



PETER MORTON ACADEMY OF SELF DEFENCE

JUNIOR BASIC COURSE

JUJITSU

1. Double Lapel Hold
2. Single Lapel Hold
3. Single Wrist Hold
4. Double Wrist Hold
5. Front Choke
6. Side Choke
7. Side Ground Choke
8. Straddle Ground Choke
9. Hair Holding
10. Collar Holding
11. Shoulder Grabbing from Behind
12. Arms Around Body from Behind (Feet together)
13. Arms Around Body from Behind (Feet apart)
14. Ogoshi (Major Hip Throw)
15. Goshi Garuma (Hip Wheel Throw)

OTHER REQUIREMENTS

1. Basic Steps - First Half
2. Tsuki
3. Geri
4. Breakfalls
5. Defence Against a Two Man Attack



**PETER MORTON
ACADEMY OF SELF DEFENCE**

モ
ー
ト
ン
護
身
流

JUNIOR ORANGE BELT COURSE

JUJITSU

1. Front Kick
2. Round Kick
3. Kidney Karate
4. Equaliser
5. Ippon Seionage
6. Arms Around Body from Front
7. Hand Grabbing
8. Counter to Hand Shake (No. 1)
9. Counter to Hand Shake (No. 2)
10. Full Nelson
11. Counter to Upper-cut
12. Hip Throw from Walking Side by Side
13. Hamalock Counter
14. Rear Strangle (No. 1)
15. Rear Strangle (No. 2)

JUDO

1. Nine Ways of Breaking Balance (Kuzushi) - Static
2. Hip and Shoulder Throw from Moving Around - Randori

OTHER REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps - First Half, Tsuki, Geri, Breakfalls, Two Man Attack
2. Basic Steps - Second Half



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

JUNIOR GREEN BELT COURSE

KENPO

1. Kenpo 1 - Counter to Combination Round to Head, Cross to Stomach
2. Kenpo 2 - Counter to Single Straight Punch to Head
3. Kenpo 3 - Counter to Single Straight Punch to Head
4. Kenpo 4 - Counter to Single Straight Punch to Head
5. Kenpo 5 - Counter to Single Straight Punch to Head

Recapitulation and Modification to

6. Kenpo 6 - Equaliser
7. Kenpo 7 - Hip Throw (Ogoshi or Goshi Guruma)
8. Kenpo 8 - Kidney Karate
9. Kenpo 9 - Ippon Seionage

JUJITSU

10. Kneeling Kick
11. Laying Kick

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Static



**PETER MORTON
ACADEMY OF SELF DEFENCE**

モ
ー
ト
ン
ア
カ
デ
ミ
ー
オ
フ
セ
ル
フ
デ
フ
ェ
ン
ス

JUNIOR BLUE BELT COURSE

KENPO

1. Kenpo 10 - Twilight
2. Kenpo 11 - Sayonara
3. Kenpo 12 - Atemi Wrist
4. Kenpo 13 - Tama Getsu
5. Kenpo 14 - Double Indemnity
6. Kenpo 15 - Ushi Geri

JUJITSU

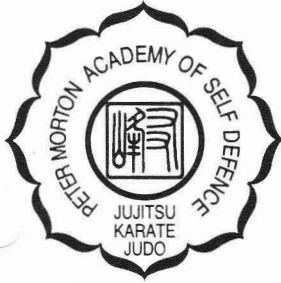
1. Garcoons
 1. Front Lapel Hold
 2. Front Belt Hold - Overhand and Underhand grips
 3. Rear Belt Hold - Overhand and Underhand grips
 4. Ankle
2. Rear Bear Hug Arms Tied
3. Rear Natural Choke
4. Hiza Tomoenage - Knee Stomach Throw and Choke

JUDO

1. Morote Seionage - Both Arm Shoulder Throw
2. Tomoenage - Stomach Throw

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Dynamic (From Moving Around)



