

5 months after yellow belt 2nd stripe – in May

a) FALLS/ROLLS

- 1) Side break-fall from a moderate height.

b) STRIKESPunches

- 1) Straight punch – fist inverted.

Coups de pieds

- 2) kicks from the guard position - sliding forwards: direct, roundhouse, side.

c) DEFENCES AGAINST STRIKESDéfences against punches

Inner defences.

- 1) parry with the right fore-arm against a straight left counter with the left, fist inverted. Inne
- 2) parry with the left fore-arm against a straight right-hand punch and counter attack with a straight right (with the possibility of catching and lowering the attacker's arm). Inne

Outer defences against a right punch.

- 3) The fore-arm comes up diagonally above the head and counter with the other fist.
- 4) The forearm rises horizontally above the head.

Evasions and counters.

- 5) Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction.

Defences against kicks – from the guard position

- 6) Outer defence with the rear arm, holding the arm straight, from the normal guard position, counter-attack.
- 7) Inner parry with the front arm (the left for a right-handed person) against a high kick, and d counter-attack.

d) DEFENCES AGAINST GRABSReleases from a choke from behind

- 1) Grab the wrist, strike to the stomach, turn under the arm and control of the attacker.

Release from a guillotine

- 2) Grab with the wrist with both hands, get out, turn applying a wrist-lock to the attacker.