

ACTION KARATE (Phase 1)

<p>Right Straight Punch</p> <p>A. Step left to 11:00, left hand parry. Right hand under left, chop to arm. Right hand grab wrist. Left side fist to ribs.</p> <p>B. Windmill Guard Step left to 11:00, left hand parry. Right hand under left, chop to arm. Right hand grab wrist. Right roundhouse kick.</p> <p>C. Step left to 11:00, left hand parry. Right hand under left, chop to arm. Right hand grab wrist. Left hand grab shoulder and pull back as you roundhouse kick to back of leg to sweep attacker to ground. Finish with straight arm bar.</p>	<p>Right Hook Punch</p> <p>A. Four Swords Step right, right hand inward block. Right chop to neck. Left palm to face. Right uppercut.</p> <p>B. Step right, right hand inward block. Right chop to neck. Left palm to face. Right uppercut. Clinch. Right knee.</p> <p>C. C Step right, right hand inward block. Right chop to neck. Left palm to face. Right uppercut. Clinch. Right knee. Drag to ground.</p>	<p>Choke From Behind, Two Hands</p> <p>A. Step left to 1:00, right downward elbow to clear arms. Left palm to face. Push.</p> <p>B. Step left to 1:00, right downward elbow to clear arms. Left palm to face. Push. Left thrusting front kick.</p> <p>C. Crash of the Eagle Part 1 Step left to 1:00, right downward elbow to clear arms. Left palm to face. Right sandwich elbow to head. Right hammer fist to groin, turning body away from attacker. Right rear kick.</p>
<p>Tackle Attempt</p> <p>A. Tackle Technique #1 Step left leg back to 5:00, left hand grabs side of head. Right hammer fist between shoulder blades (marriage of gravity)</p> <p>B. Tackle Technique #2 Step left leg back to 5:00, left hand grabs side of head. Right chop to base of neck.</p> <p>C. Tackle Technique #3 Step left leg back to 5:00, left hand grabs side of head. Right sandwich elbow to head.</p>	<p>Right Side Shoulder Grab (<i>Attacker uses left hand to grab Defender's right shoulder</i>)</p> <p>A. Wrap Around. Left hand pins. Right arm windmills around attacker, punching to where the wall meets the ceiling.</p> <p>B. Left hand pins. Right arm windmills around opponent, punching to where the wall meets the ceiling. Right hammer fist to midsection. Left hand reaches behind neck, left knee.</p> <p>C. Left hand pins. Right arm windmills around opponent, punching to where the wall meets the ceiling. Right hammer fist to midsection. Left hand reaches behind neck, left knee. Step back left and break (like Locking Arm)</p>	<p>Rear Bear Hug Arms Pinned</p> <p>A. Driving Elbows Step left leg to 11:00, right elbow back, left arm drives forward. Twist body left elbow back, right arm drives forward. Twist, right elbow back, left arm drives forward. Right rear kick.</p> <p>B. Right Stomp. Finish with Driving Elbows (see A.)</p> <p>C. "Knock" on back of attacker's hand. Finish with Driving Elbows (See A.)</p>
<p>Mount Defense (<i>Attacker mounted Defender</i>)</p> <p>A. Bump and Roll Lift up hips so attacker catches themselves with their hands. Trap opponents left arm and lock your right foot to their left ankle. Roll to the left. Hands on hips and stand up.</p> <p>B. Lift up hips so attacker catches themselves with their hands. Trap attacker's left arm and lock your right foot to their left ankle. Roll to the left. Hands on hips, followed by three knees and stand up.</p> <p>C. Bump and Roll, attacker locks you in the guard. Put your right knee in the butt cheek, slide left hand back grab pant leg and push down on leg to break the guard. Stand up.</p>	<p>Left-Right Hook Punch</p> <p>A. Drums of Manchu Step back left to 7:00, right outward block, left covers low. Left outward block, right hammer fist to groin, pressing forward. Left palm rake to face, right hammer fist to nose.</p> <p>B. Unfurling Crane Step back left, right outward block. Right inward block. Right hammer fist low, left cover. Right back knuckle to bridge of nose, left cover low.</p> <p>C. Step back left to 7:00, right outward block. Right inward block, left hand grabs wrist. Right hand uppercut breaking arm.</p>	<p>Two hand front lapel grab/choke</p> <p>A. Lone Kimono Left hand pin across both arms. Step back left, right hand strikes under attacker's right arm. Right hand inward block to clear arms. Right chop to neck. Turn body, right hammer fist to groin. Right rear kick.</p> <p>B. Striking Asp Left hand pins across both arms. Step forward right, right middle knuckle to solar plexus. Right hand hammer fist to nose as you clear arms. Right chop to neck.</p> <p>C. Grab each of the attackers elbows, as you dancer step push one elbow up and the other elbow down (like you are turning a big steering wheel). Drive attacker into the wall. Elbow to head.</p>

