

BLUE BELT – 4TH KUP

Kicking Techniques

1. Axe
2. Stepping axe
3. Spinning axe
4. Jumping turning (rear leg)
5. Knee feint then jumping turning

Self Defence

C13 Whip Throw

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Punch (jab then cross)
- Finishing Technique – lock elbow using shins

C14 Tornado Throw

- Wrist (same hand)
- Wrist (cross hand)
- Punch (jab then cross)
- Rear double hands
- Finishing technique – cricket bat

C15 Neck and Chin Throw

- Wrist (cross hand)
- Two hands onto one
- Punch (punch then cross)
- Two handed push

Front Bear Hug – Arms Free

1. Clap ears & twist head
2. Grab lower back & push chin

Front Bear Hug – Arms Trapped

1. Grab rib skin & knee strike
2. Knee to groin & hip throw
3. Push out attacker's hips and shoulder lock (arm straight) and knee strike to head [DANGER!!]

Belt – Front (Palm Down)

1. Knuckle to top of hand & wrist lock & elbow lock (if necessary)
2. Hip throw

Multiple Grabbing

Demonstrate self defence techniques

Weak Points

1. Skin over latissimus dorsi – front bear hug
2. Skin over triceps – can be used as softening/distractive technique
3. Back of hand between metacarpals using knuckles or strike

Patterns

Pattern 5 – Crane Pattern

The following description and diagram is for a person leading with the left hand. You should also be able to do this pattern against a person leading with their right hand (mirror image).

A1. Jab to head (R) then cross (L) to the head

Palm block (R) to first punch then simultaneous crane block (R) to second punch and crane strike (L) to jaw > whip throw [opponent's left hand], step forwards sparring stance [R leg forwards]

A2. Jab to head (R) then cross to stomach (L)

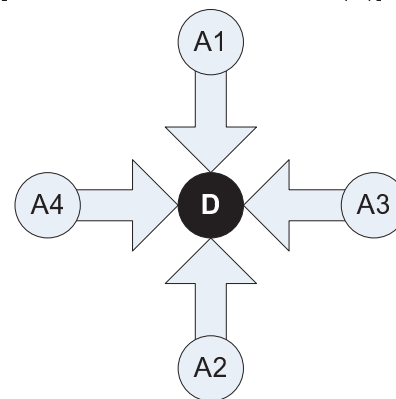
Upper crane block (R), lower palm block (R), check (L) & uppercut (R). Step around & wrist lock throw [opponent's left hand], turn around sparring stance [R leg forwards]

A3. Front kick (R) then jab to head (R)

Step out & lower palm block (R) to the kick, crane block (R) to the punch, check (L) & palm heel strike (R) to the chin, grab and throw, turn around sparring stance [L leg forwards]

A4. Front kick (R) then jab to head (L)

Step back & lower palm block (R) to the kick, upper crane block the punch (R), check (L) & uppercut (R), step through & whip throw [opponent's left hand], downwards knifehand strike (R)[kyup]



Sparring Drill

Start with the left leg forward in sparring stance at punching distance.

1. One partner does turning kick (R) to stomach then spinning hook (L) to head.
2. Other partner steps back to avoid turning kick and leans back to avoid spinning hook kick.
3. Then alternate straight away and keep repeating back and forth.

Also practice starting with right leg forward to develop both sides equally.