



IN-SESSION WORKOUTS
SELF-DEFENSE

Workout 3

Warm-Up

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|-------------------|---------------------------------|
| 1a) Jump in place | 7) Right/Left leg side stretch |
| 1b) 1-4/ | 8) Right/Left leg front stretch |
| 1c) Side to side | 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 | |
| 6) Rotating knees | |

Basics

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

Defense Drills

- 1) Mirror (punch cover, kick cover)



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2a) 360* stopping defense/ 2b) Duck-body shift outside attack

Break Falls/Rolls

- 1) Back break fall
- 2) Side break fall
- 3) Front break fall

Vital Point Combatives

- 1) **Ears:** *choke from front:* (l,r) palm heel strikes (cupped hands).
- 2) **Nose:** 360* defense, palm strike downward on nose bridge.

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