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

JUNIOR BROWN BELT COURSE

KENPO

1. Kenpo 16 - Atemi Te - Wrist Lock
2. Kenpo 17 - Hantai Gaeshi - Reverse Counter
3. Kenpo 18 - Osoto Gari - Major Outer Reaping Throw

JUJITSU

1. Lapel Gaeshi - Advanced Double Lapel Counter
2. Tekubi Gaeshi - Advanced Double Wrist Counter - Silk Shouldering
3. San Ji Go Tai - Three Precautionary Stances
4. AteWaza - Applications to Vulnerable Points

JUDO

1. Kosoto Gari - Minor Outer Reaping Throw
2. Osoto Gari - Major Outer Reaping Throw
3. Nadaka Jime - Naked Strangle
4. Okuri Eri Jime - Sliding Lapel Strangle - Front and Rear
5. Juji Gatame - Cross Arm Lock
6. Ude Garamme - Arm Coil Lock
7. Harai Goshi - Sweeping Loin Throw
8. Taiotoshi - Body Drop Throw
9. Sutemi Otoshi - Sacrifice Drop Throw
10. Ne Waza - Ten Hold Downs

BOXING

1. Basic Punches - Jab, Straight, Cross, Hook, Upper Cut, Belly Rip
2. Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
3. Punching Combinations - S-C, S-S-H-U, H-U/B

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack, Nine Ways of Kuzushi - Dynamic



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

Bridging Course from Junior Brown Belt to Senior Brown Belt

KENPO

Brown Belt Course

1. Kenpo 18 (No. 2) - Sukui Nage - Scoop-up Throw

JUJITSU

Basic Course

1. Front Choke (No. 2)
2. Ground Choke Kneeling Between Legs (No. 1)
3. Rear Choke (No. 1)
4. Forearm Hold

Orange Belt Course

5. Full Nelson (No. 2)
6. Rear Ground Choke
7. Side Bear Hug
8. Rear Bear Hug Arms Free

Green Belt Course

9. Advancing Front Choke
10. Wrist Hold (No. 1)
11. Rear Choke (No. 2)
12. Ground Choke Kneeling Between Legs (No. 2)
13. Front Bear Hug Arms Free (No. 1)

Blue Belt Course

14. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
15. Rear Choke (No. 3)
16. Ground Choke Kneeling Between Legs (No. 3)
17. Front Bear Hug Arms free (No. 2)
18. Front Choke (No. 3)
19. Wrist Hold (No. 2)

Brown Belt Course

20. Ju 1 - Advanced Counter to Single Straight Punch
21. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma

BOXING

Brown Belt Course

1. Boxing Requirements from the Junior Brown Course done from moving around.
2. Free Sparring showing punches, evasions and combinations (Non Contact).
3. Defence against a Boxer.



PETER MORTON ACADEMY OF SELF DEFENCE

モ
リ
ト
ン
護
身
流

JUNIOR BASIC COURSE

JUJITSU

1. Double Lapel Hold
2. Single Lapel Hold
3. Single Wrist Hold
4. Double Wrist Hold
5. Front Choke
6. Side Choke
7. Side Ground Choke
8. Straddle Ground Choke
9. Hair Holding
10. Collar Holding
11. Shoulder Grabbing from Behind
12. Arms Around Body from Behind (Feet together)
13. Arms Around Body from Behind (Feet apart)
14. Ogoshi (Major Hip Throw)
15. Goshi Guruma (Hip Wheel Throw)

OTHER REQUIREMENTS

1. Basic Steps - First Half
2. Tsuki
3. Geri
4. Breakfalls
5. Defence Against a Two Man Attack

JUNIOR ORANGE BELT COURSE

JUJITSU

1. Front Kick
2. Round Kick
3. Kidney Karate
4. Equaliser
5. Ippon Seionage
6. Arms Around Body from Front
7. Hand Grabbing
8. Counter to Hand Shake (No. 1)
9. Counter to Hand Shake (No. 2)
10. Full Nelson
11. Counter to Upper-cut
12. Hip Throw from Walking Side by Side
13. Hamalock Counter
14. Rear Strangle (No. 1)
15. Rear Strangle (No. 2)

