

Kimono Grab

Attack: Two hand chest grab

Pin hand to chest with left forearm stepping back on left ft. into fighting horse. Slam under elbows with right horizontal forearm causing to weaken hold and raising off heels. Brush down arms with same forearm breaking hold and causing whiplash in neck. Right knifehand chop to neck. Shuffle in with right forearm smash to head. Switch to right side dropping position with right hammerfist to groin and finish with right rear kick to body. Tiger cover.

Sumo

Attack: Two hand low or waist grab

Step to left 45 degrees into square horse bringing both elbows overhead and driving both elbows through hold to break. Double knifehand spear to throat and step in on right foot with right vertical forearm to chest. Go to right dropping position with right hammer fist to groin and right rear kick to body for finish. Tiger cover.

Inward Defense ABCD

Attack: Right or left punch

- A. Step in on rt. ft. with rt. inward block and rt. knifehand chop to neck with left parry. Tiger cover.
- B. Same as "A" using rt. back knuckle.
- C. Same as "A" using rt. tiger claw across face.
- D. Same as "A" using rt. finger flick to face for fake.

The Anvil

Attack: Two hand wrist grab

Step back into rt. ftg. horse breaking arms upward and outward against hold working against thumbs. Repeat movement to rebreak or knock arms away. Rt. front kick to groin planting forward in slight kneeling position. Double palm strike to abdomen stunting breathe. Pivot to ftg. horse with double palm push to chest driving off. Tiger cover.

Crane Kick

Attack: Right punch on left foot

Jump to left 45 degrees into crane stance with left inward block. Rt front kick to both knees and then into groin. Tiger cover

Encircling Arms Set 1, A.B.C.D.

Attack: Light progressive tackle.

- A. Step back on left ft. into fighting horse with left palm to shield and right knifehand chop to neck or collar bone. Tiger cover.
- B. Same as "A" but closer, use rt. hammerfist to side of head.
- C. Same as "A" but attacker gets one arm on waist. Use rt. forearm smash to head.
- D. Same as "A" but attacker grabs waist and holds on. Rt. overhead elbow to spine going to dropping position and hammerfist to kidney.

Crashing Elbow AB

Attack: Right punch right foot

- A. Step in on left ft. with left inward block. Rt. forearm to ribs cowling to left side. Double knifehand chop , rt. to neck and left to ribs or kidney. Tiger cover.
- B. Same as "A" using crossed knifehands because attacker is taller or bent over.

Bearhug Free In Front ABCD

Attack: Progressive bearhug

- A. Step back on rt. ft. into fighting horse reaching behind grabbing head with left hand. Pull head back and rt. half fist to throat. Tiger cover.
- B. Attacker closer, use rt. then left back knuckle to mastoid while stepping back on rt. ft.
- C. Attacker almost has hold, use double palm strike to ears and base of jaws.
- D. Hold applied, use left hand to support head and jam rt. middle knuckle to hollow point behind ear at base of jaw.

Outward Defense ABCD

Attack: Right or left punch

- A. Step in on rt. ft. with left parry rt. outward extended block squaring shoulders. Drive rt. knifehand chop to neck or collar bone. Tiger cover.
- B. Use rt. vertical punch to head.
- C. Use rt. tiger claw to face.
- D. Use rt. foreknuckle rake across eyes.

Eagle's Beak AB

Attack: Right shoulder grab right side

- A. Step to left with left hand pin to shoulder and rt. middle knuckle punch to tricep and into armpit. Tiger cover
- B. Same as "A" up to armpit. Pull in closer with rt. elbow on top of arm and rt. knifehand chop to neck.

Kick Blocks ABC

Attack: Defense against kicks

- A. Double downward blocks stepping back into ftg. to both sides blocking outside of kick.
- B. Step back on rt. ft. into ftg. horse with down'd "x" block to front kick and catch heel and toe. Twist leg turning attacker over and kick to groin from rear leg with rt.

front kick.

C. Wheel kick blocks to both sides.

The Dancer

Attack: Two hand choke hold from behind arms extended

Tucking head, cross back into left hidden ft. with left low rear knifehand chop to groin. Pivot under arms and rt. reverse knifehand chop to groin. Continue pivot to cover.

Bearhug Pinned In Front AB

Attack: Bearhug

- A. Legs apart, rt. knee to groin planting forward with rt. forearm smash to head. Tiger cover.
- B. Legs together, thumbs into groin and rt. knee to groin crouching to left side. Finish with rt. knife edge thrust to knees using rt. hand to shield.

Attacking Circle ABC1C2C3C4

Attack: Moving to clock

- A. Step out on rt. ft. with rt. knifehand chop to groin.
- B. Step across left ft. and pivot with rt. reverse knifehand chop to groin.
- C1. Opposite of A.
- C2. Opposite of B.
- C3. Combination of A and B.
- C4. Combination of C1 and C2.

