



# HOUSE OF DISCIPLINE'S **TRADITIONAL SELF-DEFENSE TECHNIQUES**



(Year 2007)

*These nine techniques are designed to help the student to visualize an attack and develop a natural reaction to a certain technique. In this particular series, the attack will come from a grab. As with all of the step training in the House of Discipline, these techniques are just a starting point from which to develop many wonderful and effective techniques and counters.*

- 1. CORN:** the attacker has two hand grab to the front throat. Accept the praying hands position and strike into the solar plexus, followed by a palm heel strike to the face of the attacker, make Kiap.
- 2. CARROTS:** the attacker has two hand collar grab, reach across and secure attacker's hand, execute finger jab to throat and make Kiap.
- 3. PEAS:** the attacker cross-grabs your left shoulder to spin you around. Turn to the left, with arms high to protect your hear, loop your left arm around attacker's arm and execute a palm heel strike to the midsection of the attacker, followed by a knee to the stomach, and then a dropping elbow to the back of the neck and make Kiap.
- 4. POTATOES:** the attacker has rear bear hug arms free, step Into deep horse stance, bend downward reaching between your legs and grab your opponents leg. Pull his leg through Yours will you are standing back up, twist and do side thrust kick to the attacker's groin and make Kiap.
- 5. LETTUCE:** attacker has front double hand choke hold while you are lying on your back. Grab the wrist on the outside arm.. Roll your body onto your side so you are facing your opponent.. Bring the knee closest to the ground up into their stomach.. Swing the other leg up over their head and lock under the chin, now Straighten the leg our while holding tight on the arm.. Now kick to the face.
- 6. SPINACH:** the attacker has one hand collar grab. Secure attacker's offending hand while stepping to the rear, use free arm to support in twisting the attacker's arm clockwise, Then do knee and a front snap kick to the face of the attacker and make Kiap.
- 7. CABBAGE:** the attacker has side headlock, Step you balance. with the inside hand, reach back and up to attacker's hair and pull.. Then use the other hand to do hammer fist into the groin and while screaming.
- 8. TOMATOES:** attacker grabs your opposite wrist. Open hand wide, bend your arm and turn your hand so you can look at your palm. Step back with the same side as the arm they grabbed, pull with one hand and push the elbow with the other to take then down to the ground.
- 9. BEANS:** attacker grabs your opposite wrist. Open hand wide, bend your arm and turn your hand so you can look at your palm. Step back with the same side as the arm they grabbed, use other hand to press the pressure point just above the elbow. When attackers arm bend, pull down on the elbow, while pushing their arm towards their same shoulder.