



5 months after green belt 3rd stripe - in May

a) DEFENCES AGAINST VARIOUS KICKS

- 1) Against roundhouse kick: leap forwards and outer defence with both arms, one high, the other low, and counter-attack. Possible throw of the attacker. *This technique is also effective against a direct kick.*
- 2) Against high kick : block with the fore-arm, lift the kicking leg above the head, at the same time standing up straight, throwing the attacker and counter-attacking.
- 3) Against back kick : leap forwards and outer defence with both arms, one high, the other low, and counter-attack.
- 4) Against spinning hook kick : kick the attacker in the back or from behind at the beginning of his attack.

b) DEFENCES AGAINST A FORWARD STAB WITH A KNIFE

- 1) Straight kick to the centre of the body or to the arm-pit.
- 2) If attack to the face : move forwards diagonally leaning the body to one side and side or turning kick.
- 3) Inside defence with the left fore-arm against a right-handed attack, trap and simultaneous counter-attack. Disarm.
- 4) Inside defence with the right fore-arm against a right-handed attack. Change hand, trap the arm of the hand holding the weapon, attack with the other hand.

c) RELEASE FROM TWO-HAND HOLD ON A JACKET

- 1) One step back while turning and raising one arm, bringing it to the inside and counter attack with a hammer-fist or the edge of the hand.
- 2) One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow.
- 3) Thumb lock