Encircling Arms Set 2, ABC

Attack: Hard progressive tackle

- A. Step into left hidden ft. and pivot with rt. knifehand chop across neck and back into. Finish with rt. knife edge kick to knee. Tiger cover.
- B. Starts same as "A" up to first chop. Attacker gets one arm around. Lock around arm with rt. and grab head with left hand smashing on left rising knee.

C. Same as “B”, but no time for chop.

Covers A1 A2 B1 B2 C

(Training Aid)

- A1. From ftg. horse, use front kick planting forward after each kick from rear leg.
Reverse direction with same kick from closest leg to cover.
- A2. Same as “A1” using knife edge kick.
- B1. Step in on left ft. into ftg. horse with left inward block and rt. reverse knifehand to groin, solar plexis, neck, and temple.
- B2. Same as “B1” using reverse hammerfist and back knuckle to temple.
- C. Step in on left ft. with combination rt. outward and left fullockout to ribs and head.

Full Nelson AB

Attack: Attempted full nelson

- A. Attacker steps with you, step to right pinning arms under elbows. Rt. heel kick to left knee and rt. knife edge thrust to rt. knee. Tiger cover.
- B. Attacker remains, step to rt. pinning arms under elbows. Circle left ft. behind attacker hitting solar plexis and chin with left elbow forcing over leg and rt. hammerfist to groin. Tiger cover.

Locking The ArmABCDE

Attack: Arm lock from behind

- A. Step back on left ft. with left elbow to head and rt. counter grab to wrist. Step out on left ft. turning arm and pulling into rt. front kick to groin or body. Tiger cover.
- B. Same as “A” up to kick. Attacker tries to pull away. Kick off left leg to knee planting forward and left forearm strike to arm. Tiger cover.
- C. Elbow misses head. Lock around arm with left crossing back on right ft. Pivot breaking arm possibly with left. Rt hammerfist to head smashing down on rt. rising knee. Tiger cover.
- D. Change grab, step back on left ft. with left elbow to ribs or solar plexis and hammerfist to groin. Tiger cover.
- E. For upside down grab, step across rt. ft. and pivot with combination rt. hammerfist to groin and left fullockout punch to head. Tiger cover.

Crash Of The Eagle Set 1,ABCD

Attack: Two hand choke hold from behind up close

- A. Step across rt. ft. crouching to left side. Pivot with rt. elbow over arm to break hold and pin under arms. Rt. rising elbow to chin and rt. back knuckle to face. Tiger cover.
- B. Same as "A" using rt. knifehand chop to neck.
- C. Same as "A" using rt. tiger claw to face.
- D. Same as "A" using rt. hammerfist to groin.

Bearhug Free In Back AB

Attack: Defense against hold

- A. Rt. hand on top, step to rt. with double knuckle strike to back of hand. Grab both sides of hand stepping across rt. and back on rt. ft. forming wrist lock from ftg. horse. Pull into rt. front kick to body. Tiger cover.
- B. Fingers locked together, step to rt. bringing both arms over head and drive both elbows up forearms to break hold by drawing arms apart. Circle left leg behind attacker with left elbow to solar plexus and chin driving over left leg with rt. hammerfist to groin. Tiger cover.

Monkey Elbow

Attack: Right punch right side

Step to rt. with left parry and rt. outward block. Shuffle in with rt. elbow spear under arm . Brush down arm with back of rt. hand and rt. palm heel to chin or filtrum. Tiger cover.

Brush Of Danger ABC

Attack: Right shoulder grab from the front left hand

- A. Step back on left ft. with left hand pin to hand. Rt. forearm strike to elbow with slight lift. Brush down arm with rt. forearm and rt. knifehand chop to neck. Tiger cover.
- B. Step back on left ft. with left hand pin to hand with rt. forearm to elbow. Arm folds so pull in closer with rt. forearm. Finish off with rt. forearm across head. Tiger cover.
- C. Beating the grab, step to left 45 degrees with combination rt. outward block and left palm heel strike to chin. Rt. fullockout punch to body and left to head. Tiger cover.

Striking Asp ABC

Attack: Two hand grab pulling

- A. Low grab, left hand covering, step in on rt. ft. with rt. middle knuckle punch to solar plexis. Rt. foreknuckle rake across eyes and rt. knife hand chop to neck. Tiger cover.
- B. High grab, left hand covering, step in on rt. ft. with rt. middle knuckle punch to solar plexis. Brush down arms with left hand and rt. knife hand chop to neck. Tiger cover.
- C. Smothering grab, left hand covering, step in on rt. ft. with rt. reverse knife hand chop to groin. Tiger cover.

