

# ACTION KARATE

## Phase One

### 1.1

<p><b><u>Sweeping Serpent</u></b>  A: Right Kick and Punch  D: Left to 10:30, narrow soft bow, right downward block. Step slightly right into horse, simultaneous right outward block and left punch to ribs. Right hand grabs shoulder, right side kick to their left knee bringing them down. Right elbow slam to head, right back knuckle, left palm thrust to head.</p>	<p><b><u>Chinese Cobra</u></b>  A: Right-Left Punch  D: Step back left, right inward block. Right vertical forearm blocks left punch as fingers rake eyes, and left middle knuckle to solar plexus. Shuffle in, right downward forearm slam to heart, palming bladder. Right hand rips groin while elbowing jaw.</p>	<p><b><u>Raising Elbows</u></b>  A: Bear Hug from rear (Arms Pinned)  D: Right stomp into horse, shoot arms upward, pull right arm down breaking it over shoulder as you left elbow strike to the center line. Left hammerfist then claw to groin, hold groin and C-step behind opponents right leg. Pull groin up as you elbow strike under jaw. Rotate and pull them over your leg as you hammerfist the chest.</p>
<p><b><u>Drums of Manchu</u></b>  A: Left-Right Combo  D: Step back left, right outward block and left downward cover block. Slide forward and block second punch with a left outward block while doing a right downward hammerfist. Left claw to pull face to side exposing jaw line, then right downward backfist to jaw S-5.</p>	<p><b><u>Mace of Aggression</u></b>  A: Two-handed lapels grab  D: Pin opponent's hands with your left hand and arm as you step forward with right foot on to opponent's right foot. Execute a right in downward raking back knuckle strike to opp. bridge of nose. Continue downward until it strikes both of your opponent's forearms. Right outward elbow strike. Right inward elbow strike. Right outward elbow strike.</p>	<p><b><u>Striking Asp</u></b>  A: Double Lapel Grab/Pull  D: Reach over both arms with your left and pin opponents left hand down as you step forward with your right leg into horse stance and side-fist strike to solar plexus, Right hammerfist across face breaking nose, Right chop to throat</p>
<p><b><u>Silent Escape</u></b>  A: Hammerlock  D: Righthand counter grab and step left to 1:00. Lift right arm straight up, the quickly pull down (reverse action) bending them over. Pull them toward you and left punch to ribs.</p>	<p><b><u>Raining Lance</u></b>  A: Right Overhead Knife  D: Step left to 10:00 and slide body completely out of line of attack. X-Parry knife in downward circular motion using opponent's own energy and guide knife into opponent's thigh.  <i>Xtra Credit</i> – Guide arm down and between opponent's legs, pull through and disarm.</p>	<p><b><u>Mount Position</u></b>  Top person's hips above lower person's. Great attack position. Mechanically, top person can reach bottom's face, but not vice versa.  <b><u>Guard Position</u></b>  Bottom person's hips &amp; shoulders are above top's. Grab top person, pull close and hold. Defensive position: Bottom person can defend from most any strike.  <i>Drills:</i> Ground &amp; Pound drill with shield.  20 Touches Drill in both positions.</p>

