ESSENTIAL
Self-Defense & Fitness
Teens & Adults!

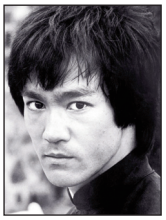
The ESSENTIALS are highlighted in green!

SELF-DEFENSE

1. Cat Stance Front Snap Kick
2. Guard Stance Front Kick
3. Jump Front Kick
4. Windmill Block—Side Snap Kick (or) Knee
5. Arms Free Front Bearhug
6. Arms Pinned Front Bearhug
7. Crossing Talon *(right to right wrist grab)*
8. Hard Style Outward Block—Front Kick
9. Hard Style Upward Block—Front Kick
10. Side Bearhug
11. Shuffle Side Snap Kick
12. Shuffle Side Snap Kick—Backfist
13. Cat Stance Back Kick
14. Crossing Back Kick
15. Spinning Back Kick
16. Passing the Horizon *(right rear arm lock)*
17. Fan Block—Ridge Hand
18. Hard Style Inward Block—Hammerfist & Backfist
19. Three (3) Knife Hands
20. Aiming the Spear *(left to right shirt grab)*
21. Wedge *(2 hand throat grab)*
22. Roundhouse Kick
23. Jump Roundhouse Kick
24. Right Front Kick—Left Roundhouse Kick
25. Headlock—Grab Punch
26. Headlock—Drop Ridge Hand
27. Dancer *(duck under rear 2 hand choke)*
28. Crash of the Eagle *(swing arm over rear 2 hand choke)*
29. Japanese Headlock *(1 arm rear choke)*
30. Sweeping Wrist Hooks
31. Double Knife Hand Blocks—Stomp—Hammerfist
32. Two (2) Smother Blocks & Front Kick
33. Palm Heel & Leg Take Down
34. Palm Heel—Push Knee & Roll Over
35. Soft Style Upward & Smother Block—Hammerfist
36. Side Thrust Kick
37. Shuffle Low—High Kick
38. Inverted Reverse Punch
39. Reverse Punch
40. Grab inverted reverse & reverse punch side kick combo
41. Rising Heel
42. Full Nelson
43. Advanced Heel Stomp
44. Jump Spinning Back Kick
45. Hard Style Upward Block—Knee
46. Hard Style Downward Block—Knee
47. Snapping Elbow
48. Covering Talon *(2 hand shirt grab: front kick-elbow)*
49. Kimono Grab *(2 hand shirt grab: front kick–break elbow–knife hand)*

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."

— Bruce Lee



Bruce Lee

Fitness

Key: Exercise … #1—Cardio/Full Body … #2—Upper/Lower Body … #3—Core/Abs

1. Burpees
2. Pushups
3. Planks

1. Jumping Jacks
2. Hipsters
3. Plank Taps

1. Mountain Climbers
2. Squats
3. Alternating V-ups

1. High Knees
2. Spiderman Climb Pushups
3. Crunches

1. Inchworms
2. Dirty Dogs
3. Bodysaw

1. Screaches
2. Lunges
3. Reverse Crunches

1. Jump Squats
2. Dive Bombers
3. Bicycles

1. X-Climbers
2. Low Squat Punches
3. Side Planks

1. Skaters
2. Close Pushups
3. Spiderman Climbs

1. Stationary Lunges
2. Up-Downs
3. Flutter Kicks

"You can get a great workout in a 10x10 space using just your own body weight."

— Coach Rhonda

Coach Rhonda

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