

Green belt techniques

a – fall :

- ① Downwards roll – distance, height.
- ② Side roll.
- ③ Judo roll.

b – kicks :

- ① Outer-crescent kick (slap face).
- ② Inner-crescent kick (slap face).
- ③ Reverse turning kick (striking with the heel).
- ④ Kick with the rear foot while simultaneously bringing the standing foot back.
- ⑤ Straight scissor-kick.
- ⑥ Turning [into] back kick. Possibilities :
 - back uppercut kick.
 - straight back kick.
 - turning [360 hook] and kicking with the heel or the outside of the foot.
 - side kick.

c – parrying punches :

- ① Outer defence sliding under the arm of the opponent. Defence ends with a punch. It is applied with the left fore-arm against a straight right punch.
- ② Defence against a low punch ::sharp, and deliberately hard outer defence. Outer defence, brushing the attacker's arm aside. The defender's hand is turned outwards.

d – parrying left-right puch combination :

- ① Two inner defences with the palm [of the same hand] and counter punch or kick.
- ② Evading by leaning the bust backwards at the moment when the opponent delivers the straight left punch and deflecting downwards while bringing the bust forwards simultaneously attacking with a straight right punch.

e – defences against straight kicks :

- ① Inside low parry with the fore-arm turned, the parry being done with the outside of the fore-arm, fist closed, moving forwards at the same time and attacking the opponent.
- ② a- changing the [standing] foot by moving inside and in front of the opponent. Kick between the legs. This exercise will be done facing (in the neutral position)and from the guard position.
b- Jump sideways and simultaneous punch, straight kick with the rear foot. This exercise will be done from the neutral position and from the combat position.

f – Parrying highkicks :

- ① Outer defence with the fore-arm and kick to the groin.
- ② Same parry while at the same time moving diagonally forwards on the opposite side to the opponent's kick (stepping forwards to the right if the kick is coming towards your left).
- ③ Rotating the bust and blocking with both fore-arms (on the muscular inner-part), moving forwards diagonally, counter-attacking with punch or a kick.

g – Releases from front hugs :

- ① Against a closed hug (hands are held down) : pushing the hands into the groin, kick to the same point, releasing one arm and attacking. Biting.
- ② Open hug (hands are free) :
 - a- Pushing the nose, especially when the opponent's chin is held down against his chest.
 - b- Pushing the thumbs into the eyes.
 - c- Pull the hair and lever the chin. *Poussée des pouces dans les yeux.*
- ③ Low open hug :
 - a- Counter attack with strikes such as, knee and elbow strikes, (elbow to the back of the neck, and knee to the groin).
 - b- Pull the hair while striking the opponent's face with the palm of the other hand. Then lever the chin.
- ④ Open or closed hug while being lifted : wrap leg round the opponent's leg, pull out one hand, then strike with the knee and the free hand.

h – releases from hugs from behind:

- ① Closed hug (hands trapped) : strike with the palm of the hand between the legs, stamp on his foot with the heel, release the arms and backwards elbow strike.
- ② Open hug (hands free) : lean the bust forwards and strike back to the opponent's face with the elbows, kick to the shin or the to foot, take one of the fingers and lever. About turn and kick to the groin.
- ③ Closed/open hug from behind, while lifting the person up : wrap the leg around the attacker's, upper cut kick to the groin, pull out one arm (if the hug is closed), and attack.

i – releases from hair grab :

- ① Against an attacker who is pulling the person towards him by the hair: jump forwards with one fore-arm as protection, and striking with the other hand to the groin.
- ② Against a hair grab from the front, but not pulling the person towards him : strike the back of the hand holding the hair, trap that hand against the head, bending the wrist while leaning forwards, at the same time moving backwards and attacking as appropriate.
- ③ Same grab : same technique then twist of the wrist, bringing the opponent to the ground with lock on the elbow or on the shoulder.
- ④ Against an attacker who is pulling the hair from the side : jump vigorously towards the attacker, palm strike to the groin.
- ⑤ Against an attacker pulling the hair back and to the side with his hand on the temple which is furthest from him. : rapid turn in the direction of his hold, strike to the groin.

j – release from hands pinned to the ground :

The attacker is sitting on the victim.

- ① The arms are pulled downwards while simultaneously raising the hips. Throw the attacker diagonally forwards. Counter-attack.
- ② Bring the hands that are pinned down towards each other, grab the back of the attacker's hand, and twist the wrist and elbow while rolling on the attacker on the side.

k – release from choke on the ground:

The attacker is sitting on the victim.

- ① Release of one of the choking hands and stab to the eyes with the fingers of the other hand.
- ② Hook the choking hands downwards, bridging the hips upwards and throwing the attacker diagonally forwards. Counter attack.
- ③ Against a choke with the weight of the attacker on the upper torso of the victim : strike the back of the elbows, bridge up with the hips and diagonal throw. Counter-attack.
- ④ Release from a choke when both heads are close together : hook down one of the choking hands and grab the attacker's hair while pulling with the other hand. Push the attacker to the side and counter-attack.
- ⑤ Release while turning the attacker's arm (when his centre of gravity is high). Counter-attacks while rolling the attacker sideways.
- ⑥ Basic brasilian ju-jitsu returning techniques – "lobster" motion.

l – release from ground chokes :

The attacker is sitting to one side [of the victim].

- ① Hook down one of the choking hands, push the attacker away with the other hand, introducing the knee. Kick to the head with the free leg.
- ② Same exercise but, instead of kicking the attacker, wrap the leg round his head and bring him to the ground. Arm lock or kick with the heel. If the attacker continues to resist after wrapping round his head with the leg, make him fall to the ground onto his belly in the other direction. Elbow lock.
- ③ Release from a neck hold from the side : grab a sensitive part of the attacker's head, pull and counter-attack.

m – release from two people who have grabbed the hands :

- ① Release by levering upwards from the elbows.
- ② Kick the first then the second.
- ③ When a third attacker arrives while the victim is being held by the others, the victim should attack him first.

n – combat 2x2 minutes :

2*2 minutes fight with 30seconds rest.

Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect :

- the participants are graded by their general attitude and not solely by winning or losing. They must not avoid contact and must show proof of courage,

determination, clear-headedness, composure, a minimum of technique and they must respect their opponents;

- if a fighter receives a serious blow, the next step must be light or the fight stopped completely according to the degree of severity;
- if a fighter has the opportunity to give a head-butt, this must be simulated;
- if a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated
- if a fighter is struck in the genitals, he must break away in order to mark the advantage gained by his opponent, he must take one or two steps to the side;
- all throws must be executed with safety ; if a fighter has been floored, and manages to remove his gloves, any subsequent movement must be faked.

Protection and boxing gloves (minimum weight 12 ozs.) must be worn.