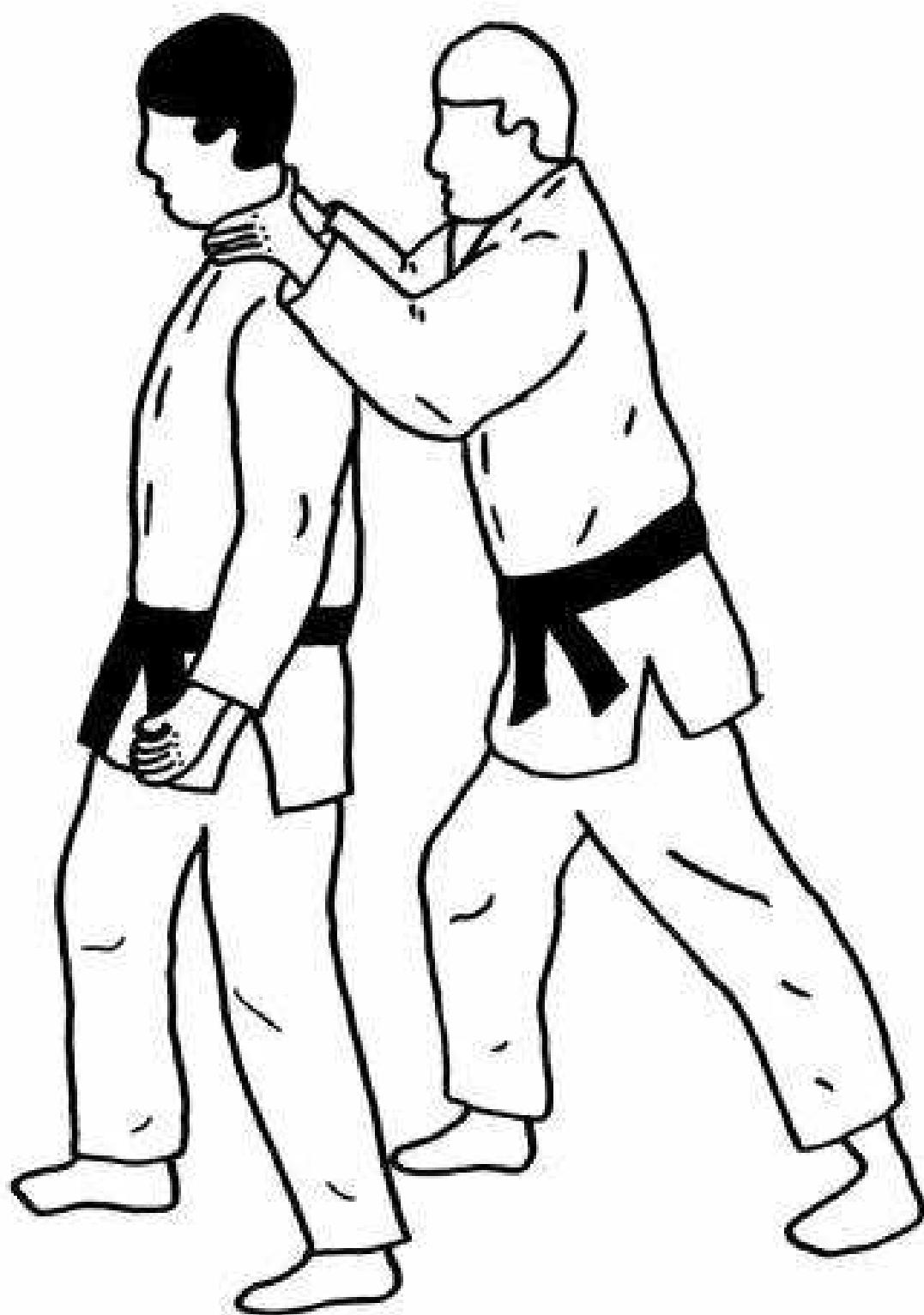


**1. RIGHT ROUNDHOUSE PUNCH  
TO THE HEAD**



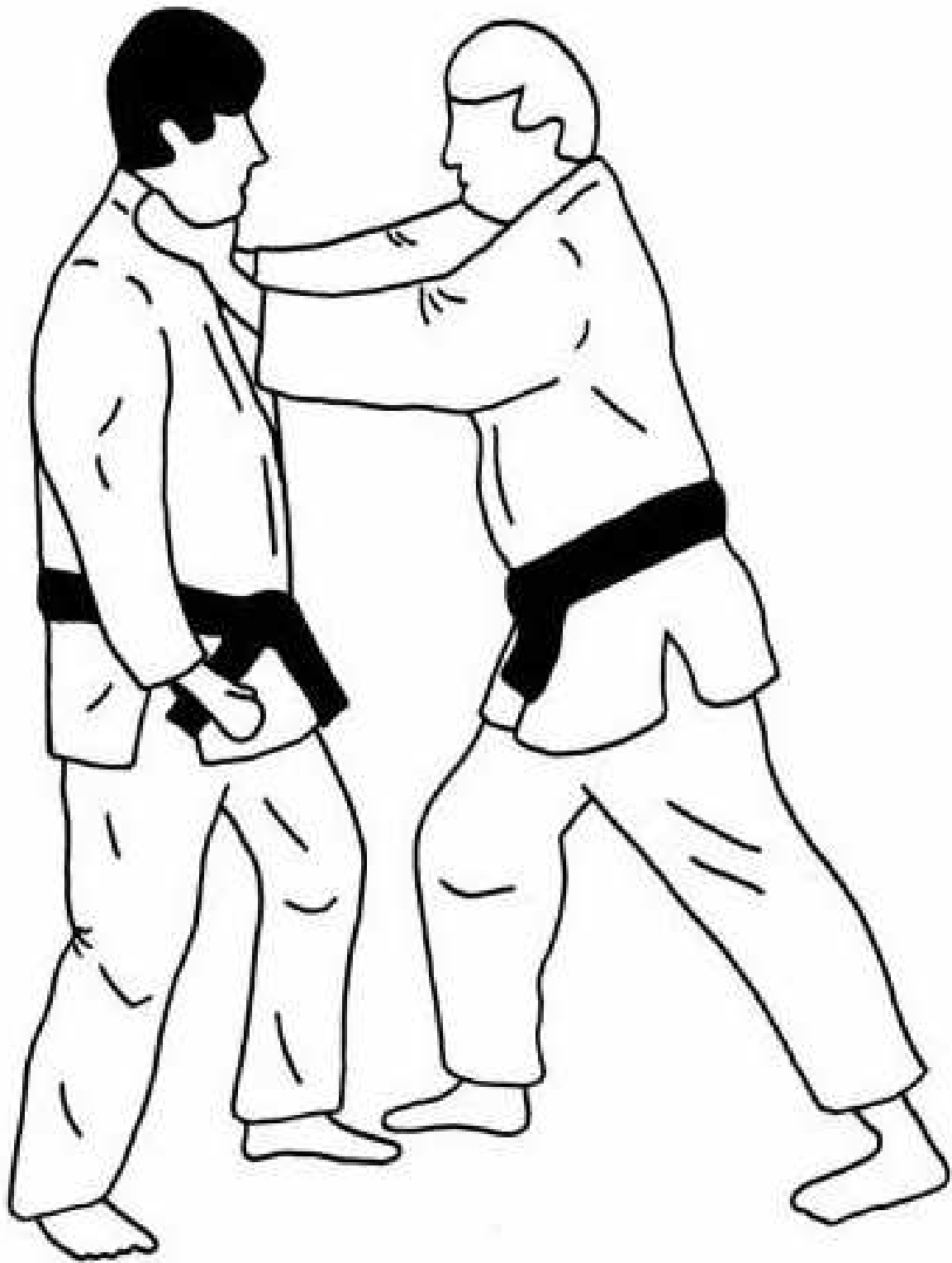
**2. RIGHT DOWNWARD PUNCH TO MIDRIFF / GROIN**



