

WHITE BELT 1st stripe_{1/2}

After 3 months training – in December

a) FALLS/ROLLS

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

b) GUARD POSITIONS

- 1) General guard position.
- 2) Moving in all directions.

c) STRIKES

Punches, palm or finger strikes

- 1) Left hand to the face (punch or palm strike).
- 2) Right hand to the face (punch or palm strike).
- 3) Left then right hand strike forwards, backwards, left and right in guard.
- 4) Finger strike to the throat.

Kicks and knee strikes

- 5) Direct knee strike (to the thigh or stomach).
- 6) Front kick.

d) PUNCH DEFENCES

From the neutral position

- 1) Against a straight punch to the face : inner parry with palm.
- 2) Against a hook punch to the head : 360 defence (without simultaneous strike).

From the guard position

- 3) Against a straight punch to the face : inner parry with palm.

e) GRAB/HOLD DEFENCES

Defences against chokes from the front

- 1) Stop the opponent before choke can be applied with a palm strike.
- 2) Release from one hand, simultaneous counter-attack palm strike with the other hand.



WHITE BELT 1st stripe_{2/2}

f) GROUND WORK : do not stay on the ground

Basic movements

1. Bridge
2. Shrimp

Defences against an opponent standing up

3. Defence back on the ground
4. Attacker is moving : back on the ground, moving with the elbows, feet up or moving with one foot on the ground and arms up in protection .
5. Get up stabilizing, hit when sitting.