ACTION KARATE (Phase 2)

<p>Right-Left Roundhouse/Hook Punch</p> <p>A. Step back left, right inward block. Right outward block. Right elbow to face. Right hammer fist to groin (soft bow). Right rear kick.</p> <p>B. Chinese Cobra Step back left, right inward block. Right forearm block as fingers rake eyes and left middle knuckle to solar plexus. Shuffle in, right downward forearm slam to bladder. Right hand grabs groin while you elbow jaw</p> <p>C. Step back left inward block, right outward block, left palm, left elbow and left knee</p>	<p>Kick and Punch</p> <p>A. Left steps to 11:00, right downward block. Right outward block, left punch. Push.</p> <p>B. Left steps to 11:00, right downward block. Right outward block, left punch. Right grabs shoulder. Right sidekick behind knee. Push</p> <p>C. Sweeping Serpent Left steps to 11:00, right downward block. Right outward block, left punch. Right grabs shoulder. Right sidekick behind knee. Right sandwich elbow. Right back knuckle. Left palm.</p>	<p>Hammerlock</p> <p>A. Silent Escape Right hand counter grab as you step left to 1:00. Lift right arm straight up and quickly pull down bending them over. Left punch to ribs.</p> <p>B. Passing the Horizon Right hand counter grab, as you step back left and left elbow. Left steps to 1:00, lift right arm straight up and quickly pull down bending them over. Left front kick. Right hand counter grab, as you step back left and left elbow. Left steps to 1:00, lift right arm straight up and quickly pull down bending them over. Left front kick landing forward. Left palm to back of elbow.</p>
<p>Overhead Weapon</p> <p>A. Raining Lance Step left to 10:00, and slide body out of way of attack. X block arm in a circular motion and guide weapon into opponent's thigh.</p> <p>B. Step left to 10:00, and slide body out of way of attack. X block arm in a circular motion and guide weapon into opponent's thigh. Right side kick to knee</p> <p>C. Step left to 10:00, and slide body out of way of attack. X block arm in a circular motion and guide weapon into opponent's thigh. Right side kick to knee. Left palm strike to side of the face or base of the skull.</p>	<p>Left straight shoulder grab</p> <p>A. Drawbridge Left crane down to elbow, right inward block as you step behind opponent's leg and sweep. Right knee punch.</p> <p>B. Drawbridge B Left crane down to elbow, right inward block as you step behind opponent's leg and sweep. Hold onto right arm, right heel stomp to armpit. Right leg to 6:00, drop on one knee. Pull arm over knee and break.</p> <p>C. Drawbridge C Left hand pins, as left leg steps and right hand strikes groin. Right hand palm across face. Right leg steps behind to sweep. Right knee punch.</p>	<p>Two hand push</p> <p>A. Sweeping Arm Hooks Step back left into cat stance, double crane to arms. Right front kick landing forward. Right elbow under chin, right rake to face as you elbow down to sternum</p> <p>B. Step back left into cat stance, double crane to arms. . Right front kick landing forward. Right elbow under chin, right rake to face as you elbow down to sternum Right knee. Left elbow</p> <p>C. Step back left into cat stance, double crane to arms. Right front kick landing forward. Right elbow under chin, right rake to face as you elbow down to sternum. Right hand circle around neck to guillotine.</p>
<p>Left straight punch</p> <p>A. Crashing Elbows Step back with left leg,, right inward block. Shuffle in, left elbow to ribs. Left back knuckle to kidney. Rightt palm to base of skull</p> <p>B. Step back with left leg,, right inward block. Shuffle in, left elbow to ribs. Left back knuckle to kidney. Right palm to base of skull. Right round house kick behind knee.</p> <p>C. Step back with left leg,, right inward block. Shuffle in, left elbow to ribs. Left back knuckle to kidney. Right palm to base of skull. Right round house kick behind knee follow through, spin rear kick.</p>	<p>Hair grab</p> <p>A. Trapping Talon Trap hand with both hands. Step left in front of opponent's legs, trapping with your left arm creating an elbow break/lock. Left hammer fist to face</p> <p>B. Trap hand with both hands. Step left in front of opponent's legs, trapping with your left arm creating an elbow break/lock. Left hammer fist to face. Left side kick to knee.</p> <p>C. Trap hand with both hands. Step left in front of opponent's legs, trapping with your left arm creating an elbow break/lock. Take opponent to floor using elbow lock to control.</p>	<p>Bear hug from behind arms free</p> <p>A. Knock on hands with knuckles. After they release grab, foot step forward. As you rotate body, left elbow to head and then right reverse punch to face.</p> <p>B. Knock on hands with you knuckles. After they release the grab, step forward with left foot, right rear kick to knee, groin or stomach.</p> <p>C. Smothering Bear A Step out right to lower center of gravity while bending knees. Push hips back while punching with both hands slappin the floor. Reach between your legs and pull attackers foot out from underneath him. Stomp groin.</p>

