

# Yellow belt techniques

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## a – falls :

- ① Forward roll, right shoulder.
- ② Backward roll, left shoulder.
- ③ Forward break-fall absorbed softly.
- ④ Absorbed backward break-fall.
- ⑤ Absorbed sideways break-fall.

## b – guard positions :

- ① General guard position.
- ② Movements in all direction.
- ③ Guard position for outer defences.

## c – direct punches :

- ① Left punch towards chin.
- ② Right punch towards chin.
- ③ Left or right punch moving forward or backward.
- ④ Low level left or right punch.
- ⑤ Defence left or right punch.
- ⑥ Punch combination.

⊗ - *This exercise is executed with guard position or no guard.*

## d – elbow strikes

- ① All elbow strikes.

## e – a variety of strikes

- ① palm strikes.
- ② hammer strikes.
- ③ stopping an attacker with a light yet straight strike with the palm and fingers without causing damage.

## f – kicks

From neutral position and guard position

- ① Front kick.
- ② Side kick
- ③ Back kick.
- ④ Front-knee strike and roundhouse knee-strike.

From neutral position, move forward and kick simultaneously.

## g – shadow boxing

- ① Movement while striking.

## h – inner defences against straight punches :

- ① Facing the opponent, inner defences with palm.

Same exercise + counter attack lowering the opponent's arm.

② Guard position :

*Against left punch* : inner defence with right palm and simultaneously left punch ;

*Against right punch* : inner defence with left palm and simultaneously right punch ;

*Against left or right punch or kick towards the body* : inner parry with the fore-arm (vertical) and countering with a straight punch ;

*Against straight left kick to genitals* : inner defence with left leg and countering with left punch or blocking with left or right foot ;

*Against straight right kick to genitals* : inner defence with left leg and countering with left punch or blocking with left or right foot

All basic defences against punches, kick from up to bottom.

### i – outer defences against punches :

① 360° without prior guard.

② 360° and simultaneous strike.

### j – short combinations :

- Two-punch combination ;
- Punch and kick with other foot.

### k – release from front choke :

① Hook the opponent's hands downwards and strike with the knee or uppercut.

② Stopping the opponent before.

③ Hook with one hand while counter-attack with other hand.

### l – release from choke from behind:

① Hook the attacker's hands downwards while moving backwards and palm-striking to the groin followed by an elbow to the chin.

② Hooking the hands downwards, about face and low kick.

③ Same release but on side.

④ Against hold of the side of the head.

### m – release :

① Striking to genitals, pressure to sensitive parts of the head and throwing the opponent to the ground, still backwards.

### n – using common objects to slice, throw or parry and block