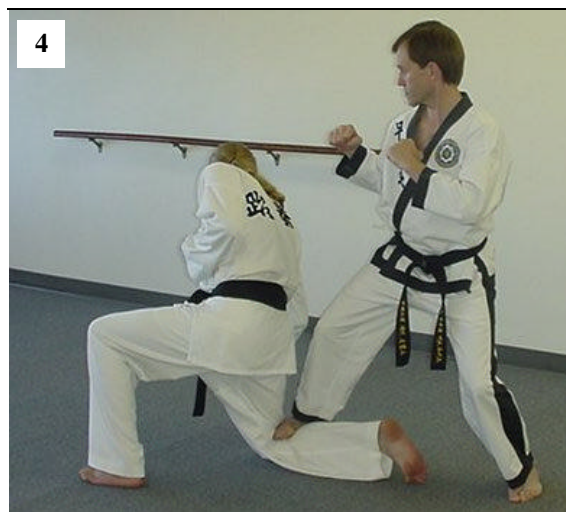


### Defense Against a Punch 3:

The defender moves to the outside of the punch forty-five degrees and blocks with a knife hand block, then delivers a reverse punch to the ribs. From here chamber the right leg and deliver a side kick to the knee driving the opponent down. Finally, the defender delivers a side knife hand to the back of the attacker's neck with the right hand followed by a downward left knife hand strike to the neck.



### Rear Bear Hug Defense 1:

As the person reaches around to put you into a rear bear hug drop your center of gravity and raise both arms to break away from the grab. Next step back with the left foot and drive a left elbow strike into the attacker's solar plexus. Then strike to the face with a left back fist. Finally, finish with a forward knife hand strike to the neck with the right hand followed by an elbow strike to the throat.



### Rear Bear Hug Defense 2:

In this set the attacker has already gotten you in a rear bear hug. First with the left leg chamber and stomp down onto the top of the opponent's foot. Then drop your center of gravity and raise both arms to break away from the grab. Next strike to the attacker's face with a back fist. Now grab the person's wrist and step behind their legs with your right leg while sweeping your right arm across their neck tilting their head back to complete the take down. Finally, finish by driving a punch down into the floating ribs.



### Rear Bear Hug Defense 3:

In this set the attacker is starting to reach under the arms to grab in a rear bear hug. The defender first strikes with the right elbow then the left elbow to the attacker's temple. Next he grabs the attacker's hair pulling back while preparing and delivering a knife hand strike to the throat.

