



# ALPHA MARTIAL ARTS

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## NOVICE SELF DEFENSE TECHNIQUES

<b>Delayed Sword:</b>	<i>Right hand Lapel Grab</i>
1) Step Back w/ L. Foot (R. Neutral) & R. In Block (Wrist) 2) R. Front Kick (Groin) 3) R. Outward Handsword (Neck) 4) R. Check (Wrist)	
<b>Sword of Destruction:</b>	<i>Left S-T Wide Hook</i>
1) Step Back w/ L. Foot (R. Neutral) & R. Ext. Out Block 2) R. Front Kick (Groin) 3) R. Inward Handsword (Neck) 4) R. Check (Wrist)	
<b>Alternating Maces:</b>	<i>2 hand Push</i>
1) Step Back w/ L. Foot (R. Neutral) & R. In Block 2) L. Vertical Punch (R. Forward Bow) (Solar Plexus) 3) R. Backfist (R. Neutral) (Temple)	
<b>Deflecting Hammer:</b>	<i>Right S-T Front Kick</i>
1) Step Back w/ L. Foot (R. Neutral) & R. Down Block 2) Step & Drag (R. Neutral Bow) & R. Inward Elbow (Jaw)	
<b>Mace of Aggression:</b>	<i>2 hand Lapel Grab</i>
1) L. Pin (L. Hand to Chest), Step Forward with R. Foot & R. Hammer (Jaw) 2) R. Down Elbow (Forearm) 3) R. In Elbow (Jaw) 4) R. Out Elbow (Jaw)	
<b>Attacking Mace:</b>	<i>Right S-T 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)	
<b>Grasp of Death:</b>	<i>Right side Headlock</i>
1) R. Grab (R. Wrist) 2) Step Forward with R. Foot (R. Wide Kneel) & L. Pinch (Back of R. Thigh) 3) Lift Attacker's Arm over Your Head & L. Inward Block (Elbow) 4) Step Forward with L. Foot (L. Neutral) & Arm Bar 5) L. Pin (Elbow) & R. Vertical Punch (Temple)	
<b>Sword &amp; Hammer:</b>	<i>Left hand Right Shoulder Grab (from 3 o'clock)</i>
1) L. Pin (L. Hand to Shoulder) 2) Step to 3 with R. foot (R. Neutral) & R. Outward Handsword (Neck) 3) R. Hammerfist (Solar Plexus)	