



Katsudo Kenpo

Action Kenpo Karate Studio Nieuwegein

活動拳法



Oefenstof voor niveau 8, gele band

Basics

Standen (stances)

Natural Stance (Groet)
Attention Stance (Groet)
Horse Stance (Groet)
Neutral Bow Stance (Delayed Sword)
Cat Stance (Checking the Storm)
Close Kneel Stance (Grasp of Death)
Forward Bow Stance (Attacking Mace)

Blokkeringen (blocks)

Inward Block (Delayed Sword)
Vertical Outward Block (Short form 1)
Upward Block (Short Form 1)
Downward Block (Deflecting Hammer)
Extended Outward Block (Sword of Destruction)
Push Down (Blocking set)
Hidden Block (Blocking Set)

Breakfall

Backfall
Forward Roll

Trappen (kicks)

Ball Kick (Checking the Storm)
Stomp Kick (Captured Twigs)
Side Kick (Checking the Storm)
Roundhouse Kick (Attacking Mace)

Voet manoeuvres (Foot Maneuvers)

Push Drag (Deflecting Hammer)
Step Through (+ reverse) (Short Form 1)
Cover (Short Form 1)

Stoten (punches)

Horizontal Punch (Attacking Mace)
Vertical Punch (Alternating Maces)
Roundhouse Punch (Sword of Destruction)

Pareringen (Parries)

Inward Parry (Checking the Storm)

Controles (checks)

Positional Check (Sword of Destruction)
Pinning Check (Deflecting Hammer)

Slagen (strikes)

Inward Handword (Sword of Destruction)
Outward Handword (Delayed Sword)
Inward Elbow (Mace of Agression)
Outward Elbow (Mace of Agression)
Horizontal Back Knuckle (Alternating Maces)
Obscure Elbow (Captured Twigs)
Back Hammerfist (Captured Twigs)

Vormen en Sets

Blocking Set 1

Short Form 1



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Zelfverdedigingstechnieken

- 1. Delayed Sword**
Rechter doorgestapte kledinggreep/duw/stoot
- 2. Alternating Maces**
Rechts doorgestapte dubbele duw
- 3. Sword of Destruction**
Linker doorgestapte roundhouse punch
- 4. Deflecting Hammer**
Rechter doorgestapte thrusting ball kick
- 5. Captured Twigs**
Omklemming van achter, armen vast
- 6. Grasp of Death**
Rechter hoofdklem
- 7. Checking the Storm**
Rechter doorgestapte knuppelslag
- 8. Mace of Agression**
Dubbele intrekkende kledinggreep
- 9. Attacking Mace**
Rechter doorgestapte stoot
- 10. Sword and Hammer**
Linker schoudergreep van schuin achter