

Kubaton self-defense #1-

1) Attack- Right hand grab to left shoulder-----



2) Defender-kubaton in right hand-----load right hand outside/inside block (hammer fist). Left hand executes an inside/ outside block.



3) Shift right leg forward into a backstance (right foot even with the attacker's Left foot) while Perform a hammerfist strike w/kubaton with right hand to the right shoulder joint of the attacker.



4) Continue moving your right hand into a radical position (corssbody Block) loading your right hand for a low hammerfist.



5) With your right hand perform a hammerfist strike to the left thigh of the attacker



6) While shifting your right leg into a front stance perform a center punch with the left fist to the solar plexus

