

5 months after orange belt – in December

**a) FALLS/ROLLS**

- 1) Downwards roll – distance, height.

**b) KICKS**

- 1) Outer-crescent kick (slap face).
- 2) Inner-crescent kick (slap face).

**c) DEFENCES AGAINST STRIKES**Defences against low punches

- 1) Hard blockage.
- 2) Outer parry with the turning the palm of the hand.

Defences against direct kicks – from neutral position

- 3) Inside low parry with the fore-arm turned – the parry being effected with the outside of the fore-arm, fist closed, moving forwards at the same time and attacking the opponent.

**d) DEFENCES AGAINST GRABS**Releases from hair grabs

- 1) Against an attacker who is pulling the hair towards himself: jump forwards with one fore-arm as protection, and striking with the other hand to the stomach.
- 2) Against a hair grab from the front, but not pulling, strike the back of the hand holding the hair, trap that hand against the head, bending the wrist while leaning forwards, at the same time moving backwards and attacking as appropriate.
- 3) Same grab: same technique then twist of the wrist, bringing the opponent to the ground with lock on the elbow or on the shoulder.
- 4) Against an attacker who is pulling the hair from the side: jump vigorously towards the attacker, palm strike to the stomach and elbow to the face. Total control of strikes.
- 5) Against an attacker pulling the hair back and to the side with his hand on the temple which is furthest from him. : rapid turn in the direction of his hold, strike to the stomach.

**e) GROUND TECHNIQUES**

- 1) Basic turning the partner using the hips (Basic Brazilian ju-jitsu turning techniques – “shrimping” motion).
- 2) Basic reverse technique.