

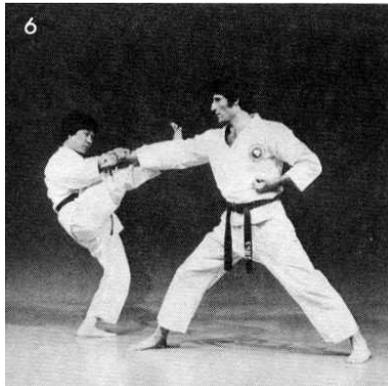
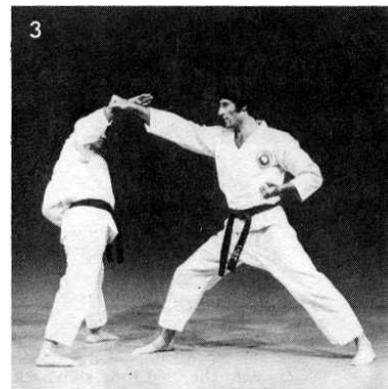
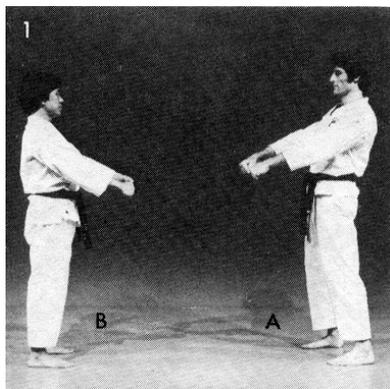
Red Belt To Black Stripe



Self Defense
(Red Belt to Black Stripe)

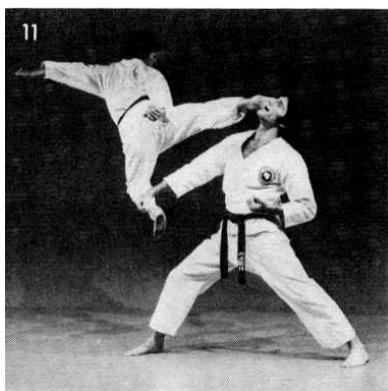
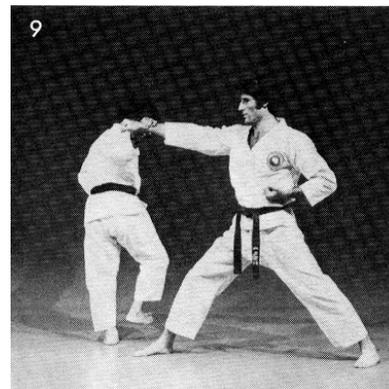
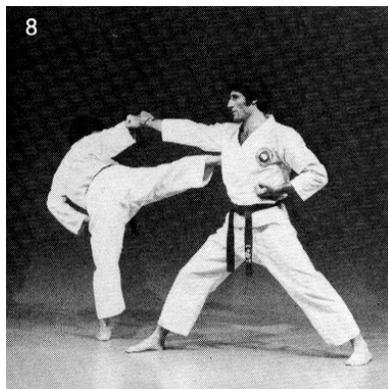
- 46) One Hand Wrist Grab: Snake hand wrist; palm thrust to face; step in and rear leg sweep.**
- 47) Two Hand Collar Grab And Knee To Groin: Knee check; plant forward; clamp arms with rear hand; forward horizontal elbow to head; rear horizontal elbow to head; knee to groin.**
- 48) Side Wrist Grab With Knee: Angular side step in and downward block; knee to groin; rising elbow to jaw; tiger's claw to face.**
- 49) Rear Punch: Step forward; knife hand block; counter grab arm; side kick to knee; pull and palm thrust to head.**
- 50) Rear Two Hand Shoulder Grab: Side kick to knee; bounce rear kick to groin or body.**

