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BBT Advanced (Blue & Up) Self Defense Techniques Fall 2007

Snaking Talon	<i>2 hand low front push</i>
1. Step back with Left to 6 (R. Neutral) & RH push down block to attackers left wrist	
2. RH "snakes" between attackers arms & circles clockwise to grab right wrist	
3. Drag RF back (R. Cat), Pull R. Arm (cross-diagonal check) & R. Front Kick (groin)	
4. Left spinning back kick (stomach) (as throw/push wrist left)	
5. Right spinning back kick (stomach or kidney?)	

Twist of Fate	<i>2 hand high front push</i>
1. RF step back to 6 (L. Neutral), both hands Up Outward hand swords (wrists)	
2. Grab wrists & pull while RF slicing heel kick (right ribcage)	
3. Plant RF at 10, as RH twists A's arm under & up beyond other elbow	
4. Pivot CCW to 6 as you lift A's arms over your head to L shoulder	
5. Continue pivot to 11, twisting A backward, then straight down to ground on back	
6. Pull A arms up, knee back of head, release arms	

Crossed Twigs	<i>Rear 2 hand grab to wrists</i>
1. Counter grab wrists and LF step forward to 12 (L. neutral)	
2. Pivot CW to 8 as R elbow circles (face/jaw) & continue to pull A's arm down w/ RH	
3. Break A's grasp of R wrist as pull A's arm across L arm	
4. R circling downward elbow (upper back/spine)	
5. 2 heel palm strike (kidneys)	
6. L knee (stomach/groin)	
7. Pivot CCW to 12, RF lifting heel kick (groin) (and then run away)	

Menacing Twirl	<i>LH rear belt grab and RH rear collar grab</i>
1. RF rear twist to 7:30, RH down block & LF high check (universal block)	
2. Pivot CW to face 6:00 and clear attacker's arms with blocks	
3. L Step-Thru Knee (groin)	
4. R Roundhouse Knee (inside R thigh)	
5. R Reverse bow buckle (inside L thigh) and RH downward hammerfist (groin)	

Circle of Doom	<i>R Front Kick (High)</i>
1. Start in R Neutral Bow - RH Inside Downward Block to Extended Out block (L Reverse Bow)	
2. Drag L to R and R Heel Kick (groin)	
3. Replant RF next to LF and L Spinning Hook Kick (Solar Plexus)	

Detour from Doom	<i>R. roundhouse kick to chest</i>
1. LF step to 4:30 into R Cat stance, LH down block, RH vertical punch (face)	
2. RF front ball kick (groin), RH checks low, LH vertical punch (solar plexus)	
3. LF step to 4:30 into twist stance, R fist back knuckle (stomach) & L outward sword grab & pull (neck)	
4. Settle into R neutral bow & R hammerfist (back of neck)	

Rotating Destruction	<i>R front kick, L spin back kick combo</i>
1. Start in R Neutral Bow - RH Inside Downward Block to Extended Out block (L Reverse Bow)	
2. As attacker throws L Spin Back Kick - RF steps back to 6:00 (Rear Twist) & R Down Block	
3. Unwind to C-Wise & Left round kick (solar plexus)	
4. Right Spin Hook kick (solar plexus)	
5. R Front X-Over to 6:00	
6. As attacker charges in - L Rear X-Over & R Side Kick (body)	

Deceptive Panther	<i>R Roundhouse kick (*Body & Head Combo)</i>
1. RF steps to 12 (R Neutral) & Universal Block (L Down & R In)	
2. RF Side Kick (L knee)	
3. RH Back knuckle (R Jaw)	
4. LH follows & grabs (R Shoulder from behind)	
5. LH pulls (back and to left) & RH Inverted Back knuckle (L Jaw)	
6. RF round house kick (R inner thigh)	
7. RF back kick (groin)	