

Master Self Defense List

I Will Never Misuse My Karate: Self Defense

1. **Ice Elbow / Single Hand Grab:** Make a fist with grabbed hand / Free hand grab fist and pull to your opposite shoulder/ Back fist to attacker's face / Step in with elbow strike/ Grab head and knee to face.
2. **Wick / Front Choke:** Bring your right arm up between the attacker's arms in the choke / Bring your elbow down on the attacker's right bicep (your left) / left arm front elbow strike to attacker's face / left arm re-enforce elbow strike to attacker's face.
3. **Ick / Cross Grip:** Wax off and grab hand back / Step with left legs across attacker's center line and break elbow over the shoulder / reinforced elbow to chest/ spread eagle / punch
4. **Lock Finger / Back Bear Hug Arms Free:** Use palm to push top index finger off and place into Downward Finger Lock with other hand as you turn and face attacker / break finger / side snap kick to face / Palm heel strike to face.
5. **Lock Wrist / Double Hand Grab:** Wax on with right hand/ Peel off pinky and place into 2 thumbs wrist lock – apply pressure to make attacker bend over/ snap kick to attacker's face / break elbow / hammer fist strike to back of neck.
6. **Night Tiger / Double Lapel Grab:** Wedging block grab shoulders, knee kick to groin, grab back hair pull head up, tiger strike across eyes, leopard strike to throat.
7. **Ever Bear / Front Bear Hug with Arms Trapped:** Drop into riding stance / throat poke to force release / strike pressure points shoulder / shoulder / thigh / thigh / face.
8. **Viper / Side Head Lock:** Upset strike to kidneys / Inside hand snakes up to attacker's eyes from behind their shoulders and fingers dig in and push back until attacker lets go / continue to apply pressure and turn attacker into head lock.
9. **Exit / Full Nelson:** Place hands into S-hook and place in front of your forehead to keep the pressure from getting too great on your neck / Donkey kick to their groin / step to the side with 1 leg and then move the other behind them into a riding stance / grab both of their pant legs and lift up and then drop them onto the ground / follow this up with a side kick to the face.
10. **Rear Lock / Behind Choke:** Turn and rising arm / wrap arm over attacker's arm / apply pressure, placing them in an arm lock / two upset punches to the ribs/ roundhouse punch to side of face / sweep/ punch to face.
11. **My Leg / Single Hand Grab from Onza Position:** Wax on and Grab Attacker's Hand / Roll onto side opposite of grab / Hook bottom foot around Attacker's Ankle / Top leg thrust kick into attacker's front of Knee (For practice Attacker will have leg turned so

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push happens on the inside of knee) / Second thrust kick into attacker's face / Release hand and rise to fighting stance.

12. **ICU / Front Choke:** Grab thumb on outside of Attacker's hands / Twist outward placing in Double Thumb Lock / Knee Strike to groin / Spear Hand strike to Face / Knife Hand strike to Neck.
13. **Step Over / Cross Grip: 2 Finger hand lock - up** Trap their hand / Roundhouse kick to their kidney / Snap kick to their groin / Take your free hand and peel off the pinky finger and apply backward pressure until the ring finger releases from the hold / bring the ring finger into the hold with the pinky finger, now you have more leverage / continue applying pressure until the entire hand releases the hold / bring the entire hand up into the air and apply pressure until their heels come off the ground.
14. **Unhook / Back Bear Hug w/Arms Free:** Hook arm behind elbow / Other hand push horizontally on attacker's hand and place into ball of wrist lock / Hammer fist to elbow / Elbow to ear / Hammer fist to back of neck.
15. **Slam to Ground / Single Hand Grab :** Wax on and grab / Upper cut to chin / Stomp on attacker's right shoelaces / Raise arms up and wrap other hand around bicep and backward Bicep Take Down / Side kick to face.
16. **Extend / Single Hand Lapel Grab:** Double Knife Hand Strike on Attacker's Forearm and grab / Pivot to be perpendicular to Attacker's Body / Other hand across Knife Hand Strike to the back of Attacker's Neck grab neck and push down / Pull Attacker's Arm up behind their back while keeping it in line with their body / Push up on arm until Submission or Arm Breaks.
17. **Maul / Front Bear Hug w/ Arms Free:** Double hammer fist to sides / Double palm heel to ears / Thumbs into chin pressure point with fingers in attackers eyes / Push away from you until attacker falls backwards / Punch to face.
18. **Yakity Yak / Front Headlock on Attacker's Left Side:** Turn head into attacker's stomach to create an airspace / Left hand two punches to attacker's middle back / Left arm pull back on attacker's forehead / Right arm reach up and seal the arteries on both sides of the neck / When headlock is released, stand and knife hand strike to neck with right hand.
19. **Kapow / Full Nelson:** Place hands into S-hook and place in front of your forehead to keep the pressure from getting too great on your neck / Stomp on foot instep / Reach behind and peel off 1 finger / Apply finger lock pressure until hold is released / Bring finger lock around and place other hand under elbow / Roundhouse knee into attacker's groin / Break finger / Palm heel to face.
20. **Avalanche / Back Choke:** Reach back with left and grab attacker's right pinky finger / Pull up and twist toward your neck until hold is released / Continue to twist until hold is secure and raise your hand into the air and bring the attacker's heels off the floor / Twist

