

UNITED KAJUKENBO FEDERATION
EMPERADO METHOD KAJUKENBO

<i>Purple Belt Requirements</i>	
<i>Palama Sets</i>	<i>3 & 4</i>
<i>Grab Counters</i>	<i>3 & 4</i>
<i>Punch Counters</i>	<i>3 & 4</i>
<i>Knife Counters</i>	<i>1</i>
<i>Club Counters</i>	<i>1</i>

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PALAMA SET #3

- 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 (**KIAI**).
- LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK, THEN EXECUTE A RIGHT SHORT OUTWARD BLOCK/STRIKE TOWARD 3 O'CLOCK WITH A LEFT OPEN PALM COVER IN FRONT OF YOUR RIGHT RIBS.
- AT THE SAME TIME, EXECUTE A RIGHT FACE HIGH SNAP BACK KNUCKLE STRIKE AND A LEFT RIB HIGH HORIZONTAL SIDE CHOP TOWARD 3 O'CLOCK.
- LOOK TO YOUR LEFT TOWARD 9 O'CLOCK, THEN MOVE YOUR LEFT FOOT TO 9 O'CLOCK AND PIVOT YOUR BODY COUNTERCLOCKWISE INTO A LEFT FORWARD STANCE FACING 9 O'CLOCK AND EXECUTE A LEFT-HAND DOWNWARD BLOCK/STRIKE WITH A RIGHT ELBOW SMASH TO THE REAR.
- AT THE SAME TIME, MOVE TOWARD 9 O'CLOCK AND EXECUTE A RIGHT LONG INWARD HAMMER FIST STRIKE, A LEFT ELBOW SMASH TO THE REAR, AND A RIGHT SNAP FRONT KICK, THEN PLACE YOUR RIGHT FOOT DOWN AT 9 O'CLOCK AND COUNTER STRIKE WITH A RIGHT THROAT HIGH LONG OUTWARD CHOP.
- LOOK TO YOUR LEFT TOWARD 3 O'CLOCK, THEN MOVE YOUR HANDS INTO A RIGHT-SIDE COVER AND PULL YOUR LEFT FOOT BACK EVEN WITH YOUR RIGHT INTO A HORSE STANCE FACING 6 O'CLOCK.
- CROSS YOUR RIGHT FOOT OVER YOUR LEFT AS YOU MOVE TOWARD 3 O'CLOCK, THEN SLIDE YOUR LEFT FOOT OUT TO 3 O'CLOCK INTO A HORSE STANCE AND SWITCH YOUR HANDS TO A LEFT-SIDE COVER AS YOU LOOK TO YOUR RIGHT TOWARD 9 O'CLOCK.
- MOVE YOUR LEFT FOOT TO 9 O'CLOCK INTO A LEFT FORWARD STANCE, THEN EXECUTE A LEFT FORWARD PUNCH 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 HORIZONTAL ELBOW SMASH INTO YOUR LEFT PALM.
- LOOK TO YOUR LEFT TOWARD 3 O'CLOCK AND MOVE INTO THE SHOOTING STAR POSITION FACING 3 O'CLOCK (RIGHT HAND CLOSED, LEFT HAND OPEN).

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PALAMA SET #3 CONTINUED

- PLACE YOUR LEFT FOOT DOWN AT 3 O'CLOCK INTO A LEFT FORWARD STANCE, THEN EXECUTE A LEFT UPWARD BLOCK/STRIKE, FOLLOWED BY A RIGHT PUNCH TO THE GROIN, STRIKING UNDER THE UPWARD BLOCK/STRIKE.
- MOVE YOUR RIGHT FOOT TO 3 O'CLOCK, AND THEN PIVOT ON YOUR LEFT FOOT COUNTERCLOCKWISE TO FACE 9 O'CLOCK INTO A FREE FIGHTING STANCE WITH YOUR HANDS IN AN ON-GUARD POSITION.
- MOVE YOUR LEFT FOOT TO 8 O'CLOCK AND BODY SWITCH TO YOUR LEFT AS YOU STRIKE TOWARD 10 O'CLOCK WITH A RIGHT GROIN HIGH POKE AND PLACE YOUR LEFT OPEN HAND IN FRONT OF YOUR FACE FOR COVER ***(KIAI)***.
- MOVE YOUR RIGHT FOOT TO 10 O'CLOCK INTO A RIGHT FORWARD STANCE AND EXECUTE A RIGHT HORIZONTAL ELBOW SMASH INTO YOUR LEFT PALM.
- MOVE YOUR LEFT FOOT CLOCKWISE 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 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 #4

