

ORANGE BELT

ATTACK	STRIKE DEFENSE
Right Top of Head	L. Front Stance / L. High Block Grab / R. Reverse Punch / R. Rear Knee Strike / Judo Takedown
Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Reverse Punch / R. Rear Knee Strike / Judo Takedown
Right Straight Punch	L. Front Stance / L. Inside Block / R. Reverse Punch / R. Rear Knee Strike / Judo Takedown
Right Kick	Dash Back / L. Low Block / R. Rear Roundhouse Kick
Left Top of Head	R. Front Stance / R. High Block Grab / L. Reverse Punch / L. Rear Knee Strike / Judo Takedown
Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Reverse Punch / L. Rear Knee Strike / Judo Takedown
Left Straight Punch	R. Front Stance / R. Inside Block / L. Reverse Punch / L. Rear Knee Strike / Judo Takedown
Left Kick	Dash Back / R. Low Block / L. Rear Roundhouse Kick

ATTACK	GRAB DEFENSE
Rear Choke	Lean Forward / Turn Into Elbow / Knee Strike Groin / Attack
Front Choke	Lean Back / Double Pluck / Knee Strike / Elbow #2
Headlock	Turn Face In / Inside Arm Wrist Grab / Outside Arm Hammer To Groin / Inside Arm Pull Face Back / Attack
Front Bear Hug	Lock Leg With Weaker Leg / Bite Or Headbutt / Strong Leg Knee To Groin
Rear Bear Hug	Step Out Low Horse Stance / Slide Arms Up Body / Outside Arm Wrist Grab / Inside Arm Elbow #5 / Hammer Groin / Elbow #6
Same Side Wrist Grab	Hitch Hike / Palm Strike / Grab Knee Strike
Opposite Side Wrist Grab	Outside Block Motion Grab Arm / Break Elbow With Opposite Arm / Elbow #3