



1 Feb 2018

Club Defence 1 - 7

(Club held with both hands)

Club 1:

Forward thrust club attack

Club 2:

Horizontal Right to Left club attack

Club 3:

Horizontal Left to Right club attack

Club 4:

Diagonal rising club attack from Left low to Right high

Club 5:

Diagonal downwards club attack from Right high to Left low

Club 6:

Vertical upward club attack

Club 7:

Vertical downward club attack

Key points for each self defence technique:

1: Effectiveness 2: Control 3: Distance 4: Precision



Club 1: Forward thrust club attack

- 1) Slide 45' to the side in L Guarding stance (L leg forward)
- 2) Quickly kick the attacker's R Elbow with a R Front Snap Kick and recoiling leg back so as to land back in L Guarding stance (L leg forward) before immediately again kicking the attacker under the chin with another R Snap Kick.
- 3) Land in R Guarding stance (R leg forward) and immediately landing a reverse L Cross punch on attacker's lower R Jaw.
- 4) Immediately strike the attacker's L Jaw with a R Inward Elbow strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 2: Horizontal Right to Left club attack

- 1) L foot back before quickly kicking the attacker's R Elbow with a L Inside swinging kick
* Let club pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their R jaw with a L Ridge Hand strike
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 3: Horizontal Left to Right club attack

- 1) L foot back before quickly kicking the attacker's R wrist with a L Outside swinging kick
* Let club pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their neck with a L Kal Jebi Hand strike
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Club 4: Diagonal rising club attack from Left low to Right high

- 1) Slide 45° to the side in L Guarding stance (L leg forward) and grab attacker's R arm near their elbow with your R hand.
- 2) Immediately slide your R hand down their arm and grab their wrist and twist it in an anticlockwise direction as you pull their arm down while you simultaneously swing your L arm up so that you strike them on the back of their elbow joint while you are standing in L walking stance.
- 3) Chamber L Arm and then slide towards attacker landing in Horse riding Stance and strike their R jaw with a L Assisted Side Elbow Strike.
- 4) Immediately move your L foot from 'tight rope to train tracks' and land in L Forward Stance and strike attacker under their chin with a R Inside Elbow Strike.
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 5: Diagonal downwards club attack from Right high to Left low

- 1) Quickly kick the attacker's R elbow with a R Low Twisting kick
- 2) Immediately chamber your R leg back again kick the attacker's face with a R Axe Kick and landing in R Guarding stance (R leg forward)
- 3) Immediately strike attackers L lower jaw with a R Jab punch immediately followed by a L Hook punch to the attackers R upper jaw
- 4) Lift R Leg up and simultaneously jump up and back to strike attacker under their chin with L Jumping Front snap kick landing in L Guarding stance (L leg forward)
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 6: Vertical upward club attack

- 1) Slide 45° to the side in L Guarding stance (L leg forward) and quickly strike attacker's R hip joint at 45° with a R Push Kick.
- 2) Immediately chamber your R leg back again and slide to the correct distance to kick the attacker's R wrist with a R Outside swinging kick and chamber leg back to land in L Guarding stance (L leg forward)
- 3) Immediately strike attackers R knee with your heel with a low R Push Kick landing in R Guarding stance (R leg forward)
- 4) Chamber R arm and strike down onto the R side of attacker's neck with a R Inside Knife hand strike (palm down)
- 5) Quickly step R foot back and move well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Club 7: Vertical downward club attack

- 1)** Slide 45' to the side in L Guarding stance (L leg forward) and quickly step R leg forward so that your R hip and the attacker's R hip meet.
- 2)** Simultaneously grab attacker's R wrist in a 'figure 4' lock with both hands.
- 3)** Immediately push attacker down and over your R knee while keeping hold of their R arm.
- 4)** As attacker lands on the ground position yourself to be standing at a 45' angle to their prostrate body and immediately wedge their elbow joint and shoulder against your R leg and apply pressure to their wrist (slowly in class, quickly in real life) until they submit by tapping.
- 5)** Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6)** Holding guard until attacker bows, then bow to attacker and move back to 'choombi'