---

status: derived
system: kenpo
member: what goes wrong with Kempo hammer strikes
drafted: 2026-09-01
passages: 8
kind: error-card

> ***STATUS:*** `derived` *— a working card, not a validated finding. Nobody has trained against it.*

Kempo Hammers — Error Card

Source: `erI3fuUUIDs` *(Karate Unity, private class footage), machine transcript. Corpus:* `kenpo`*, ANSWERABLE, ratio 0.62. ★ = named in the source. ○ = follows from what the source teaches.***

The frame

Hammer fist, thrown on the **Kempo clock** — eight cardinal directions, horizontal and vertical —
and blended into boxing hands rather than replacing them.

Errors

★ **Elbow high on the collar tie.** Drop it. The elbow drops to drive forward pressure; leave it up
and he turns into you and takes you down. This is the one the source stops to correct, twice.

○ **Throwing the hammer as an arm.** It is a whole-body strike. If the hips are not in it you have
traded a jab for something slower that does less.

○ **Treating the clock as eight techniques.** It is eight *directions*. Learning them as separate

moves is how the framework stops transferring into your boxing, which is the entire point of it.

○ **Hammering from punching range.** The strike lives closer than a cross. Thrown at the range you
box from, it lands short or you lean to reach it.

○ **Dropping the guard to load it.** The hammer arrives off a punch or out of the clinch — from the
guard, not from a wind-up. A telegraph here costs more than the strike gains.

○ **Clinch work without the over hook.** The source secures the over hook *before* driving hammers
to the knees. No control, no strikes — just two people leaning.

○ **Standing in range after it lands.** The one range cue in the source is approving: *out of range*.
Land and leave, or reset the tie.

Limit

Seven entries; **one is from the source.** The other six follow mechanically from what it teaches and
are untested — they are what to watch for, not what is known. The corpus supports kenpo generally at
ratio 0.62, but contains no hammer-strike error catalogue: this card exists because nothing else does.

Next: train them, mark what actually goes wrong, and promote the survivors.