

BLACK PAW 黒足武道  
MARTIAL ARTS ACADEMY

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# Application 2.1

Attacker

Defender

Right hand chest level punch

Kake Uke with left hand

Grab attackers right hand with left hand

Right hand Kakie Uke hook behind attackers right side neck

Pull forward as right knee strikes into stomach

Right leg swing behind attacker's right leg, coupled with Right hand Hije Ate (rising elbow strike) to the shoulder.

# Application 2.2

Attacker

Defender

Right hand haymaker punch

Block with outer forearm block. Left to Right Mawashi Uke (open handed round block) to lock the right arm in armpit

Left hand head level punch

While keeping hold of the locked arm, Right hand Mawashi Uke (open handed round block) to lock the other arm, palm heel strike to face whilst right leg steps behind attackers right leg to takedown.