

5 months after green belt 1st stripe - in May

**a) SWEEPS**

- 1) Sweep with front turning kick. Possible skip towards the opponent.
- 2) Sweep with hook kick and after side-step in.
- 3) High sweep with spinning hook kick.

**b) PARRY AGAINST STRAIGHT PUNCH TO THE FACE, THE ATTACKER IS ON THE SIDE**

- 1) Outer defence with the left hand with the palm turned outwards against a left hand strike.
  - 2) Outer defence with the right hand with the palm turned outwards against a right-hand strike.
- In both cases, grab the arm of the attacker if possible.

**c) WRIST LOCK**

- 1) By pulling.
- 2) By pushing an attacker who is pulling his arm towards himself.
- 3) Striking with the elbow while pulling or pushing.

**d) PARRIES AGAINST KNIFE ATTACKS**

- 1) Teaching the various grips : top to bottom, bottom to top, straight stab, and slashing from side to side.
- 2) Defence against a downwards strike:
  - a. *From a long or medium or short distance* : straight kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements.
  - b. parry with the fore-arm and counter-attack while grabbing the attacker's fore-arm.

