

Dirty Dozen

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1. Right palm strike to forehead
2. Left palm strike to chin
3. Right knife hand (reverse/hi) to ukes left neck
4. Left knife hand (reverse/hi) to ukes right neck
5. Right kongo to clavicle or side of head
6. Left fudo – suigetso
7. Right elbow strike – rib-cage
8. Left elbow strike – rib-cage
9. Double head grab, palm strike upwards hook back of head, pull uke into head-butt
10. Maintain head / knee spike to gut
11. Immediately following knee to gut, drop foot into instep kick – ride his knee outwards
12. Forearm guide – turn uke around (so his back is to Tori)
13. Forearm guide- turn into jaw tilt head lever
14. Then into head lock
15. Jaw tilt
16. Right elbow to ukes right side of head / neck
17. Right hammer fist to ukes left kidney
18. Right hammer fist to ukes left side of head
19. Left elbow to ukes left side of head / neck
20. Left hammer fist to ukes right kidney
21. Left hammer-fist to ukes rights side of head
22. Jaw tilt / head lift from rear (both arms) support forearms vertically on ukes back (knee to spine) (kick to groin)
23. Knee down – instep kick to ukes rear of knee driving uke to ground
24. Heel kick to Achilles tendon.