

## 2<sup>ND</sup> GRADE SELF-DEFENSE TECHNIQUES

1. Attacker: Facing partner, attack with a right hand downward knife strike in a right front stance.

Defender: Fighting stance, step forward with left foot and block the attacking arm with a left knife hand high rising block. With the right arm apply a figure four arm bar above the attacker's elbow. Apply pressure with this hold and with your right elbow to the brachial plexus tie-in to make attacker release the knife while executing take down, stepping deep with left foot into a front stance. Follow with right punch to the body and kihap.
2. Attacker: Facing partner, attack with a right hand straight forward thrust of the knife from the waist to the midsection of the body landing in a right front stance.

Defender: Fighting stance, left foot steps back at the same time execute a knife hand low X-block (right hand over left) to attacker's wrist. Position the right hand then left hand for an outer double thumb wrist lock and rotate attacker's wrist clockwise and upward, keeping the elbow straight. Lunge forward with the left foot to apply pressure to the wristlock and shoulder lock to release knife, continue to keep the attacker's arm straight. While holding the wrist execute a right front snap kick then swing the left leg up and over the attacker's arm. Execute and elbow break against the inside of the left knee area. (Attacker should tap out).
3. Attacker: Facing partner, knife blade along outside of right arm, right foot steps forward with a sweeping motion of the knife (face level) from right to left and back again, landing in a left back stance.

Defender: Fighting stance, evade the first sweep of the knife by moving left foot back. Second sweep of the knife, left foot steps inward to a 45 degree angle, blocking with a left palm heel block to the attacker's right elbow. Move right foot 180 degrees clockwise and execute a right spinning knife hand strike to the attacker's neck. Execute a right leverage sidekick to the attacker's knee, followed by a right outside crescent kick and execute a right punch to the back of the attacker's head and kihap.