

Marietta Martial Arts



To become a Bo Dan

CLUB DEFENSE

- 1) 6 techniques

Two-HAND LAPEL

5. Stepping Back Layered Arms – RH traps both hands to your chest... LH traps both hands (RH & LH are layered)... RF step back to 6:00 and rotate upper body
6. C to Throat Hair TD – RF step to 1:30... RH 'C' to throat... RH push chin up and around... LH grab hair and pull down towards your LF

BEAR HUG UA (R)

1. Double Strike Center Lock – RF step to 3:00 into horse stance... double palm strike to attacker's hands (strike twice)... grab a hand with your OS hand (pinky side)... raise the hand & step under into center lock
2. Double Strike Polar Guidance – RF step to 3:00 into horse stance... double palm strike to attacker's hands (strike twice)... grab a hand with your SS hand... SS foot steps to 11:00 & rotate into polar guidance
3. Finger Lock – head butt... peel finger back... keeping your hand close to your body, SS foot step out & turn towards attacker (his finger is pointing towards his face)...

HAIR

1. Strike to Elbow Bend TD – SS trap to your head... OS knife to elbow bend... OS foot step behind & sweep
2. Step Behind Wrist Lock – double hand trap to your head... kick as distracter. Step under into hammer lock
3. Armpit Strike Armbar – OS trap... SS knuckle strike to armpit... SS into arm bar
4. C to Throat Sweep – SS trap... OS 'C' to throat... OS foot step behind & sweep

FULL NELSON

3. Finger Lock – place your hands on your forehead... step into horse stance... reach back & grab a finger... peel finger back... keeping your hand close to your body, SS foot step out & turn towards attacker (his finger is pointing towards his face)...
4. Head TD – hands against forehead... step into horse stance... drop hands very hard & fast... reach hands up & grab the head... SS foot step out (11:00 or 1:00)... rotate the head & pull down towards your opposite knee
5. Step Behind TD – hands against forehead... step RF into horse stance... LF behind attacker & rotate body

BELT

3. (PU) Under Arm Lapel TD – SS trap with forearm... OS grab shoulder... OS foot sweep
4. (PU) Outside Lead TD – SS hand grab for outside lead (keep your fingers up/on top)

HANDSHAKE

3. Elbow to Elbow Strike Ki Strike – SS grab hand... SS elbow to his elbow (hyperextend) SS foot step to 12:00 (during the elbow bend)... SS foot step to 10:00 for ki slap
4. Outside Spin TD – SS grab hand... step across body and under arms for TD

HEADLOCK

1. Knee Twist Elbow TD – SS grab inside knee & pull outward (towards your body)... OS arm goes between you and attacker... OS elbow strike to ribs... sit back on the ground
2. PP Behind Knee Hair TD – SS 'C' strike to bend of knee (buckle the knee forward)... OS hand grab hair (or shoulder) & pull back... OS foot rotates back
3. Ankle Thigh TD – SS hand grab ankle... OS forearm to side of leg... push (leg) & pull (ankle)