

Goshin Waza - Self Defense Techniques

A. Enter Inside

1. Hook & Elbow, Kaiten Nage
2. Hook & Elbow, Hadaka Shime Ichi
3. Hook & Elbow, Osoto Gari
4. Hook & Elbow, Hijishime
5. Hook & Elbow, Shihonage
6. Double Hook, strike ears, eyes, headbutt, and knee to groin

B. Enter Outside

1. Parry/Hit and Hara Gatame, Katate Tori (only Mirror Stance)
2. PPC, Klaw takedown
3. PPC, Hadaka Shime San
4. Hook & Palm, Ikkajo/Hijikime
5. Hook & Palm, Ude Garamme
6. Hook & Palm, Sokumen
7. Hook & Palm, Sankajo or Kaiten Nage