**Panantukan flow chart**

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| --- | --- | --- | --- |
| **defend** | **strike** (often in combination) | **clinch** (trap, manipulate, throw) | **zone** |
| dive | jab / lead | double guard trap | from long to clinch/close |
| mod.dive | cross | hooking head/neck control far, close | for slips or other defense |
| shield | elbow | pushing/grab head control (eg claw to face, thumb to eye) | to execute sweeps |
| parry | knee | outside underhook (from split entry) | to execute anything better, when needed |
| w.cover | claw | sweep, sapu |  |
| interrupt/off.bal. | eye jab/flick | interrupt, off.bal. |  |
| split | shoulder | knee bump |  |
| double inside  | hook | swing arms |  |
| double outside | uppercut | underhook |  |
| pai pai | overhand | overhook |  |
| elbow to fist | slap | overhook + trap |  |
| any + atk | thumb | whizzer |  |
| vs. mult.strikes | rake | sweep, biset |  |
| vs. kicks | throat | any throw |  |
| (other defenses eg wedge, scoop) | crotch kick | any lock/break |  |
|  | f.kick |  |  |
|  | r.kick |  |  |
|  |  |  |  |
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