**3. DOUBLE HANDED REAR STRANGLE**



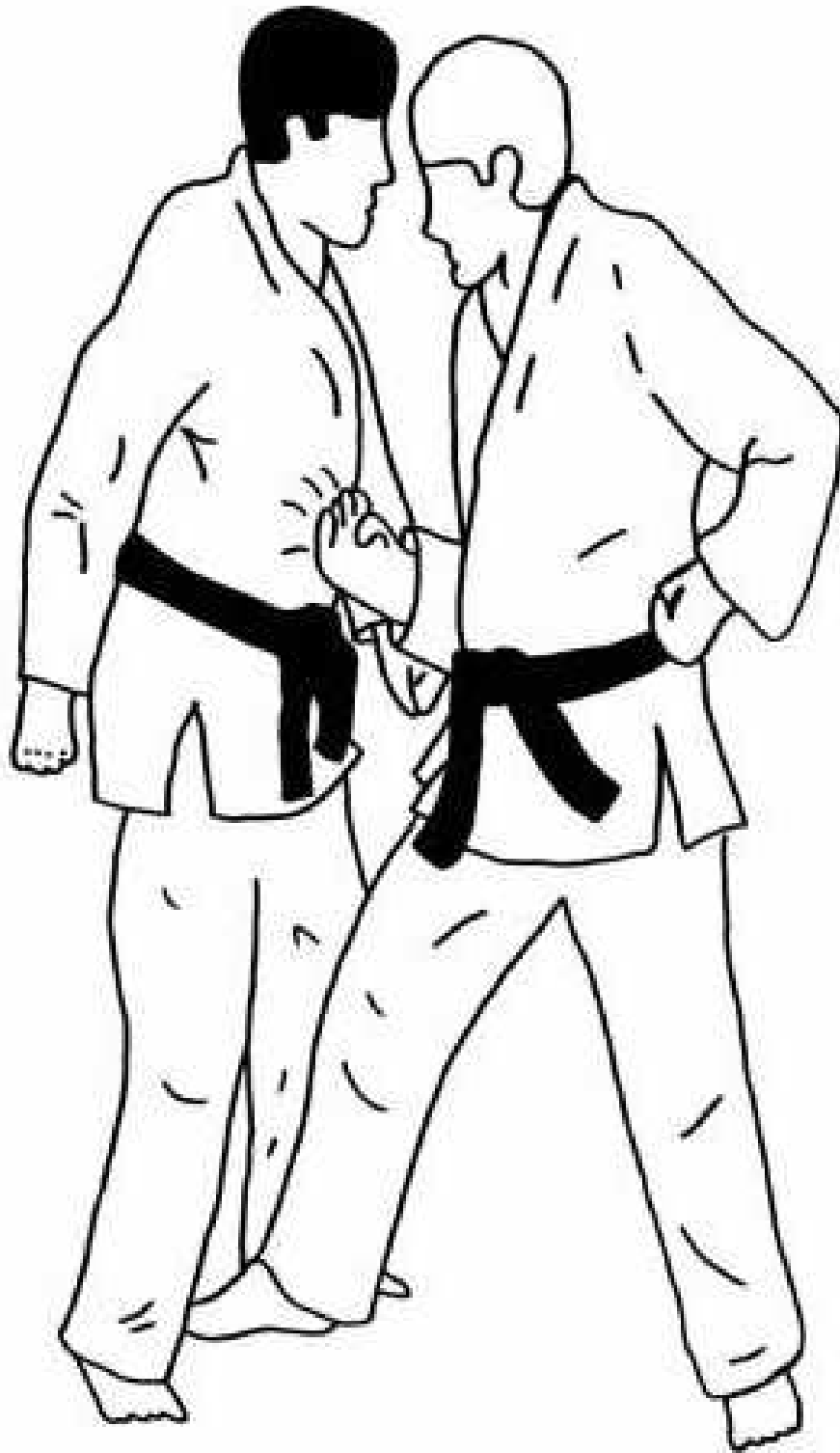
**4. RIGHT STRAIGHT PUNCH TO THE HEAD**



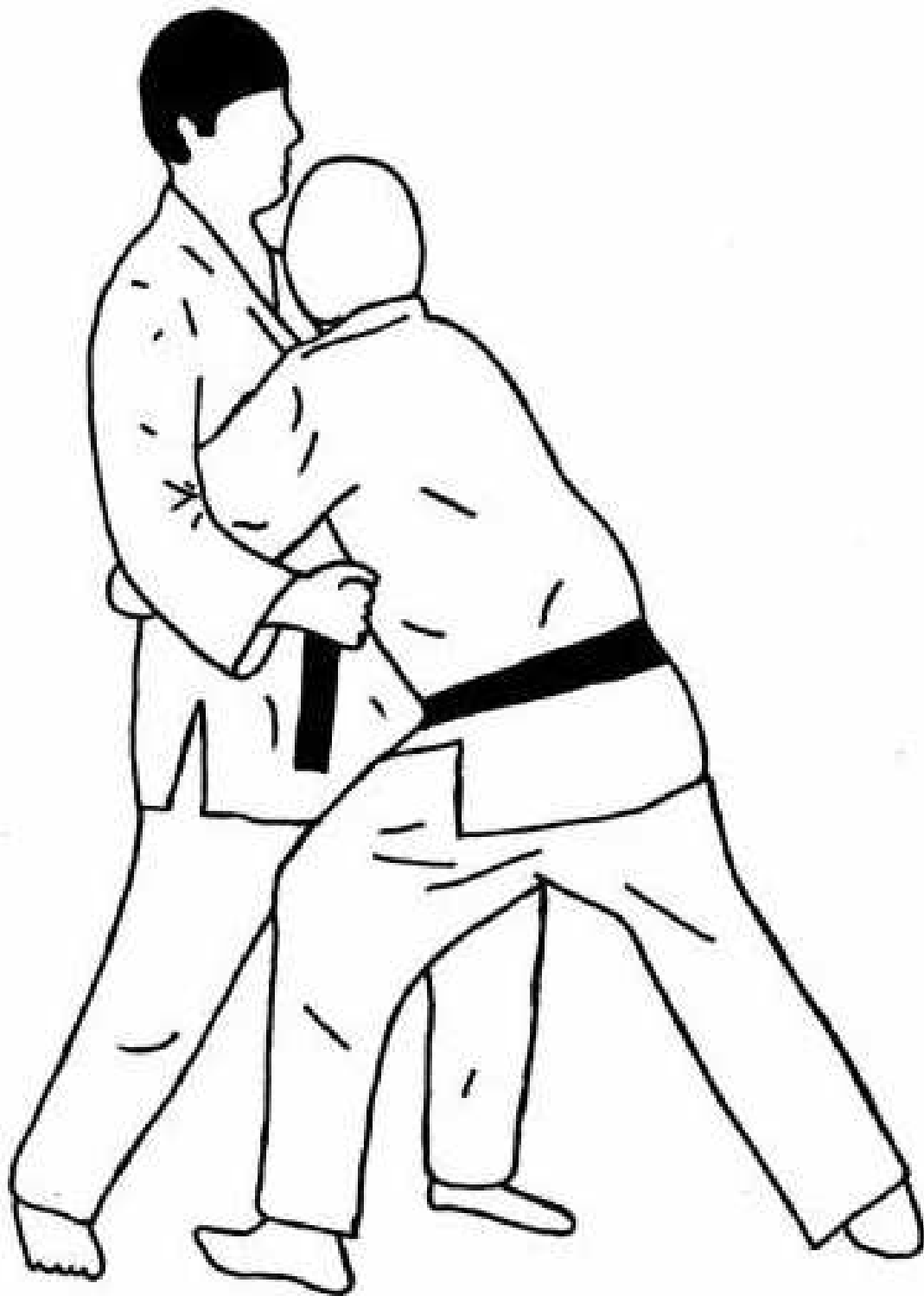
**5. TWO HANDED FRONT STRANGLE**



**6. FRONT HAIR GRAB**

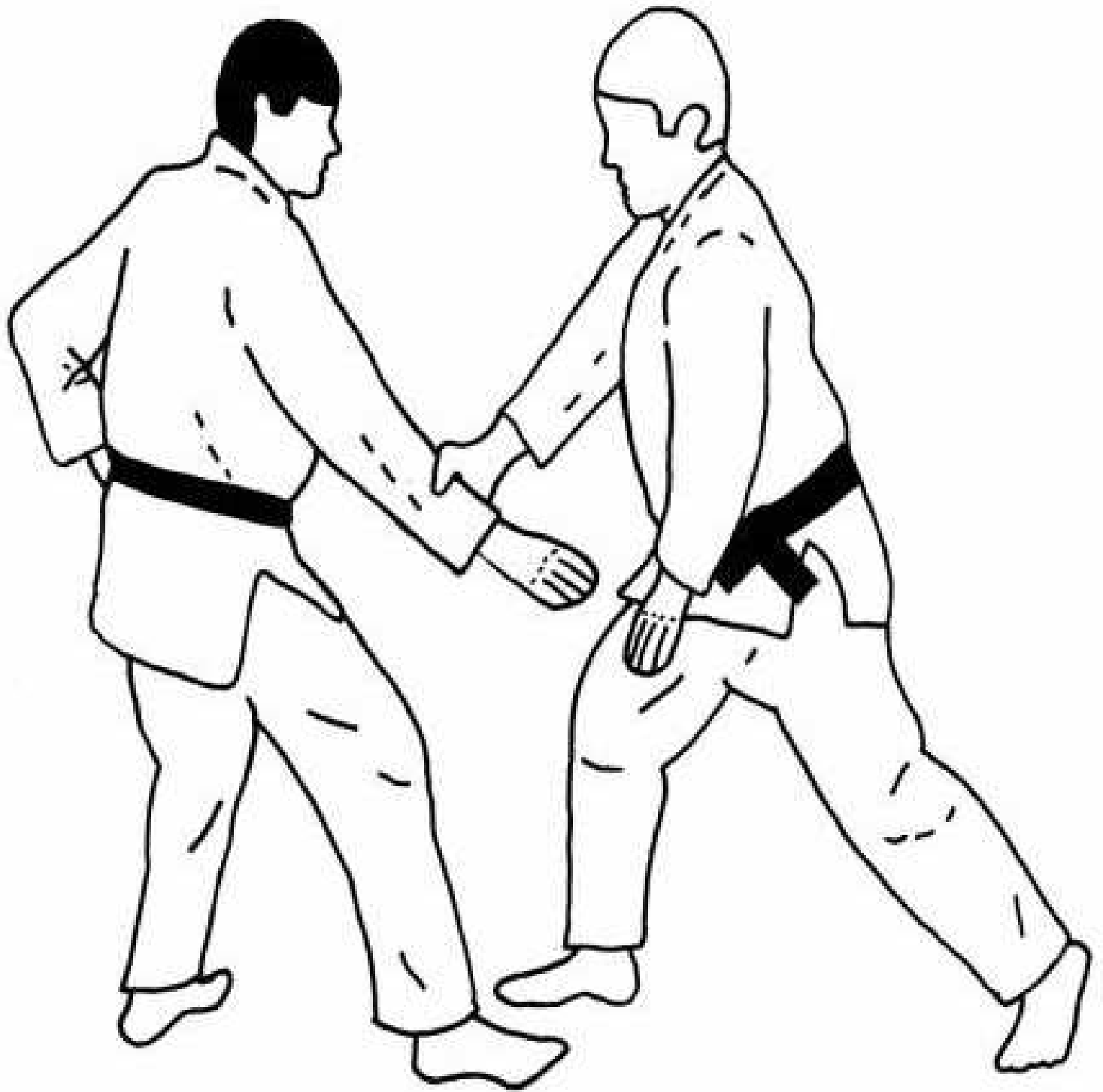


