

5 months after orange belt 1st stripe – in May

a) FALLS/ROLLS

- 1) Side roll.

b) KICKS

- 1) Turning back circular kick.

c) DEFENCES AGAINST STRIKES

Defences against right punch – from the guard position

- 1) Inner defence sliding on the arm of the attacker. The defence ends with a punch. This defence is applied with the right forearm against a straight left.

Defences against direct kicks

- 2) a- changing the [standing] foot by moving inside and in front of the opponent. Kick to the stomach. This exercise will be done facing (in the neutral position) and from the guard position.

d) DEFENCES AGAINST HUGS

From the front

- 1) Against a closed hug (hands are held down) :
 - a. pushing the hands into the groin, kick to the body, releasing one arm and attacking.
 - b. pacific option : shout in the attacker's ear.
 - c. bite the attacker's neck if no other solution.
- 2) Against an open hug (hands are free) :
 - a. Pushing the nose.
 - b. Pull the hair and use the chin as a lever.
- 3) Low open hug :
 - a. Counter attack with strikes such as, knee and elbow strikes, (elbow to the back of the neck, and knee to the body).
 - c. Pull the hair while striking the opponent's face with the palm of the other hand. Then lever the chin.

4) Open/closed hug while lifting ??

Release from hands pinned to the ground - The attacker is sitting on the victim

- 5) The arms are pulled downwards while simultaneously raising the hips. Throw the attacker diagonally forwards. Counter-attack
- 6) Bring the hands that are pinned down towards each other, grab the back of the attacker's hand, and twist the wrist and elbow while rolling on the attacker on the side.