

Single Kicks (34)

- Front Ball Kick ¹
- Front Heel Kick ²
- Front Thrust Kick ³
- Rising Front Kick ⁴
- Front Blade Kick ⁵
- Rising Front Blade Kick ⁶
- Thrusting Blade Kick ⁷
- Front Toe Kick ⁸
- Roundhouse Kick ¹¹
- Vertical Roundhouse Kick ¹³
- Reverse Roundhouse Kick ¹⁵
- Side Thrust Kick (normal or hand-assist) ¹⁶
- Low Side Thrust Kick ¹⁷
- Side Snap Kick ¹⁸
- Back Kick (backward or turning) ²¹
- Hand-Assist Back Kick ²²
- Rising Blade Kick ²⁷
- Stamp Kick ²⁸
- Shin Kick ³⁰
- Circular Inner-Heel Kick ³¹
- Circular Blade Kick ³²
- Reverse Circular Blade Kick ³³
- Inside Crescent Kick ³⁴
- Outside Crescent Kick ³⁵
- Outside Axe Kick ³⁷
- Blocking Blade Kick ³⁹
- Inside Hook Kick ⁴¹
- Passing Inside Hook Kick ⁴²
- Hook Kick ⁴³
- Spin Kick ⁴⁴
- Rising Knee Strike ⁴⁶
- Front Knee Strike ⁴⁸
- Roundhouse Knee Strike ⁴⁹
- Side Knee Strike ⁵⁰

Single-Leg Combination Kicks (20)

- 1 R Front Toe Kick
R Roundhouse Kick
- 2 R Front Ball Kick
R Side Kick
- 3 R Front Toe Kick to front
R Side Kick to right
- 4 R Front Kick to front
R Back Kick to rear
- 5 R Inside Crescent Kick
R Front Kick
- 6 R Inside Crescent Kick
R Side Kick
- 7 R Inside Crescent Kick
R Roundhouse Kick
- 8 R Inside Crescent Kick
R Outside Crescent Kick
- 9 R Outside Crescent Kick
R Roundhouse Kick
- 10 R Outside Crescent Kick
R Side Kick
- 11 R Outside Axe Kick
R Front Kick (or Toe Kick)
- 12 R Outside Axe Kick
R Roundhouse Kick
- 13 R Blocking Blade Kick
R Roundhouse Kick
- 14 R Low Side Kick
R High Side Kick
- 15 R Shin Kick
R Side Kick
- 16 R Roundhouse Kick to 45° left
R Side Kick to 45° right
- 17 R Roundhouse Kick
R Hook Kick
- 18 R Circular Blade Kick to knee
R Hook Kick to head
- 19 R Hook Kick
R Roundhouse Kick
- 20 Four R Spin Kicks to front, right, rear, left

Defense Against Punches (20)

Block + Strike (5)

- 1 Inside Blk, Elbow Combo ²
or Inside Blk, Elbow, step, Turning Elbow
- 2 Semi-Circ Parry, Elbow, Uppercut ³
- 3 2-Hand Grab Parry, Desc Knife Hand ²⁴
- 4 Sweep Parry or Palm Heel strike to TW-11,
Middle Finger Fist to ribs, Inside Elbow ²⁵
or Desc Parry, Ridge Hand to neck
- 5 Inside Blk+trap, Turning Elbow-Forearm combo

Block + Kick (5)

- 1 Inside Parry, Rising Blk, Shin+Front Thrust Kick ²
- 2 Inside Parry (out), Turning Back Kick, Back Kick ⁴
- 3 Outside Parry (in), Side Kick, Turning Back Kick ⁵
- 4 Outside Parry (out), Roundhouse, Spin Kick ⁶
- 5 Outside Blk (in), Side Snap Kick, Side Thrust Kick ⁸

Block + Hold (5)

- 1 Forearm Arm Bar ²
- 2 Drop Bent-Arm Lock ⁸
- 3 Outward Wrist Lock ⁹
- 4 Outside-Lift Shoulder Lock ¹⁰
- 5 Two-Hand Shoulder Lock ¹²

Block + Throw (5)

- 1 Inside Shoulder Throw ¹
- 2 Outside Shoulder Throw ³
- 3 Head Hip Throw ⁷
- 4 Outside Hip Throw ⁸
- 5 Foot-Plant Throw ¹⁰

Defense Against Kicks (6)

Block + Strike (6)

(using hand strikes and kicks)

- 1 F: Raking Back Fist, Back Fist, Punch solar ²
- 2 F: X blk, Rising Front Kick, Low Side Kick ⁸
- 3 S: Hook Block, Inside Elbow thigh, Back Fist ¹¹
- 4 S: Scoop Blk, Side Kick, lift leg + throw ¹⁵
- 5 R: Two-Hand Wrap, Spear to groin, Stamp ¹⁷
- 6 R: Wrap, Outer Forearm, pull head, Rising Knee ¹⁹

F = Front Kick

S = Side Kick

R = Roundhouse

DEFENSE AGAINST HOLDS (88)

