

1 - 5 FRONT ATTACKS:

1  
ATTACK: SAME SIDE WRIST GRAB  
LOOSENING: KICK TO SHIN  
TECHNIQUE: STEP IN SAME SIDE SAME LEG/ BREAK TOWARDS THUMB AND  
FOREFINGER/SOO DO TO SIDE OF NECK  
FINISHING: GRAB AROUND THE HEAD AND KNEE STRIKE

2  
ATTACK: CROSS HAND WRIST GRAB  
LOOSENING: THIGH KICK  
TECHNIQUE: STEP TO THE OUTSIDE/SOO DO TO SIDE OF WRIST AND BREAK  
TOWARDS THUMB AND FOREFINGER/REV KNIFEHAND TO NECK  
FINISHING: POP EAR AND BREAK NECK

3  
ATTACK: SIDE SHOULDER GRAB  
LOOSENING: KNEE STRIKE  
TECHNIQUE: REACH STRAIGHT UP TOWARDS THE INSIDE OF THE ARM/COME  
OVER THE TOP OF ARM AND REACH UNDER THE ELBOW AND BREAK  
FINISHING: ELBOW TO FACE

4  
ATTACK: TOP OF THE SHOULDER GRAB  
LOOSENING: EYE STRIKE/GRAB HAND ON SHOULDER AND STRIKE GROIN  
TECHNIQUE: GRAB BEHIND THE ELBOW AND TURN OVER  
FINISHING: POP WRIST AND THEN BACK LEG FRONT KICK

5  
ATTACK: UNDER THE BELT GRAB  
LOOSENING: NONE  
TECHNIQUE: STEP TO THE OUTSIDE AND BREAK UP TOWARDS THE ELBOW  
FINISHING: BREAK DOWN TO THE INSIDE ELBOW/ELBOW TO THE HEAD

6 - 10 ATTACKS FROM THE REAR

6  
ATTACK: BEHIND THE BELT GRAB (TOP)  
LOOSENING: EYE STRIKE  
TECHNIQUE: BRING YOUR ARM OVER TOP AND BEHIND THE ATTACKERS ARM AND  
HOOK IN ABOVE ELBOW/CIRCLE  
FINISHING: ELBOW STRIKE TO FACE

7  
ATTACK: REAR CHOKE  
LOOSENING: HAMMER FIST TO THE GROIN  
TECHNIQUE: WHILE HODING ON TO CHOKING ARM STEP BEHIND AND TAKE DOWN  
OVER HIP  
FINISHING: WHIKE STILL HOLDING ONTO ARM STOMP KICK TO RIB CAGE

8  
ATTACK: ARM BAR  
LOOSENING: INSTEP STOMP AND ELBOW STRIKE TO SOLAR PLEXUS  
TECHNIQUE: SPIN OUT AND TAKE OVER KEEPING PRESSURE BEHIND THE ELBOW  
FINISHING: FRONT KICK BACK LEG

9  
ATTACK: BEHIND THE COLLAR GRAB  
LOOSENING: STEP THROUGH GROIN STRIKE  
TECHNIQUE: BRING ARM FROM UNDERNEATH AND OVER THE TOP TAKE OVER  
FINISHING: HEAL KICK TO SOLAR PLEXUS/STEP OUT AND TRIPPLE PUNCH

10  
ATTACK: REAR CHOKE  
LOOSENING: GROIN STRIKE  
TECHNIQUE: TURN INTO HEADLOCK POSITION REACH UP AND PULL HAIR DOWN  
TOWARDS HEELS  
FINISHING: KNEE STRIKE AND PUNCH

#### 11 - 15 SIDE ATTACKS

11  
ATTACK: SIDE SHOULDER GRAB  
LOOSENING: GRAB HAND ON SHOULDER AND ROUNDHOUSE KICK WITH BACK LEG  
TECHNIQUE: KEEPING HAND ON SHOULDER OPPOSITE HAND GRABS ATTACKER  
ABOVE THE ELBOW AND TURNS HIM OVER  
FINISHING: HEAL KICK/GRAB HAIR TAKE DOWN/STOMP FACE

12  
ATTACK: SIDE WRIST GRAB  
LOOSENING: FRONT KICK TO KNEE  
TECHNIQUE: TURN OVER WRIST TILL PALM FACES UPWARD/PEEL OFF AND TAKE  
DOWN  
FINISHING: DROP KNEE AND PUNCH

13  
ATTACK: POCKET BOOK  
LOOSENING: NONE  
TECHNIQUE: AS ATTACKER RUNS BY GRAB HAIR OR EYES AND PULL BACK  
FINISHING: PALM STRIKE TO FACE

14  
ATTACK: SIDE WRIST  
LOOSENING: GRAB WRIST/SIDE KICK TO KNEE  
TECHNIQUE: SIDE KICK TO RIB CAGE  
FINISHING: RIDGE HAND TO FACE

15  
ATTACK: BUDDY BUDDY  
LOOSENING: PALM STRIKE TO EAR  
TECHNIQUE: REACHING AROUND POSITION ARM BEHIND NECK AND KNEE STRIKE  
FINISHING: REVERSE PUNCH/SPIN AROUND GRAB NECK AND BREAK