### 1.2

<p><b><u>Shooting Star</u></b>  A: Knife strike - stabbing  D: Hop left to 10:30. Right grabs knife hand on the outside @ wrist, Left palm to elbow, right side kick to right knee, left hand presses head toward knife. Right hand pulls knife toward his throat. Right backknuckle to base of skull. Right side kick</p>	<p><b><u>Circles of Glass</u></b>  A: Left – Right punch  D: Left foot back to 7:00, right inward block. Left foot to 4:30, right inward block. Jump forward and right chop to neck, shuffle right elbow to head, Twist whole body away and right hammerfist to groin. Right rear kick.</p>	<p><b><u>Flashing Daggers</u></b>  A: Two-Hand Push  D: Right leg back, double extended outward blocks. Right chop to ribs, left chop to throat, right spear hand to solar plexus turning left downward chop to groin. Cover out in a cat stance w/ left palm claw rake to face and right claw cover.</p>
<p><b><u>Arm Bar from Guard</u></b>  From Guard position, wait for top opponent to straighten arm in an attempt to get up or away. Then swing leg up trapping back of upper arm high on your thigh and simultaneously whip outside leg over head to upper chest and inner leg to lower rib cage pinning your opponent on their back and breaking their arm over your thigh</p>	<p><b><u>Drawbridge</u></b>  A: Left shoulder grab with right hand, facing opponent  DA: Left crane down to elbow, right inward block strike to throat as you C- step behind opponent with you right leg and sweep. Dropping knee-punch.  <i>Xtra Credit</i> - DB: Left crane down to elbow, right inward block strike to throat as you step behind opponent with you right leg and sweep. Hold arm and pull up. Right heel stomp to arm pit. Right foot steps back, drop to right knee breaking opp. elbow over left thigh</p>	<p><b><u>Sleeper</u></b>  A: Right Punch, or push  D: Left to 10:30 parry, right ridgehand to side of throat. Right C-step behind opponent as your left grasps your right hand and your shoulder is pushing into his armpit. Left sweeps back to 6:00 as you throw opponent to floor. Knee-Punch.</p>

Turn Over to Continue Column

## 1.2 Cont'd

<p><b><u>Bowing to Buddha</u></b>  A: Kick – starting position: left knee on floor, right knee up  D: Right forearm slam straight down on opponents knee. Right inward block/strike to inner thigh. Hammerfist to groin.</p>	<p><b><u>Spreading the Leaves</u></b>  A: Full-Nelson  D: Make fists, hold arms out at 90' in scarecrow position, Thrust forward with left leg bending completely over placing all weight on that leg and throwing your opponent off his feet. Leaning forward, twist right, left, and right again bouncing the opponent's head from elbow strike to elbow strike like a pinball, Right rear kick, Cover out</p>	<p><b><u>Reverse Hammerlock</u></b>  A: Right Hammerlock with Left Hand  D: Countergrab, step forward with right into horse stance. Left elbow to break opponent's elbow and continue motion to hammerfist</p>
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## 1.3

<p><b><u>Raising the Sword</u></b>  A: Sword or Knife - stabbing  D: Left foot into cat as Both hands swing his arm up high. Left elbow to ribs. Snap wrist. Left to 10:30 Golf swing arms to left, right elbow to ribs. Forward right, left dancer step, pivot into horse controlling weapon hand the entire time. Right inward block to break elbow. Right wheel kick or side kick.</p>	<p><b><u>Eagle Beak</u></b>  A: Right Hand Hair Grab  D: Step back right as right hand slaps and pins opponents hand to your head breaking fingers as left hand middle knuckles bicep and slides in to punch armpit. Perform S-Lock to their wrist as you bend at the knees and peel hand away.</p>	<p><b><u>Crashing Elbows</u></b>  A: Right Punch to chest or Right Arm Push  D: Step back with right leg and left inward block strike to forearm. Shuffle in and right elbow to ribs, Right hammerfist to kidney area, Left palm heel to base of skull..</p>
<p><b><u>Crossing the Talon</u></b>  A: Right Cross Grab to Right Wrist  D: Left to 2:00. Left forearm slam to break right elbow. Right hand counter-grabs. Roll opponent into bent position, Left elbow point to temple, elbow rake down spine, jump and elbow point to spine at C7.</p>	<p><b><u>Mount Choke</u></b>  A: On back opponent in Mount position performing 2-hand choke  D: Grab own elbows and drive arms toward own chest to pin opp. arms., Roll opp. onto back, knee groin twice, heel palm face twice, pin arm &amp; axe kick body. Get up</p>	<p><b><u>Climbing the Stairs</u></b>  A: Front Kick and Punch  D: Step back left to 6:00, guarding stance. Down block. Left spinning outside crescent, right spinning inside crescent. (Like a spinning chicken kick.)</p>
<p><b><u>Sweeping Arm Hooks</u></b>  A: Two-Hand Push  D: Back left. Wrist hooks crane down arms. Right snap kick. Plant forward right. Right elbow slam under jaw. Right elbow down to sternum.</p>	<p><b><u>Circling the Sun</u></b>  A: Right-Left Combo  D: Left foot to 6:00, fighting stance, Right crane hook to block punch, right crane hook with increased friction to second punch pulling them forward. Right back knuckle to face.</p>	<p><b><u>Driving elbows</u></b>  A: Bear hug from behind  D: Explode forward stepping left foot to 10:30, twist and drive right elbow into midsection, Twist and left elbow to midsection, Twist and right elbow to midsection, Right rear kick, Cover out</p>



