



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

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 _____.

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

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

Most times your attacker will be _____, _____ & _____ than up.

You will not win a battle of _____.

Rotating and Collapsing are not _____.

Your goal is to _____ their _____ and attack with your _____ / _____ body.

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

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Rotating Principle

_____ sets up your rotation

Connect your _____ when possible for maximum _____

Turn your _____, _____ & _____ when you rotate.

Isolate & _____ their weakness when possible.

Change _____ quickly if necessary.

Step _____, _____, _____ or _____ as necessary.

Step turn step turn _____

After breaking free, move quickly to a _____.

For more aggressive scenarios...

_____ first to distract and break the attackers BALANCE

Some effective distractions are...

_____	_____	to the nose.
_____	_____	to the eyes.
_____	_____	to the sternum
_____	_____	on the instep
_____	_____	to the shin or knee
_____	_____	to the face or ear
_____	_____	to the chin/nose

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Collapsing Principle

Connect your _____ when possible for maximum _____

Do not _____ your fingers

Use your _____ to get in the best position

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

You can use hands, forearms and _____ to collapse

Do not bend at your _____

_____ straight down

Get back _____ immediately with hands in guard position

Move to a safe _____ as soon as you break free

Combine Collapsing with _____

For more aggressive scenarios...

_____ first to distract and break the attackers _____

Use the same attacks as Collapsing

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