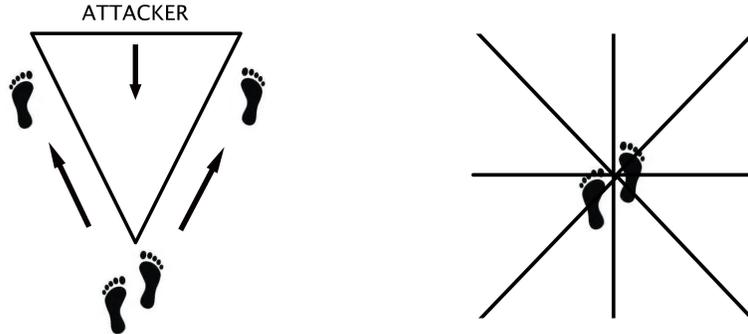


RANK REQUIRED SELF-DEFENSE MOVES

All students are responsible to demonstrate their current rank and all previous rank self-defense moves at each testing.

Footwork Diagrams:



White

1. Single Wrist Grabs

Break grip by rotating wrist/hand and pushing down. Always rotate away from partners thumb to help break grip. Bend elbow and step closer to increase strength of twist. (Sparring Stance, Kiup)

2. Double Wrist Grabs

Break grip by rotating wrist/hand and pushing down. Always rotate away from partners thumb to help break grip. Bend elbow and step closer to increase strength of twist. (Sparring Stance, Kiup)

Yellow

1. Front Grab/Choke

Hand goes over and under partner's arms and out by their wrist. (Snake move) Clap hands together and push partner's hands away from throat or shoulders. Turn hips for more power. (Sparring Stance, Kiup)

2. Rear Double Shoulder Grab/Choke

Step backwards towards partner with right leg, while bringing the right arm up high over both partners arms to wrap them up (careful not to elbow partner when swinging arm), After arms are wrapped up tight, right foot should step to partners center (if not already there) and push partner away using your shoulder. (Sparring Stance, Kiup)

Yellow 2

1. Push from Side

Use arm closest to partner, quickly move hand to outside and parry inward to deflect both pushing arms before they make contact with shoulder. At same time step to side or on angle to partners weak side.

2. Frontal Push

Bring hands together. Quickly move hands up and out to deflect partner's arms to side. At the same time step to side away from incoming push. (Sparring Stance, Kiup)
(Advanced: Use parry/redirect with hands to counter push)

(For Green and up add distraction move/strike when possible)

Examples: Fake Front Kick, Palm Strike, Loud Kiup

Green

1. Hook Punch (END MOVE)

Step towards partner, elbow/forearm cover block, counter with punch to body, step behind partner's leg to reap knee for takedown, blocking arm grabs their striking arm to pull down as punch arm pushes partners shoulders to help takedown.
(Sparring Stance, Kiup)

***Blue and up do not takedown just counter strikes and continue defensive moves.**

Green 2

1. Headlock from Side

Using your hands create space from choke in order to tuck chin in towards in arm. Next distraction strike to groin, foot stomp, or elbow. Immediately push partner's elbow forward to slip out of headlock. Keep hold of arm for hammerlock position and push partner away, finish in sparring stance with kiup.
(Advanced: Slide into rear choke and kick out back of knee to finish)

2. Hook Punch w/Ground Armbar (END MOVE)

Step to inside of partner to intercept punch with twin block, slide closet arm to neck for forearm strike, grab partners arm and shoulder as you quickly sweep front leg using your back leg for takedown.

Armbar Finish: Hold onto partners arm after takedown and step towards them with your shin against their back. Step over their head with your other leg to pin them in place as you sit down (still holding their arm) once on the ground; squeeze thighs and bend their arm across for arm bar.

***Blue and up do not takedown just counter strikes and continue defensive moves.**

(For Blue and up add distraction move/strike when possible)

Examples: Fake Front Kick, Palm Strike, Loud Kiup

Blue

1. Front Grab/Choke

Upward elbow strike between partner's arms as other hand grabs/hits inside of their elbow to bring head closer, snake arm to inside to direct their arm up. Elbow strike arm slides around head. Knee strike before directing their head down for optional takedown. Submission Option: Guillotine Choke

2. Rear Standing Choke (END MOVE)

Grab partners choking arm and pull down to create breathing space. Pin their forearm (their choking arm) to your body. Step your leg/foot to the outside of their leg, turning into the choke, step other leg around to face opposite way (open the door) and immediately turn shoulder inward and dip down to throw partner. Finish with armbar from ground.

(Advanced: Hip Throw Option)

***Blue 2 Belts and up do not armbar,
let partner stand up to continue defensive moves.**

Blue 2

1. Side Shoulder Grab (END MOVE)

As same side arm grabs for partner's hand, distraction strike, then turn partner's wrist for an outside wrist lock. Other arm strikes at elbow or triceps to help roll their arm locked and apply pressure above elbow, making sure to step into partners center for optional back of knee strike takedown.

Submission Option: Take partner's chest into ground, controlling the arm sit down with upper back against partner for top bridge shoulder/arm submission.

Sweep Option: Draw striking hand under chin to lift head, use reap or sweep to reverse takedown.

***Brown Belts and up do not armbar,
push partner away after counter strikes to continue defensive moves.**

Brown

Straight Punch x 2

*** Always Submission or Takedown with last punch to finish**

1. Parry to outside, while punching to body with cross. Redirect arm slide in with right elbow or palm to nose. Grab arm and neck to finish with knee strikes.
2. Parry to outside, immediately slip punch and ridge hand to their neck using inside arm. Quickly wrap arm around neck while stepping behind partner. Close off any gaps and grab your own hand to squeeze/choke.

Brown 2

Double (Rt/Lt) Hook Punch, then 2 x Straight Punches

*** Always Submission or Takedown with last punch to finish**

1. Double Arm block to hook punch, 4 swords counter, with crossing block and double hammer strike to neck and groin.
2. Parry to outside, while punching to body with right. Switch arm grip with left upper cut underarm into the chin, hook neck to pull down with optional wheelbarrow throw.
3. Parry/Block to outside (block, check, pin) Initial X-block flows to elbow strike, then figure four lock to toss off balance or takedown.

Red and Black belts are responsible for all the defense moves in and out of order with random repeated attacks for Testing.

Additional Self-Defense Requirements for Testing:

***Brown Belts will grapple for 45 seconds.**

***Red Belts and up will grapple for 60 seconds.**