**7. RIGHT UPPERCUT TO SOLAR PLEXUS**

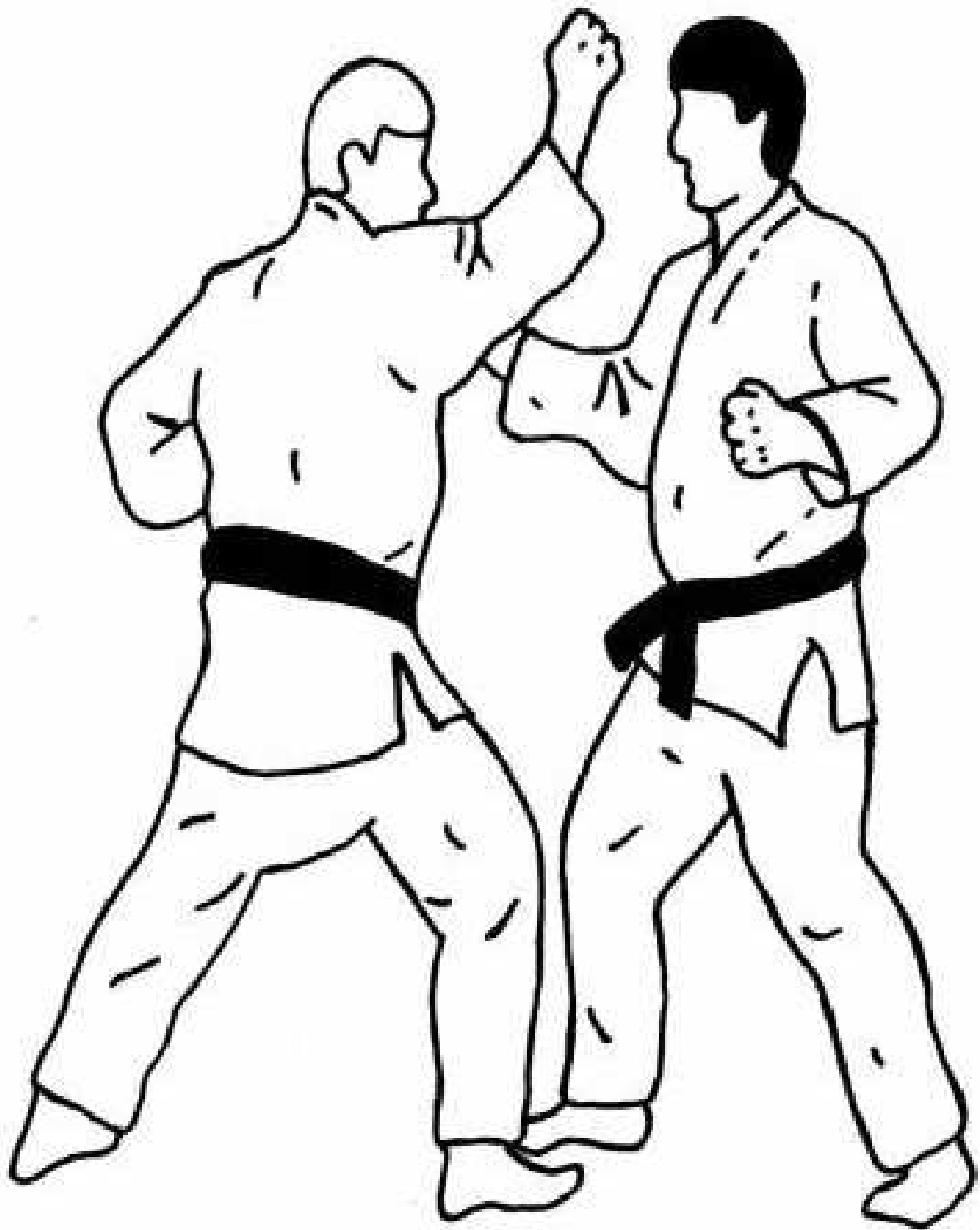


**8. GRAB FROM FRONT - ARMS FREE**

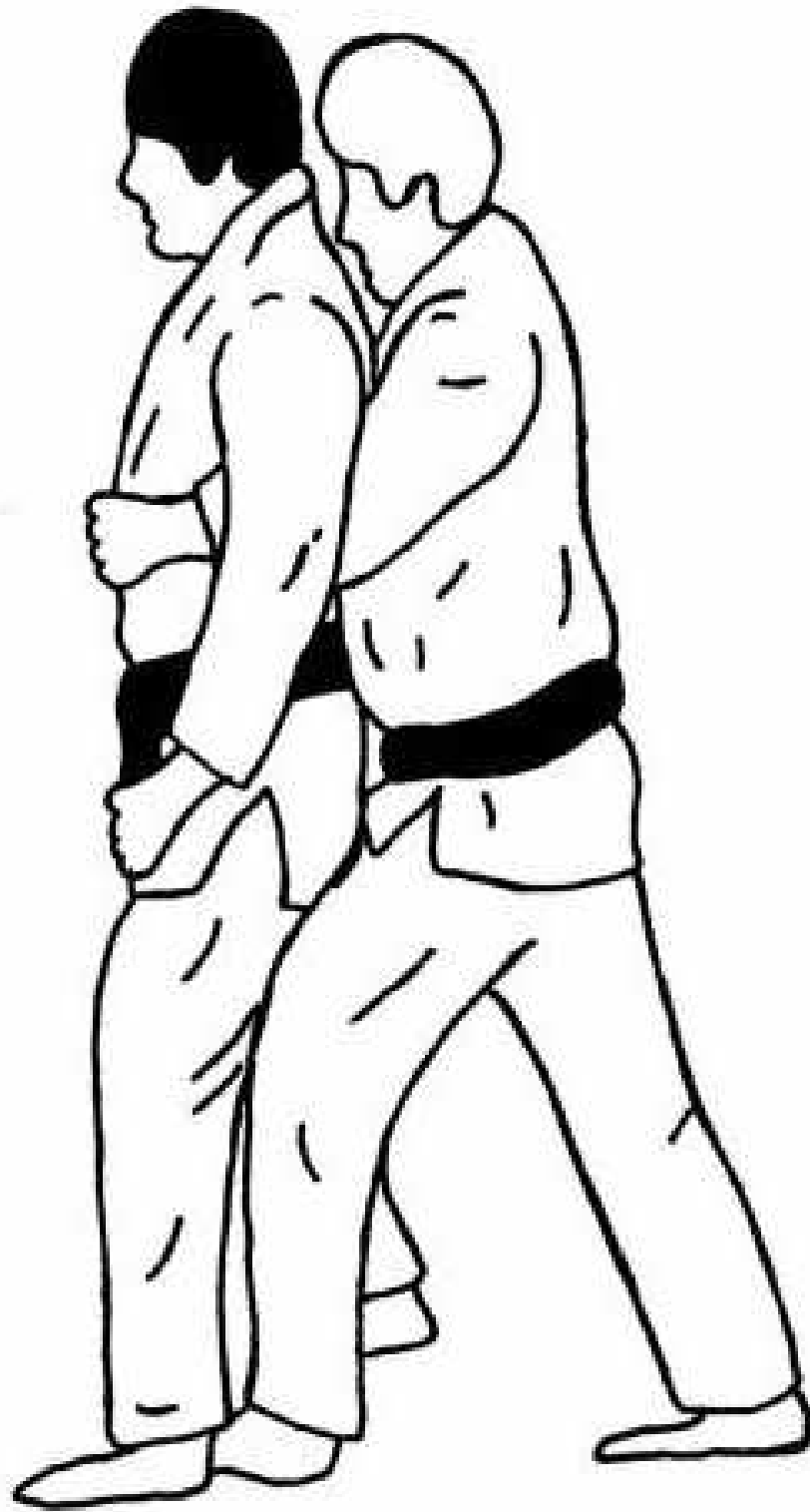




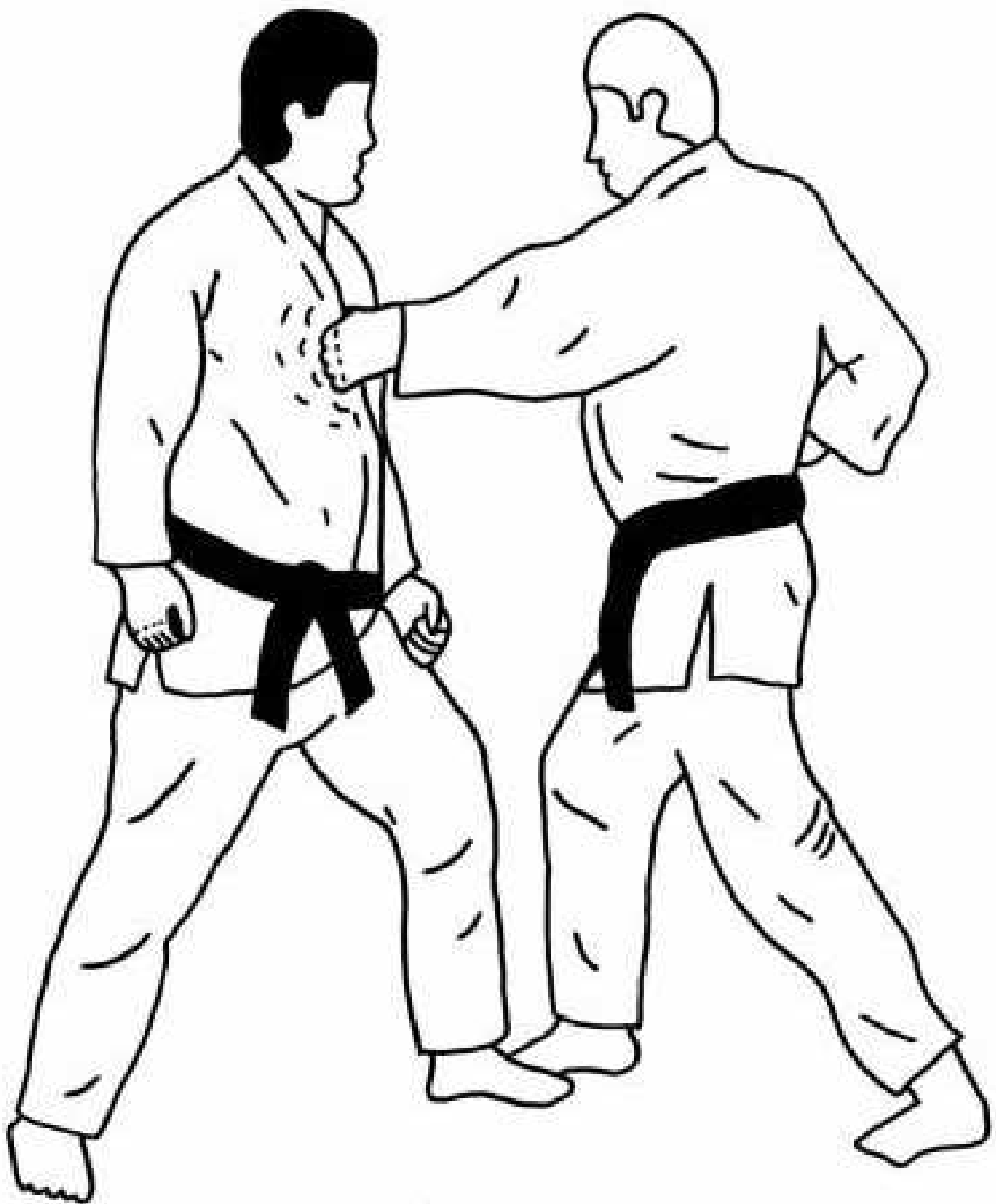
**9. RIGHT TO RIGHT WRIST GRAB**



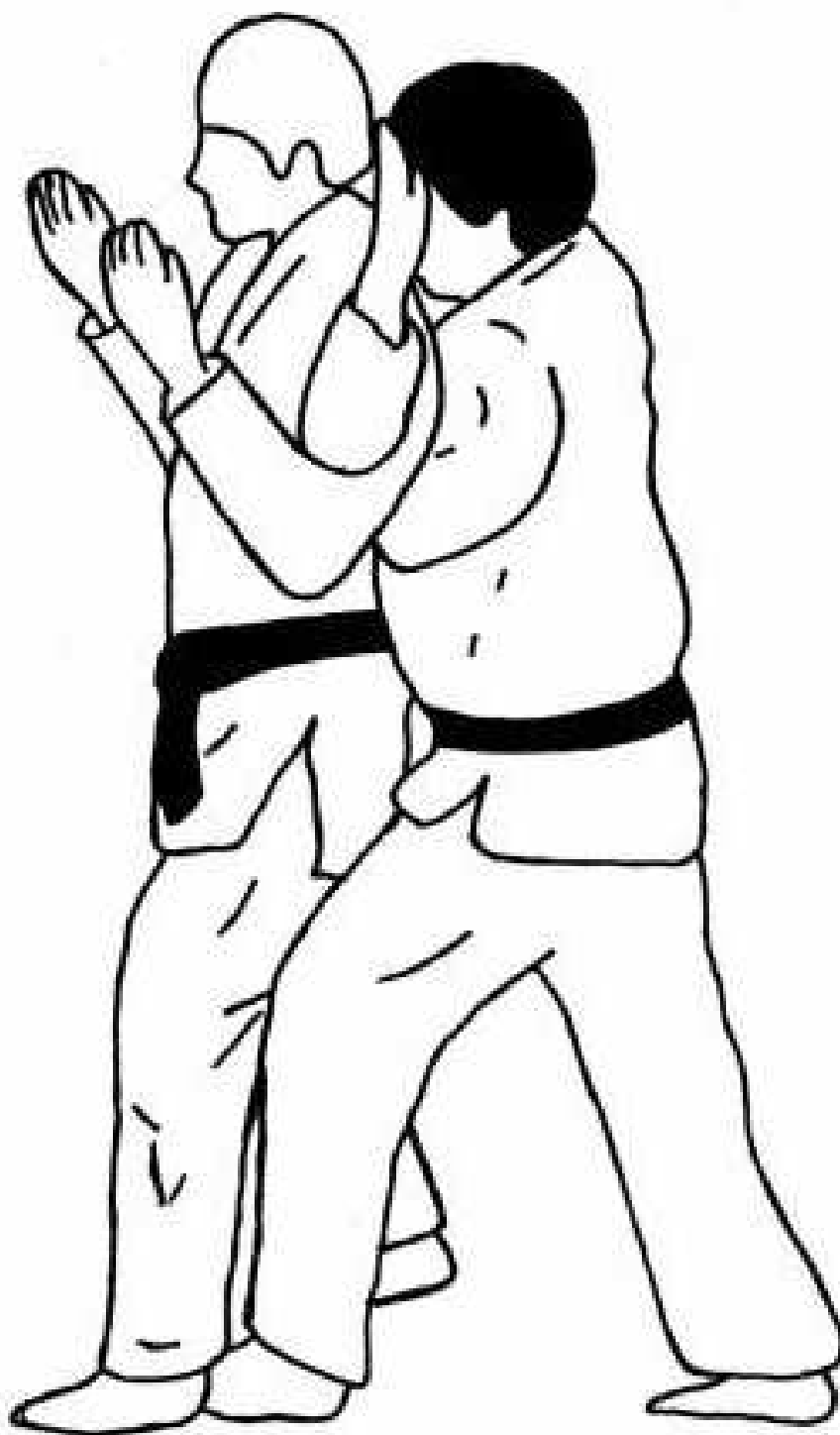
**10. RIGHT DOWNWARD HAMMER  
BLOW TO HEAD**



