

Preblack Self Defenses
Jim Squire

Knife Hands (Preblack Rotation #1)

Inside Knifehand, Thumb in Eye, L Palm Heel, Punch, Knee

Inside Knifehand, Clench Fist, Hammer Blow, Chop, Sweep Takedown 1,2,3

Knife Hands (Preblack Rotation #2)

Knife, Break, Spin, Elbow to body, Spin, Scoop Kick – remember to pull him into you for elbow to body

Knifehand, Break, Elbow to Body, Elbow to Head, Scoop Kick

Knifehand, Break, Elbow to Head, Spin, Sweep, Stomp – Stomp is to bottom rib

Knifehand, Break, Forceover, Elbow to Spine, Sweep, Front, Ax – Put knee behind theirs to make sweep easy.

Knife Hands (Preblack Rotation #3)

Knife, Flip, Break, R Palm Heel, Chop, Double Chop, Knee, Break Neck – on palm heel point fingers to right (not up) for power and pivot

Knife, Break, Step Under, Break, Elbow, Laydown Armbar - Oponent's hand palm up over shoulder, then palm down on ground. On takedown, kick with ball of L foot, then reposition hand to shake hand