

YELLOW BELT 2nd stripe_{1/2}

5 months after yellow belt 1st stripe- In December

a) FALLS/ROLLS

- 1) Sideways break-fall from a moderate height using appropriate equipment.

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

Punches

- 1) Straight punch – fist inverted .

Kicks

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

c) DEFENCES AGAINST BLOWS

Against punches

Inner defences. guard position

- 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.

Against straight kicks – from the guard position

- 3) 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 GRABS

Defences against Chokes

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

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e) GROUND WORK : do not stay on the ground

Ground guard, the attacker's head on the defender's chest :

1. Control : wrap the attacker's arm and control his head :fingers in eyes, punches, palm strikes, elbows, heels.
2. Getting out : fingers in the eyes, lion paw to create space, foot on hip/kick to the face or side guard.