



# ALPHA MARTIAL ARTS

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## Self Defense Techniques

Oct - Dec 2006

<b>Twirling Wings</b>	<i>Rear choke pulling</i>
1. LF steps to 4:30 (Rear Twist), LH on L. temple	
2. Unwind CC-wise (L. Neutral) & L. Ext. Out Block	
3. Shift (L. Forward) & R. Elbow (Ribs)	
4. RH checks (elbow), Shift (L. Neutral) & L. Elbow (Solar Plexus)	

<b>Circling Wings</b>	<i>Rear choke pushing</i>
1. LF step to 1:30 (L Fbow) & R Up Parry	
2. Pivot C-wise (R Fbow), Wrap Arm & L. Palm (jaw)	
3. Check w/ L & R Up Elbow (chin)	
4. R Reverse Bow & R Hammer to Kidney	

<b>Thrusting Wings</b>	<i>Front choke - attempted</i>
1. RF Steps Forward (R. Fbow 12:00) & Double Claws (Face)	
2. LH Grabs (Wrist) & R. Up Elbow (Chin)	
3. RH Down Claw (Nose)	
4.	

<b>Locking Horns</b>	<i>RFront head-lock/Guillotine</i>
1. LH Grabs (Wrist)	
2. RF Steps Forward (R. Wide Kneel 12:00) & RH Reverse Sword (Groin)	
3. Slip Head Out	
4. R. Up Elbow (Chin)	
5. R. Sandwiching Elbow (Jaw)	

<b>Parting Wings</b>	<i>2-handed front shoulder push</i>
1. RF Steps Back (L Nbow) & Double Out Blocks	
2. R In Sword to Ribs (L Fbow)	
3. L Out Sword to Neck (L Nbow)	
4. L Push down & R Vertical Punch to Solar Plexus	

<b>Hooking Wings</b>	<i>2-handed front low push</i>
1. LF Steps Back (R. Cat) & 2H Down Parries (Crane)	
2. R Front Groin Kick	
3. R. Hammer Jaw (R-to-L)	
4. R. Hammer Jaw (L-to-R) *Figure 8	
5. R Upward Elbow (chin)	
6. R. Down Claw (nose)	

<b>Triggered Salute</b>	<i>Right-Handed push to Left Shoulder</i>
1. RF Steps Forward (RN 12:00) LH Pins & RH Palm (Jaw)	
2. RH Crane (Elbow) and Roll	
3. RH In Elbow (Ribs)	
4. RH Out Elbow (Kidney)	
5. RH Back Knuckle (Kidney)	
6. RH Back Punch (Chin)	

<b>Snapping Twig</b>	<i>Left-Handed push to Right Shoulder</i>
1. LF Steps Back (RN 12:00) LH Pins & RH Palm (Elbow)	
2. RH Crane (Wrist) & LH Out Sword (Neck)	
3. RH Hammer (Jaw)	
4. RH Sandwiching Elbow (Jaw)	