Knowledge of "Leading" Principles

Basic Escapes (14)

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape
- 9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

Against Wrist Grab (31)*Opposite Wrist Grab (8)*

- 1 Bent-Arm Wrist Lock¹
- 2 Straight-Arm Wrist Lock²
- 3 Elbow Arm Bar³
- 4 Forearm Arm Bar⁴
- 5 Outward Wrist Lock⁷
- 6 Bent-Wrist Hammer Lock¹⁰
- 7 Outside Twisting Arm Lock¹⁵
- 8 Inside Twisting Arm Lock¹⁶

Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock¹
- 2 Forearm Arm Bar²
- 3 Passing Forearm Arm Bar³
- 4 Inner-Elbow Arm Bar⁴
- 5 Outward Wrist Lock⁵
- 6 Elevated Wrist Lock⁶

False Handshake (4)

- 1 Outward Wrist Lock¹
- 2 360° Outward Wrist Lock²
- 3 Shoulder Arm Bar + Palm Lock³
- 4 Outside Twisting Arm Lock⁴

Double Grab to 1 Wrist (6)

- 1 Bent-Arm Wrist Lock¹
- 2 Forearm Arm Bar²
- 3 Outside Shoulder Wheel³
- 4 Wrist-Lock Push Throw⁴
- 5 Bent-Arm Wrist Lock (held high)⁹
- 6 Twin-Arm Shoulder Throw (held high)¹⁰

Double Grab to Both Wrists (7)

- 1 Low Clash + Knife Hand Strike¹
- 2 High Clash + Rising Knee Strike²
- 3 Side Knee Strike Throw³
- 4 Kick Combo to Inner Knees⁴
- 5 Elbow Strike + Leg Trap Throw⁵
- 6 Near Shoulder Throw (with arm bar)⁶
- 7 Cross-Arm Shoulder Throw¹⁷

Against Clothing Grab (16)*Sleeve Grab (4)*

- 1 Chin Strike + Outer Reap Throw¹
- 2 Bent-Arm Wrist Lock (clamp)³
- 3 Sword Arm Bar⁵
- 4 Bent-Arm Wrist Lock⁷

Collar Grab (2)

- 1 Forearm Arm Bar⁹
- 2 Two-Hand Arm Bar¹⁰

Lapel Grab (4)

- 1 Bent-Arm Wrist Lock (trap)¹³
- 2 Elbow Arm Bar¹⁵
- 3 Twist-Lift Shoulder Lock (twisted grab)¹⁷
- 4 Wrist Shoulder Throw (twisted grab)¹⁸

Belt Grab (4)

- 1 dn: Nerves, Thumb Lock, Back Fist²¹
- 2 dn: Clapping Forearm Arm Bar²²
- 3 up: Nerve Press + Thumb Lock²⁵
- 4 up: Clapping Shoulder Lock²⁶

dn = palm down up = palm up

Side Grab (2)

- 1 Forearm Wrapping Throw²⁹
- 2 Head Hip Throw³²

Against Chest Push (6)*One-Hand Push (4)*

- 1 Side Wrist Lock + Leg Arm Bar¹
- 2 Rotary Throw²
- 3 Swinging Outward Wrist Lock³
- 4 One-Finger Lock⁴

Two-Hand Push (2)

- 1 Twin Outward Wrist Lock⁹
- 2 Two-Hand Reap Throw¹⁰

Against Grab from Behind (10)*Double Wrist Grab (2)*

- 1 Elevated Wrist Lock¹
- 2 Cross Arm Bar²

Double Sleeve Grab (2)

- 1 Scoop Throw + Spine Break⁵
- 2 Forearm Arm Bar (clamp)⁶

Shoulder Grab (4)

- 1 1s: Claw Push-Pull Throw⁹
- 2 1s: Side Foot-Plant Throw¹²
- 3 2s: Two Strikes + Outward Wrist Lock¹⁴
- 4 2s: Uppercut + Wrist Shoulder Throw¹⁵

1s = one shoulder 2s = both shoulders

Belt Grab (2)

- 1 Elbow Wrap + Fist-Knee Combo¹⁸
- 2 Spin Arm Bar + Outer Reap²⁰

Against Bear-Hug (7)*From Front (2)*

- 1 af: Spear Push-Pull Throw¹
- 2 af: Twin Strike + Twisting Neck Lock²

From Behind (5)

- 1 af: Nerve Press, Elbow, Inner Reap⁵
- 2 ap: Nerve Press + Finger Lock⁷
- 3 ap: Stomp, Pinch, Spear, Back Kick¹⁰
- 4 ap: Double-Leg Scoop Throw¹²
- 5 ap: Butt + Buttock Leg-Lock Throw¹⁴

af = arms free ap = arms pinned

Against Head Holds (4)*Hair Grab (2)*

- 1 Elbow Arm Bar¹
- 2 Elevated Wrist Lock²

Full Nelson (2)

- 1 Gouge Eyes, Wrapping Throw⁶
- 2 Poke Eyes, Stomp, Finger Lock⁸