

5 months after orange belt 2nd stripe – in December

a) FALLS/ROLLS

1) Forward roll without standing – breaking with arm. Judo roll.

b) KICKS

1) Turning [into] back kick. Possibilities :

- a. back uppercut kick
- b. straight back kick.
- c. side back kick.
- d. turning 360 degrees and kicking with the heel
- e. turning 360 degrees and kicking with the side of the foot.

c) DEFENCES AGAINST STRIKES

Defences against right punch – from the guard position

1) Outer defence sliding under the arm of the opponent. Defence ends with a punch. It is applied with the left fore-arm against a straight right punch. Outer defence sliding under the arm of the opponent. Defence ends with a punch. It is applied with the left fore-arm against a straight right punch.

Defences against kicks

2) Jump sideways and simultaneous punch, straight kick with the rear foot. This exercise will be done from the neutral position and from the guard position.

d) DEFENCES AGAINST HUGS

Releases from hugs from behind and on the side:

- 1) Closed hug (hands trapped): strike with the palm of the hand to the groin, stamp on his foot with the heel, release the arms and backwards elbow strike.
- 2) . Open hug, hands free: lean forwards and elbow backwards repeatedly to the face with complete control, kick to the shin or the foot, seize a finger to lever. Turn and kick on the knee
- 3) Closed/open hug from behind, while lifting the person up ??
- 4) **Hug from the side ??**

Release from choke on the ground – The attacker is sitting on the victim

- 1) Release of one of the choking hands and stab to the eyes with the fingers of the other hand.
- 2) Hook the choking hands downwards, bridging the hips upwards and throwing the attacker diagonally forwards. Counter attack.
- 3) Against a choke with the weight of the attacker on the upper torso of the victim : strike the back of the elbows, bridge up with the hips and diagonal throw. Counter-attack.
- 4) Release from a choke when both heads are close together::
 - a. hook down one of the choking hands and grab the attacker's hair while pulling with the other hand. Push the attacker to the side and counter-attack.
 - b. hook down one of the choking hands and finger in the attacker's eye. Push the attacker to the side and counter-attack.
 - c. hook down one of the choking hands and strike with the forearm on the attacker's nape. Push the attacker to the side and counter-attack.