

# Marietta Martial Arts



## To become a Brown Belt

### **2 ON 1**

4. Counter grab step across & under – (variation of Cross Wrist #4 – PP Elbow Spin Out & Under) – difference is... LF step to 1:00 verses 11:00
5. Outside counter grab forearm to elbow – (variation Cross Wrist #1 – Hand Over Wrist Armbar) – difference is... forearm to attacker's elbow verses your elbow
6. Upper armlock – (variation of Cross Wrist #3 – Upper Arm Lock) – difference is... step back with opposite foot verses step forward

### **TWO ON TWO (Front)**

3. Hi lo hand sweep – LH shoot low towards your knee... RH shouts towards attackers head... RF steps to 11:30 (foot trap behind attacker)... rotate your upper body back to horse riding stance
4. Lower flip – counter grab with both hands (circle thumb lock counter grab)... LF step under to 1:30... rotate attacker's hands (in an egg shape)
5. Pick off elbows on shoulder throw – RH pick off... LF step to 12:00... LH wrap around arms (one or both arms)... LF kick back as arms are pulled down
6. Pick off ki slap mid section – RH pick off... LF to 10:30... LH strike (back of your hand) to attacker's stomach

### **TWO ON TWO (Rear)**

3. Step under inside 'S' – variation to center lock
4. Passing the horizon – LF step to 6:00... left elbow strike stomach... left arm pull down towards ground then elbow strike face... RH counter grab attacker's arm (while left is striking)... LF step to 1:30... RF rotate clockwise to 12:00... left arm to attacker's elbow while RH pulls attacker's arm to your hip

### **ONE HAND LAPEL**

1. Trapped outside lead – S.S. hand trap attacker's hand to shirt... outside lead (you can remove hand from lapel once attacker starts to fall)
2. Trapped 'S' – S.S. hand grab attacker's wrist... opposite hand grab hand... rotate attacker's arm so his pinky side is up... both hands rotate in opposite directions (inside 'S' type of action)

### **ONE HAND SHOULDER (Front)**

1. Ki slap hand ax – opposite hand traps to shoulder... free hand strikes stomach (back of hand – inside to out strike)... trapping hand rotates attacker's arm - pinky side... free hand 'C' strike down while stepping back
2. Step under hammer lock – S.S. hand trap to shoulder... opposite hand, PP to inside elbow... step under & hammer lock
3. Wrap around – opposite hand trap to shoulder... S.S. hand slap face and wrap around attacker's arm... keep your arm at attacker's 'bend of elbow'

### **PUNCH DEFENSE**

5. Inside elbow to face TD – RF step to 1:30... LH outside block and grabs arm... right elbow to face
6. Scissors to elbow throw – RF step forward to 11:30 (short step)... LH outside block & grab... right arm scissor trap (like upper cut then bend your arm to trap attacker's arm)... LH rotates attacker's arm so his elbow is down... LF steps up to you RF and lower hips (just a little)... as you rotate your upper body, raise your hips for the throw