

Set 10

1a. The attacker grabs the right wrist with his right hand. Place left hand on top of attackers right hand and execute a quick kick to the groin with the right foot.

1b. Energize the right hand and make a big semi-circle moving clockwise, stopping the hand at the mid point of the attacker. The hand should then be pointed down applying pressure to the bent wrist.

1c. Keep the hand firm and keep your attackers body close while applying pressure to the wrist.

2a. An attacker grabs your right wrist with his left hand. Place your left hand on top of his left hand and execute a front snap kick to the groin/midsection thus breaking his grip.

2b. Open your right hand and separate the thumb making a Y shape with your hand. Bring the attackers wrist up to eye level with your left hand. Grab your attackers opposite then and twist the hand towards your attacker.

2c. Apply pressure on the attackers wrist, down toward your attacker while keeping him close to you and under control.

3a. An attacker grabs your right wrist with both hands. Place your left hand on his hands simultaneously and execute a quick kick to his groin landing in a cover left.

3b. Make a big clockwise circle with your right hand and grab the attackers right wrist while stepping 45 degrees forward on the outside of the attacker, while placing your left hand on the bend of the attackers right elbow.

3c. Pull your attackers wrist in to you while applying pressure to the elbow, at the same time step 180 degrees clockwise with your right leg to spin the attacker down. ** make sure attackers body is fully extended at the end of the technique.*

4a. An attacker grabs your right wrist with both hands and pulls you towards him.

4b. Energize your right hand. Using his momentum on the second pull shoot your right hand to his neck while chopping with your left hand to the small of the attackers back.

4c. Hit the attackers neck with the bend of your elbow and step through to the left of the attacker. Take the attacker down. ** on larger attackers, palm strike to the chin with the right hand and hammer to the lower back with the left hand*

5a. An attacker pushes your left shoulder with his right hand. Catch the attackers wrist with your left hand and their fingers with your right. Execute a quick to the groin.

5b. Step back with your right leg into a cover right roll the attackers fingers towards him while bringing the wrist towards you. Step back with your left leg into a cover left bring the attackers wrist to your waist. Drop to your left knee to bring your attacker to the ground. *Attacker should end fully extended face down.

6a. An attacker grabs your left shoulder. Place your left hand on top of his.

6b. Execute a right back knuckle to the attackers face, breaking his grip. Grab the attackers hand on the outside opposite your thumb with your right hand.

6c. Grab the thumb side of the attackers hand with your left hand, than with your thumbs on the attackers two middle knuckles, twist his wrist to your right hip while pushing his hand towards his body.

7a. An attacker comes in with a right two knuckle. Step into a kicker-stance on the right with your left foot , ending toe to toe, while grabbing his wrist. Execute a hammer to his ribs with your left hand.

7b. Reverse pivot 180° until hip to hip with attacker.

7c. Pull your attackers wrist down to his spine.

8a. The attacker comes in with a right two knuckle. Step into a kicker-stance, toe to toe with attacker, control the punch with your left maintain control, reverse pivot until back to back, elbow the attacker in the kidney.

8b. Step back into a cover right while grabbing the attackers hand with both hands. Grab so that both your thumbs are on his middle two knuckles.

8c. Step back into a cover left and twist his wrist towards your left hip while bringing his arm towards you.

9a. An attacker comes in with a right hook punch. Parry block the punch with your left forearm. Execute a back knuckle with your right hand to the face.

9b. Reach over with your right hand and grab the outside of his hand with your thumb on the inside of the middle knuckle. Twist his wrist to the right and slide right foot back.

9c. Roll his shoulder using a chop with your left hand. Twist and pull the attackers wrist up while rolling his shoulder down.

10a. An attacker comes in with a right hook punch. Left hand parry block the incoming punch while stepping forward with your right foot, placing it behind the attackers right foot ending hip to hip.

10b. Use your right bicep and throw the attacker over your hip.