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Adult Phase 1.1

A.

Delayed Sword- Attack- Right hand lapel grab

Defense- Step back with left foot to 6:00 with a right inward block. Right foot to cat stance. Right front ball kick to groin. Land in right neutral bow with right knife hand to the neck.

Sword & Hammer- Attack- Left grab to right shoulder from right rear (4:00).

Defense- Pin hand with your left hand and step back to 4:00 with your right foot while executing a right knife hand to the neck. Retract strike and deliver a right hammer fist to groin

Aiming The Spear- Attack- Left push to right shoulder

Defense- Step forward with left foot and execute a Simultaneous right hand outward block and left heel palm to jaw. Pivot to left forward bow with a right half-fist to the throat.

Deflecting Hammer- Attack- Right front kick

Defense- From right neutral bow, step drag toward 7:00 to avoid kick as you execute a right downward block. Shuffle forward and execute a right inward elbow to the face.

B.

Mace of Aggression- Attack- Two hand lapel grab.

Defense- Right foot steps forward with a right hammer fist to face, while pinning hands down with left hand. Right downward strike to forearms to clear his grab. Right inward elbow then outward elbow, both to the head.

Swords of Destruction- Attack- Left hook punch.

Defense- Step back with left leg with a right extended outward block. Right leg pulls into cat stance and snaps out a right front kick to groin. Land in right neutral bow with right hand inward knife hand to neck.

Attacking Mace- Attack - Right step through punch.

Defense- Right foot steps back with a left inward block. Right punch to the ribs, then right hand counter grabs opponents arm. Right roundhouse kick to the stomach. Finish with left punch to ribs.

Grasp of Death- Attack - Right arm headlock from left side.

Defense- Grab his right arm with your right hand to relieve choke pressure. Right foot forward to closed kneel as left hand palm strike/grabs groin. Left foot c-steps around him as you pull arm over your head into an arm bar with left arm. Left switch grab with a right punch to the head.

Phase 1.1

C.

Alternating Maces- Attack - Two hand push.

Defense- Right foot back with a left inward block. Check hands with left hand and execute a right punch to solar plexus, then check hands with right hand with a left back fist to the face.

Intellectual Departure- Attack - Right front kick.

Defense- Step back with left leg to 5:00 with a right inward/downward block. Right rear kick to midsection. Right shuffle side kick to inside of left knee. Finish with a back fist to the face.

Checking the Storm- Attack - Overhead club

Defense- Right step drag to 2:00 into left cat stance with right inward to left outward double factored block. Left front kick to groin. Left foot lands in front cross towards 11:00. Right side kick to his left knee. Land with a right back fist to the head.

Captured Twigs- Attack - Rear arms pinned bear hug.

Defense-Left foot to 9:00 as your left hand pins opps. hands. Right hammer fist to groin. Pivot to right cat stance as right elbow “shrugs” to opps. face. Right stomp to foot. Right downward palm to groin.