

# WHITE BELT 2<sup>nd</sup> stripe 1/2

5 months after white belt 1st stripe – in May

## a) FALLS/ROLLS

- 1) Forward break-fall absorbed softly.
- 2) Backward break fall absorbed softly.

## b) STRIKES- all strikes from the neutral and guard position

### Punch, palm and finger strikes

- 1) Low punches in attack, (left and right).
- 2) Low punches in defence, (left and right).
- 3) Combination of all strikes.
- 4) All elbow strikes.

### Kicks and knee strikes

- 5) Knee strike from the side.
- 6) Roundhouse kick.
- 7) Side kick.

### Shadow boxing

- 8) Constant moving and striking combinations.

## c) STRIKE DEFENCES

### Punch defences

#### *From the neutral position*

- 1) Against a direct punch to the face : inner parry with palm with simultaneous strike with the other palm or fist.
- 2) Against a hook punch to the head : 360 defence and simultaneous attack.

#### *From the guard position*

- 3) Against a direct punch to the face : inner parry with palm with simultaneous strike with the other palm or fist.

### Defences against being kicked in the legs

#### *From the neutral position*

- 4) Block with either left or right foot.

#### *From the guard position*

- 5) Against straight right kick to the legs : inner parry with left leg and counter with straight left punch to the head or block with the left or right foot.
- 6) Against straight left kick to the legs : inner parry with left leg and counter with straight left punch to the head or block with the left or right foot.(toes of front foot inside or toes of the back foot outside )



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## d) GRAB/HOLD DEFENCES

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### Defence against a two handed strangle from the front

- 1) Hook both hands down from the throat and kick direct to the shin or knee strike to the stomach, followed by elbow strike to the head.

### Defence against a two handed strangle from the side

- 2) Release with one hand then elbow strike to body or head.

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

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### Techniques in guard position

1. The defender is inside the attacker's guard who is on the ground : learn the basic movements, stabilize, hit and get up.
2. The defender is on his back, the attacker in his guard.
  - a. Defences against strikes by protecting the head ;
  - b. Shrimp, foot on hip/kick to the head and stand up.