

GREEN BELT 3rd stripe

5 months after green belt 2nd stripe – in December

a) DEFENCES AGAINST SIDE KICKS

- 1) Step back. The parry is applied with the arm which brushes aside the attacker's leg. The palm of the hand is turned outwards. Counter-attack.
- 2) Same parry – Against a side-kick at medium height
 - a. With the front hand while stepping forwards and diagonally with the rear foot
 - b. With the rear hand while stepping forwards diagonally with the front foot.
- 3) Outer low defence with the rear arm. The deviating impact will be applied with the outside of the fore-arm.
- 4) Inner defence with the inside of the fore-arm and counter-attack against a high or medium height kick.

b) DEFENCES AGAINST AN UPWARDS STRIKE

- 1) Straight kick to the centre of the body or the arm pit
- 2) Against a strike towards the face : move forwards diagonally leaning the body to one side and side or turning kick
- 3) Inside defence with the left fore-arm against a right-handed attack, trap and simultaneous counter-attack. Disarm.
- 4) Inside defence with the right fore-arm against a right-handed attack. Change hand, trap the arm of the hand holding the weapon, attack with the other hand.

c) RELEASE FROM A HOLD WITH ONE HAND ON A JACKET:

- 1) Counter attacks if there is no other option.
- 2) One step back and quickly lower the arm quickly towards the inside of a turning motion.
- 3) Same exercise, and continue with an elbow lock on that arm.
- 4) Take one step back and lower the arm sharply to the outside of the turning motion.
- 5) Same exercise and continue to an elbow lock on that arm.
- 6) Lock applied to the thumb of the opponent's holding hand. The other hand firmly holds the wrist of the attacker or holds him away.

Against a grab of the shoulder or the shirt from behind (pulling, or not):

- 7) Raise the arm on the same side as the as the hold while turning and advancing towards the attacker. Counter-attacks.

d) GROUND WORK : do not stay on the ground

Release from ground chokes :The attacker is sitting to one side [of the victim].

1. Hook down one of the choking hands, push the attacker away with the other hand, introducing the knee. Kick to the head with the free leg.
2. Same exercise but, instead of kicking the attacker, wrap the leg round his head and bring him to the ground. Arm lock or kick with the heel. Get up.