

## Single Kicks (18)

- Front Ball Kick <sup>1</sup>
- Front Heel Kick <sup>2</sup>
- Front Thrust Kick <sup>3</sup>
- Front Toe Kick <sup>8</sup>
- Roundhouse Kick <sup>11</sup>
- Vertical Roundhouse Kick <sup>13</sup>
- Side Thrust Kick (normal or hand-assist) <sup>16</sup>
- Low Side Thrust Kick <sup>17</sup>
- Side Snap Kick <sup>18</sup>
- Back Kick (backward or turning) <sup>21</sup>
- Shin Kick <sup>30</sup>
- Inside Crescent Kick <sup>34</sup>
- Outside Crescent Kick <sup>35</sup>
- Inside Hook Kick <sup>41</sup>
- Rising Knee Strike <sup>46</sup>
- Front Knee Strike <sup>48</sup>
- Roundhouse Knee Strike <sup>49</sup>
- Side Knee Strike <sup>50</sup>

## Single-Leg Combination Kicks (10)

- 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

## DEFENSE AGAINST HOLDS (57)

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 (25)

#### Opposite Wrist Grab (8)

- 1 Bent-Arm Wrist Lock <sup>1</sup>
- 2 Straight-Arm Wrist Lock <sup>2</sup>
- 3 Elbow Arm Bar <sup>3</sup>
- 4 Forearm Arm Bar <sup>4</sup>
- 5 Outward Wrist Lock <sup>7</sup>
- 6 Bent-Wrist Hammer Lock <sup>10</sup>
- 7 Outside Twisting Arm Lock <sup>15</sup>
- 8 Inside Twisting Arm Lock <sup>16</sup>

#### Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock <sup>1</sup>
- 2 Forearm Arm Bar <sup>2</sup>
- 3 Passing Forearm Arm Bar <sup>3</sup>
- 4 Inner-Elbow Arm Bar <sup>4</sup>
- 5 Outward Wrist Lock <sup>5</sup>
- 6 Elevated Wrist Lock <sup>6</sup>

#### False Handshake (4)

- 1 Outward Wrist Lock <sup>1</sup>
- 2 360° Outward Wrist Lock <sup>2</sup>
- 3 Shoulder Arm Bar + Palm Lock <sup>3</sup>
- 4 Outside Twisting Arm Lock <sup>4</sup>

#### Double Grab to 1 Wrist (2)

- 1 Bent-Arm Wrist Lock <sup>1</sup>
- 2 Forearm Arm Bar <sup>2</sup>

#### Double Grab to Both Wrists (5)

- 1 Low Clash + Knife Hand Strike <sup>1</sup>
- 2 High Clash + Rising Knee Strike <sup>2</sup>
- 3 Side Knee Strike Throw <sup>3</sup>
- 4 Kick Combo to Inner Knees <sup>4</sup>
- 5 Elbow Strike + Leg Trap Throw <sup>5</sup>

### Against Clothing Grab (16)

#### Sleeve Grab (4)

- 1 Chin Strike + Outer Reap Throw <sup>1</sup>
- 2 Bent-Arm Wrist Lock (clamp) <sup>3</sup>
- 3 Sword Arm Bar <sup>5</sup>
- 4 Bent-Arm Wrist Lock <sup>7</sup>

#### Collar Grab (2)

- 1 Forearm Arm Bar <sup>9</sup>
- 2 Two-Hand Arm Bar <sup>10</sup>

#### Lapel Grab (4)

- 1 Bent-Arm Wrist Lock (trap) <sup>13</sup>
- 2 Elbow Arm Bar <sup>15</sup>
- 3 Twist-Lift Shoulder Lock (twisted grab) <sup>17</sup>
- 4 Wrist Shoulder Throw (twisted grab) <sup>18</sup>

#### Belt Grab (4)

- 1 dn: Nerves, Thumb Lock, Back Fist <sup>21</sup>
- 2 dn: Clapping Forearm Arm Bar <sup>22</sup>
- 3 up: Nerve Press + Thumb Lock <sup>25</sup>
- 4 up: Clapping Shoulder Lock <sup>26</sup>

dn = palm down up = palm up

#### Side Grab (2)

- 1 Forearm Wrapping Throw <sup>29</sup>
- 2 Head Hip Throw <sup>32</sup>

### Against Chest Push (2)

#### One-Hand Push (2)

- 1 Side Wrist Lock + Leg Arm Bar <sup>1</sup>
- 2 Rotary Throw <sup>2</sup>