

陸 · Kempo Hammers — Highlights

Status: experimental · one-page highlights of the 2-page error card · nobody has trained against it

In one line. Seven things to watch for when throwing Kempo hammer fists. **One is named by the source (★); six follow from what it teaches (○)** — and the card says which is which.

The frame

Hammer fist thrown on the **Kempo clock** — eight directions, horizontal and vertical — and **blended into boxing hands**, not replacing them.

The seven errors

- ★ **Elbow high on the collar tie → drop it.** The dropped elbow drives forward pressure; leave it up and he turns into you and takes you down. *The source stops to correct this twice.*
- ○ **Throwing it as an arm.** It is a whole-body strike — no hips, and you've traded a jab for something slower that does less.
- ○ **Learning the clock as eight techniques.** It's eight *directions*. Learned as separate moves, it stops transferring into your boxing — the whole point.
- ○ **Hammering from punching range.** It lives closer than a cross; from boxing range it lands short or you lean.
- ○ **Dropping the guard to load it.** It comes off a punch or out of the clinch, never from a wind-up.
- ○ **Clinch work without the over hook.** Secure it before driving hammers to the knees. No control, no strikes.
- ○ **Standing in range after it lands.** The one range cue in the source approves *out of range*. Land and leave, or reset the tie.

Why this card exists

The kenpo shelf answers questions well (ratio 0.62) but holds **no hammer-strike error catalogue** — this card exists because nothing else does. It's also proof of the negation-density finding: **one documented error in 2,462 words**.

Next

Train them, mark what actually goes wrong, and promote the survivors.

Limit

Six of the seven entries are untested inferences — what to watch for, not what is known. The source is a machine transcript of private class footage.

AI-coach's take

Only the high-elbow error comes from the source; treat the other six as a checklist to film against. Keep the ones you actually catch yourself doing; cross out the rest.

Source video: [Kempo HAMMERS for Striking & Defence \(Karate Unity\)](#)