

After 3 months training – in December

a) FALLS/ROLLS

- 1) *Forward roll, right shoulder.*
- 2) *Backward roll, left shoulder.*

b) GUARD POSITIONS

- 1) *General guard position.*
- 2) *Moving in all directions.*

c) STRIKES

Punches, palm or finger strikes

- 1) *Left hand to the face (punch or palm strike).*
- 2) *Right hand to the face (punch or palm strike).*
- 3) *Left then right hand strike forwards, backwards, left and right in guard.*
- 4) *Finger strike to the throat.*

Kicks and knee strikes

- 5) *Direct knee strike (to the thigh or stomach).*
- 6) *Front kick.*

d) PUNCH DEFENCES

From the neutral position

- 1) *Against a straight punch to the face : inner parry with palm.*
- 2) *Against a hook punch to the head : 360 defence (without simultaneous strike).*

From the guard position

- 3) *Against a straight punch to the face : inner parry with palm.*

e) GRAB/HOLD DEFENCES

Defences against chokes from the front

- 1) *Stop the opponent before choke can be applied with a palm strike.*
- 2) *Release from one hand, simultaneous counter-attack palm strike with the other hand.*