

SELF-DEFENSE TECHNIQUES

PURPLE BELT

SELF-DEFENSE #1

GETTING TO READY POSITION

1. WHEN THE **ATTACKER** IS READY TO BEGIN, THEY WILL STEP BACK WITH THE **LEFT** FOOT
 - a. INTO A **RIGHT** FRONT STANCE. **KI-HAP**
2. WHEN THE **DEFENDER** IS READY TO BEGIN, THEY WILL STEP OUT WITH THE **RIGHT** FOOT INTO READY POSITION. **KI-HAP**

PERFORMING SELF-DEFENSE TECHNIQUE #1

- 1) **ATTACKER:** PUSHES THE DEFENDER TO THE GROUND
- 2) **DEFENDER:**
 1. BREAK FALL
 2. GET IN A DEFENSIVE POSITION.
 - A. POST ONE FOOT AND THE OPPOSITE HAND.
 3. USE NON-POSTING FOOT TO DEFEND AGAINST ATTACKER ATTACKING IN.
 4. SWING LEG THROUGH AND STAND UP INTO A DEFENSIVE POSITION

LESSONS FOR THIS SELF-DEFENSE TECHNIQUE

- BREAK FALLS
- DEFENSIVE POSITION
- SWING LEG STANDING WHILE MAINTAINING A GUARD

SELF-DEFENSE TECHNIQUES

PURPLE BELT

SELF-DEFENSE #2

GETTING TO READY POSITION

1. WHEN THE **ATTACKER** IS READY, THEY WILL ASSUME THE TOP MOUNT POSITION ON THE DEFENDER.
2. WHEN THE **DEFENDER** IS READY, THEY WILL ALLOW THE ATTACKER TO TAKE A TOP MOUNT POSITION.

PERFORMING SELF-DEFENSE TECHNIQUE #2

1) **DEFENDER:**

1. BRING YOUR FEET IN CLOSE TO YOUR HIPS, YOUR KNEES WILL BE BENT.
2. BRIDGE QUICKLY CAUSEING THE ATTACKER TO FALL FORWARD PLACING THEIR HANDS ON THE GROUND.
3. BREAK IN THE ATTACKERS ELBOW.
4. MOVE YOUR FOOT TO THE OUTSIDE OF THE ATTACKER'S ANKLE.
5. BRIDGE AGAIN BUT THIS TIME ANGLE TO THE SIDE. THIS SHOULD BE THE SAME SIDE AS THE ANKLE YOU ARE TRAPPING WITH YOUR FOOT.
6. ROLL TO THE SIDE YOU ARE BRIDGING.

2) **ATTACKER:**

1. ASSUME THE GUARD.

3) **DEFENDER:**

1. PASS THE GUARD AND ASSUME THE TOP MOUNT.

LESSONS FOR THIS SELF-DEFENSE TECHNIQUE

- BRIDGING
- BRIDGING AND ROLLING
- GUARD
- PASSING THE GUARD