

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>Orange Belt Requirements</i>	
<i>Palama Sets</i>	<i>1 & 2</i>
<i>Grab Counters</i>	<i>1 & 2</i>
<i>Punch Counters</i>	<i>1 & 2</i>

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PALAMA SET #1

- 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
- MOVE YOUR LEFT FOOT BACK TO 6 O'CLOCK INTO A RIGHT FORWARD STANCE, THEN EXECUTE A RIGHT HAND SHORT OUTWARD BLOCK/STRIKE AND A LEFT ELBOW SMASH TO THE REAR.
- MOVE YOUR RIGHT FOOT BACK TO 6 O'CLOCK INTO A LEFT FORWARD STANCE, THEN EXECUTE A LEFT-HAND DOWNWARD BLOCK/STRIKE AND A RIGHT ELBOW SMASH TO THE REAR.
- MOVE YOUR LEFT FOOT BACK TO 6 O'CLOCK INTO A RIGHT FORWARD STANCE, THEN EXECUTE A RIGHT SHORT INWARD BLOCK/STRIKE AND A LEFT ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR RIGHT SHOULDER TOWARD 3 O'CLOCK, THEN MOVE YOUR LEFT FOOT CLOCKWISE TO 12 O'CLOCK INTO A HORSE STANCE FACING 3 O'CLOCK AND EXECUTE A HIGH X BLOCK, FOLLOWED BY A DOUBLE ELBOW SMASH TO THE REAR.
- LOOK OVER YOUR LEFT SHOULDER TOWARD 9 O'CLOCK, THEN MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 12 O'CLOCK INTO A HORSE STANCE FACING 9 O'CLOCK AND EXECUTE A HIGH X BLOCK, FOLLOWED BY A DOUBLE ELBOW SMASH TO THE REAR.
- LOOK TO YOUR RIGHT TOWARD 12 O'CLOCK, PLACE YOUR HANDS IN A LEFT SIDE COVER, 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 (***KIAI***).
- MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 12 O'CLOCK INTO A HORSE STANCE FACING 9 O'CLOCK AND EXECUTE A RIGHT HORIZONTAL ELBOW SMASH INTO YOUR LEFT OPEN PALM AS YOU LOOK TOWARD 12 O'CLOCK.
- LOOK OVER YOUR LEFT SHOULDER TOWARD 6 O'CLOCK, AND THEN EXECUTE A LEFT SHORT OUTWARD BLOCK/STRIKE TOWARD 6 O'CLOCK.
- MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 6 O'CLOCK INTO A HORSE STANCE FACING 3 O'CLOCK, THEN OPEN YOUR LEFT HAND AND PLACE IT AS COVER BY YOUR FACE AS YOU EXECUTE A RIGHT-HAND FACE HIGH PALM HEEL STRIKE, FOLLOWED BY A RIGHT GROIN HIGH CIRCULAR HAMMER FIST STRIKE.
- IMMEDIATELY DRAW YOUR RIGHT FOOT INWARD TO A MEDIUM CAT STANCE AND EXECUTE A RIGHT FACE HIGH BACK FIST STRIKE WITH A LEFT ELBOW SMASH TO THE REAR.

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PALAMA SET #1 CONTINUED

- LOOK OVER YOUR LEFT SHOULDER TOWARD 12 O'CLOCK, MOVE YOUR RIGHT FOOT COUNTERCLOCKWISE TO 3 O'CLOCK INTO A HORSE STANCE FACING 12 O'CLOCK, AND 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 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 #2