### Note:

All techniques, for which it makes sense, should ALWAYS be practiced on both sides!

# ACTION KARATE

## Phase Two

### 2.1

<p><b><u>Darting Serpent</u></b>  A: Two-Hand Push from Front  D: Forward right wedge-block. Double outward finger flicks to eyes, sweep arms outward &amp; down, double palms to groin. Right pulls into cat with crane to floating rib area GB-25. Right forward (horse), double finger flick to eyes, rake both hands down strike LI-10. Double upward crane strikes to temples, Double hammerfists to jaw S-5, head slam into knee</p>	<p><b><u>Attacking the Wall</u></b>  A: Right Punch, push  D: Left to 10:30, left parry, right outward block together with left punch to floating ribs. Right forearm strike just above hip. Grab right shoulder, right side kick behind knee, right rear kick to back of head.</p>	<p><b><u>Prayer of Death</u></b>  A: Right Kick. Starting position: Right knee on floor, left knee up.  D: "X" block to shin (right hand on top). Right hand grasps heel, left grasps toes flipping opponent onto stomach. Right snap kick to groin or back of leg, double palm trusts to kidneys driving him to floor. Left axe kick to spine.</p>
<p><b><u>Praying Mantis</u></b>  A: Right Punch, grab, push  D: Jump off to 8:30. Right crane &amp; left palm to forehead. Right dart poke. Right front kick, right side kick, right rear kick. Cover out.</p>	<p><b><u>Tumbling Clouds</u></b>  A: Knife - stabbing  D: Shuffle left to 11:00. Double flat hand block/parry. Right palm to LI-4 in hand then grab, left palm to LI-10/11 points on forearm then grab (<i>Ancient Chinese Secret</i> - do not ever let go of that which holds the weapon), right eye poke with all four fingers spread</p>	<p><b><u>Knee Lift</u></b>  A: Bear Hug from Front(arms pinned)  D: Shoot thumbs into groin, Turn Body to 3:00, Lift left arm and left leg together, Left sidekick to knees, Drive left palm 45' down into abdomen about 2" below belly button into flash-point for bladder.</p>
<p><b><u>Opponents at Sides</u></b>  A: Shoulders Grabbed on Both Sides  D: Stomp right foot between feet of opponent on right side (Hip Check) as you chop his/her throat. Pivot on left foot and stomp right foot between feet of opponent on left side as you chop his/her throat.</p>	<p><b><u>Shackle Break A</u></b>  A: Double wrist grab from behind  DA: Counter grab both wrists. Hop forward left. Right rear kick to groin.  <i>Xtra Credit</i> - DB: Step left and turn, pull arm up then down with right, left punch, circling left punch, right punch (figure 8), knee strike to ribs. From Mass Attacks.</p>	<p><b><u>Leg Fight-Off</u></b>  A: End up on floor, opponents trying to pin or get into Mount Position for attack  D: Turn onto side, side kick leg points  <i>Drill:</i> Have partner approach with shield target</p>

