

ACTION KARATE (Phase 1)

<p>Returning Viper <i>Right Straight Punch Attack</i> 1) Step forward with left foot on 45-degree angle and parry with left hand elbow or higher 2) Right hand rotates under attacker's arm and chops into tricep 3) right hand grabs bicep or slides down to wrist and grabs 4) Right hand pulls across body as you do a right roundhouse kick at attacker's midsection or leg 5) After roundhouse kick land feet side by side, right rear kick to ribs, or drive heel of foot into armpit while pulling on arm to dislocate. 6) Cover out and say "STOP STAY BACK"</p>	<p>Five Swords <i>Right Hook Punch</i> 1) Step inside attacker's centerline with your right foot as you do a right inward block between elbow and wrist 2) Right chop to neck 3) Right spear to solar plexus 4) Left dancer step as you use your left hand to rake across face and right back knuckle to stomach. 5) Right chop behind neck 6) Right chop to throat 7) Cover out and say "STOP STAY BACK"</p>	<p>Crash of the Eagle Part 2 <i>Choke From Behind, Two Hands</i> 1) Right hand punches straight up trapping fingers between shoulder and neck 2) Left foot steps to 1:30 turning you to face your attacker in a guard stance 3) Right downward elbow clears off arms while left hand checks 4) Right sandwich elbow to head. 5) Right circling back knuckle under chin, right half fist to throat 6) Cover out and say "STOP STAY BACK"</p>
<p>Unfurling Crane <i>Left-Right Hook Punch</i> 1) Step back left, right outward block. 2) Right inward block. 3) Right hammer fist low, left cover. 4) Right back knuckle to bridge of nose, left cover low. 5) Cover out and say "STOP STAY BACK"</p>	<p>Mace of Aggression <i>Two hand front lapel grab/choke</i> 1) Left hand pin across both arms. 2) Right foot steps forward, right hammer fist across nose 3) Right backwards elbow across face 4) Right forward elbow across face 5) Right backwards elbow across face 6) Cover out and say "STOP STAY BACK"</p>	<p>Wing Break Jr <i>Left Hand Side Shoulder Grab</i> 1) Left hand pins 2) Left leg steps to 9:00, right hand inward to arm 3) right arm circles forward, downward elbow to arm 4) left hand reaches across and hooks behind neck and pull into left knee. 5) Cover out and say "STOP STAY BACK"</p>
<p>Passing the Horizon 1) Right hand counter grab, as you step back left and left elbow. 2) Left steps to 1:00, lift right arm straight up and quickly pull down bending them over. 3) Left front kick. 4) Cover out and say "STOP STAY BACK"</p>	<p>Smothering Bear A <i>Rear Bear Hug Arms are free</i> 1) Take your knuckle and drive into opponent's hands to loosen grip. 2) Step with right leg, left rear kick 3) Cover out and say "STOP STAY BACK"</p>	<p>Tackle Technique #2 <i>Tackle Attempt</i> 1) Step left leg back to 5:00 while left hand guides side of head. 2) Right chop between shoulder blades (marriage of gravity) 3) Cover out and say "STOP STAY BACK"</p>