

# GREEN BELT <sup>1/2</sup>

*5 months after orange belt 3rd stripe – in December*

## a) KICKS

---

- 1) Straight kick with the rear foot while simultaneously bringing the standing foot back.
- 2) Straight jumping scissor-kick – kicking during the jump.

## b) DEFENCES AGAINST STRIKES

---

### Parrying left-right punch combination :

- 1) Two inner defences with the palm and counter punch or kick.
- 2) Evading leaning backwards when the opponent delivers the straight left punch and deflecting downwards while bringing the bust forwards simultaneously attacking with a straight right punch.

### Parrying high kicks

- 3) Outer defence with the fore-arm and kick to the body.
- 4) Rotating the bust and blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking.

## c) DEFENCES AGAINST GRABS

---

### Release from two people who have grabbed the hands

- 1) Release by levering using the elbow.
- 2) Kick the first then the second.
- 3) When a third attacker arrives while the victim is being held by the others, the victim should attack him first.

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

Sprawl : if possible put your arms in the center and get up to the back or to the side.

# GREEN BELT 2/2

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

---

### Cross position :

1. Learning the position. The defender is lying on the attacker at 90°C. The knee at the hip is bent and higher than the assailant's belt. Hit and get up.

2. The defender is on the back, the attacker is in cross position : scratch the face, pressure under the nose and/or bite if possible and bridge (if arms are underneath the attacker's arms, stretch out arm to help bridging), shrimp then :

- a. The attacker is not close : foot on hip/kick to the face
- b. The attacker is close : side ground guard
- c. The attacker is pressing his head on the defender's chest : shrimp and guard position.