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Beginner Self Defense Techniques - FALL

Clutching Feathers	<i>LH Hair grab from front</i>
1. Pin (Hand) w/ LH 2. Step back w/ LF (R. Neutral) & R. Middle Knuckle strike (Armpit) 3. L. Inward Parry, R. Extended Outward Block & L. Palm Strike (Chin) (R. Forward Bow) 4. R. Hammerfist (Jaw) (R. Neutral Bow)	
Dance of Death	<i>R. Cross</i>
1. Step forward w/ LF (L. Neutral) & L. Inward Block 2. LH checks & R. Handword (Groin) (L. Forward Bow) 3. RF steps b/w legs (R. Kneel Stance), R. Forearm (Abs), LH grabs (Ankle) -> Takedown! 4. R. Backfist (Thigh) 5. R. Handword (Groin)	
Reversing Mace	<i>L. S-T Punch</i>
1. Step forward w/ RF (R. Neutral) & R. Inward Block 2. Left Outward Parry (Waiter's Check) 3. R. Back Knuckle (Ribs) 4. R. Check (Elbow) 5. R. Round Kick (Calf)	
Crashing Wings	<i>Rear Bear Hug, Arms Free</i>
1. Step to 3 w/ RF (Horse) & Double Down Elbows 2. Step to 6 w/ RF (L. Neutral) & L. Outward Elbow (Chest) 3. Pivot to 6 (R. Forward) & R. Hammer Fist (Chest)	
Locked Wing	<i>Rear Right Arm Hammerlock</i>
1. RH counter-grabs wrist, step back between attacker's feet with LF (L. Neutral) & L. Outward Elbow (Jaw) 2. Wrap L. arm over attackers R. arm and uppercut 3. Snap attackers elbow by pivoting (R. Forward Bow) 4. Step back with R. foot (L. Forward Bow) 5. RH palm strike (neck) 6. R. Knee (chest/face)	
Obscure Sword	<i>Rear L. Hand push to R. Shoulder</i>
1. LH pins (Hand) 2. Step forward to 12 o'clock with LF (R. Reverse Bow) & RH outward handword (Neck) to 6 o'clock 3. Pivot to 6 o'clock (R. Forward Bow) and L. palm strike (Chin) 4. Left front kick (Stomach)	
Glancing Salute	<i>Right hand push to R. Shoulder</i>
1. Step forward with LF (L. Neutral), R. wrist pins attacker's wrist (to your shoulder) and L. inward block (Elbow) 2. LH checks (R. Elbow) and RH palm strike (Jaw) 3. RH grabs (Neck) and R. knee (Stomach)	
Five Swords	<i>Step-through Right Wide Hook</i>
1. RF steps forward (R. Neutral) and double block – LH outward handword (Wrist) RH Hammer (Bicep) 2. RH outward handword (Neck)	

3. Pivot (R. Forward Bow) & LH Palm strike (Chin)
4. Pivot (R. Neutral Bow) & R uppercut (Solar plexus) *LH on top of R bicep.
5. LF steps to 4:30 (Rear Twist) & LH outward handsword (Neck)
6. Pivot (R. Neutral Bow) & R inward handsword (Neck)