

# BLUE BELT 4<sup>th</sup> STRIPE

## **Basics:**

Downward Block  
Smother  
Uppercut, Hook, Overhand

## **Defense and Counter Technique:**

Technique: Silk Wind  
Attack: Interlocked arms from behind  
Defense: Defender does a left uppercut to lift attacker's left arm to get their attention and create a weakness and small opening on right side. Stomp on their left foot with your left foot as you lift your right elbow out of their grip. Then your right foot steps in front of your left foot as your left slips behind your right. Come out with your left hand on their left wrist and do a right uppercut to their arm. Then right stomp kick to side of leg.

## **Awareness Reaction Drill:** Optional

- A. Strikes, with the square hand blocker, mixing up angles.
- B. From horse stance, does Inward or Outward Blocks or Upward or Downward Blocks.

## **Verbal:**

27. Physical Reacting Speed: The time it takes your body to respond to the message from your mind.