



# Saifa Applications

---

1. D: Arms up  
A: Grab one hand and pull down - then grab with other hand too  
D: Break out  
A: Punch  
D: Block and Uraken
2. A: Grab chest and hit  
D: Block and hit other arm - knee kick and Mae-Geri
3. A: Grab chest with both hands  
D: Hit behind head - hit both triceps tendons - hit chest and grab head - pull down and hit
4. A: Grab shoulder from the side and hit  
D: Turn with step - double block and punch - hold ankle, push knee and throw
5. A: Push chest - grab upper arm and hit  
D: Block - lock under arm and Ura-Zuki
6. A: Bear hug from behind  
D: Hit groin  
A: Grab hand  
D: Turn around - lift arm, grab and Ura-Zuki - step into Sanchin and reverse punch past face
7. A: Reverse Shuto  
D: Block, turn and throw
8. A: Bear hug from the front  
D: Hit groin  
A: Grab hand  
D: Mawashi-Uke and hit face or elbow