

ABCEDARIO DE MANO

SET 7. WRIST HACK (mostly same parries as set 1)

1. (LT) LT MANDIBLE
2. (RT) RT MANDIBLE
3. (G) LT ELBOW NERVE OR (LT) RIBS
4. (G) RT ELBOW NERVE OR (RT) RIBS
5. (LT) GROIN WITH TOP OF WRIST
6. (RT) RT COLLAR BONE
7. (LT HK) LT OBLIQUE
8. (RT) XYPHOID PROCESS
9. (RT) STERNUM OVER HEART
10. (LT) GRAB HEAD, HIT BRIDGE DOWN
11. (LT HK) DOUBLE STRIKE MANDIBLE
12. (RT) RT BRIDGE, LT GROIN

SET 9. FOREARM THRUST HACK

1. (RT) LT SIDE OF NECK THROUGH GUARD
2. (RT) RT SIDE OF NECK
3. (LT) LT RIBS
4. (RT) RT RIBS
5. (RT) LOWER ABS AND BLADDER
6. (RT) RT COLLAR BONE
7. (LT) LIFTING HIT LT RIBS
8. (RT) PLEXUS
9. (LT) HEART
10. (RT) FOREHEAD
11. (G) RT, LT CORNER OF EYES
12. (RT) RT HIGH, LT LOW

SET 11. EYE JAB (PARRIES MOSTLY LIKE SET 1)

1. (LT) DOUBLE PARRY, LT THUMB GOUGE
2. (RT) LT PARRY, RT WHIP
3. (LT) DOUBLE PARRY, DROPPING EYE JAB
4. (RT) TRIPLE PARRY, TRIPLE WHIP
5. (LT HK) LT EYES, RT SLAP GROIN
6. (RT) LT THUMB GOUGE AS "6" HITS
7. (LT HK) LT DROPS AS "7" PARRY
8. (RT) LT THUMB GOUGE AS "8" HITS
9. (RT) LT SINGLE PARRY, RT DROPPING EYE JAB
10. (LT HK) LT GRABS HEAD, RT DROPPING EYE JAB
11. (LT) LT, RT DOUBLE WHIP
12. (RT) RT EYES, LT BACK HAND GROIN

SET 8. REVERSE WRIST HACK

1. (RT) RT MANDIBLE
2. (LT) LT MANDIBLE
3. (G) RT ELBOW NERVE OR (RT) RIBS
4. (G) LT ELBOW NERVE OR (LT) RIBS
5. (RT) REVERSE HIT TO GROIN
6. (LT) LT COLLAR BONE
7. (RT) RT OBLIQUE
8. (RT) STERNUM OVER HEART
9. (RT) XYPHOID PROCESS
10. (RT) GROIN HIT WITH TAKEOFF
11. (RT HK) DOUBLE HIT RT, LT GROIN
12. (LT) LT BRIDGE, RT GROIN

SET 10. CUT HACK

1. (G) LT SIDE OF NECK
2. (G) RT SIDE OF NECK
3. (LT) LT RIBS OR (RT) ELBOW NERVE
4. (RT) RT RIBS OR (LT) ELBOW NERVE
5. (RT HK) BLADDER
6. (RT) RT COLLAR BONE
7. LT JAMS GUARD, LT THIGH
8. (RT) PLEXUS
9. (RT) HEART
10. (RT) UNDER NOSE
11. (G) RT, LT CORNER OF EYES
12. (RT) RT HIGH, LT LOW

SET 12. KICK

1. REVERSE ROUNDHOUSE
2. SIPA
3. FRONT
4. FORWARD ROUNDHOUSE
5. SIDE
6. OUTSIDE CUT
7. INSIDE CUT
8. OUTSIDE HOOK
9. INSIDE HOOK
10. OUTSIDE STOMP
11. INSIDE STOMP
12. BACKKICK