

# Brown belt techniques

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## a – two-kick combinations :

The second kick is delivered before the first touches the floor.

- ① Two straight kicks.
- ② One straight kick and one turning kick.
- ③ One outer crescent kick (delivered with the edge of the foot as a slap to the face) and one straight kick.
- ④ One back upper-cut kick and one straight back kick.

## b – flying kicks :

- ① Jumping knee strike : straight, circular.
- ② Straight jumping kick.
- ③ Flying middle kick.
- ④ Flying side-kick..
- ⑤ Flying reverse turning kick (with the heel)
- ⑥ Jumping reverse turning kick (with the edge of the foot). [Jumping outer crescent kick.]

## c – different attacks :

- ① – Flying front kicks medium level, before reaching ground : grip opponent and attack with other hand with punch, hammer stroke or edge of hand
- ② – Front kick, turn back and flying internal slap kick, both kicks given with same foot.
- ③ – Front kick and two punches
- ④ – Defence kick (heel inside) and two punches. External and internal defences
- ⑤ – Blows with elbow against a group

## d – parries against knife attacks :

- ① Parry against an attacker who is coming from different angles, and is attacking in different ways.
- ② Exercise parries with the defender seated and lying down.

## e – parries against crossing knife attacks :

- ① Defences with straight kicks (as against a straight stab).
- ② Low side-kick (as against a straight stab).
- ③ 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.
- ④ Retreat on the first strike and return on the second with a single or double forearm block and counter-attack:
  - a). evading with the bust backward, parry with the right forearm and counter-attack simultaneously with the left. Control with the left forearm, strike simultaneously with a right punch. Disarming.
  - b). evading with the bust backward, parry with both forearms and counter-attack with left and right punches. Control of the arm holding the knife. Disarming.
  - c). evading with the bust backward, parry with both forearms and counter-attack simultaneously with the right punch. Control and disarming.
  - d). evading with the bust backward, parry with the left forearm and counter-attack simultaneously with the right. Control and disarming.

## f – parry against a straight thrust with a stick :

**Or rifle with bayonet**

- ① Inner parry with the palm of the hand and advance diagonally, towards the outside of the attacker. Seize the stick and counter-attack.
- ② Inner parry with the palm of the hand and diagonal advance towards the inside of the attacker, seize the weapon with both hands and kick.
- ③ Inner parry with the forearm, one step forward on the outer of the opponent, blow with the forearm on the throat and back strangulation.
- ④ Against a blow from top to bottom : inner parry with the hand on the opponent's forearm at the beginning of the blow.

g – neutralising an attacker who is threatening with a revolver :

- ① Against a threat from the front at various distances and levels.
- ② Against a threat from behind, the revolver is held against the victim, at various levels.
- ③ Against a threat from the side, the revolver is touching the victim in front of the elbow ; behind the elbow.

h – releases from various holds :

- ① Release from a pushing closed hug from behind: throw forwards.
- ② Release from an open pushing hug from behind and: throw forwards.
- ③ Release from a pushing hug from the front : turn and strike with the arm and roll to the ground.
- ④ Release from a hold on the neck from the side. The person who does this Goes downwards as they turn: forward roll as they turn, and forward throw.
- ⑤ Release from the same hold but this time the release is effected by downwards pressure to the cervical vertebrae: backwards throw.
- ⑥ Release from a hold on the neck from behind: the attacker jumps, pushing the victim forwards: forwards throw.
- ⑦ Release from an arm lock from behind (police lock): lean the bust forwards: go to the ground and lever to the leg with a kick.
- ⑧ Release from a double Nelson : take one finger and lever it. Forwards throw. Backwards throw.

i – defence and attack on the ground against opponent standing up

j – a possible solution if you are badly injured and not completely conscious

Get down on the ground and defend yourself feet towards opponent

k – defence against opponent with stick attacking on different directions

Various parries against a baton: top to bottom, on sides, facing or from behind...

l – defence and counter-attack :

For this exercise, following rules must be obeyed:

- do not move back;
- defence and counter-attack simultaneously if possible;
- no unnecessary movements.

m –combat 2x2 minutes :