

## YELLOW TIP – 9TH KUP

### Stances

1. L-stance

### Kicking Techniques

1. Low slicing (to the knee)
2. Low side (to the shins or knee)
3. Midsection side (to the side)
4. Stepping side (in horse-riding stance)
5. Sliding front
6. Sliding turning

### Self Defence

#### Double Hands

1. Release one hand > elbow strike to solar-plexus
2. Strike wrist (LU7) > knife hand strike to neck (L18)

#### Two Hands on one hand

1. Push down towards ground > pull up thumb or fingers
2. Small circle using other hand to help.

#### Release from two hand grab from behind

1. Elbows in > drop weight > turn one way, then the other > then step back under their arm and push arms away.
2. Lower weight > push arms forward and body back into attacker > double elbow strike [Danger!]

### Defence against punch

Start at punching distance.

1. Against jab > deflect to close attack
2. Against jab > deflect jab > kick to shins
3. Against jab > deflect jab > turning kick to thigh or mid-section
4. Against cross > deflect to close attack
5. Against cross > deflect cross using sword movement > step to outside (90°) block > knee to ribs
6. Against cross > deflect cross - step to outside (90°) block > side kick to knees or ribs
7. Against round punch > step to inside – simultaneous block > palm to face/chin/nose.
8. Against round punch > step to inside – simultaneous block > punch to solar plexus
9. Against round punch > step to inside – simultaneous block > elbow to head

### Sparring Drill

- Start with the left leg forward in sparring stance at punching distance.
- One partner does a jab to head, cross to solar plexus then rear leg turning kick to the floating ribs.
- Other partner does upper block against jab, downwards block against cross then steps back and does guarding block against the turning kick.
- Then alternate and keep repeating back and forth.
- Also practice starting with right leg forward to develop both sides equally.

### Falling

1. Front fall
2. Side fall

### Hand Techniques

1. Jab / cross combination
2. Deflection (closing attacker)
3. Hook punch
4. Knifehand block
5. Palm thrust to face
6. Side guarding block (cover head and body at same time)

### Patterns

#### Self Defence Drill 1 – Releases and Strikes

1. **Single hand grab and push** > Release and spin 180°
2. **Single hand grab and pull** > Strike wrist to release > knifehand strike to neck (attacker leans back to avoid strike and replies immediately with the next attack).
3. **Punch** > Step to outside (90°) and deflect the punch, grab the arm and knee to ribs > push attacker away
4. **Two handed choke** > Grab one hand, other arm over and then elbow strike to head with loud kyup [DANGER!!]

### Key Principles and Skills

- Non-resistance – relax, don't tense when grabbed – don't be there
- Circle Principle – lead an attack into a circle
- Blending with opponent's movement – just enough so the attacker still thinks they have control of you
- Using 90° and 180° step – use of body weight, not arm strength.
- Sword movement for deflecting punches – presenting a triangle to the attacking line

### Multiple Grabbing

- Demonstrate defence against dynamic grabs to wrists – front and rear – using releases - or release/strike.
- Includes defence against punch - use 90° and 180° footwork
- Importance of head movement – don't look at feet

### Pressure Points

Kidney 1 – healing point or used for warming up

### Weak Points

Solar Plexus – used for elbow strikes and punch.