Technique Twenty-Six



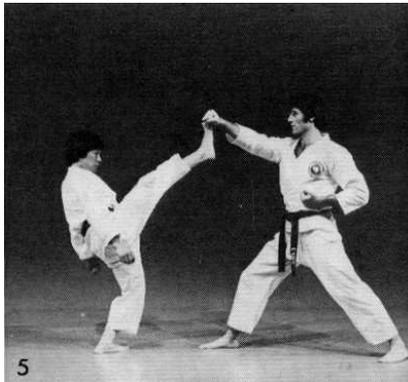
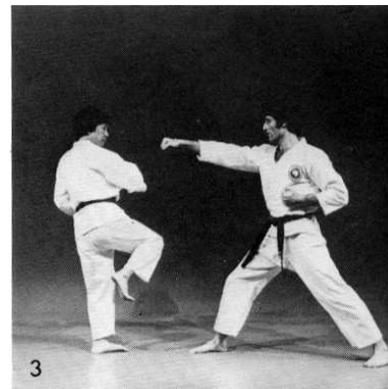
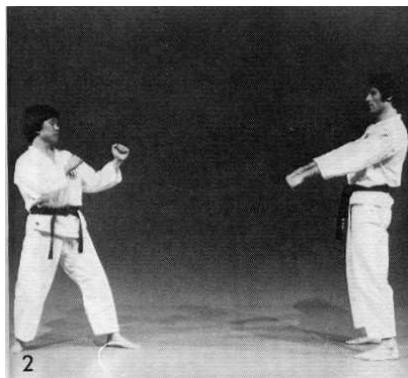
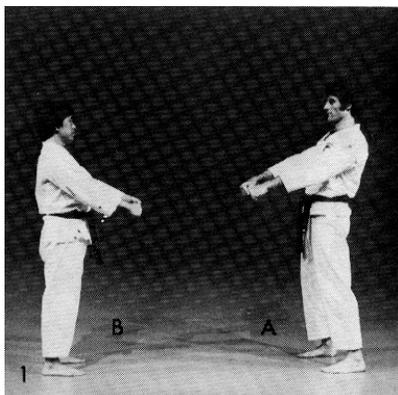
(1) From the ready position, (2&3) with the left foot, step across A's right leg into a left forward stance while executing a right open-hand block to his outside wrist. (4-6) Grab A's wrist and strike the shoulder with a right crescent kick. (CONTINUED)

Technique Twenty-Six



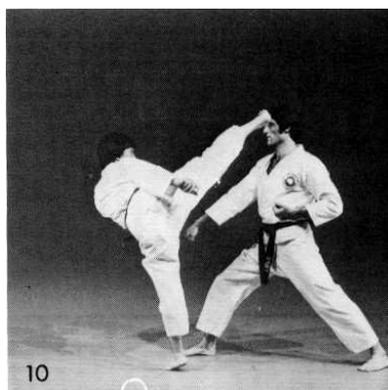
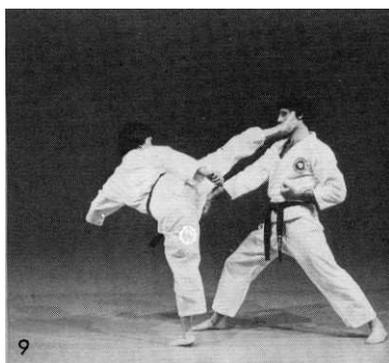
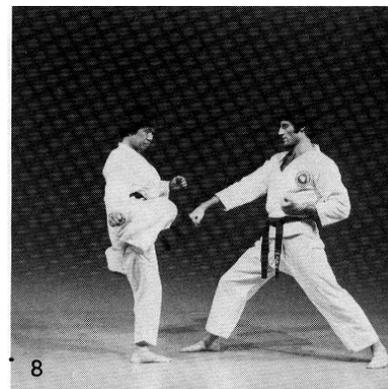
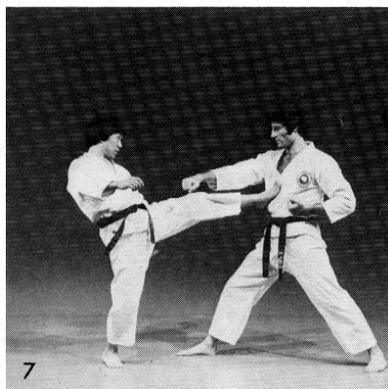
(7&8) Keeping the right leg in the air, execute a right side kick to the rib cage, then (9-11) step down, and jump with both feet to execute a right jump side kick to the head.

