

Module #8

Creating Entry leverage is key to our self-defense. Example of an entry are as follows:

- If your desire is to put your opponent into a chicken wing, it could be quite a challenge to grab his/her arm to proceed with a chicken wing, but to make your desire easier, you must first gain an entry point, such as fanning the eyes, jabbing the eyes, punch to the torso, instep kick to the knee or shin, et... the entry as brought you time as your opponent's energy has traveled to the focused area of the attack, thereby leaving you opponent vulnerable to the would be chicken wing.
 1. Entry number one
 2. Entry number two
- The circular passing arm bar
 1. Follow up with kneeling take down
 2. Follow up with right knee