- 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 (KEEPING YOUR BACK STRAIGHT) AND EXECUTE A LEFT GROIN HIGH DOWNWARD PUNCH WITH A RIGHT ELBOW SMASH TO THE REAR.
- LOOK FORWARD TOWARD 12 O'CLOCK, THEN AT THE SAME TIME, EXECUTE A DOUBLE STRIKE TOWARD 12 O'CLOCK WITH YOUR LEFT HAND MAKING A SHORT OUTWARD BLOCK/STRIKE AND YOUR RIGHT HAND MAKING A FACE HIGH FORWARD PUNCH.
- MOVE YOUR HANDS BACK TO A LEFT-SIDE COVER, THEN LOOK TO YOUR RIGHT TOWARD 3 O'CLOCK AND EXECUTE A RIGHT HAND SHORT OUTWARD BLOCK/STRIKE TOWARD 3 O'CLOCK WITH YOUR LEFT OPEN HAND MOVING TO COVER YOUR RIGHT RIBS.
- EXECUTE A DOUBLE STRIKE TOWARD 3 O'CLOCK WITH YOUR RIGHT HAND MAKING A SNAP BACK KNUCKLE STRIKE AND YOUR LEFT HAND MAKING A SIDE CHOP.
- LOOK FORWARD TOWARD 12 O'CLOCK, THEN EXECUTE A DOUBLE STRIKE TOWARD 12 O'CLOCK WITH YOUR LEFT HAND MAKING A SHORT OUTWARD BLOCK/STRIKE AND YOUR RIGHT HAND MAKING A FACE HIGH FORWARD PUNCH.
- EXECUTE A HIGH FORWARD X-BLOCK FOLLOWED BY A DOUBLE ELBOW SMASH.
- MOVE YOUR HANDS INTO A RIGHT-SIDE COVER (KEEPING YOUR BACK STRAIGHT) AND EXECUTE A RIGHT GROIN HIGH DOWNWARD PUNCH WITH A LEFT ELBOW SMASH TO THE REAR.
- LOOK FORWARD TOWARD 12 O'CLOCK, THEN EXECUTE A DOUBLE STRIKE TOWARD 12 O'CLOCK WITH YOUR RIGHT HAND MAKING A SHORT OUTWARD BLOCK/STRIKE AND YOUR LEFT HAND MAKING A FACE HIGH FORWARD PUNCH.
- MOVE YOUR HANDS BACK TO A RIGHT-SIDE COVER, THEN LOOK TO YOUR LEFT TOWARD 9 O'CLOCK AND EXECUTE A LEFT HAND SHORT OUTWARD BLOCK/STRIKE TOWARD 9 O'CLOCK WITH YOUR RIGHT OPEN HAND MOVING TO COVER YOUR LEFT RIBS.
- EXECUTE A DOUBLE STRIKE TOWARD 9 O'CLOCK WITH YOUR LEFT HAND MAKING A SNAP BACK KNUCKLE STRIKE AND YOUR RIGHT HAND MAKING A SIDE CHOP (***KIAI***).
- LOOK FORWARD TOWARD 12 O'CLOCK, AND THEN EXECUTE A DOUBLE STRIKE TOWARD 12 O'CLOCK WITH YOUR RIGHT HAND MAKING A SHORT OUTWARD BLOCK/STRIKE AND YOUR LEFT HAND MAKING A FACE HIGH FORWARD PUNCH.

