

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

5 months after white belt 2<sup>nd</sup> stripe – in December

## a) FALLS/ROLLS

- 1) Sideways break-fall absorbed.

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

### Punches

- 1) Hammer strike.
- 2) Stopping an attacker with a light straight strike with the palm and fingers without causing harm.

### Kicks

- 3) Straight back kick.

### Short combinations

- 4) Two-punch combination.
- 5) Punch and kick, kick and punch combination.

## c) STRIKE DEFENCES

### Defences against punches to the body – from the guard position

- 1) Inner parry with the forearm and counter-attack.

### Defences against kicks

From the guard position

- 2) Against straight kick to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.
- 3) Against a low-kick (5 defences) : harden the leg, blockage with the shin, jump forward, step backward with the front leg, direct kick to the body.

### Defences against punches or kicks

From the guard position

- 4) All basic defences against punches and straight kicks.

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## d) GRAB/HOLD DEFENCES

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### Release from side head hold (rugby grab)

- 1) Strike to the stomach, pressure to sensitive parts of the head pushing backwards, constantly forcing the opponent back towards the ground, judo throw.

### Release from choke from behind :

- 2) Hook the attacker's hands downwards while moving backwards diagonally, palm-strike to the groin followed by an elbow strike to the chin, then 180 degree turn and low kick.

## e) USING COMMON OBJECTS

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- 1) as a means to defend, parry and block or to attack.

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

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Techniques from mounting position.

1. The defender is on the attacker : learn the position, stabilize, hit and get up.
2. The attacker is on the defender.
  - a. Bridge (option : push with the knee) and /or double bridge to throw the attacker.
  - b. Defences against strikes by protecting the head and bridge