

ADULT GREEN BELT 3rd STRIPE

Basics:

Flying Crescent
Spinning Front Kick
Spinning Rear Kick

Defense and Counter Techniques:

Technique: Heel Hook

Attack: Full nelson or almost any attack from behind

Defense: For the full nelson attack, defender clasps their hands and supports their head by pushing against their forehead. Kick to the inside of opponent's knee and with the same foot knife edge inside the other knee, turn foot and rake down shin, and stomp their foot.

Technique: Japanese Hand

Attack: Right or left lapel grab

Defense: For a right lapel grab, step with left foot forward as your left thumb grabs the back of their hand and your right thumb grabs the back of their hand, step back with your left foot forcing the hand backwards, and stomp kick to ribs.

Technique: Four Swords

Attack: Right roundhouse punch

Defense: Step forward with right foot as you do a right inward block covering with your left hand. Your right hand chops as you turn into a hard bow and palm heel strike with your left hand, as the right chambers. Then come back to a horse stance and right side fist.

Partner Sparring Drill:

- A. Works on Set-Up 1 and 2: Shuffles forward, back, right, left or around the ring and when they feel like it, strikes at partner with a Shuffle Jab High, Jump Wheel Kick Low.
- B. Follows, Mirroring and Riding the Edge of Distance, and Defends.

Verbals:

- 30. When is the easiest time to hit someone?
When they are not ready.
- 31. What sets up the timing?
 - Footwork "controlling the distance with footwork"
 - Drawing