

Self Defenses – Palm Heels (Advanced Rotation #2)
Jim Squire

Parry 1 – palm heel

R inside parry (open palm heel) while stepping with R foot inside and pivoting to face L. Push their fist down.

R backfist to temple

L ridge hand to temple and swivel hips

Parry 2 – palm heel

R inside parry with open-hand palm heel just like Parry 1

L straight chop (palm up) to neck and swivel hips

side kick with turn around for balance

Parry 3 – inside block

R inside block (closed fist) while stepping/moving/pivoting just like Parry 1

R chop to neck

L reverse punch, swivel hips into it and then shift weight to L foot

R front kick

Parry 4 – outside block

L outside block while stepping in and to L with L foot to face R

R groin grab while swiveling hips

L chop while swiveling hips

side kick and spin for balance, re-facing opponent when done