

**Roundhouse kick  
&  
2 straight punches**

# Defending Hook Punches

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# **Defending Knife Attack (360) While Seated**

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# **Defending Knife Threat Seated**

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# **Defending High Straight Stab From The Side**

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# Defending Front Choke

# **Defending Front Kick (Straight)**

# **Side Kick Against Shield**

# **Defending Circular Attack With Stick Type Object**

# Defending Straight Punches

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