



"PD5"

Power Defense 5 System Outline

PD5 is a basic defense system designed to deliver dynamic and efficient self-defense tools in groups of five skills each, making it easy and fun to learn.

With the skills taught in our PD5 system, you will be a fearsome and formidable adversary for anyone choosing to assault or harm you.

Programs can be tailor-made to fit your individual needs, drawing from the following topics:

- 5 As of the Basic Defense Mindset
- 5 Power Targets of a potential assailant
- 5 Keys to Creating Dynamic Power
- 5 Power Kicks
- 5 Power Strikes
- 5 Power Fist Strikes
- 5 Power Open-hand Techniques
- 5 Point Cross (striking pattern)
- 5 Basic Counter Moves Against Common Attacks
- 5 Evasive Moves
- 5 Power Guards
- 5 Principles of Engagement
- 5 Unlikely Utensils for Defense
- 5 Cardinal Tactics

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