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| Basic Fighting Movement  01     R High Punch | | *Step left for chamber* L block into L palm strike R punch to solar plexus pull down R knee to head R downward elbow strike | | |
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| Basic Fighting Movement  02    L High Punch | | *Step R for chamber* R block into R palm strike L punch to solar plexus pull down L knee to head L downward elbow strike | | | |
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| Basic Fighting Movement  03    High Charge | | Strike with both hands to face (in practice hit R shoulder) Pull opponent down into R knee R downward elbow | | | |
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| Basic Fighting Movement  04 R Straight Punch | | *Step left for chamber* L cross block (parry) with R roundhouse kick R back fist and left punch combo to head | | | |
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| Basic Fighting Movement  05  L Straight Punch | | R cross block (parry) with L roundhouse kick L back fist and left punch combo to head | | | |
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| Basic Fighting Movement  06    R Low Punch | | *Step left for chamber* L low block and L back fist to face. R punch to body (pull down) R knee to face R downward elbow | | | |
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| Basic Fighting Movement  07   L Low Punch | | R low block and R back fist to face. L punch to body (pull down) L knee to face L downward elbow | | | |
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| Basic Fighting Movement  08  Straight Wrist Grab Escape | | Step to same side  Elbow up Wrist to chest | | | |
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| Basic Fighting Movement  09   Straight Wrist Grab Escape | | Step to same side  Palm strike to face—if needed Elbow up Wrist to chest | | | |
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| Basic Fighting Movement  10  Cross Wrist Grab Escape | | Snake wrist inside and keep opponent's hand by hip. Step left and simultaneous right kick  L Punch to head into [arm bar](http://www.bjjheroes.com/techniques/armbar) at elbow. | | | |
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| Basic Fighting Movement  11  Hostile Approach | | Use opponent's stride and shoulders to redirect them counter clockwise to 180` R bicep/forearm pinch neck as R hand on L bicep L hand back of opponent head (choke). | | | |
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| High Punch  Arm bar | *Step left for chamber L block and R atemi to face L controls arm of opponent to palm up ... as stepping left duck under arm across back of own neck/shoulders R simultaneous to far shoulder (breaks arm) as opponent TAPS turn R and push or headlock variant from behind.* | | |
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| High Punch  Leg sweep | *Step left for chamber L block and R atemi to face L controls arm of opponent's arm  to hip ... as stepping left  R simultaneous moves to close shoulder atemi w palm and use elbow to force opponent head up Sweep back with R leg.* | | |
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| High Punch  Leg Cut Out | *Step left for chamber L block with atemi and R punch Horse stance left sword arm to inside opponents lead leg pushing in the direction to roll the instep up R hand grabs heel and keeps control as stand up Finnish off opponent* | | |
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| 04    Straight Punch  Break the Arm Koto | *L forearm block minimal (\_not parry\_)as stepping left right block [snake]*  *R takes control of opponent's arm immediately L back fist face then ribs L to opponents hand (rotate opponent palm up) and arm bar as duck under arm  keep control of arm Palm Down thumbs on wrist - Three steps clockwise short L then R then back away from opponent 90\* pulling them.* | | |
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| Straight Punch  Spin Around Back | *L forearm block (stepping left) Spin clockwise elbow to rear elbow strike to back into Headlock* | | |
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| High Punch  Japanese Headlock | *Duck (horse stance) and protect head Throw up underarm and headlock with* [*monkey grip*](http://bjjgo.com/content/monkey-grip-aka-clam-grip) *forcing opponent's arm up with shoulder headlock as you squeeze R forearm into carotid artery* | | |
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| Straight Punch  Leg Reap | *L block to R control*  *Grab L shoulder push As opponent resists the push--  pullback L shoulder and sweep in the direction of the toes pointing. If opponent doesn't resist it becomes an arm bar.* | | |
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| Straight Punch  Valley Drop | *L forearm ( \_out\_) block with R chop to groin R foot to opponent's R (same side) Wrap arms around waist and sit with L leg out Can go into side mount.* | | |
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| High Punch  Right Rear Corner | *Escape 45\* back with right foot while blocking/controlling with left.*  *Right kick to stomach.* | | |
| High Charge/Punch  Head Throw | *Step left for chamber L block stepping through with L palm to side of head.*  *Elbow to stomach forces UKE to double over reaching up and behind with left (as if carrying weight on L shoulder) take head with L and R while leaning forward stepping back to drop opponent at feet and under shin.* | | |
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