

5 months after green belt – in December

a) FALLS/ROLLS

- 1) fall onto the fore-arms.

b) PRINCIPAL THROWS

- 1) Sweep the leg diagonally and back (Osotogeri).
- 2) Head throw.
- 3) Hip throw.
- 4) Shoulder throw.

c) VARIOUS STRIKES

- 1) Strike with the edge of the hand or the forearm.
- 2) Axe kick, strike with the heel.

d) DEFENCES AGAINST BATON STRIKES

- 1) From top to bottom : jump forwards and simultaneous straight-arm outer parry. Counter attack and advance to the inside.
- 2) From top to bottom : jump forwards and simultaneous straight-arm outer parry. Advance to the outside. Counter-attack with one hand or the other. The following will be different according to whether we stepped forwards with one foot or the other.
- 3) Parry against a strike coming from the side: jump forwards with one arm raised and the other low, trap the arm and counter-attack.
- 4) Block against a low strike coming from the side: jump forwards raising one leg towards the hand holding the baton. Counter-attack.