SELF DEFENSE KATA 1

CHOKE HOLDS

1. Double Inside wrist snap, double eye gouge, smack ears, grab hair and knee face
2. Tuck chin and break elbows, kick
3. Cross arms (X) at wrist and bring down, stepping back, then step forward and poke throat
4. Figure 8 (Over and Under their arms, then back fist)
5. Stepping back, bring arm over and across both of opponents arms, then reverse elbow to face

ONE HAND CHEST GRABS

6. With opposite side arm grab pressure point of opponents hand (between finger and thumb + bottom of hand) breaking grip, with other hand reinforce removal of his hand, twisting it over, then hammer blow his elbow, then side ways hammer blow to side of his face.
7. With opposite side arm grab pressure point of opponents hand (between finger and thumb + bottom of hand) breaking grip, with other hand place thumb in opponents inside elbow pressure point, push arm turning opponents back to you, place opponents fist in your own arm pit freeing you to punch ribs, punch his ribs
8. Place opposite side hand under and past opponents arm and open handed outside block to opponents wrist, with opposite hand - iron palm strike arm to inside forearm or outside elbow breaking it, then place fingers under opponents nose, pulling backwards as sweeping with left foot

DOUBLE CHEST GRAB

9. Grab opponents hands, twist placing elbow against opponents elbow and throw into wall

CHOKE HOLDS FROM BEHIND

10. Grab little fingers, twist them out putting pressure with thumbs, back kick
11. Double arm swing, placing right arm under and around both of the opponents arms, locking their arms by grabbing your wrist, then throw opponent over hip.
12. Double arm swing, placing left arm over both of the opponents arms, locking their arms and with free hand throw a reverse punch to opponents ribs.

SHOULDER GRAB

13. Opponent grabs right shoulder, hold their hand in place with left hand, right arm swings 360 degrees under and around to their back of elbow, bringing it across, after opponent is bent over, right elbow to his face, then right sideways hammer blow or Shuto strike throat, sweep opponents foot throwing him
14. Opponent grabs left shoulder, hold their hand in place with right hand, left arm swings over 360 degrees and behind opponents elbow, locking his arm, right hand iron palm strike to face or chin.

HAIR GRAB

15. Smash opponents fingers with both hands, leaning forward, step back and front snap kick to groin.
16. Smash opponents fingers with both hands, leaning forward and pivoting sideways, placing your elbow against theirs, forcing him to bend over also, hook

kick to face or groin, holding his wrist raise up and hammer blow to elbow then sideways hammer blow to face.

CHOKE HOLDS

17. Left Tiger stance, Tiger cross up +down, and across, then double Bear claw thrust to ribs, then right hand grabs belt and pulls up, stepping forward– the other hand applies a Shuto strike to throat over opponents arms
18. Pivot to a right front stance, with Hands clamped together, push up through and bring down on face, and then sideways to head

DOUBLE CHEST GRAB-SHOVE

19. Double Shuto strike opponents wrist while bending down, knee groin
20. Double outside middle block, double Shuto strike to opponents throat

SHOULDER GRAB

21. Grab opponent hand (between finger and thumb + bottom of hand) breaking grip, raise it up, step back, turn opponents hand palm up, bring arm down on shoulder breaking elbow, raise it up again, bring it to side of shoulder, pull toward opposite knee, throwing opponent while tripping him

Black Belt Council
Tri-State Freestyle Martial Arts