



“Personal Safety Seminar #2” “Rotating and Collapsing Principle” Quiz ANSWER KEY

Always ask permission of your parents or guardians before practicing any of these techniques. You **MUST** always use control and keep yourself and your partner's safe!

Watch the “Rotating/Collapsing” video before reading this quiz.

Once you have watched the video(you can watch it as many times as you want before taking the quiz), take this quiz without looking at the video again. Once you have completed the quiz, ask someone to check it against the “Answer Key.” Do not look at the answers your self. Have them tell you which ones you got wrong. Then watch the video again and watch/listen closely for the questions you missed.

Now take the quiz again and have someone check your answers. Continue this process until you get every answer correct. Then take a picture of yourself with the completed quiz and send it to maabd1982@gmail.com. You will be awarded a gold star for your uniform for successfully completing each of the “Personal Safety” videos and quizzes.

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Defending vs. grabs and holds from the front, side & rear

“Rotating & Collapsing Principle” Concepts

For these principles we will be working from the position that the attacker has gotten within your SAFETY GAP.

You were NOT ready when they grabbed you, also you did not use your B-4's skills to keep them away.

Trying to “PULL AWAY” once they have grabbed you will only result in a “wrestling” match, which you will lose.

Most times your attacker will be BIGGER, STRONGER & FASTER than up.

You will not win a battle of STRENGTH.

Rotating and Collapsing are not TECHNIQUES.

Your goal is to ISOLATE their WEAKNESS and attack with your ENTIRE/WHOLE body.

The Law of Resistance - They will attempt to STOP whatever you do.

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Rotating Principle

FOOTWORK sets up your rotation

Connect your HANDS when possible for maximum POWER

Turn your HEAD, SHOULDERS & HIPS when you rotate.

Isolate & TRAP their weakness when possible.

Change DIRECTION quickly if necessary.

Step FORWARD, BACKWARD, SIDEWAYS or ACROSS as necessary.

Step turn step turn REPEAT

After breaking free, move quickly to a SAFE DISTANCE.

For more aggressive scenarios...

STRIKE first to distract and break the attackers BALANCE

Some effective distractions are...

PALM STRIKE to the nose.

FINGER TIPS to the eyes.

PALM STRIKE to the sternum

STOMP on the instep

KICK to the shin or knee

SLAP to the face or ear

RISING ELBOW to the chin/nose

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Collapsing Principle

Connect your HANDS when possible for maximum POWER

Do not INTERLACE your fingers

Use your FOOTWORK to get in the best position

If you are collapsing with one arm, the other arm should be UP

You can use hands, forearms and UPPER ARMS to collapse

Do not bend at your WAIST

DROP straight down

Get back UP immediately with hands in guard position

Move to a safe DISTANCE as soon as you break free

Combine Collapsing with ROTATING

For more aggressive scenarios...

STRIKE first to distract and break the attackers BALANCE

Use the same attacks as Collapsing

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