

TIME LINE OF TECHNIQUES on Video 3 (A1)
by Graham Healy (founder HISDA 2000)



2.05 Hammer fist to neck

3.11 Top Fist

4.01 Grab & knee

4.59 Left , Right cross + reaping hook/slap

5.18 left ,Right , 15degree hook , right cross

6.00 Left , Right, Rip , Hook

6.40 Hooking Block, Grab, Rip & Hook Punch

7.31 4 x straight lefts followed by right cross

8.40 Counter to Right Cross (Tap and Slap)

9.19 Crabs claw to Throat

10.48 downward elbow defense in cat stance (front and rear arm)

13.47 30 degree out Knee check against kick-boxer kicks (Front & Rear)

17.20 Front Snap Kick & Left ,Right punching Combos

19.30 Front Kick – Full 90 degree Turning Kick

23.28 Full 90 degree turning kick on its own.

END OF VIDEO 3 (A1)

Completed on 25December 2020

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