









## COBRA KATA

COBRA	TANGO	RHINO	JUMPING PIT VIPER	NIPAIPO	SOTO SNAKE WRAP	BEAR PAW	TIPPING LEG LIFT
							
Defence to double grab towards neck/head	Escape from straight wrist grab	Escape from two-handed wrist grab	Defence to a kick	Defence to lunge/punch towards head	Escape from double wrist grab	Escape from double wrist grab	Defence to kick or grappling



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