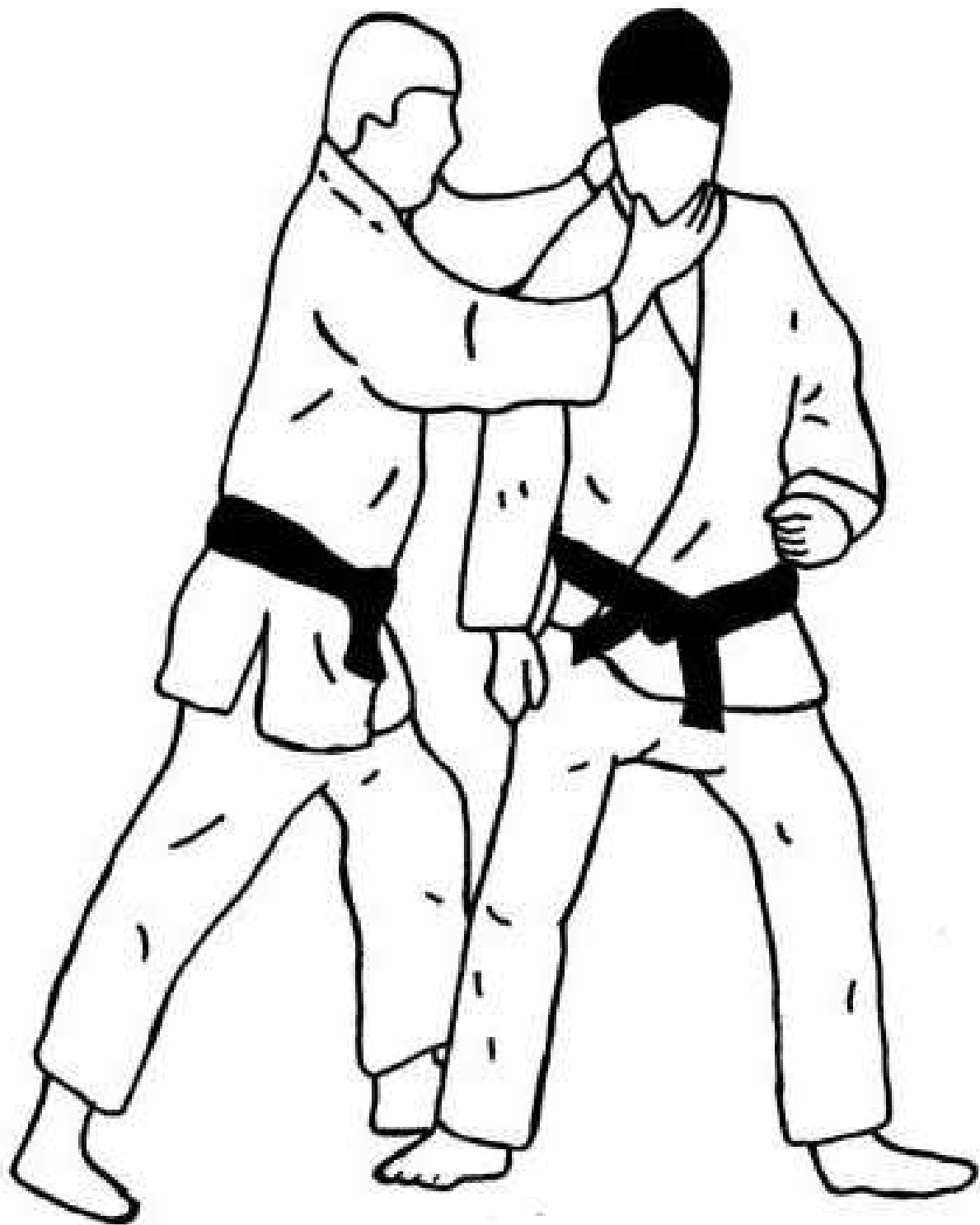
**11. GRAB FROM REAR - ARMS FREE**



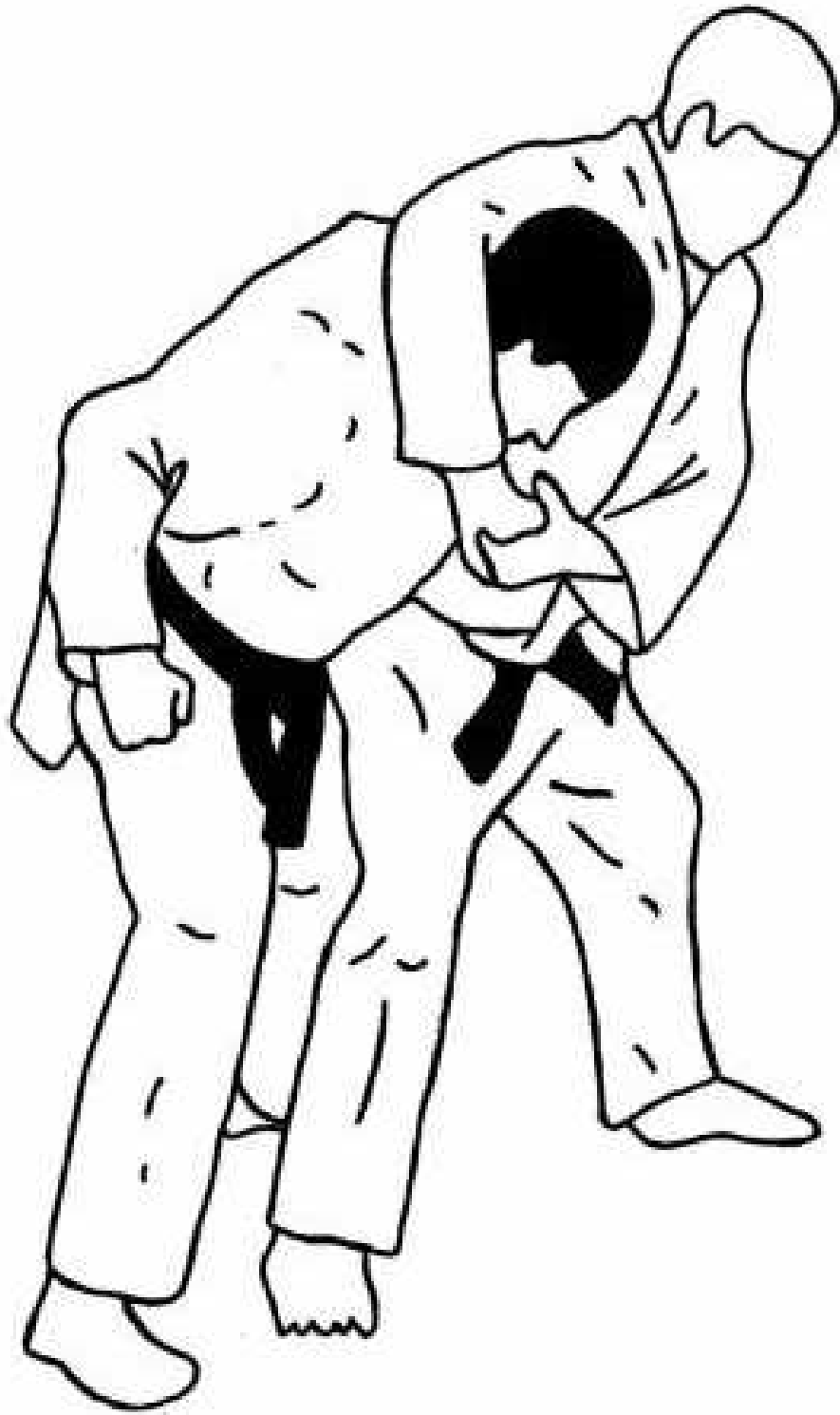
**12. LEFT HAND LAPEL GRAB**



**13. FULL NELSON**



**14. TWO HANDED STRANGLE FROM THE RIGHT SIDE**



**15. HEAD CHANCERY ON LEFT SIDE**

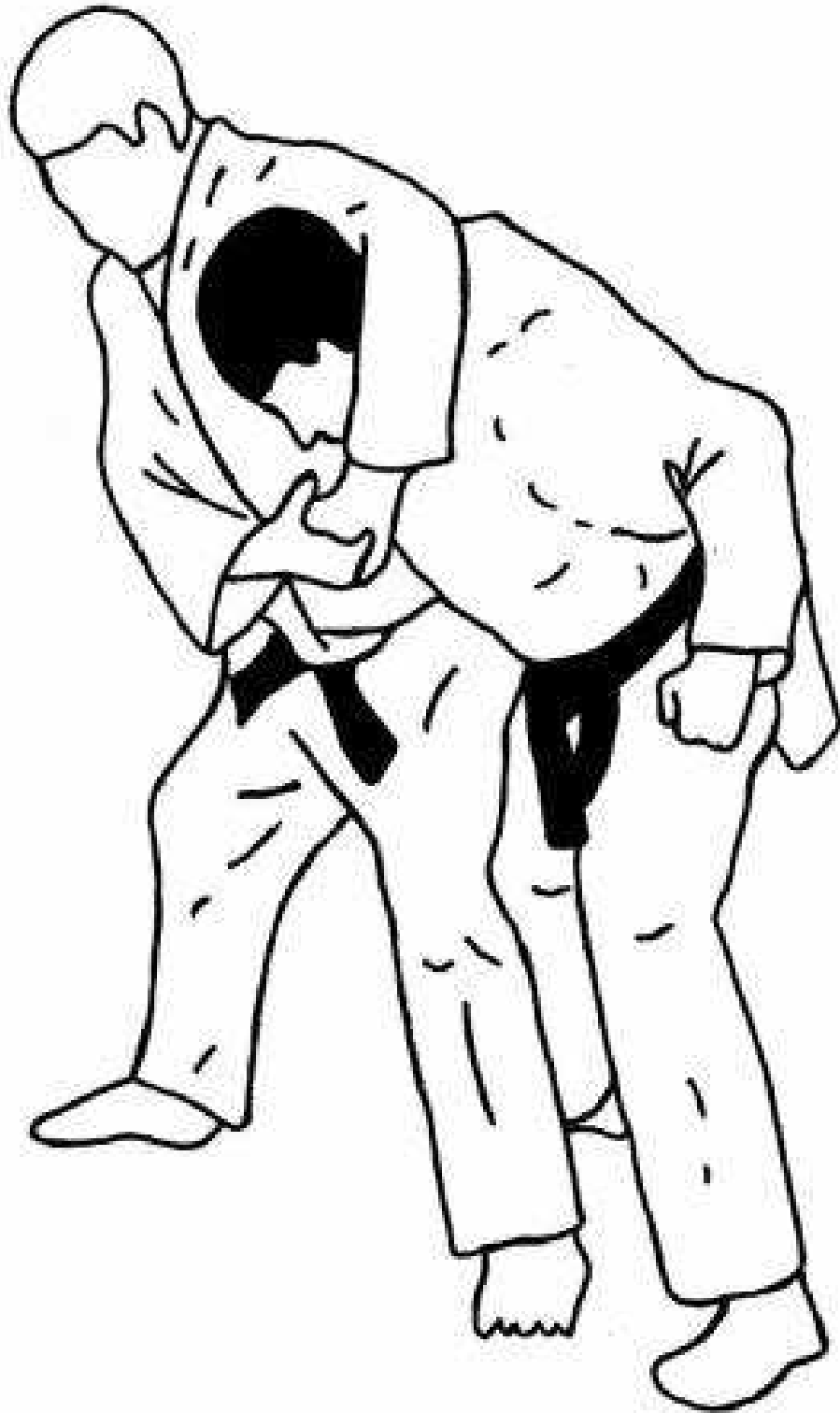


