



IN-SESSION WORKOUTS
SELF-DEFENSE

Workout 7

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 raisers

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

Break Falls/Rolls

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

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
- 4) **Neck:** Inside parry, ridge-hand strike hook
- 5) **Groin:** Inside parry, ridge-hand strike uppercut
- 6) **Knee:** Inside parry, round kick.

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.