

5 months after green belt 2nd stripe – in December

a) DEFENCES AGAINST SIDE KICKS

- 1) Step back. The parry is applied with the arm which brushes aside the attacker's leg. The palm of the hand is turned outwards. Counter-attack.
- 2) *Same parry – Against a side-kick at medium height*
 - a. With the front hand while stepping forwards and diagonally with the rear foot
 - b. With the rear hand while stepping forwards diagonally with the front foot.
- 3) Outer low defence with the rear arm. The deviating impact will be applied with the outside of the fore-arm.
- 4) Inner defence with the inside of the fore-arm and counter-attack against a high or medium height kick.

b) DEFENCES AGAINST AN UPWARDS STRIKE

- 1) *From a long distance or medium or short distance:* straight kick to the chin, and simultaneous side-step (or not) depending on the distance. Continue depending on the situation.
- 2) block with the forearm, and counter attacks (360° type).
- 3) Parade de l'avant bras en avançant en diagonale, contre attaque du poing arrière et prise de la main qui tient le couteau.
- 4) Block with the fore arm against a stab from the right hand. Change hand controlling the forearm of the hand holding the knife and attack with the other hand.

c) RELEASE FROM A HOLD WITH ONE HAND ON A JACKET:

- 1) Counter attacks if there is no other option.
- 2) One step back and quickly lower the arm quickly towards the inside of a turning motion.
- 3) Same exercise, and continue with an elbow lock on that arm.
- 4) Take one step back and lower the arm sharply to the outside of the turning motion.
- 5) Same exercise and continue to an elbow lock on that arm.
- 6) Lock applied to the thumb of the opponent's holding hand. The other hand firmly holds the wrist of the attacker or holds him away.
- 7) Against a grab of the shoulder or the shirt from behind (pulling, or not): raise the arm on the same side as the as the hold while turning and advancing towards the attacker. Counter-attacks.