

COMBINATION #5

Defense against: Hook punch to head.

The techniques you are learning at Orange Belt are all defenses against the most common strike on the streets: the hook punch (haymaker). Combination 5 has a unique block, and you will soon discover more applications for it. The Side Kick is also a key component to this technique. Whether you find yourself in close or at a comfortable distance, the Side Kick can be a devastating finisher.

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot and pivot to face 9:00 in Left Fighting Stance. Position your right hand in a Chicken Wrist and your left hand in vertical Shuto position, connected at the forearms in an "X", and block with your forearms. Deliver Right Cross Chicken Wrist to nose. Right Side Kick to floating ribs, then cross and on guard.