

Red Belt Instructor Techniques

Instructor Self Defense Technique I

Defense against a straight right punch from 12:00 with a wall at 6:00

- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a left outward block.**
- 2. Grab your assailant's right shoulder with your left hand.**
- 3. Step your right foot back to 9:00 to face 3:00 into a left neutral bow.**
- 3. Pull your assailant with your as your step back to pull his head into the wall.**
- 4. Execute a right punch to your assailant's head.**
- 5. Grab your assailant's head with your right hand.**
- 5. Execute a right knee strike to your assailant's face.**

OR

- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a left outward block.**
- 2. Grab your assailant's right shoulder with your left hand.**
- 3. Step your left foot back to 3:00 to face 9:00 into a right neutral bow.**
- 3. Pull your assailant with your as your step back to pull him backward into the wall.**
- 4. When your assailant rebounds off the wall, execute a right punch to his head.**
- 5. Grab your assailant's head with your right hand.**
- 5. Execute a right knee strike to your assailant's face.**

Instructor Self Defense Technique II

Defense against a straight right punch from 12:00 with a wall at 6:00

- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a left outward block.**
- 1. Execute a right elbow strike to your assailant's face.**
- 2. Follow up with a right outward hand sword to your assailant's neck.**
- 3. Grab your assailant's neck with your right hand and pull.**
- 3. Execute a right knee to your assailant's face.**
- 4. Skip your right foot back and around to 7:30.**
- 4. Use the momentum from the skip to pull your assailant head first into the wall.**

Instructor Self Defense Technique III

Defense against a straight right punch from 12:00 with a wall at 6:00

- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a left outward block.**
- 2. Wrap your right arm around your assailant's right arm in a figure four lock.**
- 3. Step your left foot back to 3:00 and pull your assailant backwards into the wall.**
- 4. Grab his head with both of your hands and pull.**
- 4. Execute a right knee strike to the face.**
- 5. Finish with a left elbow to the back of the head.**

Instructor Self Defense Technique IV

Defense against a straight right punch from 12:00 with a wall at 6:00

- 1. Step forward with your right foot into a right neutral bow facing 10:30.**
- 1. Execute a left outward block and trap your assailant's wrist.**
- 1. Execute a right elbow strike to your assailant's chin.**
- 2. Pivot to face 6:00 into a left neutral bow.**
- 2. Throw your assailant over your hip into the wall.**

Instructor Self Defense Technique V

Defense against a downward club swing from 12:00 with a wall at 6:00

- 1. Step your left foot back towards 7:30 into a right neutral bow facing 1:30.**
- 1. Execute a right outward block.**
- 2. Grab your assailant's left shoulder with your left hand.**
- 3. Step with your left foot towards 3:00 so that you face 9:00 in a right neutral bow.**
- 3. Pull your assailant backwards into the wall.**
- 4. Execute a right knee to your assailant's midsection.**
- 5. Finish with a left elbow strike to the back of your assailant's head.**