**16. RIGHT GRAB ON LEFT WRIST**

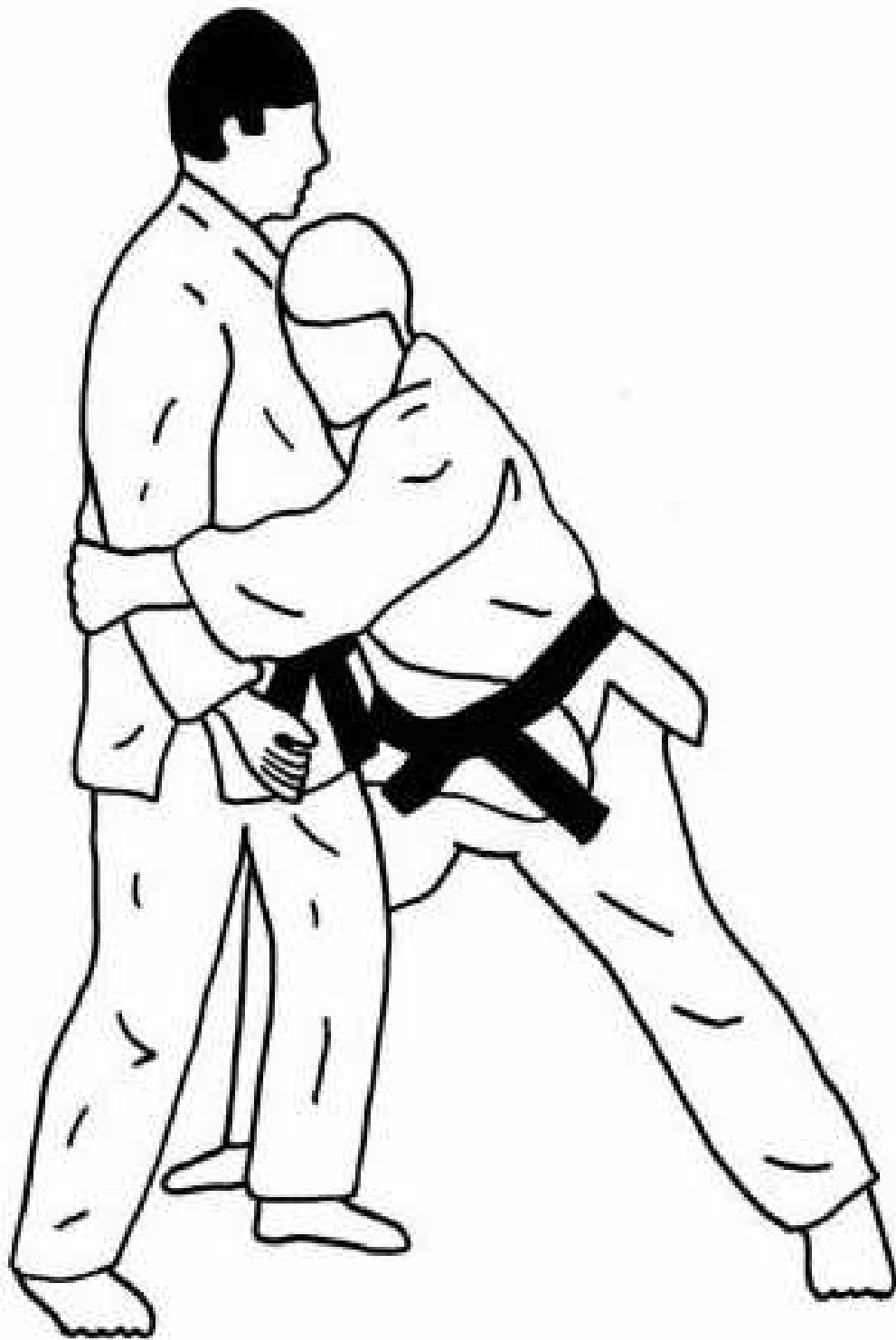




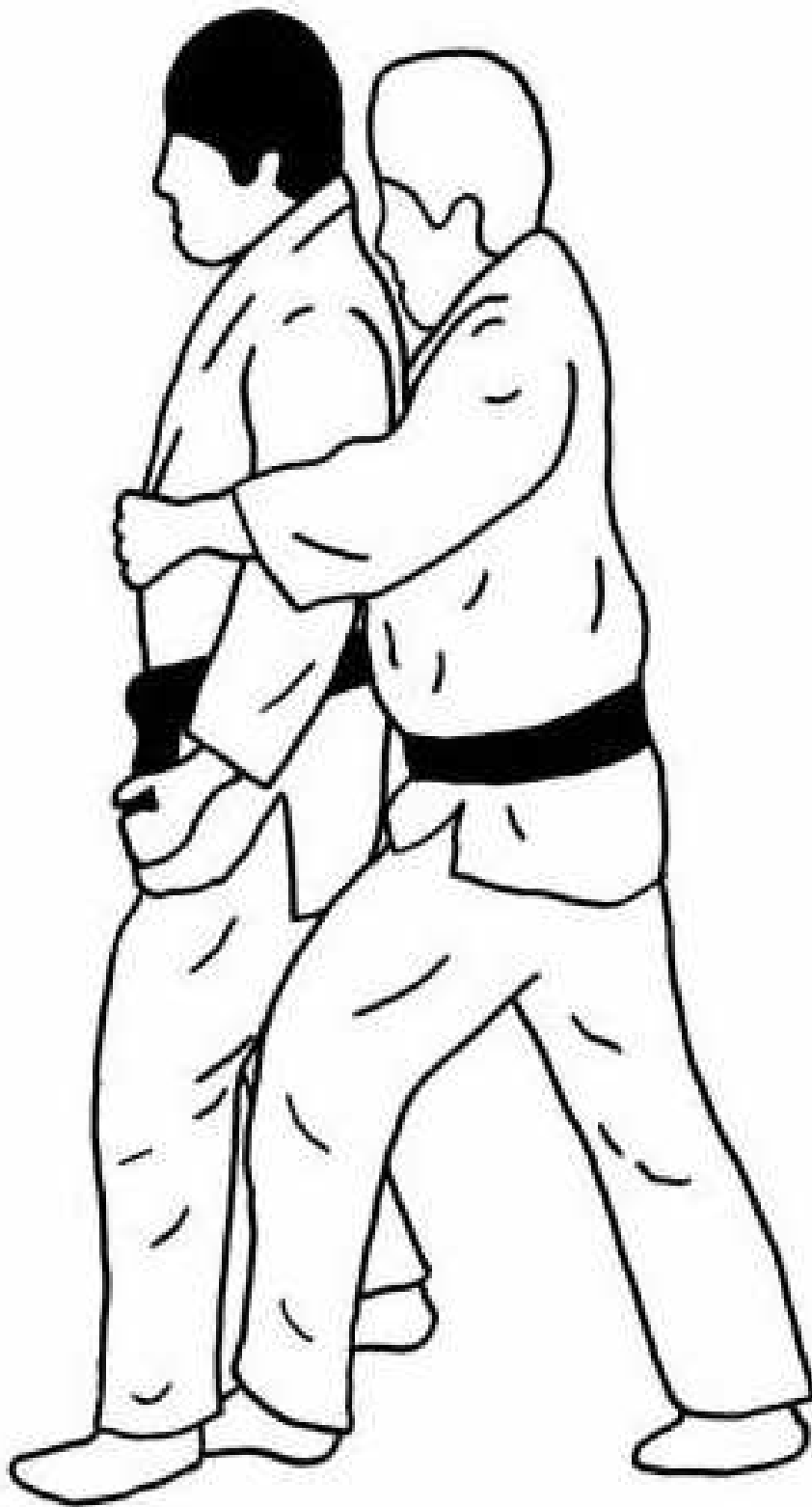
**17. STRANGLE - BETWEEN THE LEGS**



**18. HEAD CHANCERY FROM RIGHT SIDE**



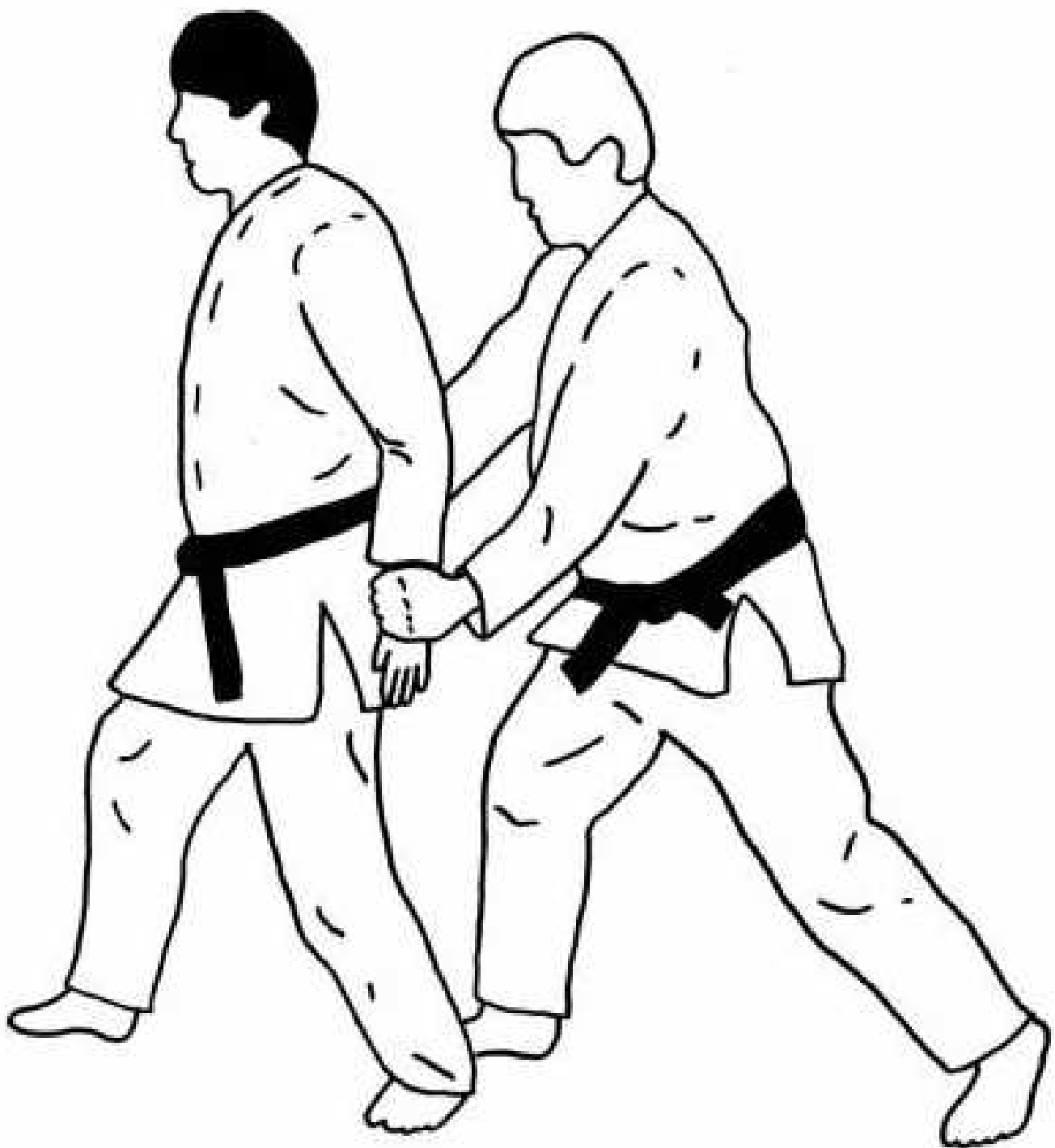
**19. ALL ROUND FROM FRONT -  
ARMS HELD**



