

GREAT MALVERN SCHOOL OF TAE KWON DO

COLOUR BELT SELF DEFENCE SYLLABUS

It is very important to retaliate with a shout after effecting an escape.

10th Kup White Belts

Attack: Wrist grab same side e.g. attackers left hand grabs opponents right wrist.

Defence: Make the index finger and thumb of the side attacked into a V shape. Lift upwards underneath opponents wrist causing release. Counter attack with a backfist.

9th Kup Yellow Tags: As for previous grading plus:-

Attack: Wrist grab opposing side e.g. attackers right hand grabs defenders right wrist.

Defence: Turn elbow towards the inner elbow of attacker forcing release. Backfist or elbow strike to attackers face.

Attack: Double wrist grab from the front.

Defence: Make the index fingers and thumbs of both sides attacked into a V shape. Lift upwards underneath opponents wrists causing release. Counter attack with a backfist or elbow strike.

8th Kup Yellow Belts: As for previous grading plus:-

Attack: Throat grab.

Defence i): The defenders hand grabs the attackers hand near to the little finger from the same side. Turn the hand back on it'self and re-inforce grabbing the wrist with the other hand. Apply pressure with both thumbs against the back of the hand. Finish with kick to the face or step over the arm to snap the opponent's elbow with a scissor motion between legs.

Defence ii): Step sideways to intercept with a hooking block grab to the outer wrist. Defender forces groin of arm into attackers arm reaching through and grabbing attackers forearm making a figure 4 when looking at all three arms from above. Shift the body to face the opponent then force their arm over their shoulder driving them backwards to the floor.

7th Kup Green Tags: As for previous grading plus:-

Attack: Single handed lapel grab.

Defence: One hand traps the opponents wrist. With the other hand grab the opponents elbow pulling it downwards in a corkscrew motion. Force the opponent to floor finishing with a punch or kick.

Attack: Two handed lapel grab.

Defence: Bring your arm through the arms of the attacker from above. Put your own hands together as if saying a prayer. Bring your hands across your body to force the attackers arms apart. Counter attack the opponent with a punch or kick.

6th Kup Green Belt: As for previous grading plus:-

Attack: Punch

Defence: Step sideways and grab opponents outer wrist with hooking block. Grab inner elbow of opponent placing their elbow on your chest into a gooseneck. Apply pressure until the opponent submits. (Also as for throat grab defence ii)

Attack: Shoulder grab from behind.

Defence: Take hold of attackers hand with your opposite hand. Twist hand off shoulder pulling forwards and placing elbow on shoulder using it as a fulcrum to apply pressure.

5th Kup Blue Tags: As for previous gradings plus:-

Attack: Double shoulder grab from behind.

Defence: Turn head looking over one shoulder. Lift own arm on the side that you have turned. Place arm over both of attackers arms folding round them and trapping. Retaliate with a punch to the face.

4th Kup Blue Belt: As for previous grading plus:-

Attack: Shoulder grab from the side.

Defence: Lift arm on the side of the grab upwards then move arm backwards over the elbow joint hooking arm round and forward trapping the arm putting pressure on the elbow joint.

3rd Kup Red Tag: As for previous grading plus:-

Attack: Full nelson.

Defence: Step backwards with inside leg placing behind knee of attackers outside leg. Grab the trouser legs of the attacker dropping weight and pulling attackers legs upwards.

2nd Kup Red Belt: As for previous grading plus:-

Take downs.

Attack: Punch or throat grab.

Defence i): Block and grab from inside to outside using an hooking block to the outside. Sweep attackers outside leg forward in and axe kick type motion bringing opponent to the floor. As opponent falls place elbow on your knee pulling back at the wrist and pressing knee joint forward. Finish with a punch to the exposed ribs.

Defence ii): Using a hooking block from outside to inside take control of the back. Step to the rear of the opponent. Place footsword into the groin of opponents knee forcing forwards to the floor. Can be finished with a punch or kick from behind or a choke.