



IN-SESSION WORKOUTS
SELF-DEFENSE

Workout 11

Warm-Up

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|--------------------|---------------------------------|
| 1a) Jump in place | 6) Rotating knees |
| 1b) 1-4 directions | 7) Right/Left leg side stretch |
| 1c) side to side | 8) Right/Left leg front stretch |
| 1d) back-forth | 9) Butterfly stretch |
| 2) Jumping jacks | 10) Wrist stretch |
| 3) Rotating neck | 11) Front kick exercise |
| 4) Rotating arms | 12) Knee raisers |
| 5) Trunk twisters | |

Basics

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| 1a) Jab | 5a-c) Jab/Cross/Hook/Uppercut combinations |
| 1b) Palm heel jab | 6) Knife-hand strike |
| 1c) Spear-hand jab | 7a) Hacking strike |
| 2a) Cross | 7b) Scissor strike |
| 2b) Palm heel cross | 8) Front snap kick |
| 2c) Spear-hand cross | 9a) Front kick |
| 3a) Hook | 9b) Front knee |
| 3b) Elbow strike hook | 10) Round kick |
| 3c) Ridge-hand hook | 11) Side kick |
| 4a) Uppercut | 12) Back kick |
| 4b) Elbow strike uppercut | |
| 4c) Ridge-hand uppercut | |

Defense Drills

- 1) Mirror (punch cover, kick cover)
- 2a) 360* stopping defense/ 2b) Duck-body shift outside attack
- 3) Inside redirecting parry defense



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4a) Two-handed catching a punch/ 4b) One-handed catching a punch

Break Falls/Rolls

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|---------------------|---------------|
| 1) Back break fall | 4) Front roll |
| 2) Side break fall | 5) Back roll |
| 3) Front break fall | |

Vital Point Combatives

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| 1) Ears: <i>choke from front:</i> (l,r) palm heel strikes (cupped hands). | 4) Neck: Inside parry, ridge-hand strike hook |
| 2) Nose: 360* defense, palm strike downward on nose bridge. | 5) Groin: Inside parry, ridge-hand strike uppercut |
| 3) Eyes: Inside parry, spear-hand strike | 6) Knee: Inside parry, round kick. |
| | 7) Throat/Groin: grab from front: Spear-hand strikes upward, spear-hand strikes downward. |

Escapes

- 1) Same-side wrist turn/ Cross-wrist turn
- 2) *Haymaker (r):* Double knife-hand block, (r) front snap kick, trap arm (l), (r) knife-hand strike
- 3) *Front shirt grab:* Step back, scissor strike to attacker's arms, double palm heel to neck, front knee
- 4) *Side shirt grab (right side):* Place hand (l) on attacker's hand, wrap (r) arm around attacker's arm, (r) side kick to knee.
- 5) *Shoulder grab (from behind):* Turn right, wrap (r) arm around attacker's arms, (l) strike to neck, front knee.
- 6) *Front choke:* Grab attacker's hand (r), (l) hacking strike, pin to body, twist, (r) strike to neck
- 7) *Bearhug (from behind), arms caught:* Lift elbows, hacking strike to groin, step behind leg, twist