

### TECHNIQUES SET 3

All techniques are done from the ready position.

Knives– attacker is striking from the cover right position

All techniques are done to control the knife and should end with the defender in control of the attacker.

1. Place right foot behind left foot while catching attackers wrist control the knife (left hand under right on top), spinning around throw attacker.
2. Right foot back into a horse while grabbing wrist with right hand. Left hand on shoulder pushing down while twisting right wrist up and stepping through with left foot, drive attacker to the ground.
3. Left foot back into horse with left hand grabbing attackers wrist, pulling while right hand does two finger poke to eyes.
4. Left foot back into a horse, chop to inside elbow with right hand pushing up on wrist with left hand.
5. Left foot back into horse catching wrist with left hand, striking downward to groin with right hand, leaning away. Right hand back-knuckle to the face leaning into it. Grab shoulder with right hand, leaving right foot down, spin around attacker pushing down on shoulder and lifting wrist up.
6. Stepping left foot forward into horse quickly chop to wrist with right hand pivot right hand to control attackers wrist, chop to the throat with left hand while leaning away.
7. 45° left blocking overhead strike with left open hand, simultaneously strike right hand panther strike to ribs. Pivot right clawing face with left hand
8. Knife is slashing Shuffle right foot back into a cat, crossing hands in front. Shuffle forward with left foot pushing wrist down.
9. 45° left blocking with left open hand and executing 2-knuckle to ribs. Pivot right with left back knuckle to face. Pivot left reaching around and grab groin.
10. Drop right knee to ground while pivoting left. Control punch with left hand while right hand strikes to groin.