

BLUE TIP – 5TH KUP

Self Defence

C10 Leg Reap

- Wrist (same hand)
- Double hands
- Rear double shoulder
- Punch (jab then cross)
- Finishing lock – locking arm, scarf lock – keep your head down – keep body at 90° (WARNING! - only good for a single attacker)

C11 Hip Throw

- Wrist (same hand) – hip throw
- Wrist (cross hand) – belt and hip throw
- Shoulder
- Single lapel
- Double lapel (grab sleeves of attacker)
- Punch (jab then cross)
- Finishing Lock – arm bar between knees with forearm trapped on your chest – raise hips (WARNING! - only good for a single attacker)

C12 Step Behind and Throw

- Wrist (cross hand)
- Shoulder
- Single lapel
- Double hands from rear
- Double sleeves from rear

Side Headlock

1. Grab hair & knee pressure point
2. Grab hair, groin & push forwards
3. Grab inner thigh skin and twist

Front Headlock

1. Drop, grab ankle and press with knifehand against leg above the knee
2. Grab eyes & body roll

Collar from Front

1. Head under & wing lock

Collar from Rear

1. Arm up - spin to outside & elbow lock
2. Arm-up - spin to inside & leg reap/chin push

Multiple Grabbing

Demonstrate Self Defence Techniques

Key Principles and Skills

- Sources of power – how to use the power from your legs, hips, shoulders, arms
- Transferring power from the ground to the arms – a tight core makes a huge difference

Pressure Points

1. Triple Heater 17 – finish position from many hip throws using thumb
2. Urinary Bladder 39 and 40 – upper calf behind knee (side headlock)
3. Spleen 10 – inside leg just above knee (front headlock)

Kicking Techniques

1. Low spinning heel (Low impact option – mid spinning heel)
2. Low spinning hook (Low impact option – mid spinning hook)
3. Low turning - follow through (optional)
4. Turning then spinning heel.
5. Turning kick then 180° turning kick

Weapons - Danbon

Danbon Basics

1. Downwards strike
2. Outer strike
3. Inner strike
4. Thrust to solar plexus
5. Against single hand grab. Rotate Danbon outside, grab end with other hand and apply **C3 - Z Lock**.
6. Against opposite hand grab. Rotate Danbon outside, transfer to other hand and apply **C2 Elbow Roll** using Danbon against triceps.
7. Against double hand grab. Rotate Danbon outside, grab end with other hand and apply **C3-Z Lock**.
8. Against two hands onto one. Rotate Danbon outside, transfer to other hand and apply **C2 Elbow Roll** using Danbon against triceps.

Patterns

Self Defence Drill 3 – Core Techniques 7 to 12

1. **Double sleeves from rear**
C12 Step behind and throw
2. **Double hands grab**
C9 Wrist and Shoulder Throw
(attacker does side fall – not turning side fall) > apply finishing lock – attacker has their back on the floor, arm curled up locking wrist on ground, pressing down on elbow, knee pressing down on their ribs – other arm raised ready to punch
3. **Single Wrist grab (same hand)**
Swap hands, backfist to solar plexus then **C8 Arm Bar**, step forward, apply pressure to elbow with upper arm, attacker goes into cat roll.
4. **Downward knifehand strike to head**
Step to outside, block and merge with strike, pull opponent off balance then go under arm into **C7 Hammer Lock and Gooseneck**, push shoulder forwards forcing opponent to spin to face you, step forwards to meet them, **C11 Hip Throw** and finish with a punch and kyup.

Poong Yoo Bub – Part 3

1. Tea cup movement. 8 times alternating sides.
2. Archer movement. 8 times alternating sides.

Weak Points

1. Skin in inner thigh – side headlock
2. Eyes – front headlock
3. Sternocostal joint – can use knuckles during leg reap