2-MAN COUNTER #5**

### **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 IN THE AIR AND YOU BALANCE 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.

### **LEFT ATTACKER:**

WHILE STILL HOLDING THE LEFT ATTACKER, RETURN THE RIGHT BACK KICK AND KICK THE LEFT ATTACKER IN THE GROIN AGAIN WITH A RIGHT SNAP FRONT KICK. FOLLOW UP BY THROWING THE FIRST ATTACKER INTO THE SECOND ATTACKER, KNOCKING THEM BOTH DOWN.

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## **2-MAN COUNTER #6**

### **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 AT THE SAME TIME STRIKE THE INSIDE OF THE ATTACKER'S PUNCHING ARM WITH A LEFT OUTWARD PALM HEEL STRIKE AND HIT THE ATTACKER IN THE GROIN WITH A RIGHT HAMMER FIST.

### **LEFT ATTACKER:**

AS THE SECOND ATTACKER PUNCHES, KICK THEM IN THE RIBS WITH A LEFT SIDE KICK. PLACE YOUR LEFT FOOT DOWN AT 9 O'CLOCK INTO A HORSE STANCE AND CHOP THE LEFT ATTACKER IN THE LEFT SIDE OF THE NECK WITH A LEFT CHOP, FOLLOWED BY A RIGHT CHOP TO THE SAME LOCATION (ROTATE YOUR BODY TO YOUR LEFT AS YOU STRIKE WITH THE RIGHT CHOP).

### **RIGHT ATTACKER:**

KICK THE RIGHT ATTACKER IN THE RIBS WITH A RIGHT-SIDE KICK. PLACE YOUR RIGHT FOOT DOWN AT 3 O'CLOCK INTO A HORSE STANCE AND CHOP THE RIGHT ATTACKER IN THE RIGHT SIDE OF THE NECK WITH A RIGHT CHOP, FOLLOWED BY A LEFT CHOP TO THE SAME LOCATION (ROTATE YOUR BODY TO YOUR RIGHT AS YOU STRIKE WITH THE LEFT CHOP).

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## **3-MAN COUNTER #3**

### **ATTACK SEQUENCE:**

ONE ATTACKER IS ON YOUR LEFT SIDE AT 9 O'CLOCK, ANOTHER ATTACKER IS ON YOUR RIGHT-SIDE AT 3 O'CLOCK, AND A THIRD ATTACKER IS IN FRONT OF YOU AT 12 O'CLOCK. ALL THREE ATTACKERS THROW A STRAIGHT RIGHT PUNCH AT YOUR HEAD AT THE SAME TIME. YOU ARE IN AN OPEN STANCE WITH YOUR FEET SHOULDER WIDTH APART FACING 12 O'CLOCK.

### **ALL THREE ATTACKERS:**

AS ALL THREE ATTACKERS PUNCH AT YOU AT THE SAME TIME, YOU TURN YOUR BODY TO YOUR LEFT TO FACE THE LEFT ATTACKER AND BLOCK THEIR PUNCH WITH A LEFT LONG OUTWARD BLOCK/STRIKE WHILE YOU PUNCH THE FRONT ATTACKER IN THE FACE WITH A RIGHT PUNCH, AND KICK THE RIGHT ATTACKER IN THE STOMACH, RIBS OR GROIN WITH A RIGHT BACK KICK.

### **LEFT ATTACKER:**

PLACE YOUR RIGHT FOOT DOWN AT 2 O'CLOCK IN A LEFT FORWARD STANCE AS YOU TURN TO FACE THE LEFT ATTACKER, AND THEN GRAB THE LEFT ATTACKER'S RIGHT COLLAR WITH YOUR LEFT HAND AND PUNCH THEM IN THE FACE WITH A RIGHT PUNCH, FOLLOWED BY A RIGHT SNAP FRONT KICK TO THE GROIN, KNOCKING THEM AWAY FROM YOU.

### **FRONT ATTACKER:**

PLACE YOUR RIGHT FOOT DOWN AT 7 O'CLOCK IN A RIGHT FORWARD STANCE AND KICK THE FRONT ATTACKER WITH A LEFT BACK KICK TO THE RIBS, THEN TURN YOUR BODY TO FACE THE FRONT ATTACKER AND PUNCH THEM IN THE FACE WITH A RIGHT FORWARD PUNCH.

### **RIGHT ATTACKER:**

KICK THE RIGHT ATTACKER IN THE RIBS WITH A RIGHT-SIDE KICK.

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## **3-MAN COUNTER #4**

### ***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.

### ***FRONT ATTACKER:***

AS THE FRONT ATTACKER PUNCHES, KICK THEM IN THE GROIN WITH A RIGHT SNAP FRONT KICK, KNOCKING THEM AWAY FROM YOU.

### ***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 “A”***

### ***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 PUNCH THE ATTACKER IN THE RIGHT TEMPLE WITH YOUR RIGHT FIST.

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “B”***

### ***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.
- 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 INTO A FORWARD STANCE AT 12 O'CLOCK AND STRIKE THE ATTACKER IN THE SOLAR PLEXUS WITH A RIGHT REVERSE PUNCH.
- AT THE SAME TIME, STRIKE THE ATTACKER ON THE LEFT AND RIGHT COLLARBONES WITH A DOUBLE OX-JAW STRIKE, THEN FOLLOW UP WITH A RIGHT FRONT THRUST KICK TO THE ATTACKER'S STOMACH AREA (THE DOUBLE OX-JAW STRIKE AND THE THRUST KICK CAN ALL BE DONE AT THE SAME TIME).

# UNITED KAJUKENBO FEDERATION EMPERADO METHOD KAJUKENBO

## ***ALPHABET “C”***

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

- FROM A SOUTHPAW, MEDIUM CAT STANCE, STRIKE THE TOP OR INSIDE OF THE ATTACKER'S RIGHT FOREARM WITH A 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 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.

***NOTE:*** IF THE ATTACKER THROWS MULTIPLE PUNCHES LIKE A JAB AND THEN THE RIGHT HOOK OR MULTIPLE JABS, JUST BLOCK WITH THE RIGHT PALM HEEL STRIKE EACH TIME UNTIL YOU CAN EXECUTE THE LEFT KICK TO THE RIBS. ALSO, IF YOU ARE UNABLE TO TAKE THE ATTACKER DOWN TO YOUR RIGHT BECAUSE THERE IS A WALL OR OBSTACLE IN THE WAY EXECUTE A HOP SING, SWITCHING YOUR FEET WITH THE LEFT FOOT BACK AND THE RIGHT FOOT FORWARD, AND THEN EXECUTE A RIGHT FOREARM STRIKE TO THE ATTACKER'S HEAD, NECK, OR STERNUM AS YOU PULL THE ATTACKER TO THE GROUND ON YOUR LEFT SIDE WITH YOUR LEFT HAND. FOLLOW UP WITH A RIGHT CHOP TO THE THROAT.