

Purple Belt Self-Defenses

Breaking the Collar

attack: double front choke

defense: right arm swings over opponent's arms, right chop to temple, left chop to neck, right corkscrew punch

Bear's Paw

attack: single hand grab to throat

defense: right outside chop block to arm (hand in bear paw), right chop to side of neck, right sandwich elbow smash, throw with elbow

Python's Coil

attack: right hook punch

defense: block with left, right hook punch while stepping out in right lunge, hook around head and throw to ground

Hammer and Nail

attack: front head lock

defense: right kick to shin, pull down on arm, palm heel to chin, elbow to jaw, bent arm throw

Taking and Giving

attack: japanese stranglehold

defense: right kick to knee, twist head out, left palm to kidney, run opponent into wall, apply arm lock with your leg, right elbow to head

Falling off the Mountain

attack: full nelson

defense: knuckles to temples and head smash, knuckles to ribs and buttocks smash, double grab the right arm, step out to right lunge, throw over hip, knee to ribs and face punch

Snow and Heat

attack: double grab under armpits

defense: grab above elbows, step to right lunge with leg on outside, throw using the arms

Arrows that Missed

attack: opponent blocks your right punch

defense: grab his arm at the wrist, step the right leg back, pull down and chop to back of neck

Force and Harmony

attack: overhead chop

defense: X-block, four corner throw

Monkey's Fury

attack: shoulder grab from side

defense: step into horse and block arm at elbow joint as you pin his hand, right backfist to ribs, right elbow to ribs as you kick opponent's leg out and throw

Rage of the Crane

attack: right running grab

defense: hop left to crane, grab arm at wrist with the right hand, right kick to knee and pull down, right heel stomp to ribs, drop to right knee and right 1 finger eye strike

Twisting Adder

attack: overhead club

defense: X-block, step behind while twisting up the arm, right kick to bend of knee and takedown, left stomp kick to face

Emperor's Scepter

attack: wrist grab left on left

defense: right sweeping eye shot, right chops the grabbing hand, left tiger mouth to throat and throw

Fighting With the Wall

attack: two hand grab on right wrist

defense: step forward and left elbow smash, pull right free and right elbow to jaw, right chop to neck, right tiger claw to eyes

Immortal Man's Cowl

attack: right punch

defense: both palms catch the fist as you step back then quickly step forward and throw down to using his arm

Moving River

attack: two hand choke from rear

defense: grab hands, step out to horse and pull down, twist around facing opponent, knee to arms, elbow to head

Dagger in the Sleeve

attack: front grab arms free

defense: neck twist and break

Thrashing Wind

attack: opponent reaches for a double front choke

defense: double block, double thumbs to eyes, knee to face, throw down using the head

One With Nature

attack: reverse wrist grab

defense: grab hand with same hand, step left forward, throw to the right

Dragon's Tail

attack: double wrist grab

defense: left forward in cat, left hand knocks his hand off your right hand, right back fist to face, elbow to throat, whip hand to eyes, all done in moving cat

Hidden Key

attack: reverse grab inside of arm

defense: step left forward to horse, left one knuckle to ribs, elbow to ribs, kokyu nage (reverse sweep)

Fire From the Dragon

attack: none

defense: attack with tiger mouth to the throat and throw opponent on the ground

Sword that Cuts Two Ways

attack: kick from a 45° angle

defense: shift to right lunge, block with left palm, hook the leg, pivot to left lunge, right crane wing to groin, switch hand position, scoot forward and throw

Holding Back the River

attack: grab both arms

defense: step right out to lunge on outside, grab arms at wrist, bring right high and left low and throw to ground

Specter

attack: right punch

defense: step right forward in horse, right outside block, right elbow to solar plexus, right hammerfist to groin, right elbow to jaw

Pointing Priest

attack: single lapel grab front

defense: step back and pin arm with your left, right dislocates arm, right eye shot

Purifying the Garment

attack: double lapel grab front

defense: step back left and pin arms with left, swing right under his elbow, back knuckle to solar plexus, strike both arms with right, right chop to nose

Chinese Rocket

attack: single shoulder grab

defense: grab with right, wrap arm with left and break it at the same time you kick the knee

Refusing the Gift

attack: right punch

defense: step back with left in lunge stance and block with backhand, right elbow to ribs, right chop to back of neck

Looking Front and Seeing Back

attack: opponent approaches from rear

defense: right elbow to solar plexus, left fist to face, right hammerfist to groin, left eye shot, (each one is done with a step back in lung)

