

PURPLE BELT 4th STRIPE

Basics:

Slip, Uppercut, Hook, Hook and Cover
Slip, Reverse Punch, Hook, Hook and Cover
Side Falls with Slap Out
Drop Side Kick
Ground Kicks to Keep Opponent Away

Defensive Timing and Countering Technique:

Front Hand Strike 3

Defense and Counter Techniques:

Technique: BearHug 2

Attack: Bearhug from back – arms are free.

Defense: Defender steps right into a horse stance as you drop your elbows on their forearms. Then left foot moves behind opponent and goes into horse stance (knees bent), and left arm hooks their hip to your hip. Stand up, twist and throw opponent, and hammerfist on their way down or just lift them to control them.

Note: If opponent is too tall or heavy, your left knee pushes their leg forward as your elbow pushes back against them and hammerfist on their way down.

Technique: Parting the Reeds

Attack: Two-hand push or attempted grab

Defense: defender steps back and clears arms, then front kick or knee, and forearm strike to head.