



**Day 1 – 9/12/10 Monday – 9pm**  
**FIRST CLASS: DuPont 2<sup>nd</sup> Floor Wrestling Room**

**Stances**

- Defensive stance
- Fighting stance

**Hand strikes**

- From fighting stance** – Left jab, right cross
- From fighting stance** – Left & right lunge punch
- From fighting stance** – Left & right reverse punch
- From fighting stance** – Left palm blow, right palm blow
- From fighting stance** – Back-fist strike, 360 degrees

**Free-fighting strikes (techniques done with pads)**

- Pad holder: left hand** – left jab
- Pad holder: right hand** – right cross
- Pad holder: left hand** – left hook
- Pad holder: right hand** – right hook
- Pad holder: left hand** – left uppercut
- Pad holder: right hand** – right uppercut

**Kicks**

- Front snapping
- Front shin
- Roundhouse snapping

**Knee strikes**

- Upward
- Roundhouse

**Elbow strikes**

- Side
- Roundhouse
- Upward
- Reverse
- Rear high
- Rear low
- Downward

**Aggressor approaches (able to create distance)**

Defensive stance – create distance  
 Front snapping kick  
 Control head, reverse punch to face  
 Upward knee strike to face  
 Downward elbow strike

**Aggressor approaches (not able to create distance)**

Defensive stance  
 Left back fist to face

- Right cross punch to midsection
- Right front shin kick to groin
- Right upward knee strike to face
- Right downward elbow strike

**Day 2 – 9/14/10 Wednesday – 9pm**

**Stances**

- Forward stance
- Kiba dachi*

**Blocks from kiba dachi**

- High, Cross, Low, High wedge, Low wedge

**Free fighting blocks**

- Jab** – wrist hook block and parry block
- Right cross** – left collapsible block
- Left & right hooks** – duck under blocks
- Left & right uppercuts** – cross block

**Tai sabaki (body movement)**

- Left & right front corner
- Left & right rear corner
- Left & right side movement

**Straight-wrist grab (no threat)**

Escape art (*hakko dori*)

**Straight-wrist grab (pulling)**

Palm strike to face

**Introduction to falling ways (ukemi)**

- Side falls

**Day 3– 9/19/10 Monday – 9pm**

- Three levels of self defense
  - Prevention, Psychological, Physical
- Self defense mindset (de-escalation, gross motor skills, self respect and survival)
- Legality of using force:
  - Is the assailant a THREAT to you or those important to you?
  - Does the assailant have INTENT to attack?
  - Does the assailant have the PHYSICAL ABILITY to attack?
  - Does the assailant have the IMMEDIATE OPPORTUNITY to attack?
  - REASONABLE force can be legally applied if all the above criteria are met.
- Principles of self defense:



- Fight to win, resist immediately, yell, get mad... fast, maintain a proper foundation, target vital areas

**High punch (left and right side)**

High block  
 Palm blow  
 Reverse vertical-fist strike  
 Upward knee strike  
 Downward elbow strike

**High punch (left and right side)**

High block  
*O soto gari* (major outer leg sweep)  
 Rollover to police hold

**Day 4 – 9/21/10 Wednesday – 9pm**

**Kicks**

- Front extended thrusting
- Side thrusting
- Rear thrusting
- Roundhouse *Muay Thai*

**Grappling positions**

- Shoot, Sprawl
- Mount, Base
- Guard, Bump (lift), Extended guard

**Ground fighting**

- Turret position: Demonstrate turret position as well as the proper way to stand up and sit down. Demonstrate kicking defenses from turret position as well as spinning ability. Remember: fingers forward, feet up at level between attacker’s knee and groin, heels close but not touching.

**Day 5 – 9/26/10 Monday – 9pm**

**Straight punch (left and right side)**

Side body movement (*tai sabaki*)  
 Roundhouse kick  
 Back fist  
 Reverse vertical-fist strike  
 Roundhouse elbow  
 Palm blow

**Straight punch (left and right side)**

Side *tai sabaki*  
 Cross block

*Ude gatame* to ground  
 Police hold

**Low punch (left and right side)**

Low block  
 Back fist strike to face  
 Two reverse vertical-fist strikes  
 Two upward knee strikes  
 Downward elbow strike

**Low punch (left and right side)**

Low block  
*Atemi* to ribs or groin  
*Ude gatame* break over shoulder

**Day 6 – 9/28/10 Wednesday – 9pm**

**Bully approach**

Spin off center to *hadaka jime*

**Rear one-hand shoulder grab**

Spin off center, arm up to rear, *hadaka jime*

**Front one-hand lapel grab** (show nerve centers)

1. Back of hand
2. Inside of wrist
3. Outside forearm
4. Inside under armpit
5. Center of chest
6. Hinge of jaw

**Two-handed lapel grab**

Palm blow to head, to roundhouse elbow to head

**Day 7 – 10/03/10 Monday – 9pm**

**Dynamic knife attacks (angles 1 through 5)**

Pat and run

**Dynamic knife attacks (angles 1 through 5)**

Pat-wrap-attack defense

**Pistol held with two hands to front of head**

Rising block, fade back, control gun and forearm, shin kick to groin  
 Rotate gun disarm

**Pistol held to center of chest**

Control and roll gun, cross punch to head  
 Rotate gun disarm