Technique Twenty-Seven



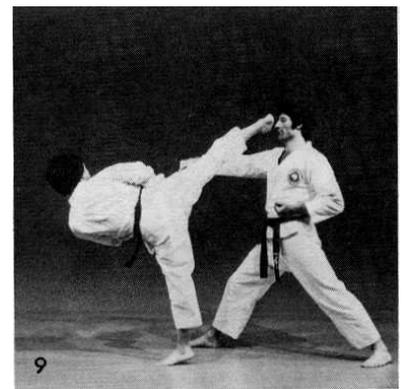
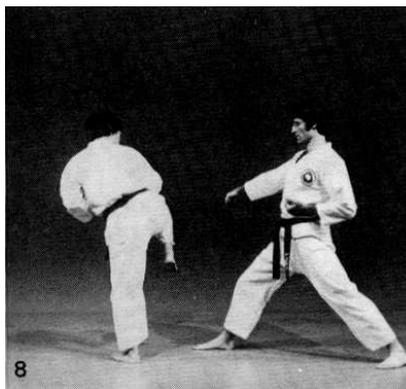
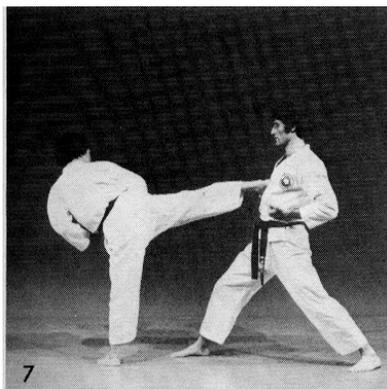
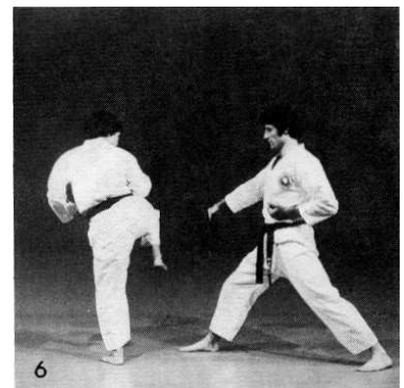
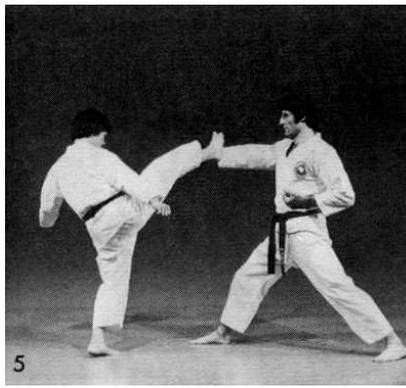
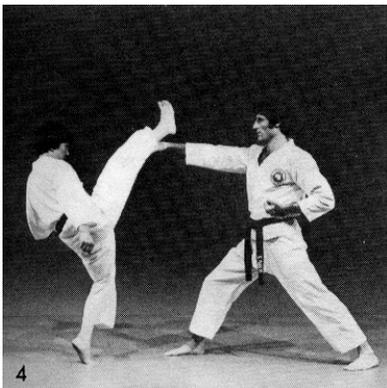
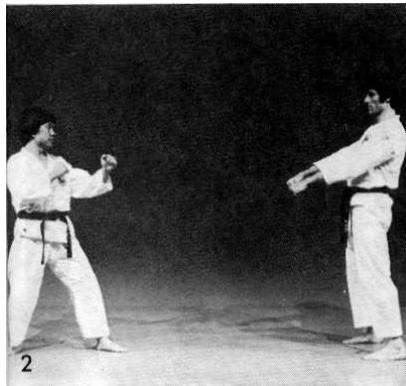
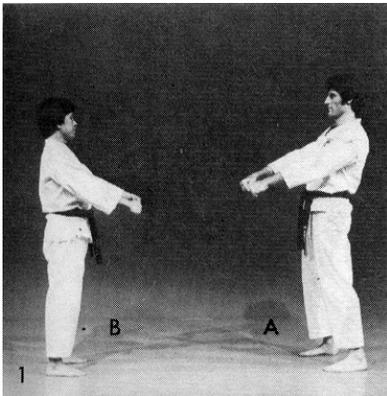
(1) From the ready position, (2) with the right foot step back to shift into a left fighting stance, (3-5) using a right crescent kick to block A's outside wrist. (CONTINUED)

Technique Twenty-Seven



(6&7) Upon stepping down, execute a left front kick to the midsection and (8-10) a right roundhouse kick to the temple.

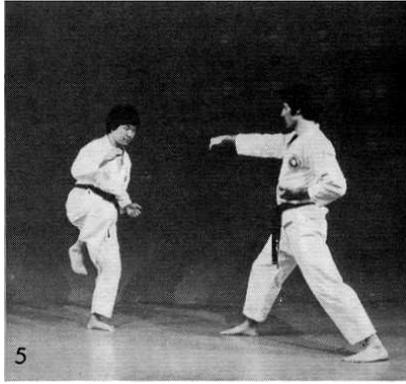
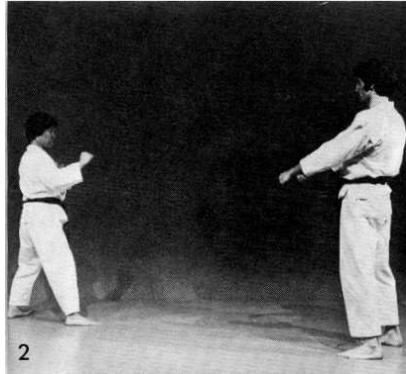
Technique Twenty-Eight



(1) From the ready position, (2) step back with the right foot to shift into a left fighting stance. (3-5) With the bottom of the right foot, block A's outside wrist. (6&7) Without stepping down, right side kick to the midsection and (8&9) side kick to the face.

