



NAMES FOR THE MEAN 18

- 1. Wrap Around**
- 2. Elbow Lock**
- 3. Break The Grab**
- 4. Headlock Defense**
- 5. Choke Release**
- 6. Finger Lock**
- 7. L-Lock**
- 8. Shin Takedown**
- 9. Press Away**
- 10. Hook & Drop**
- 11. Rear Jabs**
- 12. Spin & Pin**
- 13. Spin & Lock**
- 14. Head Crush**
- 15. Wall Escape**
- 16. Shin Lock**
- 17. Leg Wrap & Lock**
- 18. Figure 8s**

***These are the corresponding names. They are to be taught and learned in this exact order. Instructors are to refer to these applications by name and students required to recall them likewise.* - GCM Robaina**

ACSD LEVEL 1
“MEAN 18”

Defenses Against:

1. **Round House Punch – RG, side step, wrap arm, strike w/ horn. Check_____**
2. **Straight Punch – RG, side step, palm heel using cover hand, apply elbow lock. Check_____**
3. **Two Hands On Lapel – SG, step back at angle, using cane strike shin, tap head, break grabs, poke ribs, chamber. Check_____**
4. **Headlock – RG, stabilize stance, bring cane around to rake eyes/face. Check_____**
5. **Front Choke – RG, step back at angle, remove choking hand apply wrist lock. Check_____**
6. **Pushes/Shoves – RG, step back at angle, use cover hand forearm to deflect, apply finger lock using cane shaft. Check_____**
7. **One Hand Lapel To Punch Face – RG, step back at angle away from punch, apply “L” wrist lock. Check_____**
8. **Front Bear Hug (Arms In) – SG, stabilize stance, create triangulation point with cane tip and apply shin lock with shaft. Finish with “Musashi cut” to knee. Check_____**
9. **Front Bear Hug (Arms Out) – SG, stabilize stance/drop center, strike shin, bring cane around opponent’s head to press away. Check_____**
10. **Rear Bear Hug (Arms In) – SG, stabilize stance/drop center, heel stomp foot, hook knee with crook and twist inside to lock knee. Check_____**
11. **Rear Bear Hug (Arms Out) – SG, stabilize stance/drop center, break grip with crook simultaneously thrusting pelvis back to strike groin, poke solar plexus and throat or face in succession using cane tip. Check_____**
12. **From Rear: One Hand on Punch, Turning To Strike – RG, Spin away from punch, pin hand to shoulder, apply elbow lock using cane shaft. Check_____**
13. **Two Handed Grab From Rear – RG, Spin around apply elbow lock using cane shaft. Check_____**

14. **Wrestling Tackle – SG, stabilize stance, bring cane around opponents head to apply head lock. Check _____**
15. **Wall Pin/Punch – RG, strike shin with cane shaft, move away from grab and apply elbow lock. Check_____**
16. **Front Kick – SG, side step, hook leg using cane shaft, apply shin lock, step on opposite foot to prevent kick. Check_____**
17. **Side Kick – SG, step inside kick, wrap leg with cover hand, use cane shaft to apply ankle lock. Check_____**
18. **Combination Punching – RG, use figure 8s to defend/strike/apply locks. Check_____**