

Marietta Martial Arts



To become a Sr Red Belt

WEAPON OF CHOICE

- 1) Short Stick- 6 techniques
- 2) Stick- 6 techniques
- 3) Rope- 6 techniques

KNIFE DEFENCE

- 1) 6 techniques

One-HAND SHOULDER (Front)

7. Vertical Forearm to Forearm – ki slap... OS hand trap... SS forearm over the top into trapped 'S'... (elbow can be bent or straight – pinky can be up or horizontal)
8. Downward Elbow Strike to Elbow – ki slap... OS hand traps & rotates pinky up... SS elbow strike (downward) onto forearm

Two-HAND LAPEL

3. Belt Spear-hand to Throat TD – grab belt & pull in... OS hand spear-hand to the throat (& press downward)
4. Trapped Outside Lead – Same as One-Hand Lapel - SS hand trap attacker's hand to shirt... outside lead (you can remove hand from lapel once attacker starts to fall)

Two-HAND SHOULDER (R)

1. Knifehand to Groin Arm Lock – RF steps into horse... LH knifehand to the groin... turn into attacker & duck under arm (LF step to 11:00 – behind attacker)... RH arm scissor lock on attacker's arm... LH arm bar to elbow

Two-HAND MIDDLE SLEEVE (Rear)

1. Step Behind Grab Pants Legs TD – LF step behind (deep horse stance)... both hands grab pant legs & pull up

FULL NELSON

1. Prevent Wrist TD – as attacker starts to grab... drop to deep horse stance and squeeze attacker's arms against your side... LH grabs attacker's wrist... RH grabs same wrist (hand)... LF step to 12:00 & twist wrist (outside lead)
2. Prevent Finger Twist TD – as attacker starts to grab... drop to deep horse stance and squeeze attacker's arms against your side... LH grabs attacker's wrist... RH grabs same hand's fingers... LF step to 12:00 & twist wrist & fingers (outside lead)... pull down to your RF

BELT

1. (PD) Cross Hand Wrist-lock Elbow Roll – RH forearm trap to stomach... LH push up on elbow... RF rotate to 6:00
2. (PD) Middle Nuckle Backfit Ki Hand to forearm – LH traps to belt (grab wrist)... RH knuckle punch to the top of attacker's hand... RH backfist to face... ki hand to forearm (knife hand downward motion)

HANDSHAKE

1. Presidents Release –
2. Straight Arm Lift & Push – LH palm push (up) on attacker's elbow (straighten his arm)... RH slides down to fingers... RH pushes attacker's palm towards their face