



## Blue belt

- 1 Indian death lock
- 2 Downward inside forearm block
- 3 Roundhouse kick to solar plexus whilst walking
- 4 Outside forearm block, elbow to ribs and backfist
- 5 Defences against knife attacks (A, C, D and E)
- 6 Counters using various techniques (B, C, D and E)