

# Fist and Foot Martial Arts

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## Adult Self-Defense Initial Objectives

### BLOCKING

THE '360' DEFENSE

### STRIKES

JAB & CROSS  
*(KRAV MAGA STYLE)*

### KICKS

FRONT KNEE KICK

FRONT SNAP KICK, LOW

LOW STOMP KICK, *KNEE-INSTEP*

### STRIKE RANGES

HIGH SECTION

MIDDLE SECTION

LOW SECTION

### STANCES

NEUTRAL STANCE

FIGHTING STANCE

### KALI

BASIC SIX COUNT DRILL

### ESCAPES

SINGLE HAND GRAB #1 & #2

CROSS HAND GRAB #1 & #2

FRONT CHOKE, SINGLE & DOUBLE PLUCK

BACK CHOKE #1

DEFEND FROM THE GROUND #1

GET UP FROM THE GROUND

INDOOR SHOES ALLOWED