

# 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