### 2.2

<p><b><u>Leap of Death</u></b>  A: Right Punch, push  D: Left to 11:00, double outward blocks, right counter-grabs, left knuckle to rake ribs as left leg pulls into a cat. Left back-knuckle to solar plexus. Left steps to 3:00, left forearm to his upper arm creating arm-bar, throwing him to the ground. Leap on back and rake heels across kidneys, butterfly palm to back of head, knees lean into shoulder blades as you pull head against, twist neck with right hand as left knee drops on back, right chop to neck, left chop to neck, hop and switch kick to temple</p>	<p><b><u>Uncovering the Flame</u></b>  A: Gun (close to body)  D: Twist body to left, as your right hand does a brushing block to gun and left hand spears eyes. Left wrist grabs. Twist gun hand as you do a right front snap kick, upward strike to jaw with gun, then strike down on heart.  <i>Xtra Credit</i> – Advanced, 1<sup>st</sup> (2) movement used to snatch away weapon rather than just grab &amp; control</p>	<p><b><u>Dropping Blade</u></b>  A: Right Poking knife strike  D: Left to 11:00, Left parry Right drop wheel kick to groin, drop on left hip and scissors kick left at ankle, right behind knee, roll clockwise, drop opponent on his stomach. Roll on top of opponent keeping his legs trapped. Grab hair, right punch to temple.</p>
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<p><b><u>Dagger</u></b>  A: Straight Right Punch, push, grab  D: Step forward with right, right inward block, right chop to neck, left grabs opponents wrist and pulls as right elbow drives into ribs, right hammerfist to groin, circle right downward back-fist to jaw S-5, pivot to a forward bow and do a left palm strike to center line.</p>	<p><b><u>Folding Wings A</u></b>  A: Shoulders Grabbed on both sides  DA: Step back right, double wrap around. Step forward right. Double Hammerfist to ribs, unwrap arms, back right, smash heads together, double knees to faces.  <i>Xtra Credit</i> - DB: Step back right, double wrap around. Step forward right into lunge on floor with left knee down pulling opponents to their knees. Double Hammerfist to groin, unwrap arms, and grab opp's pant legs or ankles. Stand up, dumping opponents on their backs (from Mass Attacks)</p>	<p><b><u>Headlock A</u></b>  A: Side headlock, legs close  D: Anchor chin, Step right foot into horse stance and double hammerfist. Left grabs face &amp; pulls body down across left thigh. Hammerfist to chest (heart-punch) as opponent falls over left thigh.</p>
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<p><b><u>Anvil</u></b>  A: Double Wrist Grab from Front  D: Twist your arms up and in so palm are facing you. Then step back with right as you pull wrists away &amp; free. Double downward block and advancing right front kick, Butterfly Palm strike.</p>	<p><b><u>Crouching Falcon</u></b>  A: Two-Hand Push  D: Right forward. Double wedge block claws to eyes. Left grasps right arm, pulling down. Pivot into horse. Right elbow slam under jaw. Right downward elbow to sternum.</p>	<p><b><u>Blocking the Kick A &amp; B</u></b>  A: Front Kick  DA: Step back with right leg into fighting stance, downward block with left arm, Reverse punch with right arm  DB: Same as "A" but Right front snap kick instead of reverse punch.  <i>Xtra Credit</i> – Perform same movements as defense against Wrist Grab (strike on forearm @ LI-10/11) to release grabbing hand</p>
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**2.3**