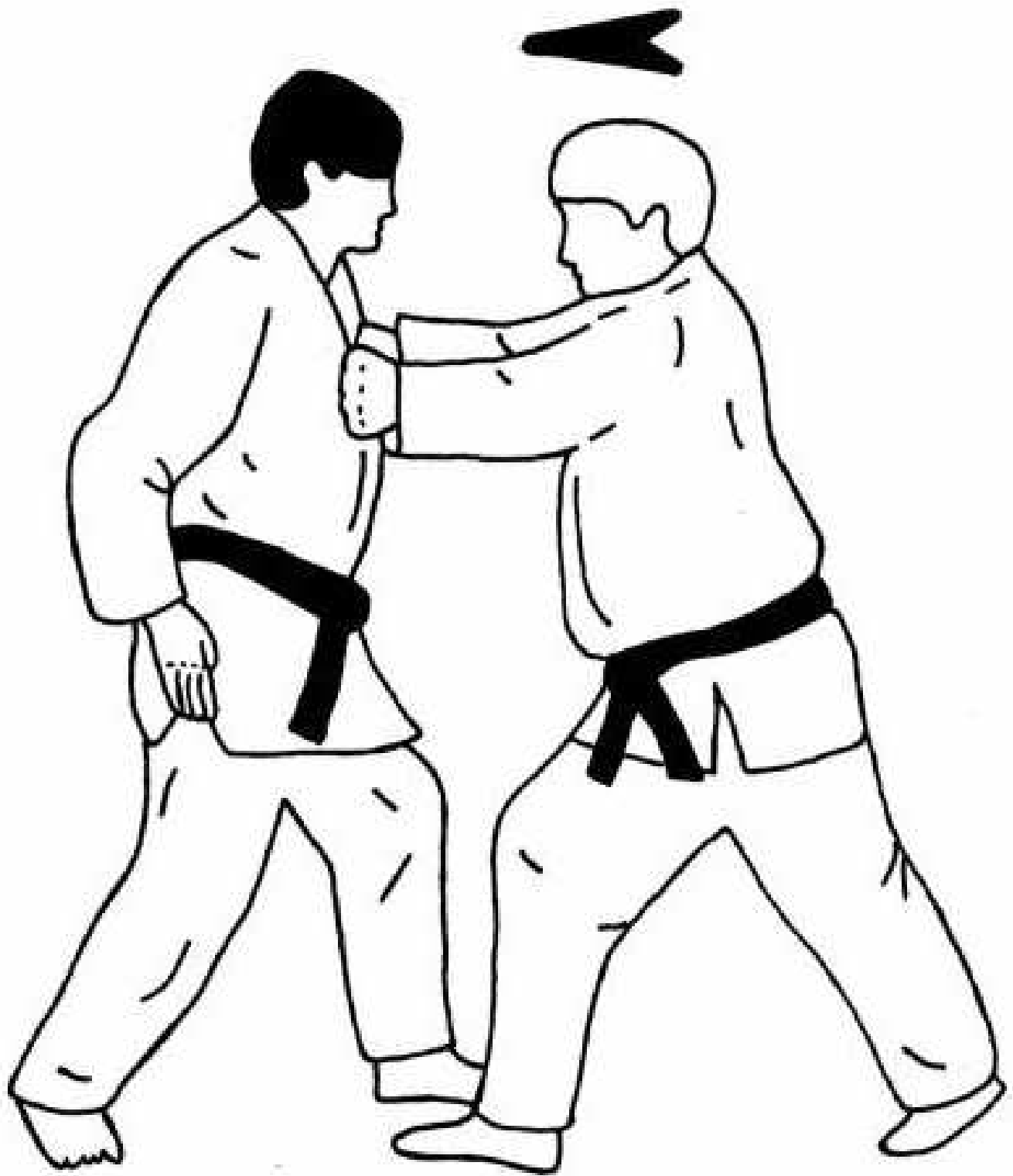
**20. ALL ROUND REAR - ARMS TRAPPED**



**21. STRANGLE OVER LEGS / BODY**



**22. DOUBLE WRIST GRAB FROM REAR**



**23. DOUBLE GRAB & HEAD BUTT**

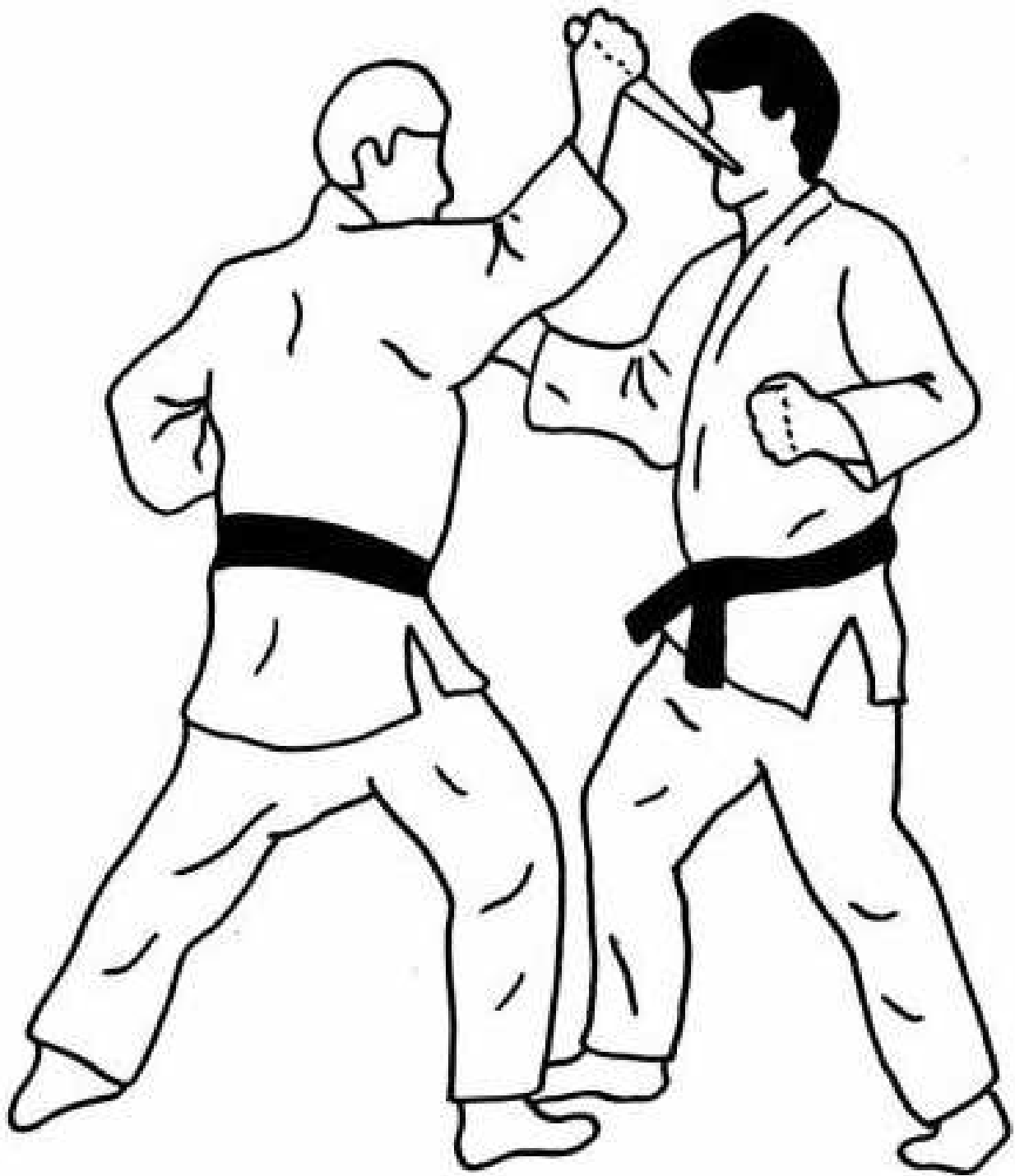


**24. RIGHT KNIFE THRUST TO MIDRIFF**

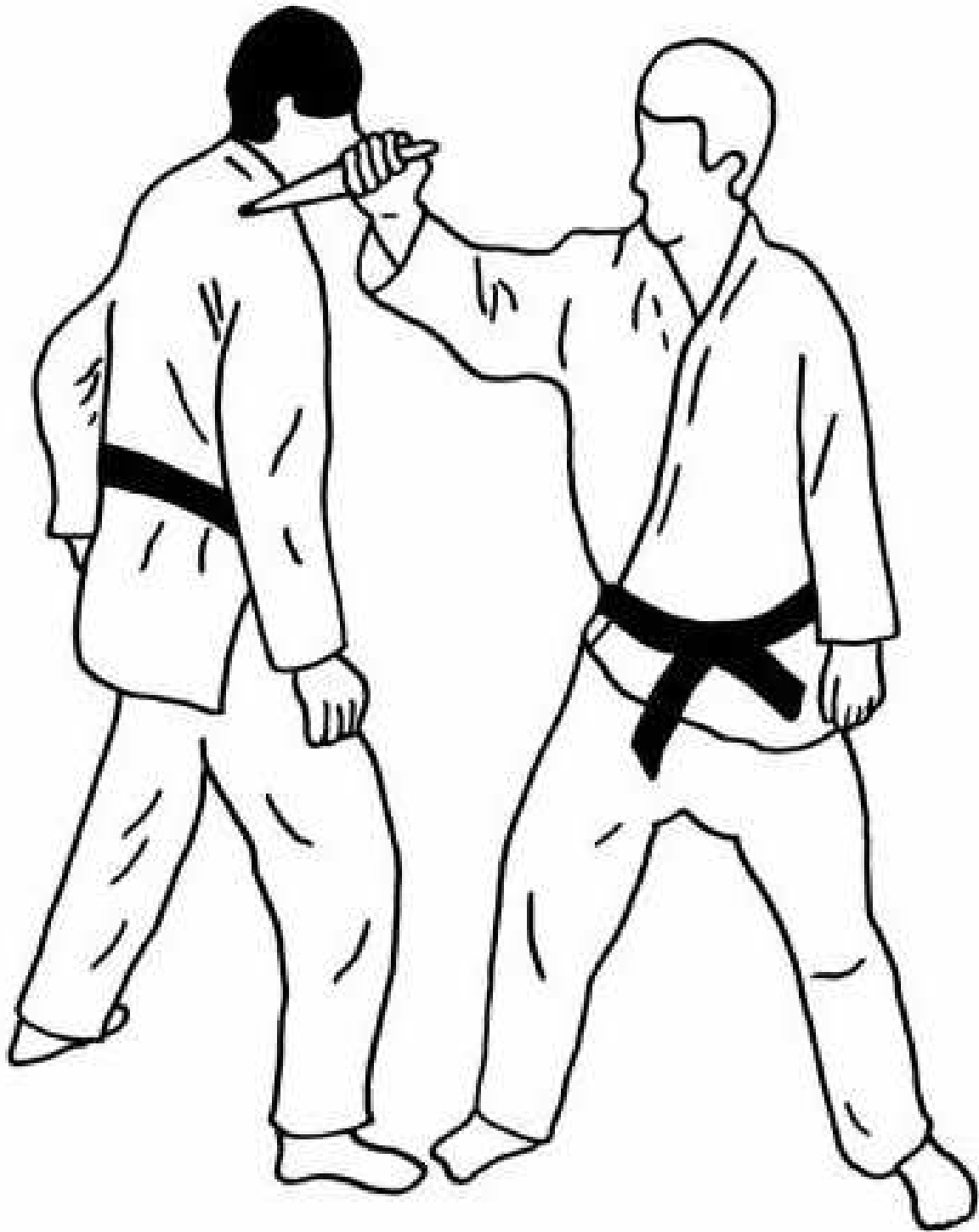




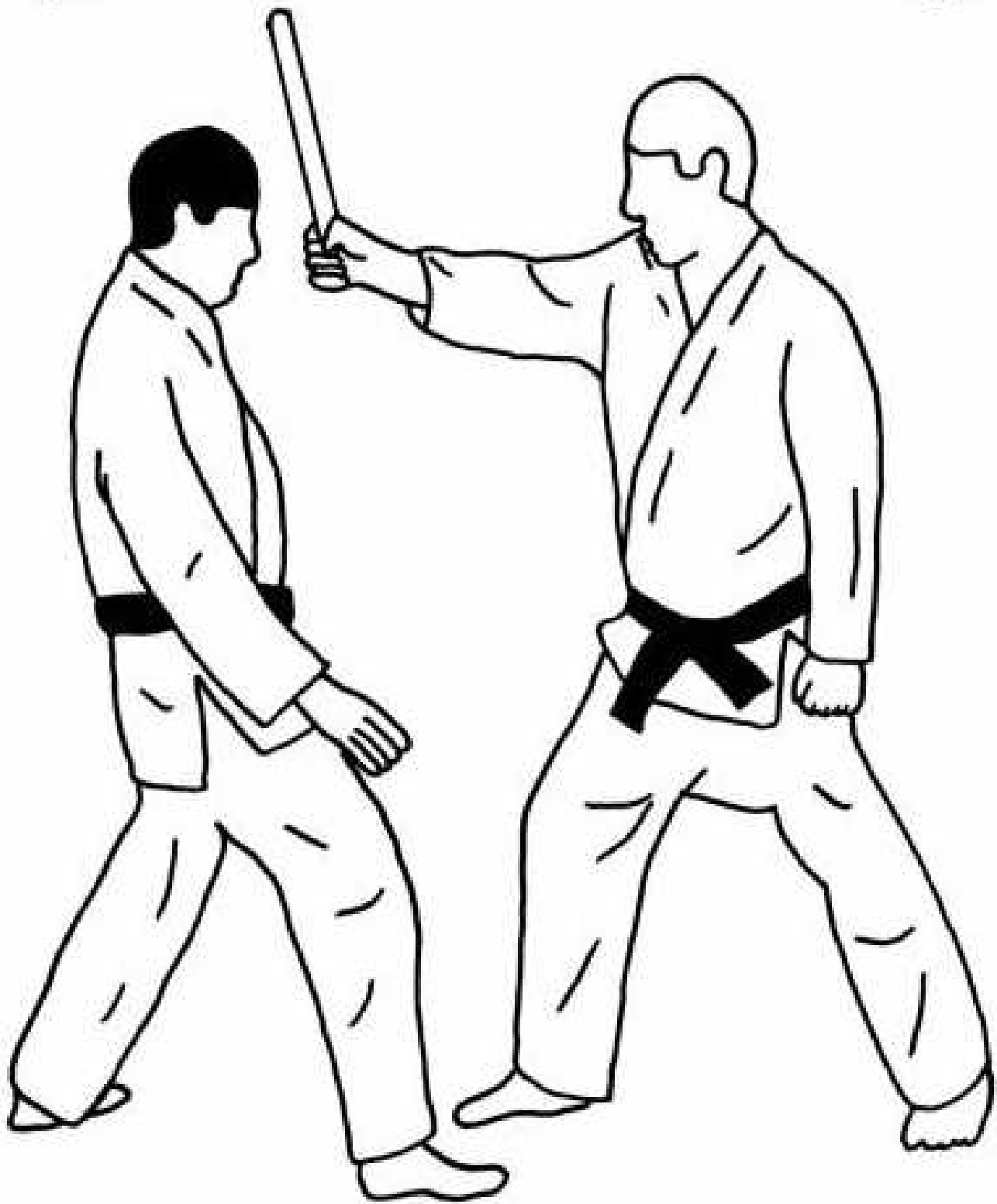
**25. RIGHT KNIFE SLASH TO NECK**



**26. RIGHT DOWNWARD KNIFE ATTACK**



**27. RIGHT BACK SLASH WITH KNIFE TO NECK**



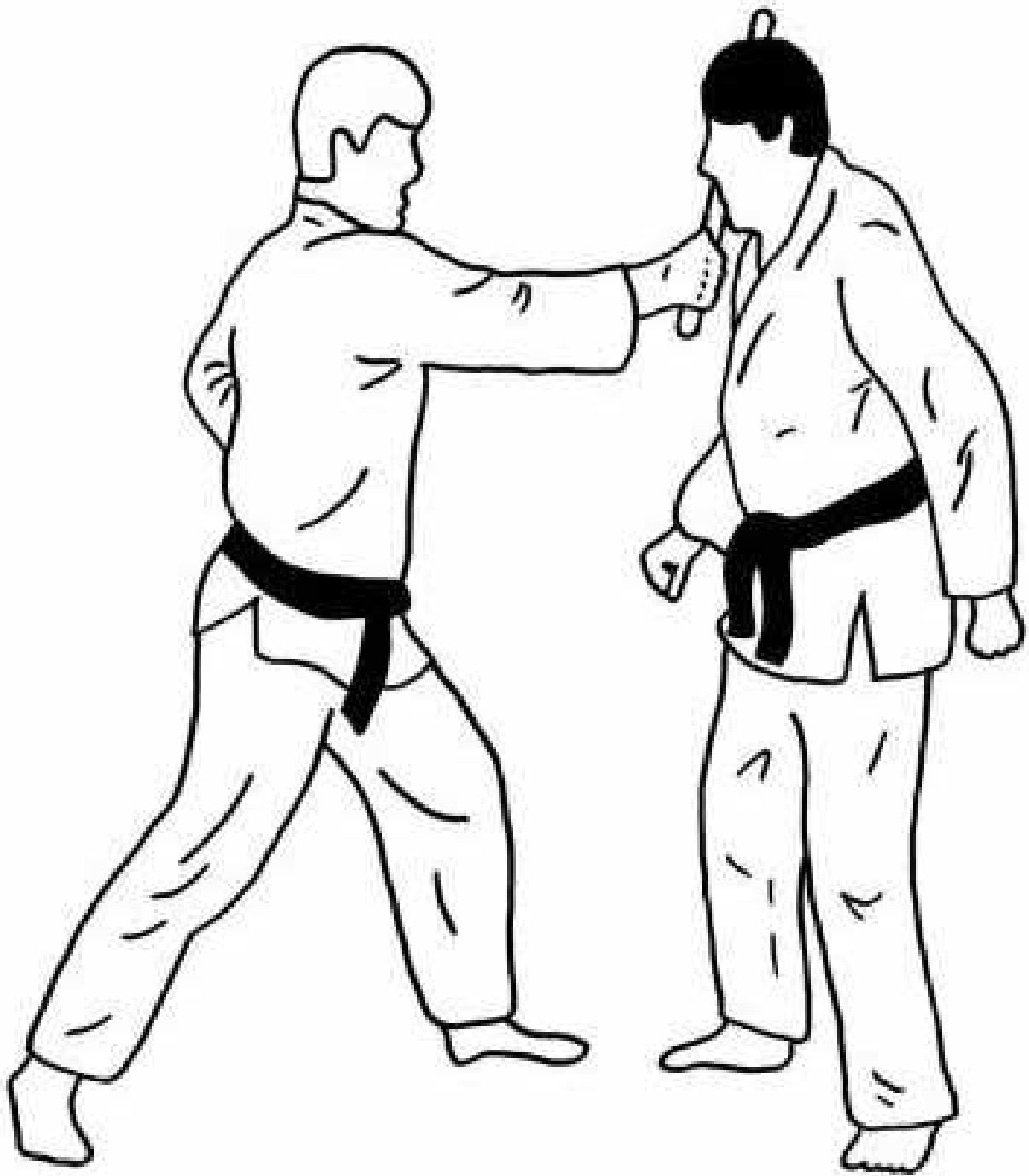
**28. RIGHT DOWNWARD BATON TO THE HEAD**



