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SELF-DEFENSE

SELF-DEFENSE TECHNIQUES

Quick Reference Sheet

White Belt:	1, 2 & 3 - LEFT
Yellow Stripe:	4 & 5 - LEFT
Yellow Belt:	1 & 2 - RIGHT
Green Stripe:	3, 4 & 5 - RIGHT
Green Belt:	Bear Hug from Behind #1 Headlock Lapel Grab #1
Blue Stripe:	Bear Hug from Behind #2 Lapel Grab #2 Handshake
Blue Belt:	Front Bear Hug Lapel Grab #3 Twin Wrist Grab from Behind #1
Red Stripe:	Twin Wrist Grab from the Front Cross Grab Right Wrist Twin Wrist Grab from Behind #2
Black Stripe:	ALL PREVIOUS TECHNIQUES

WHITE BELT to YELLOW STRIPE

Attack: Opponent Straight Grab the Left Wrist.

Self-Defense:

1. Make a strong left knife hand, and then grab the opponent's right wrist with your right hand. Move the left foot to the left forming a left walking stance, while pulling the opponent off balance. Step with the right foot to get behind the opponent while pulling their arm over your head. Then step left foot back behind them while pulling their arm up their own back. Release the left hand off their arm, but keeping the right hand holding the arm. Grab the opponent's shoulder with the left hand, then while kicking the opponent behind the right knee with the left foot; (inward pressing kick), pull the opponent down with the left hand. Follow the opponent down landing on your right knee. Place the left hand of the opponent's right shoulder. Then execute a right punch.

2. Step right foot forward forming a left L-stance while striking the opponent's right upper forearm with your right outer forearm. Then execute a right knife hand outward strike.

3. Make a strong left knife hand, and then grab the opponent's right wrist with your right hand. Move the left foot to the left forming a left walking stance, while pulling the opponent off balance, then step through with the right foot pulling the arm over your head. Grab the opponent's hand in a locking motion, folding their wrist at them. Follow the opponent down with the right knee. Press the opponent's wrist in a breaking motion.

YELLOW STRIPE to YELLOW BELT

Attack: Opponent Straight Grab the Left Wrist.

Self-Defense:

4. Rotate your left hand counter clockwise until your palm faces you then take a hold of the opponent's wrist while stepping into a left walking stance forward 45 degrees then execute a right leg sweep at the same time execute a right reverse knife hand strike. Follow the opponent down to the ground landing on the right knee then place the opponent's right wrist on your left knee with your left hand then execute a right punch.

5. Rotate your left hand counter clockwise until your palm faces you then with the right hand reach under the opponent's right wrist, and grab their right thumb and wrist, at the same time step back with the left foot to form a L-stance. Step to the right with the left foot bringing the opponent's arm over your head. Pull the opponent down landing on your right knee, then pull the left hand out and place it on the opponent's right elbow. Execute a right punch.

YELLOW BELT to GREEN STRIPE

Attack: Opponent Straight Grab the Right Wrist.

Self-Defense:

1. Step left foot back pulling away from the opponent. Vigorously pull the right wrist out of the hold while crossing your wrists. Then slide back in executing a right outward knife hand strike to the neck.

2. Swing both arms outward, and up in a fast motion, then step forward into a right walking stance while executing a right upper elbow strike. At the same time bring the left fist near the right biceps.

GREEN STRIPE to GREEN BELT

Attack: Opponent Straight Grab the Right Wrist.

Self-Defense:

3. Swing your right hand out counter clockwise while pulling the opponent's hand into your chest. Grab the opponent's hand with your left hand, and then let go with the right. Put your right hand on the opponent triceps muscle, and pull inward.

4. Step to the right with your right foot, at the same time grab the opponent's wrist and arm with both of your hands. Your palms should be facing up. Step left foot back behind the opponent while bringing their arm over your head, and then up their back. Sweep them down forward while keeping a hold on them. Follow them down, and then crank their arm up their back.

5. Rotate your right hand clockwise until your palm faces you. Then reach under the opponent's left wrist, and grab their thumb and wrist. Step to the left with the left foot bringing the opponent's arm over your head. Pull the opponent down landing on your left knee, then pull the right hand out and place it on the opponent's left elbow. Execute a left punch.

GREEN BELT to BLUE STRIPE

1. **Attack:** Bear Hug from Behind #1

Self-Defense: Jump down into a sitting stance while attacking with the glut muscles. Reach through your legs grabbing the left foot of the opponent. Pull the leg for a take down, and then kick to stomach or groin.

2. **Attack:** Headlock

Self-Defense: Reach up behind the opponent to grab the hair. Grab the opponent's leg also. Pull the opponent's hair, and lift the opponent with the other hand for a take down. Execute a right punch.

3. **Attack:** Lapel Grab #1

Self-Defense: Execute a right front kick. Reach over to grab the opponent's right hand with both of your hands. Step to the right with your left foot while rotating the opponent's wrist. Press down on the opponent's elbow with your left elbow. Execute a left back snap kick.

BLUE STRIPE to BLUE BELT

1. **Attack:** Bear Hug from Behind #2

Self-Defense: Grab the both hands of the opponent. Execute a right stomp to the opponent's right foot. Step back with the right foot, and grab the opponent's legs with both hands. Take the opponent down. Execute a left punch.

2. **Attack:** Lapel Grab #2

Self-Defense: Reach your hands above your head. Interlock your fingers. Step right foot back while striking down on the opponent's forearms. Execute a right punch, then a right 180 mid-air back kick.

3. **Attack:** Handshake

Self-Defense: Step left foot into the opponent while grabbing under the arm of the opponent. Press up and forward on the opponent's wrist.

BLUE BELT to RED STRIPE

1. **Attack:** Front Bear Hug

Self-Defense: Grab the opponent's belt. Execute a right knee strike to the groin, followed by a right knee strike to the stomach. Execute a right elbow downward strike, following the opponent down on your right knee.

2. **Attack:** Lapel Grab #3

Self-Defense: Weave the right hand in between the opponent's arms. Grab your left hand. Pull out of the hold. Execute a right reverse knife-hand strike.

3. **Attack:** Twin Wrist Grab from Behind #1

Self-Defense: Grab the opponent's wrists. Execute a right back snap kick to the opponent's right knee. Step right foot back while bringing the opponent's right arm over their head. Sweep them down. Spin counterclockwise; do not let go of their left wrist. Execute a left side pressing kick.

RED STRIPE to RED BELT

1. **Attack:** Twin Wrist Grab from the Front

Self-Defense: Right low front kick, bring both hands outward, and upward until you smash the opponent's wrists together. Take control of the opponent's wrists, and then pull their arms down while breaking the thumbs over your right knee. Step to the left while placing the opponent's right arm across their chest. Step under the opponent's left arm to get their right wrist behind their left triceps for a break.

2. **Attack:** Cross Grab Right Wrist

Self-Defense: Right low front kick, rotate the right hand clockwise to take control of the opponent's wrist at the same time using the left hand to control the wrist. Hold tight, and apply pressure downward.

3. **Attack:** Twin Wrist Grab from Behind # 2

Self-Defense: Stomp on the opponent's left foot. Bring both arms out and up. Grab the opponent's right wrist with your left hand. Step left foot back, and to the left while pulling the opponent's body over. Right front kick to the mid-section.

RED BELT to BLACK STRIPE

All previous techniques from White Belt to Red Belt