



# Katsudo Kenpo

Action Kenpo Karate Studio Nieuwegein

活動拳法



## Oefenstof voor niveau 6, paarse band

### Basics

#### **Standen (stances)**

Close Cat Stance (Crashing Wings)

#### **Trappen (kicks)**

Knee Strike (Evading the Storm)

Downward Looping Roundhouse Kick (Reversing Mace)

#### **Slagen (strikes)**

Five Finger Rip (Crossing Talon)

Inward Overhead Elbow Strike (Crossing Talon)

Inward Raking Hammerfist (Repeating Mace)

Inward Raking Back Knuckle Strike (Shielding Hammer)

Dipping Outward Elbow Strike (Shielding Hammer)

Half Fist Strike (Striking Serpents Head)

Inward Overhead Heelpalm Strike (Locked Wing)

Back Elbow Strike (Obscure Wing)

Upward Elbow Strike (Twisted Twig)

Inward Overhead Claw (Raining Claw)

Vertical Back Knuckle Strike (Raining Claw)

### Vormen en Sets

Coordination Set 1

Long Form 1

Short Form 2



# Katsudo Kenpo

Action Kenpo Karate Studio Nieuwegein

## 活動拳法



### Oefenstof voor niveau 6, paarse band

#### Zelfverdedigingstechnieken

1. **Crossing Talon**  
Rechter polsgreep
2. **Repeating Mace**  
Linker doorgestapte stoot
3. **Shielding Hammer**  
Linker Roundhouse Punch
4. **Striking Serpents Head**  
Poging tot omklemming van voren
5. **Locked Wing**  
Rechter armklem op de rug
6. **Obscure Wing**  
Linker intrekkende schoudergreep
7. **Reversing Mace**  
Linker doorgestapte stoot
8. **Thrusting Prongs**  
Omklemming van voren, armen vast
9. **Twisted Twig**  
Polsklem
10. **Obscure Sword**  
Linker duwende schoudergreep
11. **Raining Claw**  
Rechter Uppercut Punch
12. **Crashing Wings**  
Omklemming van achteren, armen vrij