



YELLOW BELT 3rd stripe^{1/2}

5 months after yellow belt 2nd stripe- In May

a) FALLS/ROLLS

Backwards break-fall from a moderate height

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 skipping forwards.

c) DEFENCES AGAINST BLOWS

Against punches

Inner defences. guard position

- 1) Inner parry with the left forearm against a straight left punch and counter with a straight left punch, fist inverted.

Outer Defences against a straight right punch

- 2) with the thumb outwards/ with the back of the hand outwards/ with the ring finger outwards.

- 3) Same defences, but with the forearm extended to intercept the attack as early as possible. The last one with palm outwards.

Evasions and counters

- 4) Evading by leaning to the side and counter simultaneously with a left or right punch.



YELLOW BELT 3rd stripe_{2/2}

d) DEFENCES AGAINST GRABS

Defences against Chokes

1) Release from a choke from behind with the forearm : , bite if possible, strike to the groin, turn under the arm and control of the attacker bringing them to the ground and applying a lock.

Take down :

2) Double leg

e) GROUND WORK : do not stay on the ground

Side ground guard :

1. Learning the position,
2. Foot on his hip, kick to the face,
3. Scissors sweep.