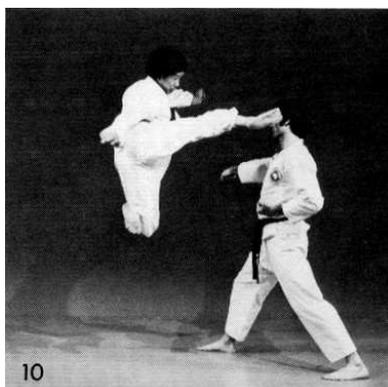
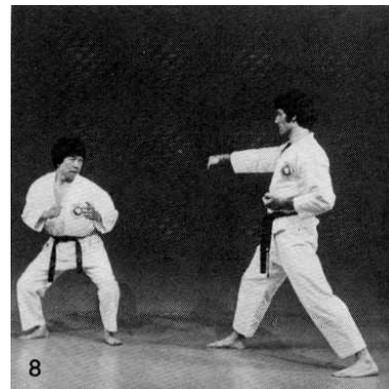
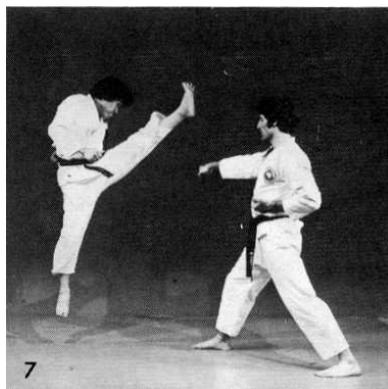
This Page was Intentionally left Blank.

Technique Twenty-Nine



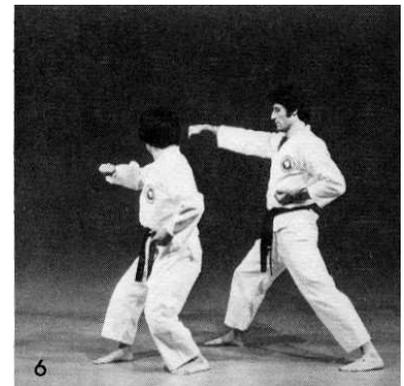
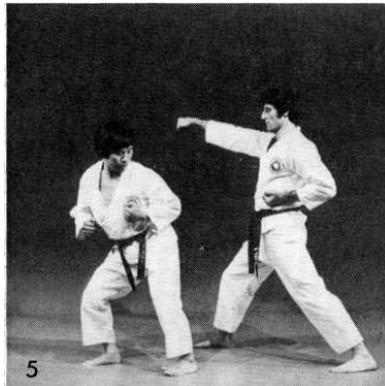
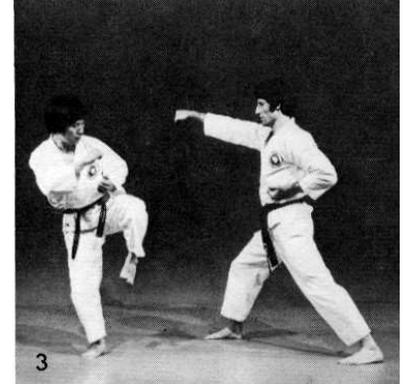
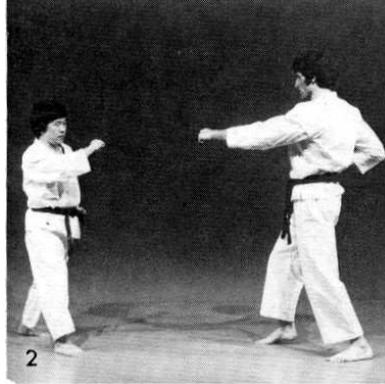
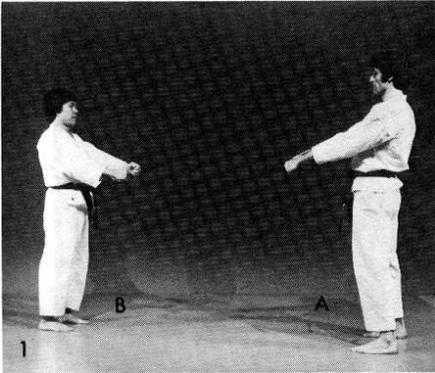
(1) From a ready position, (2) step back with the left foot to shift into a right fighting stance. (3) With the left foot, execute a front snap kick. (4-7) As the left foot steps down, jump with left foot to execute a left jump front kick to the face, (CONTINUED)

Technique Twenty-Nine



(8-10) landing with the left foot forward, and execute a right jump roundhouse kick to the temple.

Technique Thirty



(1) From a ready position, (2-4) step forward 45 degrees with the right foot and execute a left thrusting side kick to the solar plexus. (5-8) Stepping down, jump with both feet to execute a right spinning reverse crescent kick to the face.