



ALPHA MARTIAL ARTS

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

Self Defense Techniques – SUMMER 2006

Crashing Wings	<i>Rear bear hug arms free</i>
1. Right foot steps to 3:00 (Horse) & Double downward Eblows (Forearms)	
2. Left foot steps around & behind attacker's right leg to 6:00 (Left Neutral) & Left Outward Elbow (Chest)	
3. R Hammerfist (Chest) (Left Forward Bow)	

Crushing Hammer	<i>Rear bear hug arms pinned</i>
1. LH Pins (Hands)	
2. LF steps to 9:00 (Horse) & R. Hammerfist (Groin)	
3. RH Grabs (Groin) & RF C-Steps around & behind attacker's L. Leg (R. Neutral)	
4. R. Upward Elbow (Chin) & R. Downward Elbow (Chest) (Leverage)	
5. R. Forearm (Chest) & R. Vertical Palm Strike (Chin) (Right Forward Bow)	

Striking Serpent's Head	<i>Front bear hug arms free</i>
1. Step back with Right Foot to 6:00 (Left Neutral) & Left Inverted Back Knuckle (Left Mastoid)	
3. Left Hand Grabs Hair and Pull Head Back (anchor elbow)	
4. Right Half-Fist (Throat)	

Thrusting Prongs	<i>Front bear hug arms pinned</i>
1. Step back with RF to 6:00 (Left Forward Bow) & double thumb thrust (Groin/Hip)	
2. Circle Left hand behind R Shoulder/Tricep and anchor with Crane	
3. R. Knee (Groin)	
4. R. Side Kick (Left Knee)	
5. R. Horizontal Elbow (Jaw)	

Shielding Hammer	<i>Left Hook</i>
1. Step back with LF to 6:00 (R. Neutral) & R. Extended Outward Block	
2. R. Hammerfist (Jaw)	
3. Step Drag (R. Neutral) & R. Outward Elbow (Solar Plexus), LH Checks (High)	

Sword of Destruction	<i>Left Hook</i>
1. Step back w/ Left foot (R. Neutral) & R. Ext Out Block	
2. R. Front Kick (Groin)	
3. R. Inward Hand sword (Neck)	
4. R. Check (Wrist)	

Reversing Mace	<i>Left step through 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) & R Round Kick (Calf)	

Shield and Sword	<i>Left step through punch</i>
1. Step forward w/ RF (R Forward Bow) & Double Outward Block	
2. R Hand sword (Back of Neck) (R. Neutral)	
3. Step Drag (R. Forward Bow) & L Elbow (Ribs) while RH Checks (Shoulder)	