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BBT Self Defense Techniques Winter 2007

Attacking Mace	<i>Right Step through straight punch</i>
1. Step Back with R. Foot (L. Neutral) & L. Inward Block	
2. R. Straight Punch Ribs (L. Forward Bow)	
3. R. Grab (Outside R. Arm at Wrist)	
4. R. Round Kick (Body)	
5. Land Forward & L. Vertical Punch (Kidney)	

Sleeper	<i>Right Step through straight punch</i>
1. Step in w/ L. Foot (L Neutral), L. in block and R. inner wrist strike to neck	
2. Clasp hands behind attacker's neck (R over L) and anchor elbows for choke	
3. Step behind attacker's R leg w/ R. Foot (R. Neutral)	
4. Pivot cc-wise (L. wide kneel) for takedown (R. knee lands on attacker's ribs)	
5. L. Hand pins attacker's shoulder, R. vertical punch to face	

Leaping Crane	<i>Right Step through straight punch</i>
1. LF steps to 10:30 (L. Neutral), L. Inward Parry (Elbow) & R. Middle Knuckle Rake (Ribs) (Scissoring motion)	
2. R. Crane (Transition) & R. Side Kick (L. Knee)	
3. Plant RF to 1:30 (R. Neutral) & R. Hammerfist (Kidney)	
4. R. Sandwiching Elbow (Jaw)	

Thundering Hammer	<i>Right Step through straight punch</i>
1. LF steps to 10:30 (L. Neutral), L. in block	
2. LF step-drag to 12:00 and R. Forearm Strike (Body) (L. Wide Kneel)	
3. Right Vertical Out Block (Elbow) with L. Hammer Fist (Kidney) (R. Wide Kneel)	
4. L. Check (Shoulder) with R. Hammer (Neck) (L. Wide Kneel)	

X	X

X	X

X	X

X	X