

SIDE CLUB #1

As you begin training to defend against weapons, remember what kind of weapon you're up against. A club can be a stick, bat, or pipe, and the opponent is going to use its reach to try and harm you. Be sure to step-glide in close when practicing club techniques, so you block the arm and not the club.

Start in Horse Stance with hands on guard. As opponent attacks, step-glide forward with right foot and pivot to face 9:00 in Left Half Moon Stance. Execute Double Shuto Block. Face opponent and deliver Double Downward Shutos to collar bones. Grab opponent's head and pull down into a Left Rising Knee.

