

# STUDENT NOTES

## DAN BONG LEVEL 2 (SHORT STICK)



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FORCE OPTIONS SELF-DEFENSE 400 Block Muskegon Ave Whitehall, MI

# DAN BONG LEVEL 2:

## Defensive Techniques – Against Grabs

5	Defense Against Wrist Grabs
4	Defense Against Shoulder Grabs
3	Defense Against Chokes
4	Lapel Grabs

## Defensive Techniques – Dynamic Defenses

4	Punch Defenses (Counter Striking)
3	Kick Defenses (Counter Striking)

### Defense Against Wrist Grabs (1-5)

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
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\_\_\_\_\_  
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# DAN BONG LEVEL 2: GRABS

## Shoulder Grabs (1-3)

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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# DAN BONG LEVEL 2: GRABS

## Choke Defense (3)

1. \_\_\_\_\_  
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\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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3. \_\_\_\_\_  
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# DAN BONG LEVEL 2: GRABS

## Lapel Grabs (1-4)

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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# DAN BONG LEVEL 2: DYNAMIC ATTACKS

Defense against punches using angles of attack (4)

1. \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

2. \_\_\_\_\_

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3. \_\_\_\_\_

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\_\_\_\_\_

4. \_\_\_\_\_

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# DAN BONG LEVEL 2: DYNAMIC ATTACKS

## Defense against Kicks (3)

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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