JUDO

1. Nine Ways of Breaking Balance (Kuzushi) - Static
2. Hip and Shoulder Throw from Moving Around - Randori

OTHER REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps - First Half, Tsuki, Geri, Breakfalls, Two Man Attack
2. Basic Steps - Second Half

JUNIOR GREEN BELT COURSE

KENPO

1. Kenpo 1 - Counter to Combination Round to Head, Cross to Stomach
 2. Kenpo 2 - Counter to Single Straight Punch to Head
 3. Kenpo 3 - Counter to Single Straight Punch to Head
 4. Kenpo 4 - Counter to Single Straight Punch to Head
 5. Kenpo 5 - Counter to Single Straight Punch to Head
- Recapitulation and Modification to**
6. Kenpo 6 - Equaliser
 7. Kenpo 7 - Hip Throw (Ogoshi or Goshi Guruma)
 8. Kenpo 8 - Kidney Karate
 9. Kenpo 9 - Ippon Seionage

JUJITSU

10. Kneeling Kick
11. Laying Kick

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Static

JUNIOR BLUE BELT COURSE

KENPO

1. Kenpo 10 - Twilight
2. Kenpo 11 - Sayonara
3. Kenpo 12 - Atemi Wrist
4. Kenpo 13 - Tama Getsu
5. Kenpo 14 - Double Indemnity
6. Kenpo 15 - Ushi Geri

JUJITSU

1. Garcoons
 1. Front Lapel Hold
 2. Front Belt Hold - Overhand and Underhand grips
 3. Rear Belt Hold - Overhand and Underhand grips
 4. Ankle
2. Rear Bear Hug Arms Tied
3. Rear Natural Choke
4. Hiza Tomoenage - Knee Stomach Throw and Choke

JUDO

1. Morote Seionage - Both Arm Shoulder Throw
2. Tomoenage - Stomach Throw

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Dynamic (From Moving Around)



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ル
ト
ン
護
身
流

JUNIOR BROWN BELT COURSE

KENPO

1. Kenpo 16 - Atemi Te - Wrist Lock
2. Kenpo 17 - Hantai Gaeshi - Reverse Counter
3. Kenpo 18 - Osoto Gari - Major Outer Reaping Throw

JUJITSU

1. Lapel Gaeshi - Advanced Double Lapel Counter
2. Tekubi Gaeshi - Advanced Double Wrist Counter - Silk Shouldering
3. San Ji Go Tai - Three Precautionary Stances
4. Ate Waza - Applications to Vulnerable Points

JUDO

1. Kosoto Gari - Minor Outer Reaping Throw
2. Osoto Gari - Major Outer Reaping Throw
3. Nadaka Jime - Naked Strangle
4. Okuri Eri Jime - Sliding Lapel Strangle - Front and Rear
5. Juji Gatame - Cross Arm Lock
6. Ude Garamme - Arm Coil Lock
7. Harai Goshi - Sweeping Loin Throw
8. Taiotoshi - Body Drop Throw
9. Sutemi Otoshi - Sacrifice Drop Throw
10. Ne Waza - Ten Hold Downs

BOXING

1. Basic Punches - Jab, Straight, Cross, Hook, Upper Cut, Belly Rip
2. Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
3. Punching Combinations - S-C, S-S-H-U, H-U/B

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course; Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack, Nine Ways of Kuzushi - Dynamic

Bridging Course from Junior Brown Belt to Senior Brown Belt

KENPO

Brown Belt Course

1. Kenpo 18 (No. 2) - Sukui Nage - Scoop-up Throw

JUJITSU

Basic Course

1. Front Choke (No. 2)
2. Ground Choke Kneeling Between Legs (No. 1)
3. Rear Choke (No. 1)
4. Forearm Hold

Orange Belt Course

5. Full Nelson (No. 2)
6. Rear Ground Choke
7. Side Bear Hug
8. Rear Bear Hug Arms Free

Green Belt Course

9. Advancing Front Choke
10. Wrist Hold (No. 1)
11. Rear Choke (No. 2)
12. Ground Choke Kneeling Between Legs (No. 2)
13. Front Bear Hug Arms Free (No. 1)