- START FROM AN OPEN STANCE
- MOVE YOUR RIGHT FOOT INWARD TO THE SET POSITION STANCE
- BOW
- MOVE TO THE SQUATTING POSITION (***KIAI***)
- LOOK DOWNWARD TOWARD THE GROUND, AND THEN PUNCH DOWNWARD TOWARD THE GROUND WITH BOTH FISTS AT THE SAME TIME.
- DRAW BOTH FISTS UPWARD IN FRONT OF YOUR CHEST, THEN, AT THE SAME TIME, EXECUTE DOUBLE CHEST HIGH FORWARD PUNCHES.
- PLACE YOUR HANDS IN A RIGHT-SIDE COVER AND THEN MOVE YOUR LEFT FOOT BACK TO 7 O'CLOCK INTO A HORSE STANCE FACING 10 O'CLOCK. LOOK DOWNWARD TOWARD THE GROUND AND EXECUTE A RIGHT DOWNWARD PUNCH TOWARD THE GROUND WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK TOWARD 12 O'CLOCK, AND THEN PIVOT ON YOUR LEFT FOOT AND MOVE YOUR RIGHT FOOT CLOCKWISE ALL THE WAY BEHIND YOU TO 6 O'CLOCK INTO A HORSE STANCE FACING 3 O'CLOCK WITH YOUR HANDS PLACED IN A RIGHT-SIDE COVER POSITION.
- WHILE STILL LOOKING TOWARD 12 O'CLOCK, DRAW YOUR LEFT FOOT BACK INTO A MEDIUM CAT STANCE AS YOU TURN YOUR HIPS TO YOUR LEFT TO FACE FORWARD.
- AT THE SAME TIME, EXECUTE A LEFT FACE HIGH OPEN HAND LONG OUTWARD BLOCK/STRIKE, A RIGHT EYE LEVEL FORWARD FINGER POKE, AND A LEFT GROIN HIGH SNAP FRONT KICK.
- WHILE STILL LOOKING TOWARD 12 O'CLOCK, RETURN THE LEFT KICK AND CROSS YOUR LEFT FOOT OVER YOUR RIGHT, THEN SLIDE YOUR RIGHT FOOT OUT TO 6 O'CLOCK INTO A HORSE STANCE FACING 3 O'CLOCK, AND PLACE YOUR HANDS BACK IN A RIGHT-SIDE COVER.
- AT THE SAME TIME, MOVE TOWARD 12 O'CLOCK AS YOU EXECUTE A RIGHT LONG INWARD HAMMER FIST STRIKE, A LEFT ELBOW SMASH TO THE REAR, AND A FORWARD RIGHT SNAP FRONT KICK, THEN PLACE YOUR RIGHT FOOT DOWN AT 12 O'CLOCK AND COUNTER STRIKE WITH A THROAT HIGH RIGHT OUTWARD CHOP (THESE MOVEMENTS HAVE AND EXTENDED ***KIAI*** THAT BEGINS AT THE LONG INWARD AND CONTINUES ALL THE WAY THROUGH TO THE CHOP TO THE THROAT).
- STEP OUT TO 9 O'CLOCK WITH YOUR LEFT FOOT AND BODY SWITCH TO YOUR LEFT AS YOU STRIKE TOWARD 12 O'CLOCK WITH A RIGHT GROIN HIGH POKE AND PLACE YOUR LEFT OPEN HAND IN FRONT OF YOUR FACE AS COVER.
- MOVE YOUR RIGHT FOOT TO 12 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT HORIZONTAL ELBOW SMASH INTO YOUR LEFT OPEN PALM.

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PALAMA SET #2 CONTINUED

- 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 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 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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GRAB COUNTER #1

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

- AT THE SAME TIME, PALM STRIKE BOTH OF THE ATTACKER'S ELBOWS UPWARD (HITTING THEIR RIGHT ELBOW WITH YOUR LEFT PALM AND THEIR LEFT ELBOW WITH YOUR RIGHT PALM), AS YOU KICK THE ATTACKER IN THE GROIN WITH A RIGHT FRONT SNAP KICK.
- GRAB THE ATTACKER'S ELBOWS WITH YOUR HANDS AFTER THE PALM STRIKES AND PULL THE ATTACKER TOWARD YOU AS YOU PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 6 O'CLOCK.
- CIRCLE YOUR HANDS OUTSIDE IN, THEN STRIKE DOWN ON THE TOP OF THE ATTACKER'S FOREARMS WITH YOUR PALMS (HITTING THEIR RIGHT FOREARM WITH YOUR LEFT PALM AND THEIR LEFT FOREARM WITH YOUR RIGHT PALM), KNOCKING THE ATTACKER'S ARMS DOWNWARD.

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GRAB COUNTER #2

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

- AT THE SAME TIME, PALM STRIKE BOTH OF THE ATTACKER'S ELBOWS UPWARD (HITTING THEIR RIGHT ELBOW WITH YOUR LEFT PALM AND THEIR LEFT ELBOW WITH YOUR RIGHT PALM), AS YOU KICK THE ATTACKER IN THE GROIN WITH A RIGHT SNAP FRONT KICK.
- GRAB THE ATTACKER'S ELBOWS WITH YOUR HANDS AFTER THE PALM STRIKES AND PULL THE ATTACKER TOWARD YOU AS YOU PLACE YOUR RIGHT FOOT DOWN BEHIND YOU AT 6 O'CLOCK.
- WHILE HOLDING THE ATTACKER'S ELBOWS WITH YOUR HANDS PULL THE ATTACKER TOWARD YOU AND KICK THE ATTACKER IN THE STOMACH WITH A RIGHT FRONT THRUST KICK.
- AFTER THE KICK, PLACE YOUR RIGHT FOOT FORWARD TOWARD 12 O'CLOCK AND SET YOUR HANDS IN AN ON-GUARD POSITION.

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PUNCH COUNTER #1

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 BACK AT 6 O'CLOCK AND MOVE YOUR HANDS INTO A COVER POSITION.

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PUNCH COUNTER #2

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.
- PLACE YOUR RIGHT FOOT OVER YOUR LEFT INTO AN HOURGLASS STANCE AND STRIKE THE RIGHT SIDE OF THE ATTACKER'S HEAD WITH A RIGHT BACK FIST OR RIGHT CHOP TO THE NECK.
- CIRCLE YOUR RIGHT HAND UNDER THE ATTACKER'S RIGHT ARM AND PUSH THE ATTACKER'S ARMS AWAY FROM YOU AS YOU MOVE YOUR LEFT FOOT TO 8 O'CLOCK INTO A RIGHT FORWARD STANCE AND PLACE YOUR HANDS IN A COVER POSITION.

NOTE: YOU CAN STRIKE THE ATTACKER IN THE RIGHT SIDE OF THE HEAD WITH THE RIGHT BACK FIST WHILE YOUR RIGHT FOOT IS STILL IN THE AIR. THAT IS HOW THE ORIGINAL TECHNIQUE WAS PERFORMED.