

Orange belt techniques

a – falls :

- ① break-fall to the side from a moderate height.
- ② break-fall backwards from a moderate height (e.g., falling over a chair).
- ③ falling backwards, about-turn and forward break-fall.
- ④ forward roll – left shoulder.
- ⑤ backward roll – right shoulder.

b – hook punches :

- ① right and left hooks at various heights and distances.

c – different punches :

- ① hammer strikes at various distances and in various directions.
- ② uppercut.
- ③ reverse punches to the rear (i.e. turning)
- ④ straight punch – fist turned over.

d – kicks :

- ① defence kick forward.
- ② backwards kick (Uppercut).
- ③ All kicks learned so far will be executed –guard position sliding forwards.
- ④ All kicks learned so far will be executed guard position while sliding on the standing leg.

f – inside blocks against direct straight punches :

- ① Inner block with the left palm against straight right punch while countering simultaneously with the right hand while pushing the attacker's hand down.
- ② Inner block with the left fore-arm against a straight right-hand punch (with the possibility of catching and lowering the attacker's arm).
- ③ Inner block with the right fore-arm and counter with the left fist (inverted).

g – outer defences against punches :

- ① outer block against a hook : the outside of the fore-arm strikes the attacker's arm. Head held down tucked in between the shoulders.
- ② a. outer defences :
 - thumb outwards. ;
 - the back of the hand outwards ;
 - the little finger outwards.b – Same defences with the arm out straight
- ③ Outer block no.4 : the fore-arm comes up diagonally above the head and counter with the other fist.
- ④ Outer block no. 5 : the forearm rises horizontally above the head.

h – defence against a straight kick :

- ① inner deflection with the palm of the hand (facing the opponent) and moving forwards. The counter-attack will be done either with the hand that has just parried the kick, or with the other.
- ② outer parry with the palm of the hand facing outwards, facing the opponent, and moving forwards while counter-attacking. From the guard position only, the parry will be done with the rear arm. From the side, when the kick is aimed only at the ribs, the parry will be done with the front arm.
- ③ outer defence with the rear arm, holding the arm straight, from the normal guard position, and counter-attack.
- ④ inner parry with the front arm (the left for a right-handed person) against a high kick, and direct counter-attack.

i – body defences and parries responding to an opponent's attack : _____

- ① evading with the bust by leaning-back and kicking forwards against an opponent who is punching while moving forwards.
- ② Evading with the bust by leaning sideways.
- ③ Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction.

j – releases from grabs : _____

k – releases from chokes : _____

- ① Release from a front choke : one step back and raise the arm.
- ② Release from a choke from behind : step forwards and raise the arm.
- ③ Release from a choke from behind : hook the hands downwards, and about face while applying a wrist-lock to the attacker.

l – releases from a fore-arm choke from behind : _____

- ① grab the wrist, strike to the groin, about-face under the arm and control of the attacker bringing them to the ground and applying a lock.
- ② Immediate throw.