Blue Belt Course

14. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
15. Rear Choke (No. 3)
16. Ground Choke Kneeling Between Legs (No. 3)
17. Front Bear Hug Arms free (No. 2)
18. Front Choke (No. 3)
19. Wrist Hold (No. 2)

Brown Belt Course

20. Ju 1 - Advanced Counter to Single Straight Punch
21. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma

BOXING

Brown Belt Course

1. Boxing Requirements from the Junior Brown Course done from moving around.
2. Free Sparring showing punches, evasions and combinations (Non Contact).
3. Defence against a Boxer.



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

WOMEN'S SELF DEFENCE COURSE

1. Tsuki : Punch - Fingers - Heel - Knuckle - Full Hand - Elbow
2. Geri : Front Snap - Double Front Snap - Side Riser - Double Round - Rear
3. Front Choke
4. Rear Choke
5. Side Choke
6. Side Ground Choke
7. Straddle Ground Choke
8. Ground Choke Kneeling Between Legs
9. Ground Choke from Top of Head
10. Arms Around Body from Side
11. Arms Around Body from Behind (feet together)
12. Arms Around Body from Behind (feet apart)
13. Arms Around Body from Front (arms free)
14. Arms Around Body from Front (arms tied)
15. Hand Grabbing
16. Hand Grabbing with Wrist Lock and Throw
17. Front Headlock
18. Rear Headlock
19. Side Headlock
20. Hip Throw from Round Punch
21. Counter to Lunge Punch
22. Forearm Hold
23. Knife Attack from Downward Thrust
24. Knife held to Throat



**PETER MORTON
ACADEMY OF SELF DEFENCE**

モ
ー
ト
ン
護
身
流

SENIOR BASIC COURSE

JUJITSU

1. Double Lapel Hold
2. Single Lapel Hold
3. Single Wrist Hold
4. Double Wrist Hold
5. Front Choke (No. 1)
6. Front Choke (No. 2)
7. Side Choke
8. Side Ground Choke
9. Straddle Ground Choke
10. Ground Choke Kneeling Between Legs (No. 1)
11. Hair Holding
12. Collar Holding
13. Shoulder Grabbing from behind
14. Arms Around Body from Behind (feet together)
15. Arms Around Body from Behind (feet apart)
16. Ogoshi (Major Hip Throw)
17. Goshi Guruma (Hip Wheel Throw)
18. Rear Choke (No. 1)
19. Forearm Hold

BASIC REQUIREMENTS

1. Basic Steps - First Half
2. Tsuki
3. Geri
4. Breakfalls
5. Defence Against a Two Man Attack



**PETER MORTON
ACADEMY OF SELF DEFENCE**

モ
ー
ト
ン
護
身
流

SENIOR ORANGE BELT COURSE

JUJITSU

1. Front Kick
2. Round Kick
3. Kidney Karate
4. Equaliser
5. Ippon Seionage
6. Arms Around Body from Front
7. Hand Grabbing
8. Counter to Hand Shake (No. 1)
9. Counter to Hand Shake (No. 2)
10. Full Nelson (No. 1)
11. Full Nelson (No. 2)
12. Counter to Upper-cut
13. Hip Throw from Walking Side by Side
14. Hamalock Counter
15. Rear Strangle (No. 1)
16. Rear Strangle (No. 2)
17. Rear Ground Choke
18. Side Bear Hug
19. Rear Bear Hug Arms Free

JUDO

1. Nine Ways of Breaking Balance (Kuzushi) - Static
2. Hip and Shoulder Throw from Moving Around - Randori

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps - First Half, Tsuki, Geri, Breakfalls, Two Man Attack
2. Basic Steps - Second Half



