

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.