空手道

8th Kyu Self-Defense

1. A: Place arm over D's shoulder from side. (Buddy-Buddy). D: Tweaks A's ribs to loosen A's grip. Grab A's hand and rotate it to palm up. D: Step away from A to the side and hyperextend elbow over D's shoulder.

2. A: Hair grab from front. D: trap A's hand to D's head. Step back deeply and lower hips, while applying pressure to A's wrist with D's hands and head. D: keep elbows together to protect against a kick. Shuffle step back.

3. A: Hand shake. D: Apply pressure to A's hand with thumb. Change body and lock A's wrist. Elbow strike under A's arm to ribs. Follow up with hammerfist to A's groin and backfist to face. Optional: hyperextend A's elbow over D's shoulder.

4. A: Attempted double lapel grab. D: Reach over A's hands, grab and step back. Apply double outside wrist locks while moving forward.

5. A: Lunge punch to the body. D: Pivot change body and parry punch with the rear hand. Grip A's hand with the parrying hand. Circle to A's side while pulling and twisting on the punching hand and hyperextending A's elbow.