

Self Defense #1 - #24

1. While opponent grabs your left wrist, turn your wrist and step back with your right foot, and then follow through with a left back fist to the face.
2. While opponent grabs your left wrist, turn your wrist and step back with your left foot, and then follow through with a left knife hand to the neck.
3. While opponent grabs your right hand, turn your wrist over and grab their wrist with your right hand. Palm block with your left hand on their elbow while pressing down on their elbow and up on their wrist, step back with your right leg, execute a front snap kick with the ball of your foot, then step back lower, while dragging them down to the ground.
4. While opponent grabs left hand with two-hand grab, reach in with your right hand grabbing your left, pull and step back to your left, then slide up into a right back fist to your opponents face.
5. While opponent grabs both right and left hand, with resistance, cross your right hand over to their right hand, turn to the right and press their elbow down onto your left shoulder while in a riding horse stance.
6. While opponent grabs both right and left hand, with resistance, step with right leg straight forward into a back stance and execute a right hand middle block and simultaneously execute a right hand back fist, and a left hand knife block.
7. While opponent grabs both right and left hand, with resistance, cross your right hand over to their right hand, while turning your body around to the right, flip them over your right shoulder while extending your right leg out and bending your left.
8. While opponent grabs your left shoulder, bring your left arm underneath theirs, grab your left hand while pulling up on their elbow with your forearm.
9. While opponent grabs your left shoulder with their right hand, place both palms over their hand, bend down, both legs back, while bending their wrist back.
10. While opponent grabs your chest, place your left thumb between their thumb and index finger, turn their wrist and bend their wrist back with both of your hands.
11. While opponent grabs your chest, place both palms on top of their hand, and bend their wrist back, while stepping back with both legs.
12. While opponent grabs your hair, place both palms on top of their hand, and bend their wrist back, while stepping back with both legs.
13. While opponent executes right middle punch, step to left to avoid punch, execute a right knife to grab hand their wrist with both of your hands, swing their hand back, then turn your hands over head and your body to the right while flipping your opponent, extend your right leg, while bending back your left.

14. While opponent executes right middle punch, left knife, grab their wrist with your left hand, and palm their ear/head with your right while spinning them around to the left to the floor.
15. While opponent executes a right middle punch, left knife hand to their wrist, bring right hand to opponent's right shoulder, spin body to left, squat down, while flipping them over on the floor.
16. While opponent attacks with right knife to mid-section, jump back into a cross arm block, right hand on top, turn wrist over and bend back and execute a front snap kick, extend right leg while doing a wrist lock.
17. While opponent attacks with right knife to mid-section, step to left in riding horse stance, grab wrist with left hand up, right knife their wrist, grab with both hands, swing arm back, then forward, while turning body to the right, flip over on floor.
18. While opponent attacks with right knife to mid-section, step to left in riding horse stance, grab wrist with left hand down, place right hand on back hand and torque, while turning their wrist and your body to left, still torquing their wrist back.
19. While opponent attacks with right punch to face, execute a left high block, grab their arm while spinning to left under arm, pulling their arm up their back, grab hair with your right hand, pull back and snap kick to back of their knee.
20. While opponent attacks with right punch to face, execute a left high block, grab their arm while spinning to left under arm, pulling their arm up their back, extend your right hand around front of their neck, jolt back to break neck.
21. While opponent attacks with right overhead knife, execute a left high block, bringing your right arm underneath and grabbing your wrist, jerk hand back to break wrist.
22. While opponent attacks with right overhead knife, execute a left high block, bringing your right arm underneath and grabbing their wrist, spin underneath arms to left, jabbing your opponent in stomach with knife.
23. While opponent attacks with gun to the face, execute at the same time, left and right hand smacks. Left hand perry block, right arm choke/sleeper hold.
24. While opponent attacks with gun to the side of the face, hands come up, say no, turn, right arm block. Left arm high block, Americana.