

# X-Blocks

Advanced Knife Strikes (Ice Pick Strikes)

X-Blocks were designed for the purpose of countering their defence to your strike (Using a strike as a last resort). They must be performed with a partner who knows the sequence well to ensure correct strikes are used and lock or hold positions can be applied. See instructors for more information.

<u>ATTACKER</u>	<u>DEFENDER</u>	<u>ATTACKER</u>
1 - Attack with 1:	Single Clip	step round & stab by pulling inward toward you with both arms
2 - Attack with 1:	Single Clip	knock down elbow with opposite arm - step round and stab as above
3 - Attack with 1:		Circle (snake) to their right arm
4 - Attack with 1:		Circle (snake) their left arm
5 - Attack overhead:		Thai grapple from inside – pull down – back stab
6 - Attack with 2:		Double Clip – step round and stab as per number 1
7 - Attack with 2:	Figure-4 Arm Bar	Bump elbow, drag arm out and basic strike 5 towards back

