



Self Defense

→ Note: every * means you must ask your partner to step back so that they do not get injured.

1. Left hand inside-outside block, (step right leg) right hand punch (stomach) elbow (face)
2. Step back right leg, left hand inside-outside knife hand block, right leg front snap kick, palm strike (face)
3. Side step to the left, right leg side kick (knee), right hand knife hand strike (neck)
4. Jump to the right, switch feet (left leg back), left leg roundhouse kick (side/stomach), right hand snap punch (face)
5. Fighting stance (right leg out), right leg front snap kick, * Jumping front snap kick
6. Step in with right foot, Face block outside-inside block combination, grab opponents wrist with your left hand, then right hand knife hand strike (neck), pull opponent down, knee to stomach
7. Left hand inside-outside block, step in with right leg, right hand knife hand strike (right side of neck), punch (stomach), knife hand strike (left side of neck), grab wrist, circle right hand clockwise and grab underside of wrist, step under opponent's arm, bend arm back, elbow down on opponent's elbow to break arm
8. Right leg side kick (knee), *left leg backspin side kick (stomach)
9. Left leg inside-outside crescent kick block, right leg round house kick
10. Left leg steps out into an opened stance, right arm crescent block, grab opponent's wrist, right leg round house kick (knee), right leg sweep back of opponent's calf, kneel down (keep right knee propped up), (still grasping opponent's wrist with left hand) right hand punches over knee to face.



11. Left leg step out into an opened stance, right arm inside-outside block left hand punch (stomach), double punch (stomach), right hand knife hand strike (neck), right leg round house kick (stomach)
12. Right leg outside-inside crescent kick, (holding up the same leg) chamber leg, side kick
13. Right leg outside-inside crescent kick, stomp on foot, *left leg jumping backspin heel kick (land in fighting stance with left foot back), left leg round house kick
14. Left hand palm down block, right hand ridge hand (right side of neck), right leg step over opponents foot, right hand knife hand strike (left side of neck), same hand back fist (face)
15. Drop down to hands and knees facing the left, right leg round house kick (inner thigh), right leg sweep (back of calf), roll backwards, left leg heel down kick (face)
16. Step in right foot, face block outside-inside block combination, right hand knife hand strike (neck), pivot backwards, left hand knife hand strike (neck), same hand back fist (face)
17. Right hand scissor grab opponent's wrist, right leg double round house kick (knee/ stomach), * push opponent backwards, right leg sliding hook kick
18. Right leg outside-inside crescent kick, stomp on foot, right hand back fist (face), right foot break knee, * tornado heel down kick
19. Left arm inside outside block, right arm elbow (face), right leg step over opponent's right leg, right arm wraps around opponent's left bicep, left arm slides up opponent's wrist and presses wrist back towards the body, break arm, pivot backwards, left arm elbow (solar plexus), single foot stance, left hand back fist (face)
20. Left arm inside outside knife hand block, left hand grab back of opponent's neck, right arm elbow (face), cross arms into face block outside-inside block combination, right hand knife hand strike to neck, left hand grabs wrist, right leg knee(stomach), *(make sure opponents stays bent down) right leg inside-outside crescent kick over opponent (land in fighting stance with right leg back), left leg sweep (back of calf), drop down as opponent falls, round house kick (face)