Headlock ABC

Attack: Headlock applied

- A Stepping up on rt. ft. Use double hammerfist strike. Left to kidney or ribs and rt. to groin. Tiger cover.
- B. Same as "A" up to hammerfist strike. Reach overhead hooking under nose with left first two fingers. Pull head back and rt. hammerfist strike to groin. Tiger cover.
- C. Drop back on left ft. into kneeling position and left reverse knife hand chop to groin striking between legs. Tiger cover.

Bearhug Pinned In Back AB

Attack: Bearhug behind, arms pinned

- A. Step to left jamming rt. elbow to solar plexis. Rt. hammerfist to groin. Tiger cover.
- B. Left hand grab to groin, step to rt. then circle left ft. behind attacker with left elbow to solar plexis and chin forcing over leg with rt. hammerfist to groin. Tiger cover.

The Mantis

Attack: Right punch right side

Shift to cat stance to rt. side with double knife hand block to punch. Rt. front kick to groin or solar plexis planting forward with rt. forefinger eyeshot. Brush arm down with back of rt. hand. Left knife hand spear to throat. Tiger cover.

Broken Staff

Attack: Right shoulder grab right side, left hand

Step to left 45 degrees with left hand pin to shoulder and rt. knife hand chop to neck. Left hidden ft. and pivot locking around arm with rt. arm. Rt. back knuckle to head and knife hand chop to neck. Tiger cover.

The Cub ABC

Attack: One arm choke hold from behind

- A. Tuck chin, step to left into square horse jamming rt. elbow into solar plexis, hammerfist fist to groin, grab groin with tiger claw ripping up to chin with rt. elbow. Tiger cover.
- B. Tuck chin, step to left into square horse jamming rt. elbow to solar plexis, hammerfist fist to groin, rt. back knuckle to face because head bent slightly forward.
- C. Tuck chin, step to left into square horse jamming rt. elbow into solar plexis, rt. hammerfist to groin at same time with left forefinger eyeshot. Tiger cover.

Rising Kick

Attack: Right punch

Step to left 45 degrees with left parry and rt. outward extended block. Rt. hand counter grab and pull into rt. front kick to ribs. Pull across into rt. knife edge thrust to legs. Tiger cover.

Crash Of The Eagle Set 2, ABC

Attack: Two hand choke from behind at angles

- A. Hands cowled to left side, step across rt. ft. and pivot going over arms and pin under rt. elbow. Rt. forearm across head and back into with rt. elbow. Tiger cover. (attacker at angle on rt. side.)
- B. Starts same as “A” using rt. thumbless fist strike across side of neck circling. Tiger cover. (attacker straight behind.)
- C. Starts same as “A” using rt. half fist to throat. (attacker at angle on left side.)

Cutting The Pagoda

Attack: Right Overhead Club

Step in on left ft. with rt. parry and left upward block. Rt. then left forearm strikes to ribs and finish off with combination left outward block and rt. half fist to throat. Tiger cover.

The Bridge AB

Attack: Two hand shoulder grab from behind

- A. Close in, step to rt. grabbing both hands. Step across left ft. crossing arms from pivot. Break both arms over rt. rising knee and rt. front kick to groin planting forward with rt. forearm smash to head. Tiger cover.
- B. Distant, step to rt. grabbing both hands. Step behind left ft. and pivot crossing arms. Rt. front kick to knee planting forward breaking arms. Finish with rt. elbow to solar plexis and hammerfist to groin. Tiger cover.

Opponents At Sides ABC

Attack: Attackers on both sides

- A. Step to rt. with left parry and rt. knife hand chop to neck. Step across left ft. and pivot with rt. knife hand chop to neck. Tiger cover.
- B. Step to rt. with left parry and rt. knife hand chop to neck. Step across left ft. and pivot with rt. forefinger rake across eyes and left knife hand chop to neck. Left hidden ft. and pivot with rt. inward block. Finish with rt. front and rear kick combination from cat stance. Tiger cover.
- C. Double shoulder grab, step back slightly on rt. ft. clearing arms. Step back in on rt. ft. locking around both arms. Double back knuckle to ribs and grab both heads slamming together. Tiger cover.

Crossing Talon

Attack: Cross right wrist grab from front

Counter grab hold with rt. hand stepping in on left ft. with left forearm to arm for control. Pull into left elbow to head. Left overhead elbow to back of head or spine. Tiger cover.

Whirling Mantis

Attack: Left and right punch

Step in on left ft. with double outward extended block to left punch. Shift to crane stance on left ft. with left inward block against rt. punch. Combination rt. middle knuckle punch to eye and rt. front kick to groin. Tiger cover.

Japanese Hand

Attack: Any right hand grab, or push reaching

Rt. webhand grab to wrist. Step in on left ft. with left arm over arm grabbing both sides of wrist. Step back on left ft. applying wrist pressure and take down after pivot. Finish with rt. fullockout punch to head with possible knee drop to body. Tiger cover.