

ORANGE BELT ^{1/2}

5 months after yellow belt 2nd stripe – in May

a) FALLS/ROLLS

Backwards fall - turn 180° turn and front break-fall.

b) STRIKES

Punches

- 1) Hammer fist, different levels and directions

Coups de pieds

- 2) Kicks from the guard position - sliding forwards: direct, roundhouse, side.

c) DEFENCES AGAINST STRIKES

Défences against punches

Inner defences. guard position

- 1) Inner parry with the left fore-arm against a straight right punch, counter with a right straight punch (possibility of grabbing and lowering the attacker's arm) .

Outer defences (if the front hand is low) against a right punch.

- 2) The fore-arm comes up diagonally above the head and counter with the other fist.

Evasions and counters.

- 3) Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction.

Defences against kicks – from the guard position

- 4) Outer defence with the rear arm, holding the arm straight, from the normal guard position, and counter-attack.
- 5) Inner parry with the front arm (the left for a right-handed person) and counter-attack.

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d) DEFENCES AGAINST GRABS

Release from a guillotine

- 1) Grab with the wrist with both hands, bite if possible, get out, turn applying a 90° shoulder-lock to the attacker.

e) GROUND WORK : do not stay on the ground

The defender is on the ground, the attacker on top (mounted position):

- 1 .Bridge : shrimp by pushing his hip and pulling the knee out (option : hook the attacker's ankle with other leg), following according to the distance:
 - a. .The attacker is not close : foot on hip/kick to the face
 - b. The attacker is close : keep some distance with forearm ou poke in the eyes and side ground guard
 - c. The attacker is pressing his head on the defender's chest : if possible, fingers in the eyes (if the arms are un derneath the attacker's arms : stretch out arm in order to help the movement and fingers in the eyes), shrimp then foot on hip/kick to the face.
2. Release from hands pinned to the ground (before they hit the ground) : bridge (possibility of throw or wrist lock).