

Self Defenses – Inside Blocks (Advanced Rotation #1)
Jim Squire

Parry 1

Step out L into backstance while parrying punch with L flat hand chambering R
Thrust your R hand under his arm to crush his throat between your thumb and index finger

Parry 2

Step out L into backstance while parrying punch with L flat hand chambering R, like Parry 1
Keeping your R elbow by his elbow, wrap your R wrist under, inside, over until it is on top of his,
then slide back with your R foot, letting your R hand slide along his arm until it grabs his
wrist. As you yank him back his head yanks back exposing his throat. L shuts to it.

Parry 3

Step out L into backstance while parrying punch with L flat hand chambering R
Punch with your R hand underhand to his ribs.

Parry 4

Step out L into backstance while parrying punch with L flat hand chambering R, like Parry 3
Keep your L hand on his arm and push it down out of the way
R elbow to face as you move around so you are back to back with him.
Re-plant R leg on ground. Then lift up for scoop kick.