

5 months after orange belt 3rd stripe - in May

a) KICKS

- 1) Straight kick with the rear foot while simultaneously bringing the standing foot back.
- 2) Straight jumping scissor-kick – kicking during the jump.

b) DEFENCES AGAINST STRIKES

Parrying left-right punch combination :

- 1) Two inner defences with the palm and counter punch or kick.
- 2) Evading leaning backwards when the opponent delivers the straight left punch and deflecting downwards while bringing the bust forwards simultaneously attacking with a straight right punch.

Parrying high kicks

- 3) Outer defence with the fore-arm and kick to the body.
 - a) Same parry while at the same time moving diagonally forwards on the opposite side to the opponent's kick (stepping forwards to the right if the kick is coming towards your left).
 - b) Rotating the bust and blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking.

c) DEFENCES AGAINST GRABS

Release from two people who have grabbed the hands

- 1) Release by levering using the elbow.
- 2) Kick the first then the second.
- 3) When a third attacker arrives while the victim is being held by the others, the victim should attack him first.

Release from choke on the ground – The attacker is sitting to one side [of the victim]. :

- 4) Hook down one of the choking hands, push the attacker away with the other hand, introducing the knee. Kick to the head with the free leg.
- 1) Same exercise but, instead of kicking the attacker, wrap the leg round his head and bring him to the ground. Arm lock or kick with the heel. If the attacker continues to resist after wrapping round his head with the leg, make him fall to the ground onto his belly in the other direction. Elbow lock.
- 2) Release from a neck hold from the side : grab a sensitive part of the attacker's head, pull and counter-attack.

