



Yellow Belt / Black stripe 8th kyu Test form

Principles:

- Must know how to use the heavy hand techniques (strikes)
- Must know the principles of earth movements
- Must know the palm down defense to strikes

Balance points:

1. Ankles
2. Knees
3. Hips
4. band around the torso
5. Elbows
6. Small of back
7. Shoulders
8. Head and neck
9. Mix them together
10. Use opposites theory
11. Use them to set up your own techniques

Must know the 5 D's

1. Discern= be alert, and aware of everything around you.
2. Defend= once your attacked or preemptively if you know you're about to be attacked.
3. Disrupt= you move to stop the attack either interrupt the attacker or attack first to change the attackers intention from attacker to defender.
4. Deliver= we deliver our own attack to end the encounter as quickly as possible
5. Discern= we look back at the encounter and see if it could have gone differently, avoided, did we make the right choices?

Techniques:

1. Wrist grabs (straight across / cross grab)
2. Rear collar grab
3. Defend against a punch to the face
4. Two handed choke from the front
5. Defend against a grab high on the arm
6. Grab attack from behind (bear hug)
7. Rear arm lock

8. Defend while sitting in a chair.
9. Defend from lying on your back.
10. Defend against a front collar grab & punch.