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Beginner Self Defense Techniques – WINTER

Buckling Branch	<i>L. S-T Front Kick</i>
1. Step back to 4:30 with RF (L. Neutral) and L. Downward Block	
2. R. S-T Instep Kick (Groin)	
3. Land in R. Twist Stance	
4. L. Side Kick (R. Knee)	
5. L. Front Cross Over	
Scraping Hoof	<i>Full Nelson</i>
1. R. & L. Inverted Vertical Punches (Head)	
2. RF steps to 3:00 (Horse) & Double Down Elbows (Forearms)	
3. Ready stance & Head butt (Face)	
4. RF Heel kick (L. Knee), RF Side Kick (R. Knee), RF Scrape (R. Shin) & RF Stomp (R. Foot)	
4. LF Heel kick (R. Knee), LF Side Kick (L. Knee), LF Scrape (L. Shin) & LF Stomp (L. Foot)	
6. RF steps to 9:00 (facing 6), LF steps to 9:00 (facing 12), RH checks (L. Arm)	
Circling Wing	<i>Rear 2-Hand Choke</i>
1. LF Steps to 12:00 (L. Forward Bow) & R. Upward Parry (Pin attackers RH b/w your ear & shoulder)	
2. Pivot to 6:00 (R. Forward Bow), RH wraps attackers arms & L. Vertical Palm Strike (Jaw)	
3. L. Push Down (L. Elbow) & R. Upward Elbow (Chin) (R. Neutral)	
4. Pivot CC (R. Reverse Bow) & R. Hammerfist (Kidney)	
Snapping Twig	<i>LH Push to R. Shoulder</i>
1. LF Steps to 6:00 (R. Neutral), LH Pins (L. Hand) & R. Side Palm (L. Elbow)	
2. R. Crane (Wrist) (Clearing arm to 3:00) & L. Outward Handsword (Neck) (R. Forward Bow)	
3. Right Hammerfist (Jaw) (R. Neutral)	
4. R. Sandwiching Elbow (Jaw) (R. Neutral)	
Leaping Crane	<i>R. S-T 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)	
Shielding Hammer	<i>L. S-T Wide Hook</i>
1. LF steps to 6:00 (R. Neutral) & R. Extended Outward Block	
2. R. Hammerfist (Jaw)	
3. R. Outward Elbow (Solar Plexus), LH Checks (High)	
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)	

Swinging Pendulum	<i>Right S-T Roundhouse Kick</i>
1. RF steps to 12:00 (R. Neutral) & Universal Block (L. Downward & R. Inward)	
2. LF steps up the circle CC-wise to 3:00 (Horse) & R. Hammerfist (Groin)	
3. R. Upward Elbow (Chin)	
4. R. Push Down (Stomach)	