



IAGLMA Official Attacks for Self-Defense Competition Gay Games XI Hong Kong

Beginners (one set, 3 attacks):

1. Circular Roundhouse Punch (face level)
2. Single Wrist Grab (any type, e.g., same hand or cross hand)
3. Front Choke Hold Both Hands (defender standing or supine)

Intermediate & Advanced (two sets of 3 attacks, 6 attacks total)

Set One:

1. Standing Head Lock
2. Horizontal Strike with Escrima Stick, head level
3. Bear hug from behind

Set Two:

4. Front kick
5. Defender Supine, Attacker in Mounted Position Holding Defender's Arms Against the Floor
6. Overhead (downward attack) with a Knife

Black Belt (three sets of 3 attacks, 9 attacks total)

Set One:

1. Standing Front Inverted Chokehold (attacker's body above defender's)
2. Reverse Punch Followed by a Spinning (rear leg) Round Kick
3. Gun Pointed to Head

Set Two:

4. Horizontal Strike to Torso with Escrima Stick
5. Defense Against Two Attackers (attacks are optional but must be simultaneous)
6. Defender Sitting on the Ground, attack of any kind from standing attacker

Set Three:

7. Defender Seated in a Chair against any attack from a standing opponent
8. Knife Thrusting Attack
9. 'Wild Card' Defender Can Choose What They want to Defend against