

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

5 months after orange belt 1st stripe – in December

## a) FALLS/ROLLS

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- 1) Side roll.

## b) KICKS, in guard position

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- 1) Turning back circular kick.

## c) DEFENCES AGAINST STRIKES

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### Defences against right punch – from the guard position

- 1) Inner defence sliding on the arm of the attacker. The defence ends with a punch. This defence is applied with the right forearm against a straight left.

### Defences against direct kicks from the neutral position and guard position

- 2) Changing the [standing] foot by moving inside and in front of the opponent. Kick to the stomach.

## d) DEFENCES AGAINST HUGS

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### From the front

#### *Against a closed hug (hands are held down) :*

1) pushing the hands into the groin, kick to the body, releasing one arm and attacking.

- a. pacific option : shout in the attacker's ear.
- b. bite the attacker's neck if no other solution.

#### *Against an open hug (hands are free) :*

- a. Pushing the nose.
- b. Pull the hair and use the chin as a lever.

#### *Low open hug :*

- a. Counter attack with strikes such as, knee and elbow strikes, (elbow to the back of the neck, and knee to the body).
- c. Pull the hair while striking the opponent's face with the palm of the other hand. Then lever the chin.

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## 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 both hands

Release from a choke when both heads are close together:

- a. Hook down one of the choking hands and poke in the eyes (or with the hand on the hip if eyes cannot be poked). Bridge in the direction of the controlled hand.
- b. Hook down one of the choking hands and hit on nape. Bridge in the direction of the attacker's head.