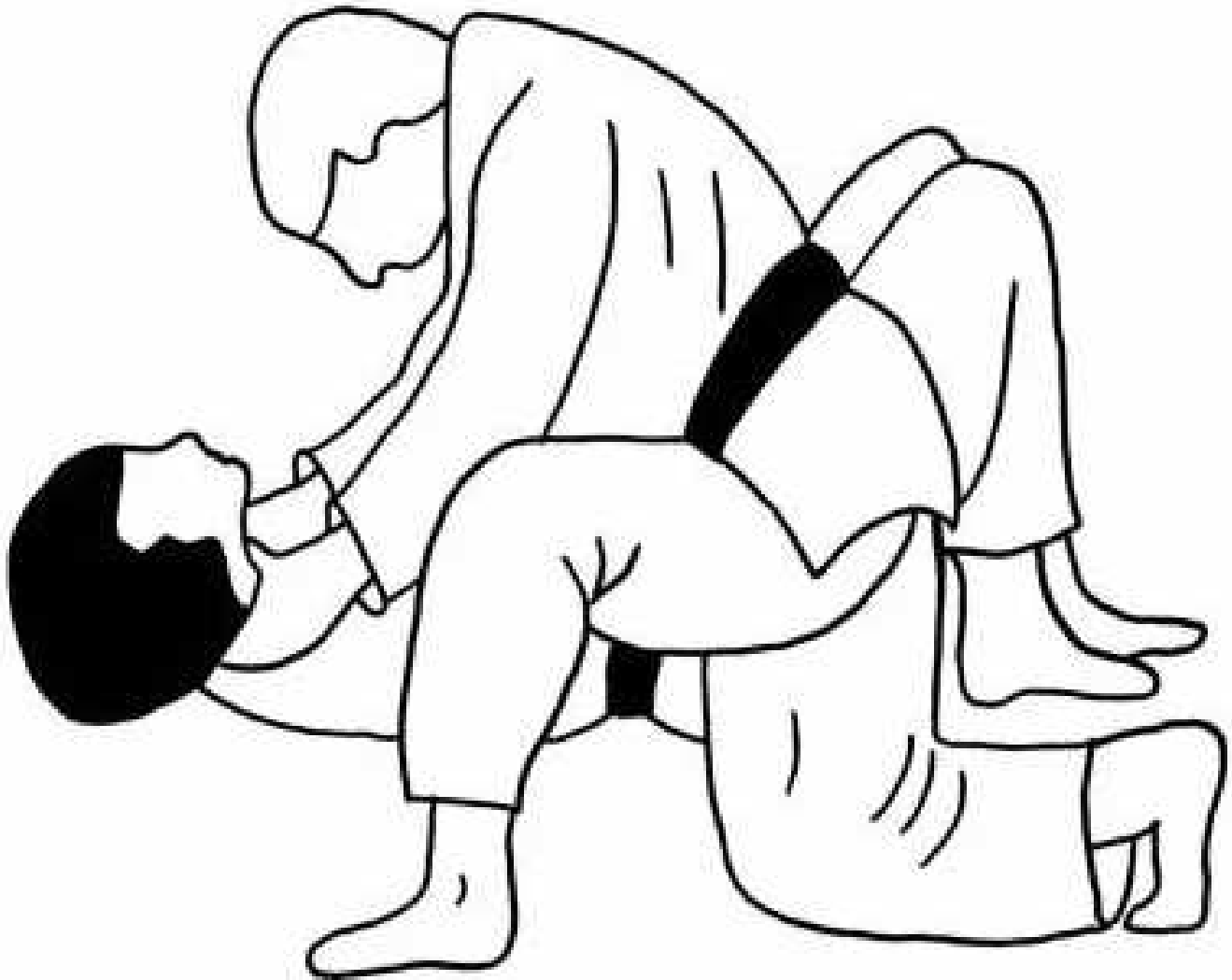
**29. RIGHT SIDE THRUST KICK**



**30. RIGHT FRONT KICK TO  
GROIN / MIDRIFF**

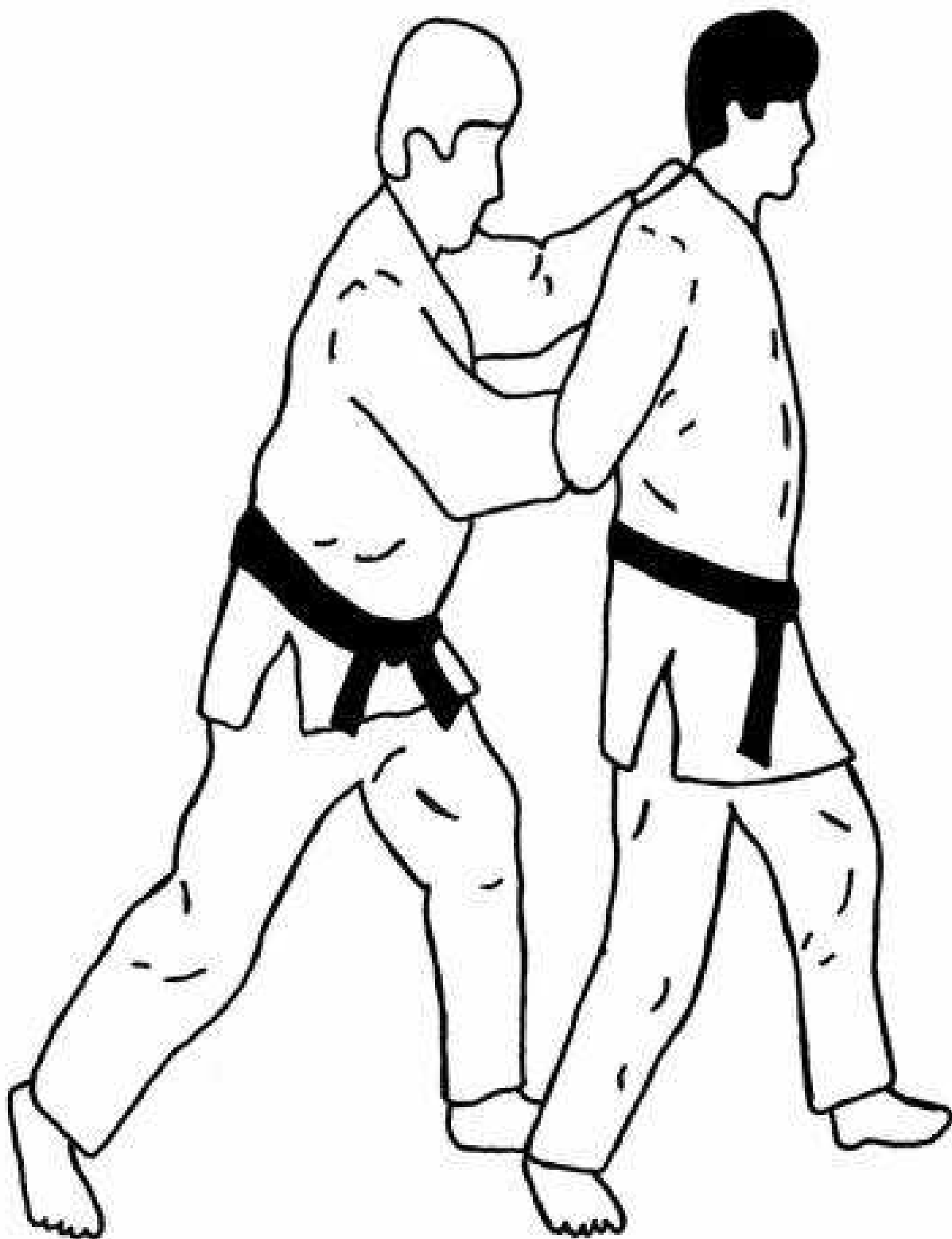


**31. RIGHT BACKSLASH WITH BATON  
TO SIDE OF HEAD**

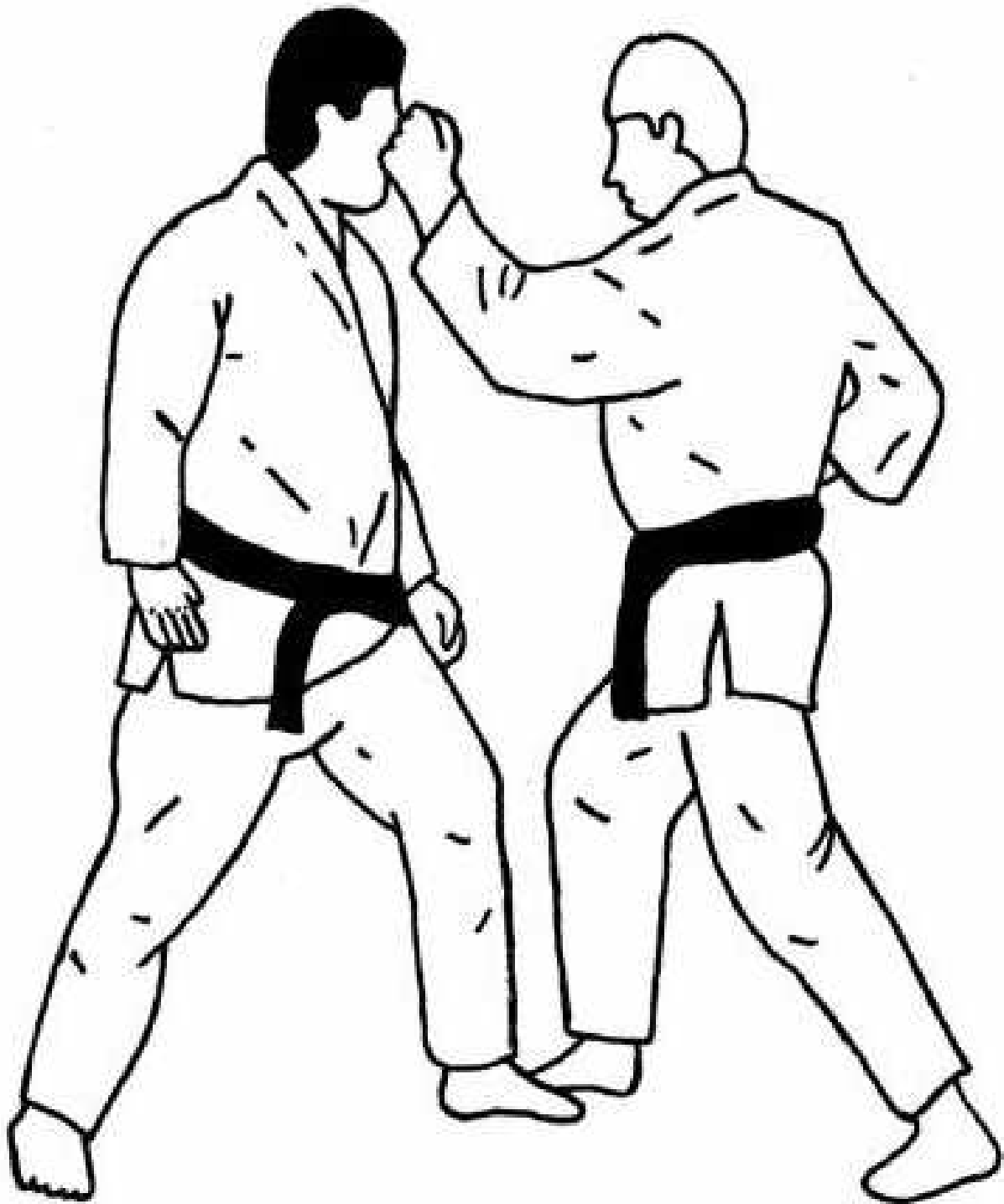


**32. GROUND STRANGLE FROM  
RIGHT SIDE**

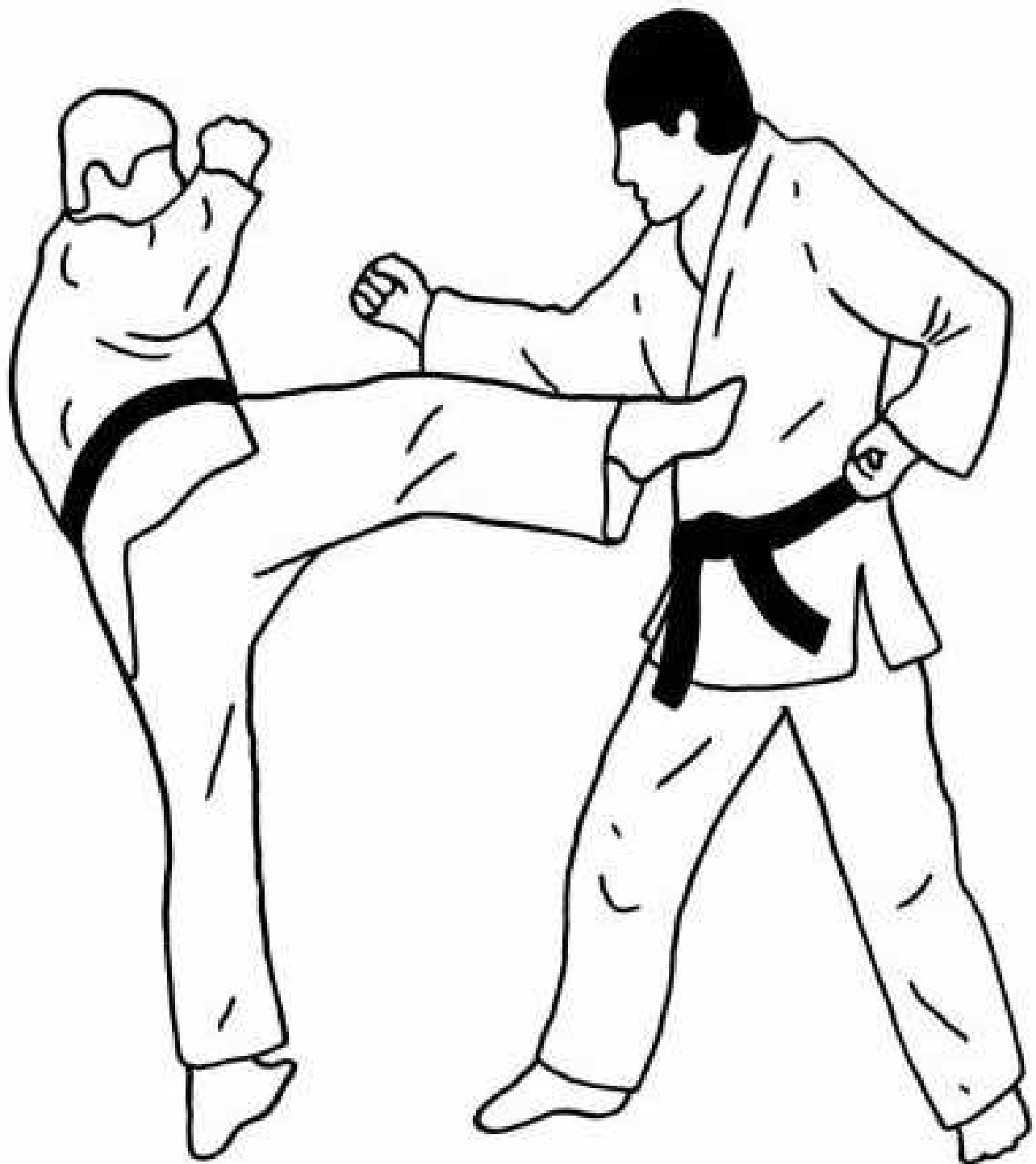




**33. BACK ARM & COLLAR HOLD**



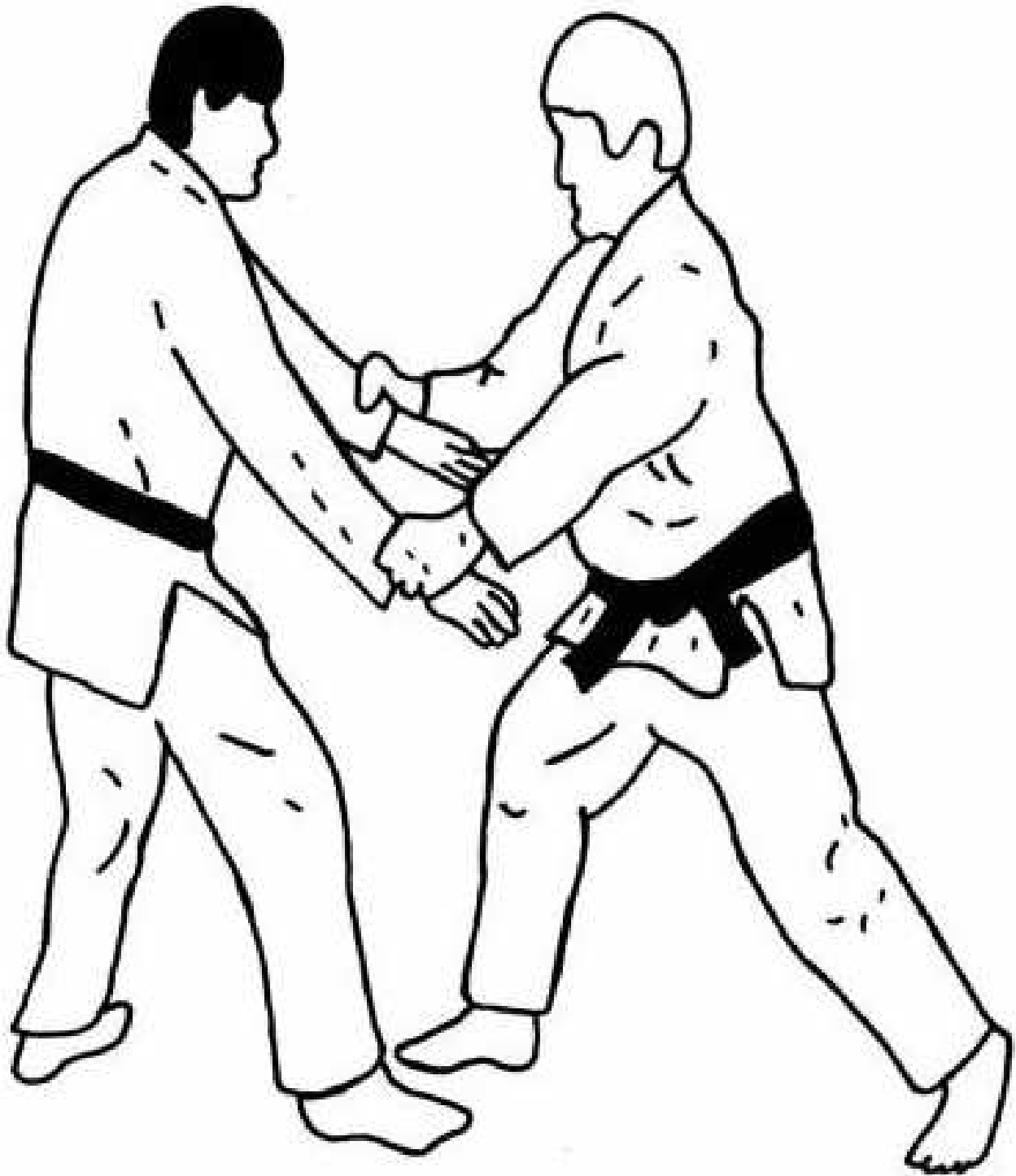
