



ALPHA MARTIAL ARTS

(206) 528-3737
6560 Latona Avenue NE
Suite B
Seattle, WA 98115
info@alphamartialarts.com
www.alphamartialarts.com

BBT Self Defense Techniques – SPRING 2006

| | |
|--|----------------------------------|
| Begging Hands | <i>Front two hand wrist grab</i> |
| 1. Step back with left foot (Right Cat), bring hands palm up and slap hands down | |
| 2. R. front kick (groin) | |
| 3. L. front kick (solar plexus) | |
| 4. Two horizontal palm heels push (L Forward Bow) (floating ribs) | |

| | |
|--|--------------------|
| Sleeper | <i>R S-T 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 | |

| | |
|---|------------------------|
| Hugging Pendulum | <i>Right Side Kick</i> |
| 1. (From R. Neutral) Drag R foot to L, Step back w/ Left to 6 (R Neutral) and R. Down Block | |
| 2. L. Front crossover (R Arm hugs your body, L Hand checks attacker's shoulder) | |
| 3. R. Side Kick (Back of L knee), Plant forward (R. Neutral) behind attackers | |
| 4. R. Back-Knuckle (Back of neck) | |
| 5. Pivot (R. Forward Bow) and L. Hand grabs attacker's R. shoulder | |
| 6. Pivot (R. Neutral) and R. Horizontal Palm Heel (Face) | |

| | |
|---|--------------------------------|
| Spiraling Twig | <i>Rear Bear Hug Arms Free</i> |
| 1. Step w/ R Foot to 3 (horse) & double middle knuckles (hand) | |
| 2. Grab attackers R hand w/ R, L foot step to 3 (belly to 6) | |
| 3. Grab attackers R hand w/ L & R, R foot step to 3 (L. Forward Bow) (belly to 12, facing 9) and apply Butterfly wrist lock | |
| 4. R. S-T front kick (jaw), plant forward to 9 (R. Neutral) | |
| 5. R Foot step back to 3 (L Neutral) and R Lifting back-knuckle (face) | |

| | |
|---|------------------------------------|
| Darting Mace | <i>Two Handed Right Wrist Grab</i> |
| 1. Circle right hand clockwise to counter-grab wrist, step forward with left (left neutral bow) and left inward (glancing) block to right elbow | |
| 2. ...continue block into left vertical punch to face | |
| 3. Clear arms with left then right vertical punch to solar plexus | |
| 4. Drag right foot forward into a transition cat & left outward handsword to neck | |
| 5. Step through with right (right neutral bow) and right palm strike to jaw | |

| | |
|---|------------------------------|
| Twim Kimono | <i>Two Handed Label Push</i> |
| 1. Left hand pins attackers hands to check, step back with left foot (right neutral) & upward block to elbows | |
| 2. Step up the circle (to 4:30) with right foot (right neutral) and right backfist to solar plexus | |
| 3. Right inward (down) block to clear arms | |
| 4. Right outward handsword to neck | |

| | |
|---|--|
| Repeating Maces | <i>Left hand push to Left shoulder</i> |
| 1. Step back with Left (R. Neutral), Left outward parry (waiter's check) & Right hammer fist (kidney) | |
| 2. Right back knuckle (solar plexus) swinging through | |
| 3. Right & Left checks to attackers Left arm | |
| 4. Right Round kick (calf) | |

| | |
|--|------------------------------|
| Snaking Talon | <i>Two handed push (low)</i> |
| 1. Step back with Left (R. Neutral) & Right push down block to attackers left wrist | |
| 2. Right hand "snakes" between attackers arms & circles clockwise to grab right wrist | |
| 3. Drag Right foot back (R. Cat), Pull R. Arm (cross-diagonal check) & R. Front Kick (groin) | |
| 3. Left spinning back kick (stomach) | |
| 4. Right spinning back kick (stomach) | |