

Number	Attack	Defense
White 1	Grab one wrist	<ol style="list-style-type: none"> 1. Make your restricted hand into a fist 2. Grab your own fist with your other hand and pull it toward you as you step back, pulling against the attacker's thumb
White 2	Grab both wrists	<ol style="list-style-type: none"> 1. Make your hands into knife hands 2. Step back as you pull your hands in a sweeping motion low to high, pulling against the attacker's thumb
Yellow 1	Grab one wrist	<ol style="list-style-type: none"> 1. With the leg closest to the attacker, side kick to the attacker's knee 2. Make your hand into a knife hand and pull it away from the attacker and across your body 3. Then use the hand you just pulled away to deliver a knife hand neck strike
Yellow 2	Grab both wrists	<ol style="list-style-type: none"> 1. Shin kick or front kick between the attacker's legs 2. Step back as you pull your hands in a sweeping motion low to high, pulling against the attacker's thumb 3. Elbow Strike to the attacker's face
Orange 1	Grab the front of one shoulder	<ol style="list-style-type: none"> 1. With the arm being restricted, an outer forearm guarding block against the attacker's arm 2. With the other arm, middle punch to the solar plexus 3. With the same arm as in the first step, palm strike to the attacker's face <p>So alternate arms, LRL or RLR depending on which shoulder is being grabbed</p>
Orange 2	Attacker is standing behind you grabbing both of your shoulders	<ol style="list-style-type: none"> 1. Take a half step forward to get the attacker off balance 2. Shift to the side and with the arm that is closest to the attacker, a hammer fist to the groin 3. Shift your inside leg to the side of the attacker (180 turn) and reverse palm strike to the face
Green 1	Attacker points their finger in your face	<ol style="list-style-type: none"> 1. Trap attacker's hand with your hand 2. Grab attacker's finger with your other hand 3. Bend finger back forcing attacker to their knees 4. Knee strike to the attacker's face
Green 2	Attacker grabs your left lapel (you can reverse the instructions for right)	<ol style="list-style-type: none"> 1. Trap attacker's hand with your left hand 2. Hammer fist to attacker's forearm to break their grip 3. Force your left knee into attacker's right thigh 4. Turn right while still holding attackers arm

		<ol style="list-style-type: none"> 5. Break attacker's elbow over your left shoulder 6. Move attacker's elbow over your right shoulder 7. Sweep attacker down to the ground 8. Deliver a side kick to the attacker's arm pit while pulling on the attacker's arm, dislocating their shoulder
Blue 1	Grab the front of one shoulder	<ol style="list-style-type: none"> 1. Grab their hand with the same hand (right to right) while stepping back with the opposite foot. 2. While still holding on to their hand step back with the other foot. 3. Grab their hand with both of your hands and pull it free from you. 4. While gripping the hand with both of your hands turn their hand palm up with their arm straight. 5. Point their fingers at their elbow and press the hand toward it. 6. After they go to their knees kick in the ribs.
Blue 2	Attacker uses both hand to push you back three times	<ol style="list-style-type: none"> 1. Place your hands over the attacker's hands, positioning your thumbs on the back of their hands, in the middle 1. Turn the attacker's hands around so their palms are facing them, pushing their arms down, and forcing them to the ground 2. Knee to the face <p>Clap your hands over their ears to break their eardrums</p>
Brown 1	Attacker grabs your left wrist with their right hand (can also be reversed)	<ol style="list-style-type: none"> 1. Place your free hand over the top of the attacker's hand, trapping it 2. Rotate your trapped hand under the attacker's forearm and grab it 3. Move your body toward the attacker, causing them to bend their arm 4. Force their arm toward them and down, which will drive the attacker to the ground 5. Kick to the ribs, then crescent kick over their shoulder, while still maintaining your grip on their wrist 6. Break their elbow sideways against the inside of your leg
Brown 2	Attacker is standing next to you with their arm around your neck, they have you in a headlock	<ol style="list-style-type: none"> 1. With your outside hand, deliver a palm strike or hammer fist to the attacker's groin 2. With the inside arm, reach back, up and over your attacker's head, bringing your hand in front of the attacker's face and under their nose 3. Using the pinky finger side of your hand, force the attacker's nose up and back 4. Knife hand strike to the throat, forcing them to the ground 5. Side kick to the head