

ORANGE BELT 3rd stripe 1/2

5 months after orange belt 2nd stripe – in May

a) FALLS/ROLLS

- 1) Forward roll without standing – breaking with arm. Judo roll.

b) KICKS from the guard position

- 1) Turning [into] back kick. Possibilities :
 - a. back uppercut kick
 - b. straight back kick.
 - c. side back kick.
 - d. turning 360 degrees and kicking with the heel
 - e. turning 360 degrees and kicking with the side of the foot (slap).

c) DEFENCES AGAINST STRIKES

Defences against right punch –

From the guard position

- 1) Outer defence sliding under the arm of the opponent. Defence ends with a punch. It is applied with the left fore-arm against a straight right punch.

Defences against kicks

From the neutral position and from the guard position

- 2) Jump sideways and simultaneous punch, straight kick with the rear foot.

d) DEFENCES AGAINST HUGS

Releases from hugs from behind and on the side:

Closed hug (hands trapped):

- 1) strike with the palm of the hand to the groin, stamp on his foot with the heel, release the arms and backwards elbow strike.

Open hug, (hands free) :

- 2) ∴ lean forwards and elbow backwards repeatedly to the face with complete control, kick to the shin or the foot, seize a finger to lever. Turn and kick on the knee.

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e) WRIST LOCKS

1. By pulling. The attacker's hand is opened (grab the hand) or closed (grab the wrist and fist)
2. By pushing, the attacker is pulling his arm.
3. Striking with the elbow while pulling or pushing.

f) GROUND WORK : do not stay on the ground

The defender is on the ground, the attacker on top (mounted position), the attacker is pressing his head on the defender's chest :

1. Push the attacker's head, shrimp, elbow strike to the head and up
2. Scratch to the face (lion paw), shrimp and :
 - a. foot on hip/kick to the face.
 - b. Side guard