



IN-SESSION WORKOUTS
SELF-DEFENSE

Workout 4

Warm-Up

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

Basics

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

Defense Drills

- 1) Mirror (punch cover, kick cover)



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

3) Inside redirecting parry defense

Break Falls/Rolls

1) Back break fall

4) Front roll

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.

3) **Eyes:** Inside parry, spear-hand strike

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