

SELF DEFENSE

BELT			
WHITE	1	Attack: Grab arm on same side	Defense: Strike to the ribs with elbow and push forward with your shoulder.
	2	Attack: Grab opposite hand	Defense: Strike to the face with elbow.
YELLOW	1	Attack: Grab hand on same side	Defense: Strike to the ribs with elbow and do a spear hand on their arm
	2	Attack: Grab opposite hand	Defense: Strike to ribs with elbow, turn, crouch down, grab clothing on their shoulder and throw person over your shoulder.
ORANGE	1	Attack: Grab same side	Defense: Pull on arm, underneath, go around person, slide arm under their neck
	2	Attack: Grab opposite, opposite	Defense: Pull attacker's hand towards you, their leg will go forward, bend down, grab back of foot and strike on the leg (above the knee)
LIME	1	Attack: Grab lapel with same hand.	Defense: Grab the fat under the arm and pull down to get them off balance. With other arm strike on neck and hook the back of the neck as you knee attacker in the stomach.
	2	Attack: Grab clothing on chest area with one hand.	Defense: Poke attacker in the area under adam's apple (collar bone) , push attacker turn them and sweep them with their leg.
GREEN	1	Attack: grab both lapels	Defense: Strike attacker's radial nerve on arms. Cup one side of their head and elbow strike the other side (simultaneously).
	2	Attack: grab both lapels	Defense: Strike the jaw line to take off balance. Step into attacker with right foot. Slide right hand down their arm and strike their radial nerve and take down.
BLUE	1	Attack: Place hand on shoulder (same side)	Defense: Place hand over attackers hand. Loop hand around arm to connect both hands to lift the elbow.
	2	Attack: Place hand on shoulder (same side)	Defense: Make a diamond shape and put over the wrist of attacker. Put their arm under yours with their shoulder under your arm. Hold close to your body. Take down. Your legs will be to the side. The attacker will be lying on their stomach. Hyper extend their arm and point pull their hand back
PURPLE	1	Attack: Put defender into a head lock. (let go when taken down)	Defense: Strike and pull (groin area). One hand goes under their leg, the other hand strikes the area under the nose and take down.
	2	Attack: Headlock (do not let go when taken down)	Defense: Strike and pull (groin area). One hand goes under their leg, the other hand strikes the area under the nose and take down. Bring your leg close to their body and press on their jaw.
PURPLE HIGH	1	Attack: Face to Face – Attacker bear hugs the defender	Defense: Right hand cupping ear, with other hand press on pressure point with finger and rest of hand cupping the chin, turn head and take down to ground.
	2	Attack: From behind, bear hug around waist	Defense: Strike attacker on arms with your elbows, step with legs apart and bend down and grab one leg through opening of legs and take down. Press your knees together and lean back while holding the attacker's leg.

RED	1	Attack: With both hands push toward chest	Defense: Grab arm and swing around with a knife hand strike to back of the arm
	2	Attack: With both hands push defender towards chest	Defense: Hands are up and close standing. You strike Attacker's hands down with both hands with right arm. Strike at adam's apple and strike kidney with other hand, kind of bend the person and take the attacker down.
RED HIGH	1	Attack: Tackle to legs	Defense: Stops attacker by the shoulders by putting hands on shoulders. And knee attacks to face
	2	Attack: tackle down on one knee and step forward and grab Defender's legs and bring them together	Defense: As Attackers comes forward step to the side (open the door) slide one arm under their arm and one hand cradles their head and make throwing motion for them to roll.
BROWN	1	Attack: Mounts Defender while Defender is laying on the ground facing up.	Defense: Gets a hold of one leg of the attacker with his legs. Defender breaks down the elbow and uses his elbow to jab into Attacker's chest. Raise right hip at same time and flip Attacker over to the left side.
	2	Attack: Mounts Defender while Defender is laying on the ground facing up.	Defense: Takes left arm inside attacker's arm up toward their face and around their elbow. Link left hand to right arm as right hand pushes into their shoulder as your left elbow cranks toward your face.
BROWN HIGH	1	Attack: Guard position	Defense: Grab attacker's hand and pick off ground. Flip and kick them off you.
	2	Attack: Guard position	Defense: Recreate attacker's role above, but as you place their hand up and over bring attacker's arm close to your chest as you wrap your leg over their head and under their chin arch your back.