

SECOND DEGREE BLACK BELT SYLLABUS SELF DEFENCE:

***1. BEGGING HANDS:**

Front two hand grab to wrists..

2. THRUSTING WEDGE:

Front attempted strangle.

***3. FLASHING WINGS:**

Front right straight step thru punch.

4. HUGGING PENDULUM:

Front right thrusting knife edge kick.

5. REPEATED DEVASTATION:

Full nelson.

6. ENTANGLED WING:

Front arm lock..

7. DEFYING THE STORM:

Front right step thru round house club attack.

8. RAKING MACE:

Front two hand lapel grab, pulling in.

9. SNAKING TALON:

Front two hand push.

***10. SHIELD AND MACE:**

Front right step thru straight punch.

11. RETREATING PENDULUM:

Front right kick.

12. TRIPPING ARROW:

Front bear hug, arms free.

13. FALLEN CROSS:

Rear two hand choke.

***14. RETURNING STORM:**

Front inward round house back hand club.

15. CROSSED TWIGS:

Rear two hand grab to wrists.

16. TWIST OF FATE:

Front two hand push.

***17. FLASHING MACE:**

Front right step thru punch.

18. GIFT OF DESTINY:

Front handshake.

19. WINGS OF SILK:

Rear two-arm armlock.

***20. GRIPPING TALON:**

Front two hand wrist grab..

21. GATHERING CLOUDS:

Front right step thru straight punch.

***22. DESTRUCTIVE TWINS:**

Front two hand choke, pulling in.

23. BROKEN RAM:

Front tackle.

***24. CIRCLING THE HORIZON:**

Front right step thru punch.

SETS:

ALL NUMBER ONE SETS.

FORMS:

FORM FIVE.

OWN FORM.