

## Chapter 14: Hand Defense

All attacks are a high right hand punch from a left low block in front stance to the person executing the following techniques from a Ready Stance.

- 12a. **BASIC HIGH** – LFS, Left High Block and reverse high punch
- 12b. **BASIC SIDE** – wide LFS, Right I/O block and Left punch to ribs
- 11a. **HORSE EAR** – step into RHS, at the same time perform a Left wrist block and a right Soo Do below the ear
- 11b. **HORSE NOSE** - RHS, Double block to the wrist and then right backfist to the attackers nose
- 10a. **OUTSIDE ELBOW** – skipping outside LHS, elbow strike with right hand and then 3 punches
- 10b. **OUTSIDE WRIST** – skipping outside LHS, left hand windmill block to attacking wrist and reverse Soo Do to nose
- 9a. **ELBOW 2 FIST** – RHS, double chop block and grab wrist, then elbow / Soo Do to right ear and then elbow back to left ear of attacker
- 9b. **ELBOWS UPPERCUT** – RBS and left wrist chop, then right elbow to both ears and then right uppercut to the solar plexus
- 8a. **BACK GROIN** – 180° turn blocking attacker's punch with the right hand, landing into LFS performing a backfist to groin
- 8b. **BACK STRIKE** – skipping outside LHS, then grab right shoulder with left hand, pull and uppercut to ribs, push over forward and down and then right chop to back
- 7a. **ROUNDHOUSE GRAB** - LFS & right I/O chop block, grab attacking wrist and then Right Roundhouse kick to the solar plexus
- 7b. **ROUNDHOUSE KNIFE** - skipping LHS, grab wrist, chop wrist, turn back wrist and then high roundhouse
- 6a. **KNEE TO HEAD** – LFS and LCB, double chop to neck, grab back of neck and lock hands, and then pull down head and perform right knee strike to face.
- 6b. **KNEE TO CHEST** - Right foot slides into Attention Stance and lift the left knee pulled up to belt level while executing a right I/O chop, grab attackers shoulder and jump forward and land right knee to the solar plexus.
- 5a. **ELBOW WRAP** – LFS and LCB to inside, then horse stance wrap around arm in arm lock. Slide into ready stance and execute a right uppercut to your opponent's ribs.
- 5b. **ELBOW SMASH** – step into RBS and RCB to outside, step forward into HS, throwing left elbow smash to your opponent's elbow and follow through with an arm bar.
- 4a. **KNEE FLIP** – skipping into LHS and left high block to attackers right arm & then scissors take down with arms over back leg.
- 4b. **KNEE KICK**– wide LFS and RCB, grab wrist, then right side kick to opponent's knee.

- 3a. **ELBOW 4** – LFS and LCB, then right hand under attacker's arm and lock hands into a figure 4 arm lock.
- 3b. **ELBOW CHOP** – LFS and LCB to wrist and right chop to inside of elbow and slide into an arm lock.
- 2a. **SWEEP** – LFS to just outside foot of attacker, I/O block, strike shoulder and sweep right foot **OR** – LFS to just outside foot of attacker, O/I block, strike stomach and sweep right foot
- 2b. **3 STOOGES** -LFS and LCB, then: a) right vertical spear hand to solar plexus b) horizontal spear hand to neck c) two finger eye jab.
- 1a. **KNEE CHOP** – step into RBS and RCB, then right RFS (inside of attackers leg) and perform left chop to side of outside of attackers knee.
- 1b. **HIGH / LOW** - LFS & left chop, right palm strike to face and then, right spear hand to the groin

### Advanced:

- 1. **WRISTLOCK** – LFS and LCB, grab wrist and step under attackers arm, then twist into a wrist lock then, perform right front or round kick to solar plexus, finish with an elbow to the back of neck.
- 2. **ARM-BAR** – step into LFS and LCB, with right hand pull opponent's wrist to your shoulder as you step forward into LHS. Deliver a left upward palm strike to elbow, turning their arm over into an armbar.
- 3. **ARM-PIT** – step into RFS and RCB, grab wrist and hand, step with left foot with back to attacker into horse stance, turning the arm over and drop down onto their elbow with your armpit.
- 4. **MOON STEP** – step into RFS and RCB, ½ moon step with left foot, bracing inside of attackers foot, slide your right hand to their shoulder and perform a downward side kick on the outside of their knee with your right foot.
- 5. **ANKLE (pull)** – step into LFS and Left high Block, drop to your right knee and perform a right palm strike to the Knee and pull ankle with left hand and taking them down to their back.
- 6. **ANKLE (sweep)** – step into LFS and RCB, step outside with your right foot into HS (back to attacker), and deliver a left elbow to rib, a right elbow to back, slide your right leg to sweep attacker right ankle while striking to solar plexus with right hand.
- 7. **ANKLE (punch)** - skip outside and RCB, drop to left knee (behind attacker), and elbow strike their knee and palm strike to the front of their ankle sweeping them face down.
- 8. **ARMPIT** – step into LFS and left palm strike to the outside and counter with right punch to armpit.
- 9. **DOUBLE PUNCH** –step into RFS and double punch with left nose and right to groin, pivot to LFS and right reverse chop to left ear.
- 10. **L/R/L/R** – step in RFS and left center punch, pivot to HS and at the same time perform a LCB and right center punch, then pivot into a left uppercut, pivot back to LFS and right reverse chop to ear.
- 11. **SWEEP** – step right and left palm strike blocking outside, simultaneously perform left sweep and a right palm strike to your attackers shoulder and follow through with a left punch to their ribs.