

STUDENT NOTES

DAN BONG LEVEL 3 (SHORT STICK)



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

DAN BONG LEVEL 3:

Defensive Techniques – Against Grabs

6	Defense Against Wrist grabs same-side free hand
3	Defense Against Cross-wrist Free hand
2	Defense Against Wrist Grabs Same side Dan Bong hand
3	Defense Against Wrist Grabs Cross wrist Dan Bong Hand

Defensive Techniques – Dynamic Defenses

6	Punch Defenses Controls\Locks
4	Ground Defenses

Defense against grabs on your free hand (1-6)

1. _____

2. _____

3. _____

DAN BONG LEVEL 3: GRABS

4. _____

5. _____

6. _____

Same side wrist grabs free hand

1. _____

2. _____

3. _____

DAN BONG LEVEL 3: GRABS

Defense against wrist grabs Dan Bong in grabbed hand same side hand (1-2)

1. _____

2. _____

Cross Wrist Dan Bong grab (1-3)

1. _____

2. _____

3. _____

DAN BONG LEVEL 3: DYNAMIC DEFENSES

Defense against punches (1-6)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DAN BONG LEVEL 3: DYNAMIC DEFENSES

Defense against ground (1-4)

1. _____

2. _____

3. _____

4. _____

