

Tiny Tigers Self-defense

Module One

First Tip:

- 1) Double Snake Circle
 - a. Grab both wrists
 - b. One foot step forward. Snake circle inside
 - c. Strike to neck. or;
 - d. One foot step forward. Snake circle outside
 - e. Strike to neck.

Second Tip:

- 2) Combinations and Review

Module Two

First Tip:

- 3) Elbow to Elbow
 - a. Same side wrist grab
 - b. Same side foot step inside opponent. Opposable thumb release, elbow sideways, and chop to neck.

Second Tip:

- 4) Combinations and review

Module Three

First Tip

- 1) Two hand front choke (arms straight)
 - a. Left hand reach over and grab opponent's left wrist
 - b. Right arm swings over and down trapping opponent's wrists under your armpit

Second Tip:

- 2) Combinations and review

Module Four

- 3) Head lock from front

- a. Inside hand strike to opponent's groin or inner thigh

Second Tip:

- 4) Combinations and Review

Module Five

First Tip:

- 1) Brush
 - a. Rear hand punch
 - b. Same side hand brush

Second Tip:

- 2) Brush
 - a. Attacker: Rear hand punch
 - b. Defender: Same side hand brush, while same side foot step forward and outside opponent.
Defender: Brush against multiple punches

Module Six

First Tip:

- 1) Chest grab
 - a. Grab opponents shirt under elbow and pull to your hip

Second Tip:

- 2) Combinations and review

Module Seven

First Tip:

- 1) Overhead strike "X" block wrist

Second Tip:

- 2) Combinations and Review

Module Eight

First Tip:

- 1) Two hands grab one wrist
 - a. Clap hands together and circle over opponent's wrists

Second Tip:

- 2) Combinations and Review