

Marietta Martial Arts



To become a 2nd Dan

STRIKES

- 1) Ki slap
- 2) Thumb thrust

KICKS- (F) & (R) LEG

- 1) Muay Thai kick – strike with the shin in a downward motion
- 2) Savate - "Front hook" – hook / strike with the heel... low hook to attackers calf
- 3) Flick kick –

BREAKAWAYS

- 1) Flair out ridgehand to neck – LH flair out to your left... RH ridge strike to attackers left
- 2) Knee to back of hand – turn LH palm up and strike left knee into attackers hand... LF kick knee

SAME SIDE WRIST

- 1) Forward power thumb-lock – LH 'v' up... RH peel attackers hand off... LF step to 11:00... RH pulls attacker's hand to right hip... LH goes under attacker's arm and locks the thumb
- 2) Guillotine choke tamanagi – LH counter grab and swing hand out (away from your body)... RH forearm strike to attacker's neck (right side)... RH wraps around attackers neck into a chock
- 3) Ki hand to wrist – RH trap to your wrist... raise LH clockwise (palm facing attacker)... rotate your LH palm toward your face and press down on their wrist (like 'S')
- 4) Lifting elbow lower reverse armbar – just like purple belt technique

TWO ON TWO (F)

- 1) Back twist break elbows – counter grab both arms... raise arms up & step under then rotate your back towards the attacker... (let go for safety) jerk your hands straight down (breaking elbows)

TWO ON TWO (R)

- 1) Back elbow lower reverse arm-bar –

SIDE WRIST

- 1) Inverted - Flair out palm to floor – raise LH with palm facing attacker... RH grabs attacker's wrist and LH pulls out of his grab... LH presses down on attackers hand & wrist collapses which causes him to go down

TWO ON ONE

- 1) Hand out pp chin twist TD –

INVERTED CROSS WRIST

- 1) Center lock – RH rotate up with palm facing your stomach... LH grabs pinky side for center lock... LF steps behind to 11:00

HANDSHAKE

- 1) Thumb grab knuckles to back of hand – LH grab your right thumb (LH in a fist with knuckles down on attacker's back-of-hand)... rock & roll your knuckles across attacker's hand
- 2) Thumb lock to center lock – right thumb to attacker's right thumb lock... RH pushes attacker's arm up and in... RF step under to 11:00... LH grabs pinky side of shaking hand (center lock)

PUNCH DEFENSE

- 1) Ki slap palm heel to head –
- 2) Step behind ear slap finger to eyes TD –
- 3) Outside spin elbow to spine kick –
- 4) Armbar across back choke TD –
- 5) Double hook wrap around TD –
- 6) Elbow to bicep figure four TD –

GUN DEFENSE

6 techniques

KNIFE DEFENCE

6 techniques

CLUB DEFENSE

6 techniques

GROUND DEFENSE

6 techniques