

Early 1970

Ed Parker Anaheim Studio, Calif.

Street Freestyle Techniques

1. Strike with a Smoother Punch (palm in, hitting with the first joint of the fingers hooking inward) to the side of the face followed by an outward hand sword to the neck. The lead foot should plant forward when the sword hits.
2. Inward parry the opponents arm folded into an inward elbow to the face and bounced back with an outward elbow.
3. Right upper cut under rib cage and circle up into a right elbow sandwich. Continue circling into a right back hammer fist to the groin.
4. Left to Left – Left grab his left arm as you right punch to the ribs. Right step thru forward with a strike to left back ribs (either a forearm or an elbow) and a right leg check.
5. Left to Left – Outward parry his left punch and grab his wrist as you left kick his groin. Pull arm further out as you right punch to his kidney and wide kneel to his leg. Go across his front with a right forearm strike/check to drop him.
6. Left to Right – Left step forward to the diagonal with a left inward parry and a reverse hand sword or hammer fist to the groin. Left check his arm down as you circle your right inward and up into a back knuckle to his face. Right side snap kick behind his right knee. Cross out right over left.
7. Right step forward with a left extended outward block to his right roundhouse punch as you right inward raking back knuckle his face. Return with a right outward raking back knuckle or a right outward hand sword.