



Name \_\_\_\_\_

Month / Year \_\_\_\_\_



# Confidence

## Self Defense—protecting yourself in mind and body

Get together with a partner and practice your defenses to the following attacks:

Wrist Grab	Rear Choke	Shoulder Grab	Bear Hug Over arms
Hook Punch	Headlock	Front Choke	Bear Hug Under arms
Push/Punch	Rear Arm Bar	Choke on Ground	Front Tackle

Use a variety of defenses – form your voice to block and release, to a take-down and finish.

\* EARN A STAR—Perform in front of Mr. Johnson, when you're at your best!

