

COMBINATION #19

*Defense against: **Straight punch to face.***

Combination 19 doesn't mess around. If the first kick doesn't stop the fight, the rest of the technique is designed to keep it quick and get you in and out.

Start in Right Fighting Stance. As opponent attacks, execute #2 Helping Hand Block, quickly followed by Right Front Instep Kick to groin, stepping forward into Right Fighting Stance. Deliver Right Cross Shuto to neck, then Left Shuto to neck. Wrap behind opponent's head with your left hand and bend opponent over to your right side. Right Downward Elbow to back of neck. Sandwich opponent's head with Right Downward Palm to back of head and Right Rising Knee to face, then step back on guard.