

SELF DEFENSES

Tigers & Dragons

- 1. Front Hair Grab:** Hands on top. Elbows in. Ft Kick to Knee. Step back w/ both feet. Bow (touch elbows to knees).
- 2. Two Hand Front Choke:** Raise one hand/arm. Windmill arm as if throwing a ball. Finish with a elbow strike to chest.
- 3. Rear Bear Hug:** Head Butt. Stomp. Punch one arm up and other down (Travolta). Reach b/w legs and grab partners foot/ankle up—forcing partner to do back fall.
- 4. Side Head Lock:** Step in front and in between partners legs. Place nearest hand on partners back. Push to belly.
- 5. Full Nelson:** Stop ascent of hands by squeezing arms close to body while keeping arms straight. Grab partners wrist w/ opposite hand. Step out to the angle. Turn and elbow strike.
- 6. Rear Forearm Choke:** Grab choking arm. Get heavy. Spin. Osoto otoshi. Strike.
- 7. Clench:** Execute knee strike. Press partners head down while lifting arm up—forcing partner to ground. Strike.
- 8. Dbl Lapel Grab:** Middle block. Infraorbital nerve take down. Rear choke.

Self Defense	Yellow	Blue	Green	Purple	Brown 3rd	Brown 2nd	Brown 1st	Black
DRAGON	1	2	3					
TIGER	1	2	3	4	5	6	7	8

NEVER FORGET

« A BLACK BELT »

ALWAYS REMEMBER

**A BLACK BELT
IS A
WHITE BELT THAT
NEVER QUILTS ...**



**SHOW UP TO CLASS
PAY ATTENTION
ASK QUESTIONS
DON'T QUIT ...**