

SESSION C (2011 1st QTR)

White

- Shoulder Grabs
 - 1) Single shoulder-grab; Step forward, knife block, palm strike, knee strike
 - 2) Double shoulder-grab; Step back, double outside block, palm strike, knee strike
- Wrist-grabs
 - 1) Escape, use thumbs & fingers
 - 2) Grab meat of thumb, escape, lock wrist



Yellow, Orange Note:

- All **White Belt** techniques from previous session plus ...
- Wrist-grab
 - #5) Cross-grab; Turn hand over and trap, step into a horse-stance and arm-bar with other hand, knee to face, elbow to back, push attacker away
- Push Defense
 - #1) Push to chest with single hand; Trap hand, grab elbow with both hands and lift up
 - #2) Two-hand push ; same defense

Green, Purple, Blue

- All **White, Yellow, Orange** techniques form previous sessions plus ...
- Push Defense
 - #3) Single-hand; Stepping back with push, knife block, KM strikes
 - #4) Two-hand; Stepping back with push, cross-block up-n-down, KM strikes
- Hair-pull Defense
 - 1) Trap, bend-Down, wrist-lock
 - 2) Trap, elbow-strike, wrist-lock
 - 3) Grab-under, strike-down, take-down

Brown, Red, Apprentice

Brown:

- Bear-hugs Front
 - 1) Stop attack then Krav-maga strikes
 - 2) Over arms; Chop to groin, Krav-maga
 - 3) Under arms; Shove chin with both palms and Krav-maga strikes

High-Brown:

- Bear-hugs Behind
 - 1) Over arms; Chop to groin, turn and Krav-maga strikes
 - 2) Over arms; Arms up with horse-stance, step around behind and clear with arm
 - 3) Under arms; Horse-stance, head-butt, elbow-strikes, hit floor, grab and pull leg
 - 4) Under arms; Horse-stance, jab top of hand, grab pinky finger, pull and step outward, Elbow strike, Krav-maga strikes
 - 5) Under arms; Horse-stance, trap arm at elbow, do wrist lock

Red:

- Head-locks
 - 1) Intercept head-lock, pull arm back, stand up, duck under arm, choke from behind
 - 2) Pull choke away, put arm up around and over, push chin/nose/eyes, Krav-maga strikes
 - 3) Pull choke away, grab belt from behind, twist and roll to floor, break lock and do arm-bar

High-Red:

- Rear-chokes
 - 1) Drop to horse-stance and throw attacker over head or roll over hip
 - 2) Pull choke away, pull one side then swing-out to other side, sweep leg, arm-bar
 - 3) Pull choke away, strike to eyes, elbow strikes to ribs, duck under arm, choke from behind

Apprentice:

- Protect against tackle take-down #1
- Protect against tackle take-down #2 (guillotine)
- Tackle take-down with fake and grab one leg
- Tackle take-down with fake and grab both legs
- Protect against tackle take-down with guillotine