

SIDE CLUB #1

*Defense against: **Single arm inward horizontal swing with a club.***

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 start from a realistic distance, and step-glide in close when practicing club techniques to block the arm and not the club. Even if you get clipped by the weapon, ignore the painful mistake and get the job done without hesitation.

Start in Right Fighting Stance. As opponent attacks, step-glide forward with right foot and pivot to face 9:00 in Left Fighting Stance. Execute Double Sword Arm Block. Face opponent and deliver Double Downward Shutos to collar bones. Grab the back of opponent's neck and pull down into a Left Rising Knee to solar plexus or groin.