<p><b><u>A: Dance of Death</u></b>  A: Right Punch  D: Left parry &amp; right ridgehand to groin. Right leg forward as left hand grasps behind opponents right knee, right elbow to hip, knocking them over. Right back-knuckle to both knees figure 8 motion. Right chop to groin. Grab right foot, flip opponent onto stomach.  (L)Stomp, (R)step, (L)kick, (R)knee-punch, (R)stomp, (L)step, (R)kick,</p>	<p><b><u>Locking Arm</u></b>  A: Right arm held up against back at 90 degrees (Hammerlock)  D: Back left. Left elbow to head and follow through, Wrap arm around counterclockwise. Left uppercut to break left elbow. Right foot steps back to 5:00. Right knee slam with hammer fist to spine</p>	<p><b><u>Startled Cat</u></b>  A: Overhead Club  D: Left forward to 10:30. Left parry letting his right elbow hit you shoulder. Right palm thrust to jaw S-5. Right to 1:30 behind his leg as you windmill right elbow strike into sternum and settle into horse stance. Continue with heel-palm to face as you push him to floor. Side kick.</p>
<p><b><u>Snapping Twigs</u></b>  A: Left Grab  D: Back left. Left heel palm to forearm. Right heel palm to upper arm creating arm-bar. Slide forward, right hand cranes down, left heel palm to throat. Right hammer fist to temple. Right sandwich elbow to head. Hammerfist groin, right rear kick to stomach.</p>	<p><b><u>Bridge</u></b>  A: Two-Hand Choke from Behind  D: Grab wrists, step left into horse stance, right dancer step, crossing their arms twisting to break with arm bar. Right kick to inner knee. Right leg sweeps through opponent's legs as right elbow to center line, and right hammerfist to groin.  <i>Xtra Credit -Breaking The Cross</i>  A: Two-Hand Choke from Behind  D: Grab wrists, Step right foot to 3:00 and drag hands forward breaking thumbs, Right steps to 12:00, pull their arms crossed, right knee to elbows, right front kick to inner leg, right sandwich elbow to head</p>	<p><b><u>Mount Grab</u></b>  On back opponent in Mount position attacking w/ Left on floor &amp; Rt punches  D: Use right to do "Wrap Around" like maneuver to lock &amp; hold their left arm. With left hand perform thrusting eye poke and simultaneously roll toward right. Once opp is on back, knee groin repeatedly. Get up.</p>
<p><b><u>Sleeves of China</u></b>  A: Right Punch from Right Side  D: Right foot to 2:00, left parry, right hammerfist to kidney. Shuffle into opponent using all your weight with hip check and leg checks while left pokes eyes and right elbow strikes ribs.</p>	<p><b><u>Thrusting Salute</u></b>  A: Front Kick or wrist grab  D: Step back with right leg into fighting stance, downward block with left arm, Advancing front kick with right leg, Thrusting palm heel with right hand to jaw S-5</p>	<p><b><u>Headlock B</u></b>  A: Side headlock, legs spread wide  D: Anchor chin, Slide left leg back so knee nearly touches floor, Left ridgehand to groin</p>

