

STUDENT NOTES

DAN BONG LEVEL 5 (SHORT STICK)



Master James Halman

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

DAN BONG LEVEL 5:

Defensive Techniques – Dynamic

3	Defense with Dan Bong with Lanyard
2	2 Dan Bongs padded Asymmetrical drill
10	2 Dan Bongs padded against punch
1	2 Dan Bongs padded against kick

Defensive Techniques – Dynamic Disarming

4	Dan Bong against long stick
8	Dan Bong against Knife

Lanyard Defenses (1-3)

1. _____

2. _____

3. _____

DAN BONG LEVEL 5: DYNAMIC DEFENSES

Two Dan bongs against punch Drill (1-2)

1. _____

2. _____

Defense against Punch using two Dan Bongs (1-10)

1. _____

2. _____

3. _____

DAN BONG LEVEL 5: DYNAMIC DEFENSES

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

DAN BONG LEVEL 5: DYNAMIC DEFENSES

Kick Defense

1. _____

Defense against long stick (1-4)

1. _____

2. _____

3. _____

4. _____

DAN BONG LEVEL 5: DYNAMIC DEFENSES

Knife Disarms (1-9)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

DAN BONG LEVEL 5: DYNAMIC DEFENSES

Knife Continued

8. _____

9. _____
