

# Blue belt techniques

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## a – falls :

- ① Fall absorbed with the fore-arms.

## b – principle throws :

- ① Sweep the leg diagonally and back (Osotogeri).
- ② Head throw.
- ③ Hip throw.
- ④ Shoulder throw.

## c – various strikes :

- ① Strike with the edge of the hand or the forearm.

## d – kicks and sweeps :

- ① Axe kick, with heel.
- ② Sweep with front turning kick.
- ③ Sweep with reverse turning kick and after side-step in..
- ④ Sweep with low hook kick.
- ⑤ Sweep with reverse high kick.

## e – parry and straight punch to the face :

- ① Outer defence with the left hand with the palm turned outwards against a left hand strike.
- ② Outer defence with the right hand with the palm turned outwards against a right-hand strike..
  - ⊗ - *In both cases, grab the arm of the attacker if possible.*

## f – defences against a side-kick :

- ① Step back while raising the front leg. The parry is applied with the arm which brushes aside the attacker's leg. The palm of the hand faces outwards. Counter-attack.
- ② Same parry :
  - a- With the front hand while stepping forwards and diagonally with the rear foot.
  - b- With the rear hand while stepping forwards diagonally with the front foot.
  - ⊗ - This is an effective technique while applied to a medium height kick.
- ③ Outer low block with the rear arm. The deviating shock will be applied with the outside of the fore-arm.
- ④ Inner defence with the inside of the fore-arm and counter-attack against a high or medium height kick.

## g – additional defence against various kicks :

- ① *Against turning 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 kick to the groin*
- ② *Against high turning kick* : block with the fore-arm, lift the kicking leg above the head, at the same time standing up, throwing the attacker and counter-attacking.
- ③ *Against reverse turning kick* : jump forwards and block with both hands, one high, the other low.
- ④ *Against the same kick* : kick the attacker in the back or from behind at the beginning of his attack.

### h – wrist-lock :

- ① By pulling.
- ② By pushing an attacker who is pulling his arm towards himself.
- ③ Using the thumbs, by pulling and pushing.
- ④ Striking with the elbow while pulling and pushing.

### i – using a knife:

- ① Teaching the various grips : top to bottom, bottom to top, straight stab, and slashing from side to side.

### j – parries against knife attacks :

- ① Defence against a downwards strike:
  - a- straight kick to the groin. Follow-up according to the situation and requirements.
  - b- parry with the fore-arm and counter-attack while grabbing the attacker's fore-arm.
- ② Defence against a vertical upwards strike :
  - a- straight kick to the chin, and follow on attack.
  - b- parry with the forearm, and counter attacks.
  - c- Parry with the fore-arm while moving diagonally forwards, counter attack with the rear fist and trapping the hand holding the knife.  
⊗ - *Example of follow on : create distance and kick, take the knife, or wrist-lock and take the knife.*
  - d- Parry with the fore-arm and advance to the inside of the attacker. Change hands and grab the arm holding the weapon and strike with the other hand.
- ③ Defence against a straight stab with a knife :
  - a- Straight kick to the centre of the body or to the arm-pit..
  - b- Move forwards diagonally leaning the bust to one side and turning kick from the side.
  - c- Inside defence with the fore-arm, trap and counter-attack.  
⊗ - *Example of follow-up : trap the hand that is attacking, create distance and kick, take the knife, or wrist-lock and take the knife.*
  - d- Inner defence with the fore-arm (from the inside), change hands and trap the arm holding the weapon, and attack with the other hand.

### k – defences against stick-strikes:

- ① *From top to bottom* : jump forwards and simultaneous straight-arm outer parry. Advance to the inside.

② *From top to bottom* : jump forwards and simultaneous straight-arm outer parry. Advance to the outside. Counter-attack with one hand or the other. The following will be different according to the step.

④ *Parry against a strike coming from the side* : jump forwards with one arm raised and the other low, trap the arm and counter-attack.

⑤ *Parry against a low strike coming from the side* : jump forwards with one knee towards the baton. Counter-attack.

### l – release from a hold with one hand on a jacket, or other strong garment:

① Violent counter attacks if there is no other option.

② One step back and quickly lower the arm towards the inside with a turning motion.

③ Same exercise, and continue with an elbow lock on that arm.

④ Lock applied to the thumb of the opponent's holding hand. The other hand firmly holds the wrist of the attacker or holds him away.

⑤ Counter-grab of the shoulder or the shirt from behind (pulling, or not) : raise the arm on the same side as the as the hold while turning and advancing towards the attacker. Counter-attacks.

### m – release from two-hand hold on the shirt (or jacket):

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. And a kick with the knee.

② One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow.

③ Hold of the thumb.

### n – combat 2x2 minutes :

2\*2 minutes fight with 30seconds rest.

Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect :

- the participants are graded by their general attitude and not solely by winning or losing. They must not avoid contact and must show proof of courage, determination, clear-headedness, composure, a minimum of technique and they must respect their opponents;
- if a fighter receives a serious blow, the next step must be light or the fight stopped completely according to the degree of severity;
- if a fighter has the opportunity to give a head-butt, this must be simulated;
- if a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated
- if a fighter is struck in the genitals, he must break away in order to mark the advantage gained by his opponent, he must take one or two steps to the side;
- all throws must be executed with safety ; if a fighter has been floored, and manages to remove his gloves, any subsequent movement must be faked.

Protection and boxing gloves (minimum weight 12 ozs.) must be worn.