



Black Belt Self Defense

by 9th Degree Master Danny Lane

5 Ranges of Defense:

1. Grappling 2. Close 3. Medium 4. Long 5. Outside

8 Angles:

4 Linear, 4 angles.

1. Step right, 45 knife hand block, high, center, low punches, snap kick, jump back, spin side, back fist, uppercut, circle and trap arm, web hand, pressure point, outside sweep, arm lock or bar.
2. Step back, high rising block (crane), circle and trap, step back, thrust front kick, cross elbow, spin elbow, back fist, bottom fist, drop to horse, leg grab and pull, kick over leg lock.
3. Step left, outside block or windmill, ball round kick, under punch, sword arm, step under arm bar, bridge, spin and step out the back and arm bar and outside sweep, roll to face and double knee hold.
4. Blend to right, inside block or double block, back fist, over hand left to face, right uppercut, cross left elbow, reverse chop, head wrap, left knee, right down elbow, right knee, spin sword arm throw.
5. Step inside, inside block spinning elbow, upward heel kick to groin, (kick from back to front) neck grab over left shoulder, pull over hip throw, spear hand to throat.
6. Step left, left palm block, ridge hand to neck same time, left upper cut to ribs, right cross elbow to sternum or solar plexus, step sideways spin left elbow to kidney, step behind, down chop, grab take down, kick back of right knee, follow with finishing move.
7. Step right, windmill, right chop, left palm heel, right ridge to groin, roll back fist, bottom fist to groin, upward elbow to chin, right claw, left claw, reverse left claw, right chop, reverse chop to windpipe, left web hand to windpipe, vertical punch, spinning claw to eyes, chop to neck.
8. Against left attack. Step right, windmill block, side snap to knee taking person to ground, right chop to back of neck, hair grab or claw to eyes, pull back head, left ridge to throat, left elbow to head, double spear pressure points to neck, push down and kick.
9. Against left attack, Step right, right inside forearm, triple punch, left round kick to groin, right upper cut, clear left arm by palm blocking it up and attack the ribs with a left cross elbow, spin and elbow to ribs as you pass by to the rear, hair grab with right hand, pull back and full choke, kick knee and take to the ground.
10. Against left attack. Step right, windmill block, grab wrist, round kick groin, forearm strike, arm bar, bend them over, quick change of hands, step out and side kick, lunge in and left cross elbow, block up and right elbow to kidney, snake up over with right and around the arm and trap arm bar, right elbow, spinning elbow, reverse elbow, head wrap, front choke, left hand to chest, back throw, roll up on top and choke.

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