

Sensei Theiss Curriculum

Concealment of Kubotan

Single Hand Concealment

2 Hand Concealment

Grips

Hammer

Ice Pick

Modified Ice Pick

Reinforced Ice Pick

Center Grip

C-Grip

Strikes

Temple

Eye

Throat

Sternum

Solarplex

Groin

Upward & Downward Elbow

Hand

Base of the Skull

Spine

Raking Chest Strike

Key Strike

Self Defense with the Kubotan

Single Hand Grab – Non Weapon Hand

Single Hand Grab – Weapon Hand

Single Hand Grab – Double 9 Take down

Strike – Non Weapon Hand

Cross Grip with Kubotan Take down

2 Hand Grab with Kubotan Pressure Release

Front Bear Hug with Arms Free-Throat Poke / Under Nose Release

Front Bear Hug with Arms Free - Sternum Push

Back Bear Hug with Arms Free

Lapel Grab - Single Hand – C Grip take down

Lapel Grab – Single Hand – Elbow Release

Lapel Garb – Single Hand – Arm Bar Lock

Front Choke

Head Lock

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