**34. LEFT ROUNDHOUSE PUNCH TO THE HEAD**



**35. RIGHT ROUNDHOUSE KICK TO THE SOLAR PLEXUS**



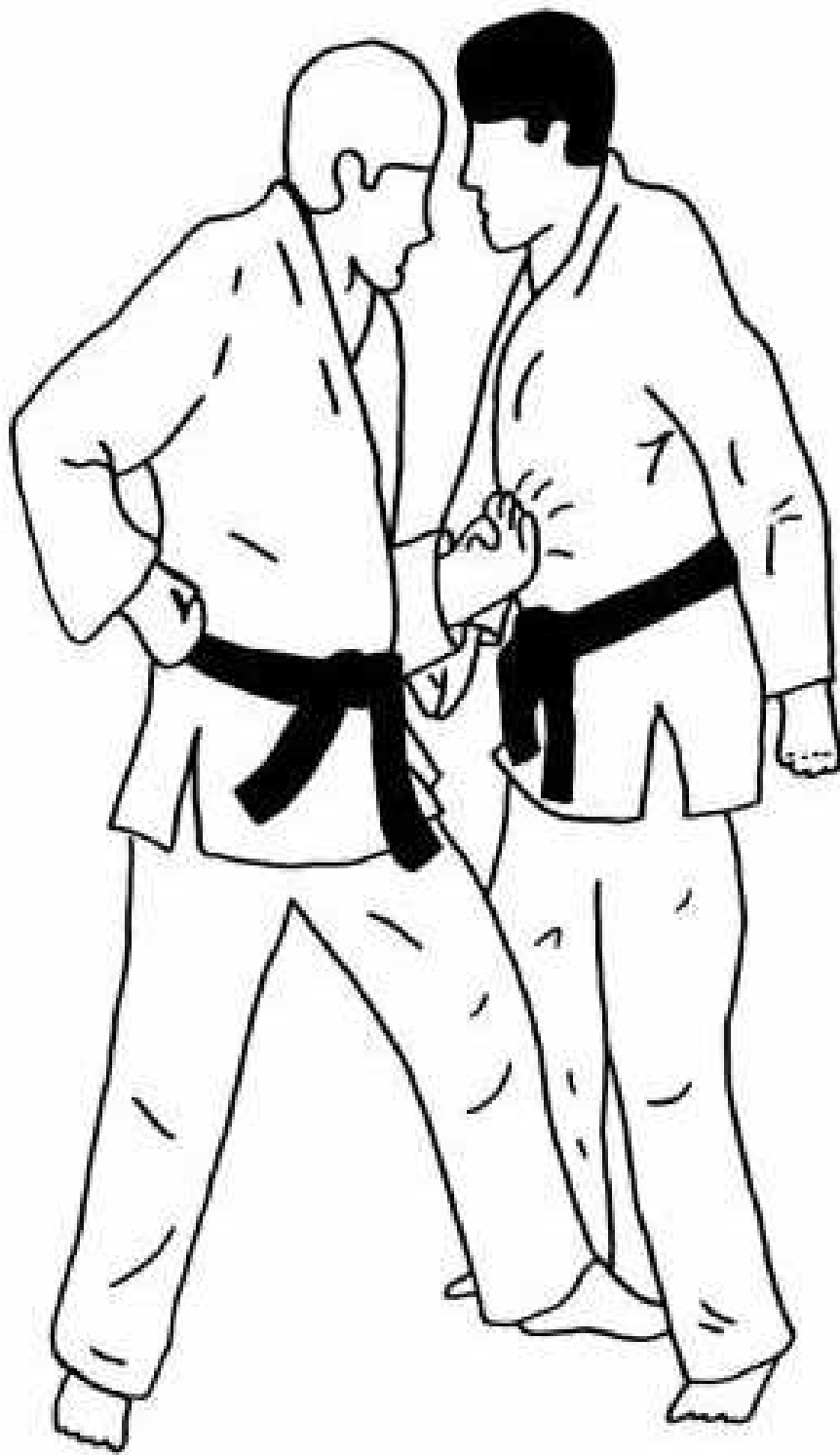
**36. RIGHT LAPEL GRAB & LEFT PUNCH**



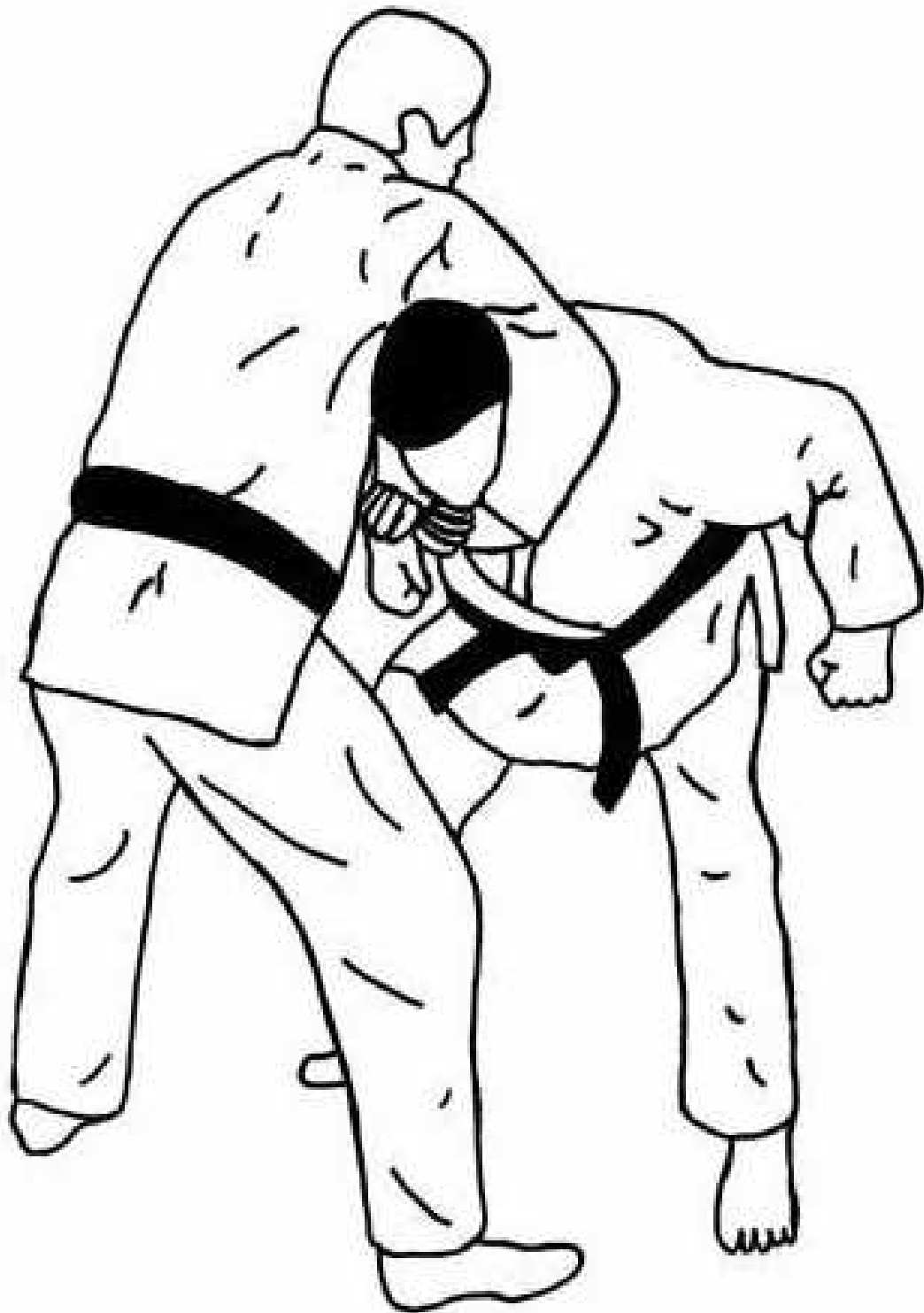
**37. BOTH WRISTS HELD FROM THE FRONT**



**38. LEFT KICK TO GROIN / MIDRIFF**



**39. LEFT UPPERCUT TO SOLAR PLEXUS**



**40. REVERSE HEADLOCK**