

Takedown Technique	1Step **
<p>Basic Hip Toss - Left circle block, hold wrist and middle punch, step right leg to their right side placing hip by their hip, grab their waste, twist pulling hand back and down over hip continuing to hold the wrist still.</p>	1
<p>Arm Criss Cross - Left circle block, hold wrist and middle punch, step forward with right leg to his right side, right elbow in face while bringing arm around his arm just under his elbow and grabbing your left wrist forcing their hand to their ear. Once down continue holding wrist and strike under their arm pit.</p>	1
<p>Leg Hook - Left circle block, with middle punch and grab wrist, put your right foot behind his right foot still holding hand dropping to floor, place your left foot just under his knee and push while same time pulling right foot. Then slide towards him and kick in groin.</p>	1
<p>Toss Over On Knees - Left circle block, holding wrist with punch to thigh, drop to one knee with punch keeping shoulders in line with hips, reach behind him with right hand and grab around his left knee, to flip him pull down wrist, lift up leg, and switch knees. Then continue the roll and fall back into a elbow strike to him.</p>	1
<p>Another Hip Toss - Left circle block hold wrist like #1 one step, crescent kick with right leg to ribs and set leg down beside him placing your hip behind his hip, place hand around his stomach, bring down left hand while tossing with hip.</p>	1
<p>Roll Over - #1 One Step with double palm strike to chest, grab collar, sit down and place both feet into his stomach pulling collar and flipping him over you.</p>	1
<p>Neck and Arm Flip - #1 One Step and hold hand, step into straddle chop to neck (#7 One Step), same hand chop opposite side of neck and grab back of neck, step back with right leg. While stepping back bring his head down and blocked arm straight up over his neck flipping him over.</p>	1
<p>Chin Up - #2 One Step then immediatley place left hand behind neck and right hand force chin up while continuously walking forward taking them down. The most uncomfortable take down in my opinion.</p>	2

<p>Knee Down - #7 then with forward right foot hook behind their right ankle and press down on the inside of their shin or knee with your knee dropping them to your left.</p>	7
<p>Arm Lock - step in straddle and block then L stance and chop (like #7 one step), then left hand inside chop to neck again while stepping to opposite side with right leg just past his left side, now spin around with right elbow to chest and place right leg behind his left leg to keep him from going back, sneak right hand under his left arm and bring it up around his shoulder and place hand on his shoulder from behind, grab your wrist with your other hand - so now you have his arm locked between your arms, knee strike to his chest and walk him forward and down dropping to your right knee.</p>	7
<p>Wrist Twist - step to left middle check block and grab hand, round kick to thigh with left leg then place left leg back to forward stance, grab with second hand, twist him around to ground.</p>	8
<p>Break Neck - step out and block like in #8 one step and grab hand. Spin and elbow to spine, continue spinning all the way around standing in back and chop to neck with left hand, after chop grab chin, grab back of head with right hand, step back with left foot and spin head to the left.</p>	8
<p>Leg Sweep with Clothesline - step out and block like in #8 one step and grab hand, spin right and right elbow to spine, reach over him across his neck or chest with right arm and sweep leg.</p>	8
<p>Arm Flip - #8 one step hold wrist and palm strike to ribs, step back around with right foot raising arm up over shoulder and joining wrist with the left hand, rotate arm to flip him.</p>	8
<p>Leg Embrace Left - #8 Block then "while dropping" place both of your feet on both sides of his right foot twisting to your left and forcing his knee to buckle with you. His knee will buckle because you are sweeping his foot to the right while forcing his knee to the left with your right knee.</p>	8
<p>Leg Embrace Right - #8 block then drop down almost as though sitting on his foot, put your right leg straight out between his legs with his foot against your inner thigh and keep your left leg bent with your knee to the left of his knee, this force him over to your right.</p>	8

<p>Under Arm Flip - #8 one step hold wrist and elbow to ribs, raise arm and step under it back to his left side joining the wrist with the other hand, rotate his hand in semi circle back to your knot.</p>	8
<p>Wrist Pull Down - break elbow, right foot kick to groin then place way back into front stance, slide hands down to wrist and pull straight down to floor. Palm strike to back.</p>	8x
<p>Arm Bar with Knee - Same as Arm Bar except instead of forcing him down with your armpit you will use your knee in place of the armpit.</p>	8x
<p>Wrist Down and Over - Step out with left leg to avoid punch and break elbow and hold, Drop to your back (possibly right front kicking him in the face as he is pulled down toward you) then twist your body up around his arm by using your left leg on his elbow to force him completely down. Continue twisting your body to the right up and over his arm and end on your knee over his shoulder/arm.</p>	8x
<p>Wrist Down and Over to the Left - Step out with left leg to avoid punch and break elbow and hold, Drop to your back (possibly right front kicking him in the face as he is pulled down toward you), then wrap your right leg over his elbow and twist to your left bending and locking his arm under you while ending on your knee.</p>	8x
<p>Arm Bar – Step out with left leg to avoid punch and break elbow and hold, left knee to thigh, put arm under pit by twisting arm using your elbow against back of his arm to help rotate. Your back should be against him now while holding his wrist high. Then drop still holding wrist held high.</p>	8x
<p>Elbow Under Armpit - step out to left side to avoid punch, right hand circle block and grab wrist put thumb in position where your thumb will be facing his arm and your fingers holding thumb side of his hand, right round kick to chest and place back where it came from, rotate under his arm with your back to him same time grab with other hand position that thumb the same, step back into him and slide his elbow into your elbow and tuck into your armpit, step forward 2 steps and take hands to ground slightly rotating the hands in front of you.</p>	21

<p>Leg Scissors - Step out with left leg right circle block and grab wrist. Right leg rnd kick and then set that foot down behind his leg ankle to ankle, kneel down on that leg to knee then extend other leg out just under his knee and roll. Then bring that left leg up and axe kick to chest.</p>	21
<p>Body Scissors - Step out with left leg right circle block. Right leg rnd kick and then set that foot down behind his leg leaving your back right up against his side. Drop hands down to floor (but you must keep your body up close or your legs will be too far away to grab him). jump legs up right leg goes behind knees and left leg across chest. Then continue rolling and kick with right leg.</p>	21
<p>Neck and Arm Throw - Step out to left, reverse circle block with right hold hand, chop to back of neck with left hold back of head, step back with right leg fold head down and rotate arm to flip him.</p>	21
<p>Sit on Arm - High cross block, grab elbow with right hand and wrist with left hand, rotate arms to uncross them still holding wrist and elbow, lift right leg over his arm axe kicking his head at same time leaving your upper leg on his upper arm, sit down on arm now holding wrist with both hands. Kick back into his head.</p>	22
<p>Notes:</p>	
<p>** The 1stp field is how I correlate the way the technique begins, ex. If similar to</p>	
<p>the first (1) one step then circle block with left hand and step forward with right leg</p>	
<p>and punch or strike somehow, and then continue with the take down technique.</p>	
<p>One Step 8x - similar to 8 except left palm to elbow and right palm to wrist.</p>	
<p>One Step 21 - Small step to left with Right circle block</p>	
<p>One Step 22 - High Cross Block</p>	