

THIRD DEGREE BLACK BELT SYLLABUS SELF DEFENCE:

***1. OBSCURE CLAWS:**

Right flank left hand shoulder grab.

2. ENCOUNTER WITH DANGER:

Front two hand push.

***3. CIRCLING DESTRUCTION:**

Front left straight step thru punch.

4. DETOUR FROM DOOM:

Front right round house kick.

5. SQUATTING SACRIFICE:

Rear bear hug, arms free.

***6. ESCAPE FROM DEATH:**

Rear right arm choke.

7. BRUSHING THE STORM:

Right flank right step thru over head club attack.
club.

8. MENACING TWIRL:

Rear left hand belt grab.

***9. LEAP FROM DANGER:**

Rear two hand push.

10. CIRCLES OF PROTECTION:

Front right step thru over head punch.

***11. CIRCLE OF DOOM:**

Front right straight kick.

12. BROKEN GIFT:

Front hand shake.

***13. HEAVENLY ASCENT:**

Front two hand choke, arms straight.

14. CAPTURING THE STORM:

Front right step thru over head club.

15. CONQUERING SHIELD:

Front left stiff arm lapel grab.

16. TAMING THE MACE:

Front right step thru punch.

17. TWIRLING SACRIFICE:

Full nelson.

18. CROSS OF DEATH:

Front two hand cross choke.

19. SECURING THE STORM:

Front right step thru round house
club.

20. INTERCEPTING THE RAM:

Front tackle.

21. KNEEL OF COMPULSION:

Right flank right step thru straight
punch.

22. CLIPPING THE STORM:

Front right thrusting club.

23. GLANCING WING:

Front left upper cut punch.

***24. THE BACK BREAKER:**

Right flank right step thru punch.

SETS:

ALL NUMBER TWO SETS.

FORMS:

FORM SIX.
OWN FORM.