

- **Strikes**

- Screw Jab
- Overhand right
- Disorientation slap
- Spinning backfist
- Spinning elbow

- **Kicks/knees**

- Defensive back kick with a spin (jab set-up)
- Axe kick to downed opponent
- Up kick
- Flying knee
- Muay Thai push kick (Teep)

- **Punch & kick defenses**

- One hand punch combination block (from angle)
- Outside defense, thumb out, back of hand
- Haymaker defenses (stick, overhand left)
- High roundhouse kick defense – reflexive, 2 pt., 3 pt.

- **Fall breaks**

- High fall breaks
- Forward roll with distance

- **Sweeps**

- Forward kick
- Heel kick

- **Krav techniques**

- Reverse headlock
- Hair grab from front
- Hair grab from side, pulling to punch or pulling to knee
- Hair grab from opposite side or behind

- **Ground**

- Headlock from side (four variations)
- Guillotine application
- Guillotine defense
- Arm bar
- Guard escape, stacking
- Guard referral, sweep
- Side mount arm lock (Kimura)

- **Knife defenses**

- Side step kick
- Switch kick
- Bailing round house

- **Stick defenses**

- Overhead swing
- Baseball bat swing

- **Handgun defenses**

- Front
- Side of head (left)
- Behind
- Side of head (toward back)
- Side, behind arm
- Behind, walking

updated 1/6/11

