

Franz Karate Self-Defense Requirements

Assorted by Techniques and Levels of Training

Empty Hand Self Defense Techniques

Wrist Grabs

1. Straight Wrist Grab #1
2. Straight Wrist Grab #2
3. Cross Wrist Grab #1
4. Cross Wrist Grab #2

Lapel Grabs

1. Double Lapel Grab #1
2. Double Lapel Grab #2
3. Single Lapel Grab #1
4. Single Lapel Grab #2

Hair Grab

1. Hair Grab Defense #1
2. Hair Grab Defense #2

Rear Choke

1. Rear Choke Basic
2. Rear Choke Advanced
3. Rear Choke Counter

Head Lock

1. Head Lock Basic
2. Head Lock Advanced
3. Head Lock Counter

Wall Defense

1. Double Lapel Grab
2. Double Lapel Grab Advanced
3. Throat Grab Basic
4. Throat Grab Advanced
5. Arm Lock Basic
6. Arm Lock Advanced

Wrist Manipulations

1. Number one
2. Number two
3. Number three
4. Number four
5. Number five

Throat Grab

1. Double Throat Grab Basic
2. Double Throat Grab Advanced
3. Single Throat Grab Basic
4. Single Throat Grab Advanced

Weapons Defensive Tactics

Knife Defense

1. Held at chest
2. Straight stab
3. X Cross swing
4. Upper Cut Stab
5. At Throat

Gun Defense

1. Aimed at chest
2. Aimed at lower back
3. Aimed at middle back
4. From the draw

Multiple Person Attack

1. Double Wrist Grab
2. Lapel and side attack
3. Two attack from front
4. One attack from front the other from rear
5. Three person attack – 3 Point Defense
6. Four person attack – 4 Point Defense

Traditional Martial Arts Defense Tactics

Front Kick

1. Front Kick block and counter
2. Front Kick takedown
3. Front Kick takedown counter move

Side Kick

1. Side kick block and counter
2. Side kick takedown
3. Side Kick takedown counter move

Roundhouse Kick

1. Back Leg Roundhouse kick block and counter
2. Back Leg Roundhouse kick takedown
3. Front Leg Roundhouse kick block and counter
4. Front Leg Roundhouse kick takedown

Other Defensive Traditional

1. Backfist block and counter
2. Reverse punch block and counter
3. Stepping front punch block and counter

Angle and Application Theory

Two Points, Three Points and Four Points Principles

Theory of ever lasting circle – Shaolin Kung Fu

Force against force – Aikido

Leverage and timing – Judo

Pressure point and vital striking areas and applications