PETER MORTON ACADEMY OF SELF DEFENCE

SENIOR GREEN BELT COURSE

KENPO

1. Kenpo 1 - Counter to Double Round Combination to Head & Stomach
2. Kenpo 2 - Counter to Single Straight Punch to Head
3. Kenpo 3 - Counter to Single Straight Punch to Head
4. Kenpo 4 - Counter to Single Straight Punch to Head
5. Kenpo 5 - Counter to Single Straight Punch to Head

Recapitulation and Modification to

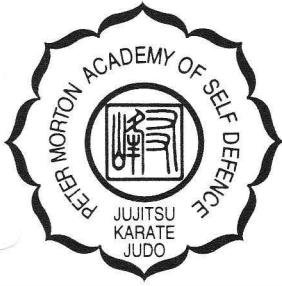
6. Kenpo 6 - Equaliser
7. Kenpo 7 - Hip Throw (Ogoshi or Goshi Guruma)
8. Kenpo 8 - Kidney Karate
9. Kenpo 9 - Ippon Seionage

JUJITSU

1. Advancing Front Choke
2. Wrist Hold (No. 1)
3. Rear Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 2)
5. Front Bear Hug Arms Free (No. 1)
6. Kneeling Kick
7. Laying Kick

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Static



PETER MORTON ACADEMY OF SELF DEFENCE

SENIOR BLUE BELT COURSE

KENPO

1. Kenpo 10 - Twilight
2. Kenpo 11 - Sayonara
3. Kenpo 12 - Atemi Wrist
4. Kenpo 13 - Tama Getsu
5. Kenpo 14 - Double Indemnity
6. Kenpo 15 - Ushi Geri

JUJITSU

1. Garcoons
 1. Front Lapel Hold
 2. Front Belt Hold - Overhand and Underhand grips
 3. Rear Belt Hold - Overhand and Underhand grips
 4. Ankle
2. Rear Bear Hug Arms Tied
3. Rear Natural Choke
4. Hiza Tomoenage - Knee Stomach Throw and Choke
5. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
6. Rear Choke (No. 3)
7. Ground Choke Kneeling Between Legs (No. 3)
8. Front Bear Hug Arms Free (No. 2)
9. Front Choke (No. 3)
10. Wrist Hold (No. 2)

JUDO

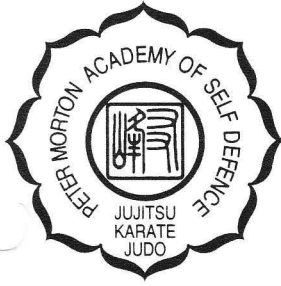
1. Morote Seionage - Both Arm Shoulder Throw
2. Tomoenage - Stomach Throw

BOXING

1. Basic Punches - Jab, Straight, Cross, Hook, Upper Cut, Belly Rip
2. Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
3. Punching Combinations - S-C, S-S-H-U, H-U/B

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Dynamic (From Moving Around)



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

SENIOR BROWN BELT COURSE

KENPO

1. Kenpo 16 - Atemi Te - Wrist Lock and Throw
2. Kenpo 17 - Hantai Gaeshi - Reverse Counter
3. Kenpo 18 (No. 1) - Osoto Gari - Major Outer Reaping Throw
4. Kenpo 18 (No. 2) - Sukui Nage - Scoop-up Throw

JUJITSU

1. Ju 1 - Advanced Counter to Single Straight Punch
2. Lapel Gaeshi - Advanced Double Lapel Counter
3. Tekubi Gaeshi (No. 1) - Advanced Double Wrist Counter - Silk Shouldering
4. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma
5. San Ji Go Tai - Three Precautionary Stances
6. Ate Waza - Applications to Vulnerable Points

