

Defence Drills

(Green Tag)

Use counter attack techniques from your RED Tag 'Speed Drills'

White Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Rear (left) punch to partners head.

Defender - Front outward block.

Attacker - Front (right) punch to body.

Defender - Front inward block then shout 'attack' and counter attacks with 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Yellow Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Rear (left) punch to partners head.

Defender - Front outward block.

Attacker - Front (right) punch to body.

Defender - Front inward block.

Attacker - Front or rear kick

Defender - Low block whilst moving away from kicking leg then shout 'attack' and counter attacks with 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

Use counter attack techniques from your RED Tag 'Speed Drills'

Yellow Senior Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Rear (left) punch to partners head.

Defender - Front outward block.

Attacker - Front (right) punch to body.

Defender - Front inward block.

Attacker - Front or rear kick

Defender - Low block to the right whilst moving away from the kicking leg

Attacker - Front or rear kick

Defender - Low block to the left whilst moving away from the kicking leg

Attacker - Front or rear kick

Defender - Rear Twisting block

Attacker - Front or rear kick

Defender - Front Twisting block then shout 'attack' and counter attacks with 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Gold Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Any punch (front, rear, round, palm, uppercut etc)

Defender Blocks, weave, duck as appropriate then 'counter attack' with any 3 - 4 techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Gold Senior Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Any kick (side kick, swing kick, heel kick) etc...

Defender Appropriate low block or front or rear twisting block, then counter attack using 3 - 5 Punching and kicking techniques

Attacker arms covering face for protection

Defender When finished slide back.

Use counter attack techniques from your RED Tag 'Speed Drills'

Orange Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Back to defender, suddenly turns whilst attacking with any hand or kick strike (knife hand, back fist, spinning kick, donkey kick etc)

Defender Block or evade and counter using 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Orange Senior Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker ANY sudden single hand or foot technique including attempted grabs.

Defender Block or evade and counter using 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Green Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Sudden 'Bump' attack from behind

Defender Large step forward to gain distance then turn and counter using 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Use counter attack techniques from your RED Tag 'Speed Drills'

Green Senior Belt

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Sudden grab to shoulder's or neck from behind.

Defender Raise arm & turn breaking attackers grip then counter using 3 - 5 punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Blue Belt

Gloves optional (This is a 'natural' take down due to the attackers momentum)

Both bow (to ensure both are ready)

Both go to Right front stance.

Attacker Sudden grab to the legs

Defender into SIDE STANCE (before attacker takes hold), and using 'T' block push attackers head down to ground and kick (roll) attacker away. DON'T FOLLOW UP if attacker still on ground. When finished slide back.

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Blue Senior Belt

Both bow (to ensure both are ready)

Hands down, no ki-haps.

Attacker Walks up alongside defender then sudden punch or kick from the side. For training safety, aim for thigh/arm/shoulder area.

Defender attempt to step away and turn towards attacker whilst blocking punch or kick. finish with punching and kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

Use counter attack techniques from your RED Tag 'Speed Drills'

Purple Belt

Gloves

Both bow (to ensure both are ready)

Attacker = Aggressively pushes and shove's defender (upper body area).

Defender Left stance, Step forward at an angle to the attackers right side whilst double handed diagonal block swooping attackers arms away to your right, this turns the attackers body to their left and presents their back. Counter attack with punches & kicks.

Attacker = arms covering face for protection

Defender When finished slide back.

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Purple Senior Belt

Gloves optional

Both bow (to ensure both are ready)

Attacker Charges at running pace towards defender.

Defender counter attacks with stopping kick just before attacker makes contact, followed by 3 - 4 Punching & kicking techniques.

Attacker arms covering face for protection

Defender When finished slide back.

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Red Belt

Both bow (to ensure both are ready)

Hands down, no ki-haps.

Attacker Throws a Front punch at defenders head

Defender Covers head (don't block) and moves into attacker.

Attacker Covers head

Defender grabs attackers shoulders + Rear (Left) round knee strike + and 2/3 techniques.

Then slides back

Use counter attack techniques from your RED Tag 'Speed Drills'

Red Senior Belt

2 x Attackers

Attacker 1 pushes and shoves defender - upper chest area.

Defender Crescent Block and immediately takes down

Attacker 2 moves in to attack

Defender Standard 'Defence Drill'. When finished slide back.

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Brown Belt

2 Attackers, 1 Defender.

Both Attackers target defender then move in to attack/mugging.

When one of the attackers are within striking distance the

Defender (does not wait to be **attacked**)! 'instantly' **TAKES DOWN attacker #1.**

Then, using defence drill techniques (punches & kicks) attacks attacker #2.

attacker #2 backs away covering head.

Defender slides back.

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Brown Senior Belt

3 attackers, 1 defender.

Defender When nearest attacker within striking distance (do not wait to be attacked)! 'instantly' **TAKE DOWN attacker's #1 AND #2,**

Then, using defence drill techniques (punches & kicks) attack **attacker #3.**

Attacker #3 covers head.

Defender slides back shouting "stay there".

Attacker #1 may begin to rise, if so attack again using a kick.

IL Dan

As Brown Senior + Set Piece striking techniques