

# GREEN BELT 4<sup>th</sup> stripe

5 months after green belt 3rd stripe – in May

## a) DEFENCES AGAINST VARIOUS KICKS

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- 1) Against roundhouse kick: leap forwards and outer defence with both arms, one high, the other low, and counter-attack. Possible throw of the attacker. *This technique is also effective against a direct kick.*
- 2) Against high kick : block with the fore-arm, lift the kicking leg above the head, at the same time standing up straight, throwing the attacker and counter-attacking.
- 3) Against back kick : leap forwards and outer defence with both arms, one high, the other low, and counter-attack.
- 4) Against spinning hook kick : kick the attacker in the back or from behind at the beginning of his attack.

## b) DEFENCES AGAINST A FORWARD STAB WITH A KNIFE

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- 1) Before the attack, throw a light object towards the attacker. This can be effective against all types of knife-attacks. This action is followed with a counter-attack.
- 2) Direct kick
- 3) Evade and low roundhouse-kick (as against a straight thrust stab).
- 4) Evade leaning the body backwards and:
  - a. Block with both forearms and counter-attack with a right piston punch while simultaneously controlling with the left forearm. Disarm.
  - b. Block with both forearms, counter with the left and then the right while controlling the arm holding the weapon. Disarm.
  - c. Block with the left forearm and counter-attack simultaneously with the right while simultaneously controlling the arm holding the weapon. Disarm.
  - d. Block with the right forearm and counter-attack simultaneously with the left. Grab and control the arm holding the weapon, strike simultaneously with a right piston punch. Disarm.
- 5) If the attacker is very close it is possible to block the first strike.

## c) RELEASE FROM TWO-HAND HOLD ON A JACKET

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- 1) One step back while turning and raising one arm, bringing it to the inside and counter attack with a hammer-fist or the edge of the hand.
- 2) One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow.
- 3) Thumb lock

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

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### Release from a guillotine :

1. Poke in the eyes, lion paw to the face if possible.
2. If not, put one hand in the back, move and press on the attacker's neck with the shoulder. If it does not work, again lion paw.