



# ONE STEP SELF DEFENCE EXERCISE

## *Exercise Number One*

- 1. Attacker grabs defenders left wrist.*
2. Defender turns body and right foot to the right into forward stance.
3. Twist down with the left hand (open handed) and at the same time grab the attacker's Right wrist with the right hand.
4. Grasping the attacker's right wrist with both hands, then Step under the attacker's right arm with the left foot, now lift and straighten the attackers arm before bringing the attacker's elbow down onto your left shoulder.
5. Now strikes using your Left elbow rearward into the attacker's stomach, now bring left hand back to grab the attacker's right wrist. Continue stepping through with the left foot under the attacker's right arm, then placing the right foot back in standing stance.
6. Keeping hold of the attacker's right wrist with both hands whilst twisting in an anti-clockwise direction into back stance.
7. Now move into forward stance whilst using your right hand, strike the side of the attackers neck using knife hand strike.



# ONE STEP SELF DEFENCE EXERCISE

## *Exercise Number Two*

- 1. Attacker grabs defenders left wrist.*
2. Move the left foot to the attacker's right foot (toe to toe).
3. Push left hand downwards and twist in a clockwise direction, at the same time grabbing the attacker's right wrist with the right hand.
4. Grabbing the attacker's left wrist with both hands, the defender turns their body in clockwise direction 360° under the attacker's left arm, until the defenders right shoulder is behind the attackers right shoulder. The attacker's right arm should now be bent backwards with the attacker's hand behind their shoulder.
5. Move the defenders right foot behind the attacker's right leg until placed between the attacker's legs.
6. Pull down on the attacker's right wrist bringing the attacker to the floor.
7. The attacker's right hand is to be tucked beneath their shoulder.
8. The defender places the left hand onto the attacker's right elbow, then punch downwards towards the face.



# ONE STEP SELF DEFENCE EXERCISE

## *Exercise Number Three*

- 1. Attacker grabbing defenders left shoulder with the right hand.*
2. The defender grabs the attacker's right hand with the left hand.
3. Right elbow strike to the attacker's face.
4. Continue holding the attacker's wrist, whilst moving left foot back to take the attacker off balance, step back with the right foot, twisting the attacker's wrist in a clockwise direction until palm is uppermost, bend the wrist towards the attacker.
5. Defender completes a right front kick to the face then Left crescent kick over attacker's arm.
6. Finish kick with attacker's right arm between defender legs with the defenders back facing the attacker.
7. Break attacker's elbow against left knee.
9. Defender to lift right leg over the attacker's arm, whilst Still holding the wrist.
10. Right fist ready to punch.



# ONE STEP SELF DEFENCE EXERCISE

## *Exercise Number Four*

- 1. Attacker grabs front of defender uniform with both Hands.*
2. The defender pushes down on the pressure point within the right inner elbow.
3. Defender uses right palm strike to attacker's chin between the arms.
4. The defender moves the right foot past the right side of the attacker to a wide horse-riding stance. Move the right arm around the waist of the attacker, and then place the right hip behind the attacker's lower back.
5. Throw the attacker over the hip, whilst twisting the attacker's right wrist in an anti-clockwise direction, so that the attacker's left elbow is pressed against the defenders left knee.
6. Right punch to the attacker's face.



# ONE STEP SELF DEFENCE EXERCISE

## *Exercise Number Five*

- 1. Attacker applies a headlock with the right arm on the defender.*
2. The defender using the right hand grabs the attacker's left wrist and pull inwards.
3. The defenders places left arm around the attackers back until grasping the left elbow (around the bicep area), holding firmly against the attacker's body.
4. With the right hand strike the attackers groin, then grab and pull downward.
5. Now move left arm under the attackers chin then bend the left arm so as to hold the attacker's head.
6. Then use right elbow strike to the attacker's sternum area.