

# GREEN BELT 1<sup>st</sup> stripe

*5 months after green belt – in May*

## a) FALLS/ROLLS

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- 1) Fall onto the fore-arms.

## b) PRINCIPAL THROWS

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- 1) Sweep the leg diagonally and back (Osotogeri).
- 2) Head throw.
- 3) Hip throw.
- 4) Shoulder throw.

## c) VARIOUS STRIKES

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- 1) Strike with the edge of the hand or the forearm.
- 2) Axe kick, strike with the heel.

## d) DEFENCES AGAINST BATON STRIKES

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- 1) From top to bottom : jump forwards and simultaneous straight-arm outer parry. Counter attack and advance to the inside.
- 2) From top to bottom : jump forwards and simultaneous straight-arm outer parry. Advance to the outside. Counter-attack with one hand or the other. The following will be different according to whether we stepped forwards with one foot or the other.
- 3) Parry against a strike coming from the side: jump forwards with one arm raised and the other low, trap the arm and counter-attack.
- 4) Block against a low strike coming from the side: jump forwards raising one leg towards the hand holding the baton. Counter-attack.

## e) GROUND WORK : do not stay on the ground

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The defender is on his back, the attacker is sitting between the victim's legs (guard):

1. Choke with forearm : fingers in the eyes and straighten one leg, shrimp then :
  - a. The attacker is not close : foot on hip/kick to the face
  - b. The attacker is close : side ground guard
2. Anti-rape techniques : Tha attacker has his arms under the defender's legs :
  - a. Possibility to push the attacker with fingers in the eyes, straighten one leg and kick to the face.
  - b. Pressure on the larynx : hands on the attacker's throat, cross the legs and squeeze.