



# GREEN BELT 2<sup>nd</sup> stripe

5 months after green belt 1st stripe – in December

## a) SWEEPS

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- 1) Sweep with front turning kick. Possible skip towards the opponent.
- 2) Sweep with hook kick and after side-step in.
- 3) High sweep with spinning hook kick.

## b) PARRY AGAINST STRAIGHT PUNCH TO THE FACE

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The attacker is on the side

- 1) Outer defence with the left hand with the palm turned outwards against a left hand strike.
- 2) Outer defence with the right hand with the palm turned outwards against a right-hand strike.  
- In both cases, grab the arm of the attacker if possible.

## c) PARRIES AGAINST KNIFE ATTACKS

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- 1) Teaching the various grips : top to bottom, bottom to top, straight stab, and slashing from side to side.
- 2) Defence against a downwards strike:
  - a. *From a long or medium or short distance* : straight kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements.
  - b. parry with the fore-arm and counter-attack while grabbing the attacker's fore-arm.
3. Upwards attack:
  - a. *From a long or medium or short distance* : straight kick to the chin or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements.
  - b. 360 parry and counter-attack.

## d) DEFENCES AGAINST GRABS

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Defense against an attempt to take down with both legs (Double Leg).

Place fore-arm under the attacker's chin, head lock. Possibility of scratching the face (lion paw)

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

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The defender is on his back, the attacker is sitting on the victim (mounted position) :

Choke with forearm: block the arm and bridge on the side of the strangling arm.