16 - 20 DOUBLE HAND GRABS

16  
ATTACK: DOUBLE WRIST GRAB (FRONT)  
LOOSENING: KNEE TO GROIN  
TECHNIQUE: TURN EITHER WRIST UPWARD AND PELL OFF  
FINISHING: DROP KNEE AND PUNCH

17  
ATTACK: DOUBLE WRIST GRAB (BEHIND)  
LOOSENING: STOMP ON ATTACKERS INSTEP  
TECHNIQUE: REACH YOUR ARMS UP ABOVE YOUR HEAD AND GRAB ON OF THE  
ATTACKER'S HANDS. PEEL OFF AND STEP BACKWARDS AND OUT  
KEEPING ATTACKER'S ARM IN A 90 DEGREE ANGLE AND APPLYING  
PRESSURE TO THE WRIST THIS SHCULD CAUSE THE ATTACKER TO  
GO UP ONTO THEIR TOES.  
FINISHING: REVERSE THE GRIP AND COME ALONG KEEPING PRESSURE ON THE  
WRIST

18  
ATTACK: DOUBLE LAPEL  
LOOSENING: EYE STRIKE  
TECHNIQUE: GRAB EITHER HAND AND TAKE OVER TILL ATTCKER'S CHEST  
FACES FLOOR  
FINISHING: BLBOW STRIKE DOWN TO THE MIDDLE OF SPINE

19  
ATTACK: BEAR HUG (BEHIND, NO ARMS)  
LOOSENING: HEAD BUTT AND INSTEP STOMP  
TECHNIQUE: REACH DOWN GRAB ATTACKER'S PULL AN TAKE DOWN  
FINISHING: STOMP TO THE GROIN

20  
ATTACK: BEAR HUG (BEHIND, ARMS AT SIDE)  
LOOSENING: INSTEP STOMP  
TECHNIQUE: DROP AND RAISE ARMS TO SHOULDER LEVEL/STEPBACK ELBOW  
STRIKE  
FINISHING: REACH UNDER GRASPING ARM AND THROW OVER HIP

21 - 25 KNIFWE ATTACKS

21  
ATTACK: STRAIGHT IN ATTACK TO MID-SECTION  
TECHNIQUE: STEP OFF TO SIDE BLOCK OUTSIDE TO INSIDE BLOCK/GRAB HAND  
AND TAKE OVER OUTSIDE LEAD  
FINISHING: KEEPING PRESSURE ON WRIST DROP KNEE ON BICEP AND PIN

22  
ATTACK: DOWNWARD ATTACK  
TECHNIQUE: STEPPING OUT ON A 22 DEGREE ANGLE HIGH BLOCK/TAKE AROUND  
AND UNDERNEATH KEEPING PRESSURE ON WRIST  
FINISHING: REVERSE AND COME ALONG

ATTACK: UPWARD ATTACK

23 TECHNIQUE: STEP TO THE SIDE AND BLOCK OUTSIDE TO INSIDE/TURN WRIST UP TILL TOP OF WRIST FACES TOWARD YOU/PULL TOWARDS YOU  
FINISHING: SMAHED ELBOW ON GROUND AND PIN

ATTACK: OUTWARD SLASH

24 TECHNIQUE: STEP BACK AND BLOCK INSIDE TO OUTSIDE/TAKE ARM UP AND BREAK ACROSS SHOULDER  
FINISHING:

ATTACK: SIDE OF NECK

25 TECHNIQUE: GRAB WRIST AND TAKE DOWN OUTSIDE LEAD  
FINISHING: DROP KNEE ON BICEP AND PIN

26 - 30 SITTING OR LYING DOWN ATTACKS

POSITION: SITTING ON BENCH

26 ATTACK: FRONT ATTACK  
TECHNIQUE: HOLDING ONTO BENCH SEAT FRONT KICK PERSON IN SOLAR PLEXUS

POSITION: SITTING ON BENCH

27 ATTACK: ATTACKER PUTS ARM AROUND THE PERSON  
TECHNIQUE: ELBOW TO SOALR PLEXUS/BACK FIST TO NOSE/REVERSE PALM HEEL TO FACE

POSITION: SITTING ON BENCH

28 ATTACK: REAR CHOKE  
TECHNIQUE: GRAB ARM AND FLIP OVER SHOULDER

POSITION: LYING ON FLOOR ONE KNEE BENT HANDS BEHIND YOUR HEAD

29 ATTACK: ATTACKER TRIES TO COME STRAIGHT IN  
TECHNIQIE: FRONT KICK TO ATTACKER'S SOLAR PLEXUS

POSITION: LYING ON BACK ONE KNEE BENT HANDS BEHIND YOUR HEAD

30 ATTACK: SIDE ATTACK TO THROAT  
TECHNIQUE: TURN OVER KNEE STRIKE  
FINISHING: ROLLOVER TO SIT ON ATTACKER'S CHEST PALM HEEL TO FACE