

5 months after yellow belt 1st strip- In December

a) FALLS/ROLLS

- 1) Backwards break-fall from a moderate height.
- 2) Backwards fall, turn round and smooth front break-fall.

b) STRIKES – All strikes are practised from the neutral and the guard positionsPunches

- 1) Hammer strikes at various levels and directions.
- 2) Spinning backfist. .

Kicks

- 3) All kicks learned till now are applied from the guard position - skipping forwards.

c) DEFENCES AGAINST BLOWSAgainst punches

Inner defences.

- 1) Inner parry with the left palm against a straight right punch and counter with a straight left punch.
- 2) Inner parry with the right palm against a straight left punch and counter with a straight right punch.

Outer Defences against a straight right punch

- 3) with the thumb outwards/ with the back of the hand outwards/ with the ring finger outwards.
- 4) Same defences, but with the forearm extended to intercept the attack as early as possible.

Evasions and counters

- 5) Evading by leaning to the side and counter simultaneously with a left or right punch.

Against straight kicks – from the guard position

- 6) Outer parry, turning the palm outwards, from the guard position, moving forwards and counter-attacking. From the side, when the kick is aimed only at the ribs, parry with the front arm.

d) DEFENCES AGAINST GRABSDefences against Chokes

- 1) Release from a choke from the front: take one step back while raising one arm.
- 2) Release from a choke from behind: take one step forwards while raising one arm.