# ACTION KARATE

## Phase Three

### 3.1

<p><b><u>Five Swords</u></b>  A: Right Punch, grab, push  D: Right step forward, right inward block. Right chop to neck (1), right spear hand to solar plexus (2), Left dancer step, right back knuckle to stomach &amp; left rakes eyes(3), right chop to base of skull (4), unwind and right chop to front of throat (5). Pressing Very Important.</p>	<p><b><u>Lone Kimono</u></b>  A: Double lapel grab/push  D: Reach over both arms with your left and pin opponents left hand down in S-Lock, as you step back with left leg and right upward Block under arms TW-11, Right inward block knock arms away LI-10/11, Right chop to throat, Right sandwich elbow to head, Right hammerfist to groin, right rear kick.</p>	<p><b><u>Slicing Dragon</u></b>  A: Right Punch Front, Grab Rear  D: Left to 10:30. Left inward block strike, right outward hammerfist strike. Right arm cocks high, right hammerfist to temple or jaw. Right back knuckle to kidney. Left elbow. Left back knuckle to kidney or ribs. Right elbow. Right back knuckle to kidney. Left elbow. Be sure to press through out.</p>
<p><b><u>Sticks of Satin</u></b>  A: Right Overhead Club  D: Left to 10:30, X-parry (right over left), Grasp wrist and golf swing club through shin as you step 180' under arm driving left elbow into armpit/ribs, Step back to original position using arm as a whip, Right knee to ribs/stomach</p>	<p><b><u>Windmill Guard:</u></b>  A: Straight Right Punch  D: Step left foot to 10: 00, move head out of the way of the punch, reach across your body with your left hand and parry (or deflect) the punch past your head. Reach under your left arm with your right. Chop/Grab their wrist. Right roundhouse kick to mid-section. Cover out.  <i>Xtra Credit</i> – Circling Serpent, Returning Viper</p>	<p><b><u>Grasping Talon</u></b>  A: Right Wrist Grabbed by Left hand, opponent facing you  D: Right hand crane, Move right leg up to 1:30 while dragging left hand down outside of right arm to slide opponent's hand off and grab his/her arm. Stomp right foot into position, pull them off balance (canceling kicks or punch with other hand), simultaneous with right side fist to ribs.</p>
<p><b><u>Japanese Hand</u></b>  A: Right Push to Right Shoulder  D: Feet do not move. Both hands grab his hand (Wrist-Reversal). Left dancer throwing him, right downward front kick.</p>	<p><b><u>Headlock C</u></b>  A: Guillotine headlock (Front Headlock)  D: Anchor chin, Thrust right leg forward to 10:00 checking knee, driving shoulder into solar plexus, right ridge to groin</p>	<p><b><u>Rear Naked Choke</u></b>  A: Opponent seated behind you has both arms wrapped in sleeper choke  D: Pry pinky away &amp; perform finger lock until he lets go. Tuck chin, roll towards attacking arm to escape</p>

### 3.2

<p><b><u>Knee Sweep</u></b>  A: Two-Man Wrist Grab  D: Right counter grab, right dancer, left punch to ribs. Right side kick to ribs. Cross right over left, chamber left leg up lifting opponent's right leg with it. Then left sidekick to their inner left knee.</p>	<p><b><u>Plucking a Bird from the Sky</u></b>  A: Right Punch, push  D: Step left foot to 10:00 and left hand parry, Right C-step around opponent's right leg and butterfly palms to just above hips GB-26, Palm strike then grab both shoulders, Twist right then quickly left (reverse action) throwing them to the floor, Right front kick to ribs, Right stomp to spine, Knee/punch</p>	<p><b><u>Crash of the Eagle Part 1</u></b>  A: Two-Hand Choke from Behind or Side  D: Left steps to 1:30, raise right arm and spin around driving right elbow down into opponent's midsection followed by left palm to pin arms to body, Right elbow to chin, Right back knuckle to face, Right hammerfist to stomach, Right rear kick, Cover out  <i>Xtra Credit – Part 2</i>  A: Two-Hand Choke from Behind or Side  D: Step out to 1:00 with left foot. Pivot 180 degrees. Windmill right arm forward. Drive elbow down as you turn; Right elbow slam, windmill fist under jaw, and half fist to throat.</p>
<p><b><u>Arching Blades</u></b>  A: Right Punch  D: Right snap kick, right inward block together. Double arching downward chops to side &amp; back of neck going into soft bow. Right elbow slam under jaw as you pivot into horse stance. Right downward elbow to sternum</p>	<p><b><u>Chinese Junk</u></b>  A: Two men, Bear hug from behind (arms free, and punch from front)  D: Left inward block with right hammerfist to rear groin and right snap kick to front groin. Right rear kick and right heel palm to front opponents jaw.</p>	<p><b><u>Double Blades</u></b>  A: Right roundhouse swing with bat  D: Step right foot to 12:00 into horse stance and double chop block, Grab wrist with left hand, pull opponent off balance and right chop side of throat. Right cover step across left leg as you grab weapon with right hand, Left step back and stomp foot as you pull opponent and strike them with their own weapon</p>

