

- **Strikes & kicks**

- Superman punch
- Jump Kicks (Front, back, round house)
- Spinning heel kick
- Spinning heel kick sweep

- **Kick defenses**

- Sliding defense against high round house and spinning heel
- Kick defense for spinning heel kick

- **Ground**

- Rear naked choke application
- Rear naked choke defense
- Arm Triangle
- Triangle choke

- **Takedowns & takedown defenses**

- Simple
- Double leg
- Toe pick
- Sprawl

- **Krav techniques**

- Headlock, spinning to ground
- Headlock, breaking back
- Headlock, attacker jumping on back

- **Knife defenses**

- Over hand
- Under hand
- Straight stab
- Sudden straight stab
- Shank

- **Stick defenses**

- Overhead, off angle

- **Handgun defenses**

- Gun from front, shoulder held or punched
- Gun in front of arm, touching
- Gun from front, pushing into stomach
- Cupping, front (and displacement knee variation)
- Hostage on knees, cupping
- Hostage, mounted
- Hostage, in guard
- Hostage, attacker standing over
- Cupping, right side of head (and round house variation)

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