

## STRIKE DEFENSE

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

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