

5 months after yellow belt – in May

### a) FALLS & ROLLS

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- 1) Forward roll, left shoulder.
- 2) Backward roll, right shoulder.

### b) PUNCHES – Neutral and guard positions

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#### Punches

- 1) Right and left hooks, at various heights and distances.
- 2) Uppercut.

#### Kicks

- 3) Defensive kick forwards.
- 4) Uppercut kick backwards.

### c) DEFENCES AGAINST BLOWS

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#### Defences against punches

From guard position.

- 1) Inner parry with the left palm against a straight right punch, countering simultaneously with a right punch while lowering the attacker's right hand.
- 2) Outer defence against a hook: the outer side of the forearm strikes the attacker's arm. Head tucked down in between the shoulders.

From neutral and guard position

- 3) Evading the blow by leaning back and counter-attacking with a straight kick against an attacker throwing a punch while moving forwards.

#### Defences against straight kicks – from neutral position

- 4) Inner parry with the palm of the hand (facing the opponent) and moving forwards. The counter-attack uses either the hand which parried the kick or the other hand.

### d) DEFENCES AGAINST GRABS

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#### Release from a wrist grab

- 1) Various grabs, with one and/or two hands.

#### Release from chokes

- 2) Release from a choke from behind: hook the hands downwards, and turn applying a wrist-lock to the attacker.