



FOUNDATION MAY- OCTOBER

SENIOR STUDENTS TAKING
WHITE BELT • YELLOW BELT



ADVANCED STANCES

- Crane stance
- Back stance

KNIFE HAND PARRIES

Inside knife hand parries from right then left punch.

Outside knife hand parries from right then left punch.

Downward middle area knife hand parries from right then left uppercut.

Lower area knife hand parries from a right then left kick.

BLOCKS AND STRIKES FROM A CAT STANCE

Uke does a right punch. Step back into Cat stance on left leg and perform an S block with left hand.

Step forward on left foot and hammer fist blow to uke's nose with right hand.

Uke does a right punch. Step back into Cat stance on left leg and perform an S block with left hand.

Step forward on left foot and palm heel strike to uke's jaw with right hand.

Uke does a right punch. Step back into Cat stance on left leg and perform an S block with left hand.

Step forward on right leg and forward right elbow strike to the jaw, capture uke's right arm under your right arm and spin and perform a left back elbow to the floating rib.

VARIOUS KICKS

Perform a lead leg Roundhouse Kick against an uke (BOTH LEGS)

Uke throws a punch, block with an S block, Uke then throws an uppercut with opposite arm, block with downward bar block and pull uke's shoulder down and perform shin kick across front of uke's body (BOTH LEGS)

ARM LOCK FROM BATON ATTACK A

Uke attacks overhead with right downward baton attack.

Step to the left with left leg and perform a right hand parry.

Control uke's arm and left palm heel strike to uke's jaw (uke's arm should be locked against your chest).

Uke recoils their arm into your figure four lock and the baton strikes against their own neck.

Step back with left leg in a controlled anti clockwise motion and take uke to the floor whilst keeping

on the figure four lock. Pin uke with both knee's and continue to hold with figure four lock.

Then safely remove baton and step away.

ARM LOCK FROM BATON ATTACK B

Uke grabs defenders hair with left hand and strikes to the side of the head with right hand baton attack.

Step away from attack with right leg and block with left hand whilst controlling the uke's left hair grab with

right hand. Strike to uke's groin with a right hand half clenched fist strike. Execute a full shoulder throw.

Finish with a bent elbow lock against the floor and strike to jaw whilst pinning uke's hip with the knee.

1st Tip Test

**ALL ROTATIONS TO DO BREAKFALLS, STRIKES, KICKS, NOVICE KATA OF BLOCKS, STUDENT CREED
& RANDOM ATTACKS**



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ARM LOCK FROM BATON ATTACK C

Uke attacks with an over head baton strike. Step forward with left leg and perform a left upper rising block under the uke's elbow whilst striking with the right hand to uke's ribs. Control uke's wrist with both hands. Walk forwards whilst pulling down on the wrist to take the uke to the floor. Finish with bent elbow lock against the floor and strike to face whilst pinning uke's hip with the knee.

SHOULDER ARM LOCKS (LEFT AND RIGHT SIDE)

Uke throws a right punch.
Block with a left S block and right palm heel strike to uke's right shoulder.
Wrap left arm around uke's right arm and grab your opposite arm to perform shoulder arm lock.
Step forward with right leg pressing against uke's left leg, tucking head in.

BREAKING A HAIR GRAB (LEFT AND RIGHT SIDE)

Block a punch and grab attackers hand (on head).
Kick to uke's knee, push up on the elbow and step underneath.
Apply wrist and elbow lock.

HIP THROW WITH A SHOULDER ARM LOCK

S Block a right punch and pull uke off balance, strike to stomach.
Place right arm around uke's waist and spin hips through into uke.
Execute the throw and finish with a shoulder arm lock.

DEFENCE AGAINST KICKS TO THE HEAD WHILST ON THE GROUND A

Uke pushes defender to ground.
Defender curls into S shape on their right hand side and blocks a left kick to the head with a double bar block. Trap uke's right leg with right shin then kick uke to groin with left foot, hook left leg through uke's legs whilst grabbing opposite leg with both arms.
Pull uke over onto their front and execute leg and ankle lock.

DEFENCE AGAINST KICKS TO THE HEAD WHILST ON THE GROUND B

Uke pushes defender to ground.
Defender curls into S shape on their left hand side and blocks a right kick to the head with a double bar block. Trap uke's left leg with left shin then kick uke to groin with right foot, hook right leg behind both uke's legs whilst holding the right leg with left arm.
Pull uke over onto their front. Sit up and reach and pull uke's left foot and capture it in the crook of left arm. Step over with left leg and kneel up in stance performing a double leg lock and punch to the head.

2nd Tip Test



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WRIST THROW WITH LOCK

Cover block a right punch with left hand. Lean back and kick to uke's kidneys with left leg. Twist uke's wrist to the left and apply wristlock. Step forward with right leg striking uke's jaw with palm heel strike. Take uke to ground and apply wristlock with both hands in butterfly grip, pinning arm with right knee

APPLICATION OF A WRIST LOCK

Uke grabs right wrist with right hand.
Defender raises in circular motion and applies lock by grabbing uke's wrist with left hand then grabbing own wrist.(Forming a triangle)
Block uke's left punch with right elbow and kick to uke's knee.
Turn and apply pressure with left elbow against uke's elbow and take to ground.
Apply shoulder, arm and wrist lock, step over with left leg and place foot under uke's chin.

DEFENCE AGAINST GROUND STRANGLE A

Uke pushes defender to ground and then sits across in mount position whilst strangling.
Strike to uke's eyes then grab both sides of collar applying pressure to the neck.
Bring feet in and thrust hips upwards driving uke's face into floor overhead.
Turn uke to the side and strike the nose with hammer blow.

DEFENCE AGAINST GROUND STRANGLE B

Uke pushes defender to ground and then kneels in between the legs whilst strangling.
Strike to uke's face with left palm heel strike and grab uke's right wrist with right hand. Twist onto right side and place right foot at the base of uke's left knee. Push on the knee to make uke fall forwards.
Keep hold of wrist lock and throw left leg over uke's arm and place left foot under uke's jaw. Extend left leg out against the head to execute a head and arm lock.

DEFENCE AGAINST GROUND STRANGLE C

Uke pushes defender to ground and then sits across in mount position whilst strangling.
Strike to uke's floating ribs. Pull down on uke's right arm with left forearm and push up on uke's left arm with right hand whilst rolling to the left. Roll uke over and trap uke's right leg under defenders left leg. Place right foot against inside of uke's left leg and push the leg away whilst striking to the nose.

3rd Tip Test