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your body under your arm and behind the attacker / bring the arm down and into an arm lock / Kick out knee / Break arm with sideways motion / Grab attacker's shoulders and pull onto their back / Side kick to face.

21. **RIP / Single Hand Grab:** Wax on and grab back / Ridge hand strike to throat / Knife hand to neck / Ox jaw strike to nose / Leopard strike to throat.
22. **Arm Weave / Front Choke:** Arm weaves over and under attacker's arms / Place hand behind elbow and push attacker up away / Left elbow strike to face / Right roundhouse punch to face / Left uppercut / Knee kick to face / Dropping elbow to back of head.
23. **Twist Wrist / Cross Grip:** Wax off and grab attacker's hand / Upset punch to attacker's kidney / Place free hand on attacker's hand and step around back and under arm with attackers palm up / twist wrist up and behind attackers back / Kick out knee / Pull up on held arm and break / Knife hand to head.
24. **Elbows / Back Bear Hug:** Go into low riding stance / Two elbows to both sides of thigh / Turn clockwise / Two elbows to face / Sweep the leg / Punch to face.
25. **Spinning Elbows / Two Hand Grab:** Wax on grab left hand / Place on hip with palm out / turn back to back / elbow strike to back of head / ridge hand strike to throat and takedown over your leg.
26. **Ewok / Single Lapel Grab:** Rising Block / Palm heel to chin / Steal the peach / Knee to face / Re-enforced elbow to head.
27. **Lion / Front Bear Hug with Arms Free:** Double Hammer Fist to neck / Push head back by forehead and hold / Eagle Claw to adam's apple / Dropping elbow strike to arm for release.
28. **Fall / Rear Head Lock:** Two upset punches to groin / Peel finger lose and finger lock to release hold / Place into 2 thumbs wrist lock / kick knee out / Elbow to back of head / Elbow to side of head / drop to mat/ Double hammer fist to ears.
29. **Dragon Reverse / Full Nelson:** Place hands into S-hook and place in front of your forehead to keep the pressure from getting too great on your neck / Lock your Right Elbow under their Elbow / Left Hand push against fingers to peel their Right Hand Off / Place in a Reverse Dragon holds the Pearl Lock / Step around to face Attacker and shift your Right Hand to Cup attacker's Elbow / Apply Pressure until Submission.
30. **Elbow Storm / Back Choke:** Step back into attacker, / 2 re-enforced elbow strikes with right arm to stomach / Over the hip throw / Knife hand strike to face.
31. **Flatten / Shoulder Grab:** Rising block with same side / Grab hand / Twist around back of attacker and place in arm lock / Kick out knee / Knee to spine / Step to side and pull back head / Hammer fist to face / Hammer fist to throat.

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32. **Exhume / Front Choke:** **4 Finger Split** Upset punch with left hand / Upper Cut with left hand / Take your right hand over top of their arms and peel off the index finger and apply backward pressure until the ring finger releases from the hold / bring the ring finger into the hold with the pinky finger, now you have more leverage / continue applying pressure until the entire hand releases the hold / Bring your other hand up and grab the pinky and ring fingers / apply backward pressure and outward pressure at the same time / tense and kiai as you pull your hands in opposite directions causing your attacker's hand muscles to split.
33. **Nail / Cross Grip:** Wax on and grab back / Other hand push on elbow and take the attacker to the ground / Step over attacker's arm and break against your leg / Knife hand strike to attacker's neck.
34. **Spread Eagle / Back Bear Hug Arms Free:** Backward elbow strike / With one leg, step behind attacker / Peel right hand off / Eagle spread takedown / Punch to face.
35. **Extend Pretzel / Two hand Grab:** Wax on and wax off and grab attacker back / Knee kick to groin/ Turn arms and spin bringing attacker into a pretzel arm-lock / take-down / Punch to face / Hammer fist to face.