

TECHNIQUES SET 1

All techniques are done from the ready position

Attacker is striking from the cover right position

1. (block-kick) The attacker is stepping in with an over-hand strike; execute a left front snap kick to the attacker's midsection to stop his momentum, while executing an upward open hand, double-cross block. (blocking the blow in case the kick should miss or slip)
2. (elbow-chop) The attacker is stepping in with a two-knuckle; Control punch with your right hand stepping forward with your left foot (outside of the attacker) into a solid horse stance. With your left hand, execute an open hand palm strike to the attacker's elbow. Strike with open left hand to elbow. In a single movement, pivot away from the attacker, pulling his arm with your right hand; executing a left hand chop to his throat,
3. (groin-face) The attacker is stepping in with a two-knuckle; grab his wrist with your right hand in an outward block open-hand motion, while stepping forward with your left foot (outside the attacker), into a solid horse position. (same as #2) Pivot away from the attacker, pulling his arm with your right hand; while with your left hand, (going underneath the attackers punch to the inside of his body) execute a closed fist strike to the groin. Still holding the attackers wrist with your right hand, pivot back into the attacker and execute a left hand back-knuckle to his face.
4. (chin-spin) The attacker is stepping in with a two-knuckle; step right foot forward in front of left (out of the way of the attacker), while blocking punch with right, open-hand outward block, sliding hand under, and grabbing attacker's chin. Step forward with left foot into a horse position (towards attacker's back) at the same time placing left hand behind attacker's head, twist neck clockwise. (Technique to be done in air only, never on a person).
5. (grab– knife edge– knife edge) The attacker is stepping in with a two-knuckle; right foot, cross over left, while grabbing the attacker's wrist with your right hand in an outward open-hand block motion. Your left hand is in an open hand check blocking your right side. Holding onto the attacker's wrist, pivot around on your right foot towards the attacker, executing a left foot knife-edge to the attacker's armpit; recoil, execute left foot knife-edge to attacker's knee
6. (crab strike-groin) The attacker is stepping with a two-knuckle. Step forward with right foot (outside of your attackers), go underneath the attacker's punch with your right hand and execute a crab strike to the throat. Left hand is blocking punch with open hand face check, lean face away. Continue your momentum, stepping through, circling your right hand up and back, open-hand palm strike to groin. (for practice purposes, strike to inside of the thigh instead of the groin)

7. (groin-hammer) The attacker is stepping in with a two-knuckle. Take a small step forward with right foot to the outside of attackers foot, while striking groin with right hand open palm strike; left hand is blocking punch with open hand face check, lean face away. Step left foot forward into a cat position while right hand grabs/pulls up and left hand hammer blow to the nose. (For practice purposes, strike to inside of thigh, instead of groin.)
8. (slap-elbow-heel) The attacker is stepping in with a two-knuckle Slap punch away with right hand while pivoting 180° to the left with right foot. Look over your left shoulder while executing a left side elbow to face, left heel kick to groin. (was overhead elbow)

9. (block-knife edge-scoop) The attacker is stepping in with a two-knuckle. Right foot cross 45° to the left while grabbing the attackers wrist with your right hand. Look over your left shoulder and execute a quick back-kick adjusted to your attacker's midsection; return your foot to the same position. Look over your right shoulder. While pulling your attackers wrist to your left, scoop out his leading leg with your right foot.
10. (slap-hook) The attacker is stepping in with a two-knuckle. Step left foot forward 45° to the left, grabbing the attacker's wrist with your right hand. Execute a slap kick to the midsection; recoil; hook kick to the back of the attackers

Footnote:

Technique #6 was originally done with a ridge-hand strike to the side of the neck. The strike was changed to the more effective crab strike to the throat in 1966 by Sensi Rosas

Technique # 9 was originally done with a hook kick to the face. The kick was changed in 1995 to a back-kick by Sensi Rosas

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