Intermediates

Self Defense: Cycle 2

**Cross Wrist Escape** (assuming a Right hand to Right Wrist Grab)

Roll right hand under opponent's right wrist so your pinky finger is on the outside of their wrist. Pivot your right hand to grab opponent's right wrist. Take a step (left foot) to the side of your opponent and place your left hand on opponent's right upper arm/tricep. Raise opponent's right wrist while pushing down on upper arm to bend them forward. (Opponent should protect face) Right front kick to opponent's face (while they are bent at waist)

**Palm Heel**

Opponent will grab your throat/collar/shoulders

With left hand grab opponent’s right wrist. Take your right palm, strike them across the chin, and continue to the right side of their face. Reach your right hand around the back of their head/neck hooking their head/neck. Pull your opponent forward and down. While pulling them down, execute three right knees to their face / chest.

**Front Bear Hug Escape**

Opponent will grab you in a face-to-face bear hug. Base out to a horse stance and chamber both hands in palm heel position. Strike your opponent to the area between the hips and the ribs with a loud Kia, pushing them backwards.