

Marietta Martial Arts



To become a 1st Dan

GROUND DEFENSE

1) 6 techniques

BEAR HUG OA (R)

1. High: Arms Up & Out Elbow Hammer Backfist Kick – RF step out... bring both hands to 'x' block (in front of your body)... turn head to the side and raise arms (like high block)... LH elbow strike... LH hammer and LH back fist... step away and kick
2. Middle: Trap Arms Flip – trap with both hands... RF step to 2:00... flip over hip
3. Low: Over Elbow Scissors to Neck Throw – snake RH elbow out... LF elbow strike to head... (since attacker will move his head to the right) RH arm wrap for head lock... RF step to 2:00 and flip over hip
4. Middle: Foot Lift TD Groin Stomp – RF step out... bend over & grab both pant legs... pull up and kick groin

BEAR HUG OA (F)

1. Lat Grab Step Across Sweep TD – both hands grab their lats... RF step behind & sweep
2. Thumb Thrust to Hip Joint, Kick – both thumbs poke hips... makes for front snap kick

BEAR HUG UA (F)

1. Hair & Chin TD – RH palm to chin... LH grab hair... rotate head for TD
2. Thumbs Under Chin Step Across Sweep – both thumbs to under the chin... RF step behind for sweep
3. Back Spearhand to Throat TD – RH palm to chin... as RH spear poke to throat, LH behind lower back... RF step to 12:00

HANDSHAKE

5. Thumb to Thumb Push In & Out – OS hand thumb to thumb... push thumb in & then out (into outside lead)
6. Step Across and Under – SS hand PP... LF step across & then under for take down

KICK DEFENSE

1. Inside Hook Sweep – step inside & catch front snap (SS hand)... OS foot step behind for sweep
2. Outside Hook Sweep – step outside & catch front snap (OS hand)... SS foot step in front for sweep
3. Supporting Leg Kick – step to the side & kick standing leg
4. Outside Hook Leg Flip – step outside & catch kick... raise the leg over attacker's head for flip