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## Adult Phase 2.3

A.

### **Snaking Talon- Attack- Two handed push**

Defense- Left foot steps back toward 7:00 into a right neutral bow as you do a right inward parry to his left arm and a left inward parry to his right arm, crossing his arms up. Immediately grab his right wrist with your right hand as right leg pulls to cat stance. Fire a right front kick to his groin and plant forward towards 12:00. Pivot counter clockwise with a left spin rear kick to his groin followed by a right spin rear kick to his chest.

### **Capturing the Storm- Attack- Overhead club**

Defense- Left foot steps toward 11:00 to a left neutral bow with an overhead “x” block to opponents wrists. Both hands grab the stick and his wrist and “golf swing” to his right knee. While still holding his wrist with your left hand, push the bat free with your right hand. Your right foot steps through the “pocket” created by you and your opponent followed by left rear cross through to a horse stance. Pull his hand to your left hip, straightening his arm. Strike the back of his elbow with the stick on a downward angle.

### **Wings Of Silk- Attack- Rear two arm lock**

Defense- Stomp your left foot onto his left foot with a left palm to the “fold” of his left hip. Follow with a right back/rising elbow to his chin with a right rear scoop kick to his groin. Right front cross towards 9:00 as you pin his left hand to your hip with your left hand. Left leg rear crosses toward 9:00 and pivot to a horse stance so you are next to him as you finish with a right uppercut to break his elbow.

### **Obscure Claws- Attack- Right rear shoulder grab with his left hand, pulling**

Defense- As he pulls on your right shoulder, step back with your right foot towards him (6:00). As you step back, throw a right outward raking palm/claw through his face and quickly wrap your right arm around his left arm. Follow immediately with a left palm strike to his face. While his arm is locked in yours, take a right front cross step towards 12:00, stretching him out. Step through with your left leg to 12:00 to regain your neutral bow, facing 6:00 as your right arm unwinds from the lock, backfisting him in the stomach. Right hand continues to loop to the back of his head with an inverted backfist. Fire a left heel palm strike to his face, bracing his head away from you and exposing his neck. Shoot a right inverted middle knuckle rake across his throat.

## **B.**

### **Circle Of Doom- Attack- Right front kick**

Defense- Start in a right neutral bow with your arms at your sides. Lean away from the kick into a left reverse bow while delivering a right outward block, tossing the kicking leg to your right and exposing his back. Shuffle towards him with a right leg rear scoop kick to his groin. Plant right foot close to your left foot and deliver a left spin hook kick to his chest.

### **Intercepting the Ram- Attack- Front Tackle**

Defense- Step forward to 11:00 with your left leg to intercept him and steer his head to your right with a left inward parry to the right side of his head as right leg does a rising knee strike to his face and right hand does a downward hammerfist to his back, sandwiching him. Right foot plants back toward 6:00 to sprawl and maintain balance as left arm does a downward elbow in between his shoulder blades. Your left hand then reaches over his left shoulder to grab his chin. Left foot rear cross toward 7:00 as your left elbow anchors to your left hip, turning his face up in the air. Pivot counter clockwise to unwind into a horse stance as you loop a right downward hook punch to his face. Finish with a right scoop kick to his face as he is falling down.

### **Cross of Death- Attack-Two hand cross choke**

Defense- Right leg steps toward 1:00 to right neutral bow while pinning his arms with your left hand and fire right inward block to his elbows. Without loss of motion, glance your right hand to a vertical punch to his face. Right hand pins his arms to your chest with left middle knuckle strike to his solar plexus, stretching his arms out. Left foot takes a shallow rear cross toward 4:00 with a left outward block to his arms, clearing the grab and a right outward hammerfist to his face. Untwist to right neutral bow with a right inward knuckle rake to his kidneys followed by a right back fist to his face.

### **Destructive Twins- Attack-Two handed choke from the front**

Defense- Right foot steps toward 1:00 into right neutral bow with a left high punch to his face and a simultaneous right low punch to his solar plexus. Right foot steps to 2:00 into a close kneel stance with right upward inward parry to his left arm and a left inward downward parry to his right arm. His arms should start to cross up. Finish crossing him up with a left outward block to his arms. Shoot your left hand over his arms, poking him in the eye. Pivot into left neutral bow to face him as you trap his left wrist with your left hand and deliver a right reverse punch to his ribs.

C.

**Broken Ram- Attack- Front tackle**

Defense- Left foot steps back towards 5:00 into a right neutral bow as your left hand steers his head to your left. Deliver a right hammer fist to the back of his neck. As his left arm wraps around your waist, wrap up his left arm with your right arm (over hook). Pivot to 6:00 with a right uppercut to break his elbow. Lift a right rear scoop kick up to his groin. As you unwrap your arm from his, hit him with a right back fist in the stomach. Without loss of motion, loop a right downward hook punch to his left jaw.

**Escape From Death- Attack-Right arm rear choke**

Defense- Right foot steps toward 3:00 into horse stance as right hand grabs his wrist and anchors down, relieving pressure from the choke. At the same time deliver a left back elbow to his stomach. Drop a left hammerfist to his groin. C-step your left leg behind his leg to 7:00. Continue with technique “Grip of Death”. Finish with a right knee to his right thigh.

**Squeezing the Peach- Attack-Rear bear hug, he has a wide stance (arms pinned)**

Defense- Left foot steps in between his legs toward 5:00 into right reverse bow to buckle his right leg. At the same time your left hand hits his groin with a palm strike then grabs and squeezes his groin as right hand pins his arms. Left foot steps toward 2:00 into a left forward bow, pulling him with you by the groin. Right leg scoop kicks him in the groin, landing toward 3:00. Right leg shoots back to the inside of his left knee, buckling him with a simultaneous right elbow to his face.

**Securing the Storm- Attack- Right roundhouse club**

Defense- Left foot steps toward 11:00 into a forward bow with a left outward block to his forearm and right cross to his face. Over hook his right bicep with your left arm, securing his arm. Right foot steps back toward 7:00, pivoting clockwise to pull him with you, hyper extending his elbow(he should end up AROUND 12:00). Pivot counter clockwise to face him. Right leg c-steps towards 11:00 to set up a buckle behind his right leg. Straighten out your right leg to buckle and drive a right palm strike under his chin, dropping him to the floor.