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# SLEEPER

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## FRONT | RIGHT HAND | STEP THRU PUNCH

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### Name:

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The name of this technique stems from your application of pressure to your opponent's carotid artery. Sufficient pressure applied to this artery will cut off the flow of blood, causing your opponent to pass out. Curiously enough, 2,500 years ago Greek wrestlers knew this principle and therefore called this artery, "carotid", meaning SLEEPER.

### Attack:

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In the IDEAL PHASE of this technique your opponent is to the front in a left fighting stance. As he steps forward with his right foot, he delivers a right straight punch toward your face.

### Theme:

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Like the technique Dance of Death and Thundering Hammers, this technique was designed to teach you the value of initiating your moves from their POINTS OF ORIGIN. The three techniques are FAMILY RELATED. Each one teaches you how to attack a different Height Zone. This technique also introduces you to pressure holds and how they are used in the Kenpo system. The last part of the technique teaches you the "Spiraling Staircase" concept of taking an opponent to the ground.

### Movement:

1. Standing naturally, step with your left foot toward 11:00 into a left neutral bow (facing 12:00). Simultaneously with this action, deliver a left inward block at or above the outside of your opponent's right elbow, while your right arm hangs naturally at the right side of your body. (Your block should cancel the width of your opponent's body.)
2. Pivot in place into a left forward bow, as you deliver a **right inner diagonal wrist strike to the left side of your opponent's neck**, and check your opponent's right arm with your left hand (BRACING ANGLE CHECK). (This will stun your opponent.)
3. Immediately step around and back of your opponent's right leg ("cat around") with your right leg into a modified horse stance, grab your right wrist with your left hand (from behind your opponent's head) and pull toward you, applying pressure against his neck. (This action should render your opponent helpless, and may cause him to temporarily lose consciousness.)
4. Pivot toward 10:30 into a left forward bow, as you buckle your opponent's right leg with your right leg. Immediately shift your left foot back toward 4:30 while forcing your opponent to the ground (like a winding staircase), and follow up with a **right vertical punch to your opponent's face simultaneously with a right knee drop (left close kneel) to your opponent's right ribcage**. (Your left hand should be pushing your opponent's right arm down and across his own body to keep it in check, and your opponent's head should be facing between 5 and 6:00.)
5. Shift your right foot toward 12:00, and, gradually increasing your HEIGHT ZONE, execute a left front crossover, and **cover out toward 10:30**.

## What If:

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- Your opponent does not step through.
- Your opponent punches toward your stomach.
- Your opponent precedes his punch with a right kick.
- Your opponent is taller or shorter than you.

## Technique Notes:

Study the various types of Contouring (your body and your opponent's) that aid you in the execution of this technique.

You must practice this technique mechanically for some time to insure proper execution of movements. You do not want to "muscle" your opponent to the ground. With time this can become a very fluid sequence.

Be sure to tightly hug your opponent. Do not allow him leverage to strike you (intentionally or unintentionally).

Study the proper Angle of Execution and the proper Angle of Contact on your buckle. The development of this buckle will enable you to take down even the largest of opponents.

Build more spontaneity by having your partner throw a right punch at you. With each punch have him positionally check with his left hand. After blocking with your left inward block choose the best available Height Zone to attack. Once you have struck your partner follow up with sequences from Dance of Death, Thundering Hammers and Sleeper.