

5 months after white belt 2nd stripe – in December

a) FALLS/ROLLS

- 1) Sideways break-fall.

b) STRIKES - all strikes from the neutral and guard position

Punches

- 1) Hammer strike.
- 2) Stopping an attacker with a light straight strike with the palm and fingers without causing harm.

Kicks

- 3) Straight back kick.

Short combinations

- 4) Two-punch combination.
- 5) Punch and kick, kick and punch combination.

c) STRIKE DEFENCES

Defences against punches to the body – from the guard position

- 1) Inner parry with the forearm and counter-attack.

Defences against kicks

From the guard position

- 2) Against straight kick to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.
- 3) Against a low-kick (5 defences) : harden the leg, blockage with the shin, jump forward, step backward with the front leg, direct kick to the body.

Defences against punches or kicks

From the guard position

- 4) All basic defences against punches and straight kicks.

d) GRAB/HOLD DEFENCES

Release from side head hold (rugby grab)

- 1) Strike to the stomach, pressure to sensitive parts of the head pushing backwards, constantly forcing the opponent back towards the ground, judo throw.

Release from choke from behind

- 2) Hook the attacker's hands downwards while moving backwards diagonally, palm-strike to the body followed by an elbow strike to the chin, then 180 degree turn and kick to the shin.

e) USING COMMON OBJECTS

- 1) as a means to defend, parry and block or to attack.