

PUSH DEFENSE

*Defense against: **One- or two-handed push or shove.***

*Sometimes the best block is to not be there.
Be sure to practice both sides.*

Start in Neutral Stance. As opponent steps in to push you, Hinge Step backward with left leg and deflect opponent's left arm with #3 Palm Block.

GREEN BELTS AND ABOVE:

Latch on to opponent's right hand with your left hand on top and right hand on bottom. Step through 180 degrees counterclockwise with left foot and execute a Sup Lock, taking opponent to the ground.