

## STRIKE DEFENSE

BELT	ATTACK	DEFENSE
WHITE	Right Top of Head	L. Front Stance / L. High Block Grab / R. Reverse Punch / R. Rear Knee Strike
	Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Reverse Punch / R. Rear Knee Strike
	Right Straight Punch	L. Front Stance / L. Inside Block / R. Reverse Punch / L. Low Roundhouse Kick
	Right Kick	Slide Back / L. Low Block / R. Rear Roundhouse Kick
YELLOW	Left Top of Head	R. Front Stance / R. High Block Grab / L. Reverse Punch / L. Rear Knee Strike
	Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Reverse Punch / L. Rear Knee Strike
	Left Straight Punch	R. Front Stance / R. Inside Block / L. Reverse Punch / R. Low Roundhouse Kick
	Left Kick	Slide Back / R. Low Block / L. Rear Roundhouse Kick
PURPLE	Right Top of Head	L. Front Stance / L. High Block Grab / R. Reverse Punch / R. Rear Knee Strike / R. Elbow Strike #2 / Judo Takedown
	Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Reverse Punch / R. Rear Knee Strike / R. Elbow Strike #2 / Judo Takedown
	Right Straight Punch	L. Front Stance / L. Inside Block / R. Reverse Punch / L. Low Roundhouse Kick / R. Knee Strike
	Right Kick	R. Front Side Step / R. Rear Snap Kick OR R. Rear Spin Kick
ORANGE	Left Top of Head	R. Front Stance / R. High Block Grab / L. Reverse Punch / L. Rear Knee Strike / L. Elbow Strike #2 / Judo Takedown
	Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Reverse Punch / L. Rear Knee Strike / L. Elbow Strike #2 / Judo Takedown
	Left Straight Punch	R. Front Stance / R. Inside Block / L. Reverse Punch / R. Low Roundhouse Kick / L. Knee Strike
	Left Kick	L. Front Side Step / L. Rear Snap Kick OR L. Rear Spin Kick
GREEN	Right Top of Head	L. Front Stance / L. High Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
	Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
	Right Straight Punch	L. Fighting Stance / R. Bicycle Block / R. Rear Backfist / R. Rear Knee Strike / Judo Takedown / Arm Bar Break
	Right Kick	R. Front Stance Side Step / L. Backfist / R. Spinning Backfist
BLUE	Left Top of Head	R. Front Stance / R. High Block Grab / L. Palm Strike / L. Knee Strike / Judo Takedown / Arm Bar Break
	Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Palm Strike / L. Knee Strike / Judo Takedown / Arm Bar Break
	Left Straight Punch	R. Fighting Stance / L. Bicycle Block / L. Rear Backfist / L. Rear Knee Strike / Judo Takedown / Arm Bar Break
	Left Kick	L. Front Stance Side Step / R. Backfist / L. Spinning Backfist
BROWN	R./L. Top of Head	L. Front Stance / High X Block Grab / R. Knee Strike / Spinning Arm Lock / R. Scoop Kick
	R./L. Side of Head	L. Front Stance / L. Outside Arm Lock / R. Palm Strike / R. Throat Grab Judo Takedown / Ground n' Pound
	R./L. Straight Punch	L. Front Stance / L. Parry In / R. Ridgehand Strike / Judo Sweep / Arm Bar Break
	R./L. Round Kick	R. Side Step / L. Leg Grab / R. Punch x 2 / R. Throat Grab Takedown / R. Ground Punch x 2 / Ankle Lock
RED	R./L. Top of Head	L. Front Stance / R. High Block Grab / L. Punch / L. Wrist Grab / Scissor Leg Takedown / Ground Strike
	R./L. Side of Head	R. Side Step / Left Outside Grab / Spinning Shoulder Takedown / Arm Bar Break
	R./L. Straight Punch	L. Side Stance / L. Scissor Elbow Break / Reverse Kimora Takedown
	R./L. Round Kick	Spin Leg Sweep

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