ACTION KARATE (Phase 3)

<p>Right cross wrist grab</p> <p>A. Left foot step towards 2:00. Left forearm slam to break right elbow. Right hand counter-grabs. Roll opponent into bent position, Left elbow point to temple.</p> <p>B. Same beginning as A, then finish with elbow to temple, elbow rake down spine, downward elbow to spine.</p> <p>C. Same as B. After downward elbow to spine, sweep them to the floor using elbow pressure and left leg sweep (end of Japanese stranglehold).</p>	<p>Front kick</p> <p>A. Blocking the Kick A Step back with right leg, left downward block. Right reverse punch.</p> <p>B. Blocking the Kick B Step back with right leg, left downward block. Right front kick.</p> <p>C. Thrusting Salute Step back with right leg, left downward block. Right advancing front kick. Right palm to jaw.</p>	<p>Push from Behind</p> <p>A. Step left leg to 12:00., facing opponent in guard stance. Left front kick.</p> <p>B. Springing Scorpion (from kneeling position) Use forearms and hand to break fall, landing from tip of your finger down to elbow. Roll in left hip and side kick with right leg. Base on left hand and right foot, left inverted side kick.</p> <p>C. Springing Scorpion (from standing position) See above.</p>
<p>Bear hug from front arms pinned</p> <p>A. Smother Bear C Place hands on opponent's hips, while elbows anchor to your hips and step back right. Driver right knee repeatedly into groin. When grip loosens, left jab and right cross to face.</p> <p>B. Same as A. After grip loosens pull them down into a knee and then downward elbow to spine or neck.</p> <p>C. Same B. Finish with guillotine choke.</p>	<p>Left side shoulder grab</p> <p>A. Step and Chop Step right leg to 1:00. Pin with right hand as your chop with left to opponent's throat.</p> <p>B. Broken Staff Pin hand to shoulder, step right as you chop with left hand to throat. Left wraps around arm. Left corkscrew punch to back of neck. Left chop to throat.</p> <p>C. Same as B—after chop to throat, right leg sweep their left. Right back kick.</p>	<p>Knife poke</p> <p>A. Trapping lance. Left downward forearm block while jumping both feet straight back to create distance. Blocking hand snakes around the attacking arm trapping it while right hand goes behind neck. Pull with right hand while kneeling with right knee repeatedly until attacker drops knife.</p> <p>B. Same as A—after knees, rotate arm to shoulder. Drag to ground creating arm bar.</p> <p>C. Twisting Spears—knife from the back Twist body, deflect knife with left arm, trap left, palm right. Right hand hooks behind neck, knee. Drag to ground creating arm bar.</p>
<p>Gun</p> <p>A. Attack from front—Automatic Disarm Knees bend, both hands push gun up and away. Grab controlling wrist and gun. Step right pushing gun towards opponents face. Circle down and pull gun out.</p> <p>B. Attack from front—Evading the Fire Twist body out of way as you parry left. Step left and right palm to face. Right hand thumb-less grip under the gun and peels away.</p> <p>C. Attack from back—Turning the Gun Lean into gun. Twist right, as right leg steps and right arm circles around opponent's arm. Left palm to face. Peel gun out with left.</p>	<p>Left roundhouse/hook punch</p> <p>A. Step left leg, left parry to inside of arm. Right brush block/chop to arm. Right Grab wrist. Left palm to face.</p> <p>B. Step left leg, left parry to inside of arm. Right brush block/chop to arm. Right Grab wrist. Left palm to face. Right hand turns wrist so opponent's palm is facing up. Left uppercut underarm for arm break.</p> <p>C. Step right leg, right parry to inside of arm. Left chop to arm. Grab wrist. Right palm to face. Left hand turns wrist so opponent's palm is facing up. Right uppercut underarm for arm break. Right thumb-less grip. Slide arm to the inside as you step left to 10:00 behind opponent. Left palm to the small of the back. Right rear naked choke.</p>	<p>Right straight wrist grab</p> <p>A. Grasping Talon Right hand crane. Step right to 1:00, left hand chop. Left grab to wrist. Left hand pulls in like a chamber, right side first to ribs.</p> <p>B. Same as A. After side fist to ribs, right inward block to break elbow.</p> <p>C. Same as A, Instead of breaking arm, use elbow pressure to take them to the ground and control.</p>

