

Fist and Foot Martial Arts

Sensei Alex TKD-JKD; TKD Black Belt 2nd

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

BASIC SINGLE HAND GRAB, BASIC TWO HAND GRAB

CROSS HAND GRAB #1, #2 & #3

BASIC, SINGLE, AND DOUBLE PLUCK FRONT CHOKE

BASIC BACK CHOKE

DEFEND FROM THE GROUND

GET UP FROM THE GROUND