

ACTION KARATE (Phase 4)

<p>Japanese Stranglehold A <i>Stranglehold from behind</i></p> <ol style="list-style-type: none"> 1) Turn away from elbow while you do a thumb less grip to attacker's forearm. 2) Step out right into a horse stance while you do left elbow to solar plexus. 3) Left hammer fist groin. 4) Contour straight up body striking chin with left elbow. 5) Step with left leg 180 degrees away from attacker 6) Cover out and say "STOP STAY BACK" 	<p>Grasping Talon <i>Left straight wrist grab</i></p> <ol style="list-style-type: none"> 1) Right hand cranes into chest. 2) Step right, left chop to attacker's arm 3) Left hand grabs wrist 4) Pull with left, right side fist to ribs 	<p>Thrusting Salute <i>Right Straight Wrist Grab</i></p> <ol style="list-style-type: none"> 1) Step back with left leg into fighting stance, downward block with right arm. 2) Advancing front kick with left leg. 3) Thrusting palm heel with left hand to jaw 4) Cover out and say "STOP STAY BACK"
<p>Opponents at Sides <i>Two-person attack side shoulder grab each side</i></p> <ol style="list-style-type: none"> 1) Step out right foot as you execute a right rising (obscured) chop to throat. Your right leg should create a leg check. Left hand should be up to cause an obstacle for another attacker. 2) Flip right hand over as you pivot 180 degrees in the other direction and chop other attacker on throat. You should be creating a knee check with your right knee on this side. 3) Create space and say "STOP STAY BACK" 	<p>Aggressive Twins <i>Two Hand Push</i></p> <ol style="list-style-type: none"> 1) Step back with left leg while executing a right inward downward block 2) Right side kick to attacker's knee 3) Left leg advancing front kick to body <p>"STOP STAY BACK"</p>	<p>Spreading the Leaves <i>Full-Nelson</i></p> <ol style="list-style-type: none"> 1) Step left leg forward 2) Twist right elbow to head 3) Twist left elbow to head 4) Twist right elbow to head. 5) Right rear kick. 6) Cover out and say "STOP STAY BACK"
<p>Pulling Elbow <i>Left cross wrist grab</i></p> <ol style="list-style-type: none"> 1) Left hand counter grabs attacker's hand as you step back with your left foot 2) Right elbow to side of head/jawline 3) Push cover out and say "STOP STAY BACK" 	<p>Step and Kick <i>Push from Behind</i></p> <ol style="list-style-type: none"> 1) Step forward with either foot into a guarding stance. 2) Foot that stepped now kicks attacker 3) Cover out and say "STOP STAY BACK" 	<p>Headlock A <i>Side Headlock, Legs Close</i></p> <ol style="list-style-type: none"> 1) Step right foot into horse stance and double hammer fist. 2) Left hand grabs hair pulling backwards. 3) Hammer fist to chest. 4) Cover out and say "STOP STAY DOWN"