

KICKS	STRIKES	TECHNIQUES	DEFENSIVE
<p>Single Kicks: Rising Heel Rising edge Opposite Seven High Side Axe</p> <p>Double Kicks: Big Toe - Medium Roundhouse Big Toe - Side Big Toe - Back</p> <p>Jumping Kicks: Jumping Inside Jumping Outside Inside - Jumping Inside Inside - Jumping Spinning Inside Spinning Outside</p> <p>Drop Kicks: Drop, Big Toe Drop, Side Drop, Scissors</p> <p>Hip Throw, Both Sides</p> <p>Jumping Out On Technical Breaks</p> <p>Full Contact - Opening Door</p>	<p>Spear</p> <p>Two Knuckles</p> <p>Half Fist</p> <p>Traditional Palm</p> <p>Tiger's Mouth</p> <p>7 CLUB DEFENSES</p> <ol style="list-style-type: none"> Overhead charge: Right Outside Block, Figure 8 Takedown Left Outside Forearm Block, Stepping 180*, Shoulder Throw (right arm coming up, no hands) Two Arm Block Shut Down, Leg Sweep Backhand Swing: Under Arm Head Lock, Takedown Block, Head Lock, Throw Double Arm Swing: Trapping Both Arms, Elbow Break Two Hand Overhead Attack: Left Outside Forearm Block, Two Arms Shoulder Throw (release weapon early) 	<p>18 PUNCH DEFENSES</p> <ol style="list-style-type: none"> R Outside Forearm Deflection (salute), R Elbow Strike Opponent Stepping Back: R Elbow Strike With Step L Inside Fan Parry, R Horizontal Elbow R Outside Fan Parry, L Elbow To Kidney L Outside Fan Parry, R Up Elbow L Outside Fan Parry, R Half Crescent Elbow R Inside Forearm Deflection, R Soo Do L Outside Fan Parry, R Soo Do R Outside Fan parry, L Spear Punch To Ribs L Inside Grabbing Parry, Step Forward, Basic Wrist Lock High Cross-block, Spin, Touch Knee, Extend Wrist Takedown L Outside Grabbing Parry, Step In, Drive To Biceps, Throw Lunge Punch: R Outside Grabbing Parry, Step In, Kal Lunge Punch: L Downward Grabbing Parry, R Soo Do To Back Of Neck Reverse L Hand Wrist Catch, Trapping With R Palm, Elbow Break R Outside Parry, Swing Through Groin, L Hand Holds Or Throw L Stepping, 180* Turn, Face Plant Stepping, 180* Turn, Double Palm Strike 	<p>6 JUDO DEFENSES</p> <ol style="list-style-type: none"> Attempted Throw: Cross Block, Pushing Down Attempted Throw: Palm Stop, reversal, Under Shoulder Arm Bar Attempted Throw: Step Back, Neck Pull With Pressure Poin, Soo Do To Throat Attempted throw: Stepping Forward, Palm To Forehead Takedown From Ground (after throw): Kal Lever To Shin Attempted Sweep Kick: Check And Side Kick To Plant Knee (with same foot) <p>10 TWO HAND GRAB DEFENSES</p> <ol style="list-style-type: none"> Startle Response - Half Fist To Throat Startle Response - Eye Rake Startle Response - Soo Do Startle Response - Ryuk Soo Do, Headlock Throw Startle Response - Front Knee Double Scooping, Inside Foot Kick To Lead Knee Trap Wrists Together, Pulling Takedown Grab Wrists from Inside, Spin Through, Crossing Double Arm Lock, Throw R Outside Grabbing Parry, Stepping Back, Kal R Outside Grabbing Parry, Trap Both Arms, Step Through, Elbow Break <p>4 PUNCH VERSUS KICK DEFENSES</p> <ol style="list-style-type: none"> Right Outside Grabbing Parry, R Roundhouse Kick Right Outside grabbing Parry, R Hooking Kick Right Outside Grabbing Parry, R Side Kick Left Upward Forearm Block, R Inside Foot Kick