### 3.2 Cont'd

<p><b><u>Mount Punch</u></b>  A: On back opponent in Mount position attacking with punches  D: 1<sup>st</sup> use arms to perform out blocks. When there is an opening, Right grabs their right wrist pushing &amp; left pushes down against upper arm creating arm-bar driving their chest to floor next to your right shoulder. Roll to right, while still on side left knees groin repeatedly, push away and get up.</p>	<p><b><u>C Tackle Technique 1</u></b>  A: Tackle Attempt  #1: Grab hair with left hand, left step back to 5:00, Right hammerfist between shoulder blades (C7)  <i><b>Xtra Credit</b></i> - #2: Grab hair with left hand, left step back to 5:00, Right chop up &amp; in to back of neck on BI-10 for easy stun.</p>	<p><b><u>Wrap Around</u></b>  A: Side Shoulder Grab, bent arm  D: Pin hand. Windmill your right forward and wrap around opponent arm. Punch toward where the wall in front of you meets the ceiling above (45' Up).  <i><b>Xtra Credit</b></i> – Twist and elbow strike to head with pinning hand. Grab head. Knee Head.  <i><b>Xtra Credit</b></i> – Broken Staff</p>
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### 3.3

<p><b><u>Wing Break</u></b>  A: Left grab to right shoulder from side  D: Pin hand, step left to straighten arm. Right inward block to break elbow as you circle right elbow down on LI area and shuffle closer putting right leg in front of theirs. Right arm circles around and grabs back while left leg sweeps back. The hip toss to floor with Knee-Punch.</p>	<p><b><u>Breaking the Yoke</u></b>  A: Right Punch, push  D: Left extended outward block and grab. Right kick to groin and step through into horse. Right web hand to throat. Put his right elbow behind your neck. Pull arm down as you push neck away and stand straight up to break his arm with arm bar.</p>	<p><b><u>Eagle Pin</u></b>  A: Two man attack - Bear hug  From behind (arms free), punch  From front  D: Right snap kick with right inward Block, Stomp right to 3:00 and Windmill arms around to drive elbows into forearms peeling them off, left elbow to stomach, left hammerfist/grab to groin, left C-step around their right leg, left elbow to chin with right hammerfist to chest dumping him over your left leg to the floor</p>
<p><b><u>Kung Fu Wrist</u></b>  A: Two-Man Wrist Grab  D: Flip both wrists up, right pulls in shuffle right front snap kick, body pivots 180 degrees (right lands at 9:00), left counter-grabs left hand pulls to straighten arm, as you finish like the end of Chinese "L" choke.</p>	<p><b><u>Dance of the Mongoose</u></b>  A: Side club or swinging staff  D: Back left into reverse bow, arms pull parallel into your chest. On back swing, step left to 1:30, with double forearm to elbow and wrist. Right hand grabs wrist and use left forearm to create arm-bar and break their right elbow. Roll opponent into bent position, Left elbow point to temple, elbow rake down spine, jump and elbow point to spine at C7.</p>	<p><b><u>Dancer</u></b>  A: Two-Hand Choke from Behind  D: Simultaneously left dancer step and bend completely forward. Left hand hammer chop to groin. Unwind and right ridge hand to groin. Cover out.  <i><b>Xtra Credit</b></i> – Dancer to Front. Dip head forward into thumbs and roll under opponents left hand and arm. Step right foot to 10:30 and cover out.</p>
<p><b><u>Mount Pin</u></b>  A: Opponent in Mount position holding both of your wrists pinned to floor  D: Slide arms away from your body &amp; Headbutt. Pull left back in so you can Roll to left. Right knee groin repeatedly. Push away, get up.</p>	<p><b><u>Fish Hook</u></b>  A: Right- Left Hook Punch  D: Step back left leg with a right inward block. Shuffle forward with right block to their left punch causing right punch to opponent's temple</p>	<p><b><u>Tackle Technique 3</u></b>  A: Tackle Attempt  D: Grab right ear with left hand, twist ear causing face to turn into strike, left step back to 5:00, Right sandwich elbow to face.</p>