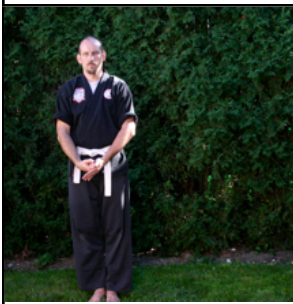


## Kajukenbo Squatting Position



Start from "ready position." Feet are spread about a shoulder's width apart and feet are parallel one to the other. Both hands are in a fist and held out slightly from the body.



Move the right foot to left. Make a fist with your right hand and put it in the palm of your left hand.



Turn your body towards 9:00 and step out with your left foot in a "cat stance." Right hand comes to elbow smash position and reach out with your left hand as if to cup somebody by the neck.



"Chamber" the kick by picking up the knee.

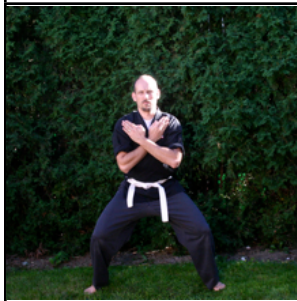
This was actually photographed poorly as the punch and kick occur at the same time as in the next photo. Left hand should still be reaching while the right is still at elbow smash position.



Punch your left palm and thrust kick at the same time. Make sure to emphasize kicking with the ball of the foot, not the toes or heel of the foot.



Retract the kick.



Step back towards 3:00 in a horse stance facing 12:00. Cross your right hand over your chest followed by the left over the right.



"X" block. Shoot the hands up in a crossed fashion. Palms are open and facing away from you. Fingers are together and thumbs are tucked in. Kiai; that is, let out a loud, focused yell.



Retract the hands to elbow smash position.