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| Basic Fighting Movement  01    R High Punch | *Step left for chamber* L block into L palm strikeR punch to solar plexus pull downR knee to headR downward elbow strike |
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| Basic Fighting Movement  02   L High Punch | *Step R for chamber* R block into R palm strikeL punch to solar plexus pull downL knee to headL 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 kneeR downward elbow |
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| Basic Fighting Movement  04R Straight Punch | *Step left for chamber* L cross block (parry) with R roundhouse kickR 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 kickL 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 faceR 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 faceL downward elbow |
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| Basic Fighting Movement  08 Straight Wrist Grab Escape | Step to same side Elbow upWrist 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 upWrist 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 faceL controls arm of opponent to palm up ... as stepping left duck under arm across back of own neck/shouldersR 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 faceL 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 upSweep back with R leg.* |
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| High Punch Leg Cut Out | *Step left for chamber L block with atemi and R punchHorse stance left sword arm to inside opponents lead leg pushing in the direction to roll the instep upR hand grabs heel and keeps control as stand upFinnish 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 ribsL 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 headThrow 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 PunchLeg Reap | *L block to R control**Grab L shoulder pushAs 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 groinR foot to opponent's R (same side)Wrap arms around waist and sit with L leg outCan go into side mount.* |
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| High PunchRight Rear Corner | *Escape 45\* back with right foot while blocking/controlling with left.**Right kick to stomach.* |
| High Charge/PunchHead 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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