ACTION KARATE (Phase 4)

<p>Front bear hug arms free</p> <p>A. Palms strike to ears. Right hand traces head, wedge to throat. As you step back right. Right knee to groin. Push.</p> <p>B. Palms strike to ears. Right hand traces head, wedge to throat. As you step back right. Right knee to groin. Circle right hand around neck, guillotine choke, as you step forward right.</p> <p>C. Palms strike to ears. Right hand traces head, wedge to throat. As you step back right. Right knee to groin. Right steps behind opponent's legs, sweep to ground.</p>	<p>Left straight wrist grab</p> <p>A. Left hand grabs right fist. Pull out. Right hammer fist to face.</p> <p>B. Left hand grabs right fist. Pull out. Right hammer fist to face. Right side kick</p> <p>C. Japanese Hand Right hand circles up as left hand strikes to face (softener). Left hand grabs opponents hand, right hand matches (thumbs parallel). Step right, than step left, matching feet to opponent's. Downward wheel kick.</p>	<p>One hand push</p> <p>A. Step back right. Right hand up for cover. Left palm to face</p> <p>B. Step back right. Right hand up for cover. Left palm to face. Right elbow.</p> <p>C. Step back right. Right hand up for cover. Left palm to face. Right elbow. Grab shoulder and right knee.</p>
<p>Stranglehold from behind</p> <p>A. Turn away from elbow, anchor thumbless grip on attacking arm, step out right, left elbow solar plexus, left hammer fist groin, Left leg steps to 3:00 and cover out</p> <p>B. Turn away from elbow, anchor thumbless grip on attacking arm, step out right, left elbow solar plexus, left hammer fist groin, Left leg steps to 3:00 and cover out. Right rear kick.</p> <p>C. Japanese Stranglehold Turn away from elbow, anchor thumbless grip on attacking arm, step out right, left elbow solar plexus, left hammer fist groin, Left elbow under chin. Right hand bring arm around to right hip. Sweep left leg back. Left ax kick.</p>	<p>Left cross wrist grab</p> <p>A. Left hand circles out counter grab attacking hand, Step back left and right elbow.</p> <p>B. Left hand circles out counter grab attacking hand, Step back left and right palm to ribs. Right comes under arm to break, and arm bar.</p> <p>C. Right hand cover's opponent's hand. Left counter grabs to S-Lock.</p>	<p>Right straight shoulder grab</p> <p>A. Step back right, left arm comes under to break, left inward block to clear arm, left side kick.</p> <p>B. Trapping Talon Left leg steps in front of opponent as left arm traps opponents arm. Left hammer fist to face.</p> <p>C. Snapping Twigs Step back right, left arm strikes above elbow, right arm strikes below. Left crane from shoulder down to elbow, right palm to face. Left hammer fist to nose or temple. Left sandwich elbow to head. Left hammer fist to groin. Left rear kick.</p>
<p>Guard defense</p> <p>A. Right foot base on floor, push to create space, left then right foot on hips and push, go up on your hands and bicycle kick, stand up</p> <p>B. Guard sweep Trap hand on floor with right hand, put your feet on the floor sit up and reach over and cup elbow with your left hand, then bump and roll them over ending with you in mount position.</p> <p>C. Guillotine from guard Trap hands on floor, put feet on floor sit up reach around their head and apply choke from seated position</p>	<p>Headlock</p> <p>A. Headlock A Right leg steps to 12:00, double hammerfirst. Left hand reaches behind head grabbing hair, pull towards ground as right hand hammerfists chest</p> <p>B. Headlock and punching Left hand reaches inside bicep to prevent punching. Step right foot to 12:00, right hammer fist. Right hand anchors, posture up, and pull head out.</p> <p>C. Headlock C (headlock from front) Left hand anchors. Step right leg, right ridge hand to groin.</p>	<p>Double Shoulder Grab</p> <p>A. Opponents at Sides Step right leg to 3:00, right chop to neck. Step right leg to 9:00, right chop to other opponent.</p> <p>B. Flowing Hands Step right to 3:00, right chop to neck. Right step to 9:00, right eye rake. Left palm to first opponent. Step back left, right inward block to clear arm. Right front kick to opponent 1, right side kick to opponent 2.</p> <p>C. Folding Wings Step back with right leg, double wrap around. As your arm circle through, step up with right leg to break. Double back knuckle. Unwind arms and bring opponent's heads together. Double knee.</p>