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PALAMA SET #4 CONTINUED

- EXECUTE A HIGH FORWARD 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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GRAB COUNTER #3

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

- AT THE SAME TIME, BRING BOTH OF YOUR HANDS OVER THE TOP OF THE ATTACKER'S ARMS AND SLAM YOUR PALMS TOGETHER, STRIKING THE OUTSIDE OF THE ATTACKER'S WRISTS (RIGHT PALM HITS LEFT WRIST, LEFT PALM HITS RIGHT WRIST), THEN INTERLOCK YOUR FINGERS (PRAYING HANDS).
- STEP BACK WITH YOUR LEFT FOOT INTO A RIGHT FORWARD STANCE AND PULL YOUR HANDS DOWN FORCEFULLY AGAINST THE TOP OF THE ATTACKER'S WRIST, DRIVING THE ATTACKER'S WRISTS AGAINST YOUR CHEST.
- KEEPING YOUR FINGERS INTERLOCKED; STRIKE THE ATTACKER IN THE FACE OR THROAT BY SNAPPING YOUR KNUCKLES FORWARD.
- TURN YOUR BODY TO THE LEFT AND STRIKE THE ATTACKER'S ARMS DOWNWARD WITH A RIGHT LONG INWARD BLOCK/STRIKE.

NOTE: A RIGHT LONG OUTWARD CHOP TO THE RIGHT SIDE OF THE ATTACKER'S NECK IS OFTEN USED AS A FOLLOW UP.

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GRAB COUNTER #4

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 TO 6 O'CLOCK WITH YOUR LEFT FOOT INTO A RIGHT FORWARD STANCE AND STRIKE THE ATTACKER'S RIGHT BICEP WITH A RIGHT BOTTOM KNUCKLE STRIKE, THEN COUNTER STRIKE WITH A RIGHT CHOP TO THE RIGHT SIDE OF THE ATTACKER'S NECK OR BACKFIST TO THE RIGHT TEMPLE.
- STRIKE THE OUTSIDE OF THE ATTACKER'S LEFT ELBOW INWARD WITH A RIGHT INWARD BLOCK/STRIKE, BREAKING THE ATTACKER'S GRAB.

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PUNCH COUNTER #3

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 DOWN AT 3 O'CLOCK INTO A HORSE STANCE FACING THE ATTACKER, THEN TRAP THE ATTACKER'S RIGHT ARM AGAINST YOUR CHEST BY LOCKING YOUR FOREARMS OVER THE TOP OF THE ATTACKER'S RIGHT FOREARM (YOUR RIGHT FOREARM IS OVER THE ATTACKER'S RIGHT FOREARM AND YOUR LEFT FOREARM IS OVER YOUR RIGHT FOREARM).
- PIVOT YOUR BODY TO THE RIGHT AND STRIKE THE ATTACKER'S ARMPIT WITH A LEFT PALM HEEL STRIKE DRIVING THE ATTACKER AWAY AND DOWNWARD.
- KICK THE ATTACKER IN THE RIGHT RIBS WITH A LEFT FRONT KICK.

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PUNCH COUNTER #4

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.
- WHILE YOUR RIGHT FOOT IS STILL IN THE AIR, GRAB THE ATTACKER'S RIGHT COLLAR AREA WITH YOUR RIGHT HAND AND THEIR RIGHT ELBOW AREA WITH YOUR LEFT HAND, THEN SWITCH YOUR FEET IN THE AIR SO THAT YOUR RIGHT FOOT IS BEHIND YOU WHEN YOU LAND.
- MOVE YOUR RIGHT FOOT FORWARD AND BEHIND THE ATTACKER'S RIGHT FOOT AND SWEEP THE ATTACKER'S RIGHT LEG TOWARD YOU WITH YOUR RIGHT LEG (JUDO TECHNIQUE: O'SOTO GARI), TAKING THE ATTACKER TO THE GROUND ON THEIR BACK.
- DROP YOUR LEFT KNEE INTO THE RIGHT SIDE OF THE ATTACKER'S NECK, THEN GRAB THE ATTACKER'S RIGHT WRIST WITH YOUR RIGHT HAND AND PRY THE ATTACKER'S RIGHT ARM OVER YOUR RIGHT THIGH WITH YOUR RIGHT HAND, RAISING THE ATTACKER'S RIBS UPWARD.
- STRIKE THE ATTACKER IN THE UPPER RIB CAGE WITH A LEFT DOWNWARD PALM HEEL STRIKE, FOLLOWED BY A RIGHT DOWNWARD PALM HEEL STRIKE TO THE SAME AREA.

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KNIFE COUNTER #1

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 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, 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 THEN 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.

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CLUB COUNTER #1

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.