



IN-SESSION WORKOUTS
SELF-DEFENSE

Workout 2

Warm-Up

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

Basics

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

Defense Drills

- 1) Mirror (punch cover, kick cover)
- 2a) 360* stopping defense

Break Falls/Rolls

- 1) Back break fall



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2) Side break fall

Vital Point Combatives

1) **Ears:** *choke from front:* (l,r) palm heel strikes (cupped hands).

Escapes

1) Same-side wrist turn/Cross-wrist turn