

DAILY DOZEN SELF DEFENSES

Thunder and Earth

attack: double lapel grab

defense: double block grab wrists, front groin kick, hammerfist to head, step forward elbow smash to temple

Yielding Fire

attack: japanese strangle hold

defense: step right out to horse, left elbow to solar plexus, hammerfist to groin, right eye shot

Bite of the Viper

attack: kick, right roundhouse punch

defense: right back in lunge, x-block, back knuckle

Removing the Jewels part A

attack: headlock

defense: right out to horse, one knuckle to hand, groin rip

Removing the Jewels part B

attack: headlock

defense: right out to horse, one knuckle to hand, punch to kidney, groin rip

Hidden Spear

attack: rear grab right on right shoulder

defense: step forward into right cat stance, x-block with left high, pivot clockwise and grab right hand with your right, side kick to ribs, step back in twisted block down, double tiger claws

Escaping Sparrow

attack: wrist grab right on right, left chop to head

defense: twist wrist in a circle to escape, other hand chop

Penetrating Earth

attack: rear grab with right arm pinned

defense: right out to horse, left elbow to solar plexus, left stomp to foot, twist out and right punch to ribs

Dangerous Waters

attack: opponent grabs arm from side

defense: strike at the thumb, double eye whip

Gentle Thunder

attack: two hand strangle

defense: right back in horse, stomp with left foot, rising block, pivot and punch with right

Snake and Ram

attack: hammerlock

defense: right out to horse, back knuckle under nose, throw down to left, right punch on ground

Twisting Bird

attack: single lapel grab

defense: right back in horse, right elbow comes down on arm, inverted bear paw to throat

Cobra and Hawk

attack: right punch

defense: pivot clockwise left monkey block, step to left, left slashing back knuckle to nose, shift weight to right, left hook punch to back of head, step right forward in twisted, left chop to neck, grab behind head while stepping back in twisted, right tiger claw to face

Tiger in the Cave

attack: rear grab arms free

defense: bend and hit with buttocks and double dragon heads to back of hands, reinforced elbow to jaw, another elbow to jaw, knifehand to neck

Arousing Mountain

attack: right punch

defense: step back to horse, left inside forearm block, scoot forward, left elbow to solar plexus, hammerfist to groin, pivot and right punch to ribs

Clinging Serpent

attack: rear grab arms pinned

defense: stomp foot, kick out supporting leg while bringing arms up and out

Pounding Jackal

attack: right then left punch

defense: fishtail wrist blocks, step forward, right side heel palm to chest, right hammerfist to groin, right eye shot, step forward, left bear paw to ribs, step forward right hammerfist, step forward, left hammerfist, right front rising kick to face