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Adult Phase 2.1

A.

Defying the Storm- Attack - Right roundhouse club

Defense- Step forward to right neutral bow with double knife hand blocks. Left hand grabs opps wrist as right hand pulls on elbow, followed by immediate right inward elbow to face. Right leg steps back to 5:00 as left hand lifts his wrist up and right hand pushes shoulder/head down. Right knee to face followed by a right overhead elbow to back of neck.

Sleeper- Attack - Right step through punch

Defense- Left neutral bow with a left parry and right ridge hand to neck. Right c-step around leg as right arm wraps around arm and neck, creating a choke. Left foot slides into position to buckle him to the ground. Slide to left close kneel stance with right punch to face.

Cross of Destruction- Attack- Rear two hand choke

Defense- Left foot to 9:00 horse stance as you grab wrists. Right rear cross towards 9:00. Pivot to face opp (3:00 fighting line) while crossing opponent's arms. Right front kick to inside of his right knee, followed by a right inward elbow to head.

Swinging Pendulum- Attack- Right roundhouse kick

Defense- Starting from a right neutral bow, shuffle forward with left leg moving up the clock to 5:00 with right hand high universal block. Push drag to 11:00 with right downward hammer fist to groin. Continue to push towards opp with right upward elbow to chin.

B.

Spiraling Twig- Attack- Rear bear hug arms free

Defense- Right foot to 3:00 to horse stance with middle knuckle strike to hands, breaking his grip. Both hands grab his hands, creating a wristlock. Left foot steps to 2:00, right foot rear cross toward 2:00 maintaining wristlock. Right front kick, land forward with right upward back fist to face

Flashing Wings- Attack- Straight right punch

Defense- Step forward to left neutral bow with left inward block. Step drag forward with right elbow to ribs. Right outward elbow to ribs. Right chop to neck, left chop to neck. Check shoulder and right palm to face.

Phase 2.1

Tripping Arrow- Attack- Front bear hug arms free

Defense- Left foot to 9:00 to close kneel stance with right palm to chin while grabbing his right arm with left under hook. Right c-steps around his right leg with right palm under chin to buckle opponent. Stomp to ribs or head.

Reversing Mace- Attack- Straight left Punch

Defense- Starting in right neutral bow, right step drag to 1:00 with right inward parry, immediately followed by left outward parry. Right back fist to ribs. Right round kick to leg cutting opponent down.

C.

Twisted Twig- Attack- Front right wrist lock

Defense- Right foot forward as left hand pushes down on his right elbow, creating space for right upward elbow to chin. Right outward elbow to chest. Step drag into the inside of his left leg, creating a buckle with your right leg. Right hammer fist to groin.

Hugging Pendulum- Attack- Front kick

Defense- Start from right neutral bow. Step drag back with right downward block. Right front cross over with left check to his right shoulder and right hand cocked across your body. Right side kick to right knee. Right leg lands with back fist to head. Right palm strike to face.

Crossed Twigs- Attack-Rear double wrist grab

Defense- Left foot to 2:00 to left forward bow. Counter grab his wrists and pivot to your right with a right outward elbow to the face. Throw his right arm across body behind you. Right overhead elbow to spine. Double palm to kidney. Left knee to ribs followed by right scoop kick.

Locking Horns- Attack- Right front headlock

Defense- Left hand traps opps right arm. Right foot to 12:00 with right ridge hand to opps groin. Right upward elbow to opps chin. Without stopping your motion, right sandwiching elbow to opps face.