

ACTION KARATE (Phase 3)

<p>Drawbridge A <i>Right straight shoulder grab</i></p> <ol style="list-style-type: none"> 1)Left hand crane strike around bicep and friction rake down to pin attacker's arm to your chest. 2)C-step with right leg behind attacker's right leg as you do an inward block to chest or throat throwing them over your right leg to ground on their back. 3)Right knee to solar plexus while punching with right hand to face. 4) Cover out and say "STOP STAY DOWN" 	<p>Crossing Talon <i>Right cross wrist grab</i></p> <ol style="list-style-type: none"> 1)Step left foot to 11:00. 2)Right hand counter grabs attacker's arm. 3)Left forearm slams against attacker's right forearm locking out their elbow and forcing them over into a bent position. 4)Left elbow to head, then left elbow rakes down spine. 5)Jump up left elbow point to back. 6) Cover out and say "STOP STAY BACK" 	<p>Smothering Bear D <i>Bear hug from front arms free</i></p> <ol style="list-style-type: none"> 1)Palm ears. 2)Trace face with forearm over top of head down front of face. 3)Now use right forearm as wedge against throat use left hands to support right. 4)Four punches. 5)Cover out and say "STOP STAY BACK"
<p>Double Blades B <i>Left roundhouse/hook punch</i></p> <ol style="list-style-type: none"> 1)Follow steps 1 to 3 above 4)Left foot steps over right dragging attacker with you while right hand reaches over and grabs bat 5)Take bat from attacker while you continue stepping and dragging attacker 6)Hit attacker with end of bat 7) Cover out and say "STOP STAY BACK" 	<p>Automatic Disarm <i>Gun-Attack from front</i></p> <ol style="list-style-type: none"> 1)Knees bend, both hands push gun up over head and to side. Grab hands/gun to control 2) Step right pushing gun towards opponent's face. Circle down and pull gun out. 3) Cover out and say "Lay down..." 	<p>Shackle Break <i>Double Wrist grab behind</i></p> <ol style="list-style-type: none"> 1) Step left leg forcefully forward as you counter grab opponent's wrists 2)Right rear kick to stomach. 3)Cover out and say "STOP STAY BACK"
<p>Broken Staff <i>Right hand side shoulder grab</i></p> <ol style="list-style-type: none"> 1)Pin hand to shoulder, step right as you chop with left hand to throat. 2)Left wraps around arm. 3)Left corkscrew punch to back of neck. 4)Left chop to throat. 5)Cover out and say "STOP STAY BACK" 	<p>Blocking the Kick B <i>Front kick</i></p> <ol style="list-style-type: none"> 1)Step back with right leg, left downward block. 2)Right front kick 3)Cover out and say "STOP STAY BACK" 	<p>Pull Out and Hammer <i>Right Straight Wrist Grab</i></p> <ol style="list-style-type: none"> 1)Use your opposite hand to reach over and grab your own fist. 2)Simultaneously pull your fist out as you step back. 3)The fist you just pulled out does a hammer fist to the attackers face. 4)Cover out and say "STOP STAY BACK"

