



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

*5 months after yellow belt – in May*

## a) FALLS & ROLLS

- 1) Forward roll, left shoulder.
- 2) Backward roll, right shoulder.

## b) PUNCHES – Neutral and guard positions

### Punches

- 1) Right and left hooks, at various heights and distances.
- 2) Uppercut.

### Kicks

- 3) Defensive kick forward
- 4) Uppercut kick backwards.

## c) DEFENCES AGAINST BLOWS

### Defences against punches

#### *From guard position.*

- 1) Inner parry with the left palm against a straight right punch, countering simultaneously with a right punch while lowering the attacker's right hand.
- 2) Outer defence against a hook: the outer side of the forearm strikes the attacker's arm. Head tucked down in between the shoulders.

#### *From neutral and guard position*

- 3) Evading the blow by leaning back and counter-attacking with a straight kick against an attacker throwing a punch while moving forwards.

### Defences against straight kicks –

#### *From neutral position*

- 4) Inner parry with the palm of the hand (facing the opponent) and moving forwards. The counter-attack uses either the hand which parried the kick or the other hand.

## d) DEFENCES AGAINST GRABS

### Release from a wrist grab

- 1) Various grabs, with one and/or two hands.

### Release from chokes

- 2) Release from a choke from behind: hook the hands downwards, and turn applying a wrist-lock to the attacker.



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

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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 standing up trying to go on the sides :

3) move and place a foot on the hip

If the attacker is getting up :

2) seize both ankles and push with the pelvis,

3) If the attacker is getting up, one leg backwards : seize the closest ankle, hook with foot behind his knee and push with the pelvis.

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