

Warrior Women Self-Defense Course

CHAPTER 2: GUARD

Session 9: Standing up from guard

- Solo preparation: shrimp, kick, pendulum get up, scoot, and standing up in base.
- Standard.
- Knee shield.
- Hands pinned and choke.
- Hips controlled.
- Fake quit trick.
- Game: Practice getting up with partner trapping your hips.
- Review.

Session 10: Punch survival

- Level 1: choke and punch defense.
- Level 1: strikes and achieving an angle.
- Level 2: defense and up kick.
- Level 3.
- Level 4.
- Review.

Session 11: Open guard

- Solo preparation: crunches, upside down spin, hips up and kicks.
- Moving side to side, low kick and up kick.
- Block entry. Break fall and block entry.
- Ankle release. Leg recovery.
- Getting back up.
- Game: Partner standing up in front will try to pass your open guard. No kicks allowed.
- Review.

Session 12: Guard submissions

- Guillotine.
- Sneaky choke.
- Armlock.
- Triangle.
- Bonus: Rear naked choke.
- Review.

