

Self Defenses – Knife Hands (Advanced Rotation #3)

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Self Defense #1

Step back with L foot and sink into backstance and knife hand block with R hand as L hand curls fingers palm up by belt
L hand palm heels into opponents kidney and rotate L hip forward while R hand chambers across neck
Swivel hips and shuto to neck with R hand while withdrawing L hand into chamber

Self Defense #2

Knife hand block as above with R hand but this time grab opponent's wrist
Flip kick with right leg
Soccer kick with left leg to sweep attacker's left calf muscle just below knee
With left hand reach over your right arm and back fist to groin with left as attacker is falling
Run forward

Self Defense #3

Knife hand, grab wrist as above
Flip kick with right leg landing in front of attacker
Punch to chin with left hand while chambering w/ right
Straight chop (shuto, not ridge) with right going across neck. Grab collar. Hip to hip
Move R foot behind theirs and pivot into forward stance while you bring L foot behind slightly.
Rotating them around you circularly as you guide them down to floor with their head in front of your L big toe.
Horse stance.
Punch to nose with left
Clenched fist to throat with right

Self Defense #4

Step back with L foot and grab his arm with R hand
Front kick to his solar plexus
Swivel L foot to flip kick to gut
Swivel hips to L palm heel into kidney while R hand chambers across neck
Swivel hips and shuto to neck with R hand; grab lapel
R side kick to knee to bring him straight down (unlike the circular guide in Self Defense #3); guide him with strong pivot to your L big toe
L hand punches nose
R hand knuckles wind pipe
L hand punches solar plexus
R hand groin grab