JUDO

1. Kosoto Gari - Minor Outer Reaping Throw
2. Osoto Gari - Major Outer Reaping Throw
3. Nadaka Jime - Naked Strangle
4. Okuri Eri Jime - Sliding Lapel Strangle - Front and Rear
5. Juji Gatame - Cross Arm Lock
6. Ude Garamme - Arm Coil Lock
7. Harai Goshi - Sweeping Loin Throw
8. Taiotoshi - Body Drop Throw
9. Sutemi Otoshi - Sacrifice Drop Throw
10. Ne Waza - Hold Downs
 1. Kazure Yoko Shiho Gatame - Variet Side Four-Corner Hold
 2. Kesa Gatame - Scarf Hold
 3. Kazure Kesa Gatame (No. 1) - Variet Scarf Hold (No. 1)
 4. Kazure Kesa Gatame (No. 2) - Variet Scarf Hold (No. 2)
 5. Kazure Kesa Gatame (No. 3) - Variet Scarf Hold (No. 3)
 6. Kazure Kata Gatame - Variet Shoulder Hold
 7. Ushiro Kesa Gatame - Rear Scarf Hold
 8. Makure Kesa Gatame - Pillow Scarf Hold
 9. Kazure Kami Shiho Gatame - Variet Upper Four-Corner Hold
 10. Ude Gatame - Arm Hold

BOXING

1. Boxing Requirements from the Senior Blue Course done from moving around.
2. Free Sparring showing punches, evasions and combinations (Non Contact).
3. Defence against a Boxer.

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack, Nine Ways of Kuzushi - Dynamic



PETER MORTON ACADEMY OF SELF DEFENCE

PREREQUISITE COURSE TO BLACK BELT

SPARRING TECHNIQUES

1. Counter to Hook or Swing to Head
2. Counter to Straight Punch to Head
3. Counter to Straight Punch to Head
4. Counter to Straight Punch to Head
5. Counter to Hook or Swing to Head
6. Counter to Cross to Head
7. Counter to Lunge Punch to Head
8. Counter to Hook or Swing to Head
9. Counter to Front Snap Kick to Stomach
10. Counter to Hook or Swing to Head
11. Counter to Straight Punch to Head
12. Counter to Swing with a Kick
13. Counter to Straight Punch to Head
14. Counter to Front Snap Kick to Stomach
15. Counter to Hook to Head
16. Counter to Hook to Head
17. Counter to Straight Punch to Head
18. Counter to Hook or Over-head Strike to Head
19. Counter to Straight Punch to Head
20. Counter to Hook or Over-head Strike to Head
21. Counter to Cross or Lunge Punch to Stomach
22. Counter to Hook to Head
23. Counter to Hook to Head
24. Counter to Hook to Head
25. Counter to Hook to Head



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ル
ト
ン
護
身
流

SENIOR BASIC COURSE

JUJITSU

1. Double Lapel Hold
2. Single Lapel Hold
3. Single Wrist Hold
4. Double Wrist Hold
5. Front Choke (No. 1)
6. Front Choke (No. 2)
7. Side Choke
8. Side Ground Choke
9. Straddle Ground Choke
10. Ground Choke Kneeling Between Legs (No. 1)
11. Hair Holding
12. Collar Holding
13. Shoulder Grabbing from behind
14. Arms Around Body from Behind (feet together)
15. Arms Around Body from Behind (feet apart)
16. Ogoshi (Major Hip Throw)
17. Goshi Guruma (Hip Wheel Throw)
18. Rear Choke (No. 1)
19. Forearm Hold

BASIC REQUIREMENTS

1. Basic Steps - First Half
2. Tsuki
3. Geri
4. Breakfalls
5. Defence Against a Two Man Attack

SENIOR ORANGE BELT COURSE

JUJITSU

1. Front Kick
2. Round Kick
3. Kidney Karate
4. Equaliser
5. Ippon Seionage
6. Arms Around Body from Front
7. Hand Grabbing
8. Counter to Hand Shake (No. 1)
9. Counter to Hand Shake (No. 2)
10. Full Nelson (No. 1)
11. Full Nelson (No. 2)
12. Counter to Upper-cut
13. Hip Throw from Walking Side by Side
14. Hamalock Counter
15. Rear Strangle (No. 1)
16. Rear Strangle (No. 2)
17. Rear Ground Choke
18. Side Bear Hug
19. Rear Bear Hug Arms Free

JUDO

1. Nine Ways of Breaking Balance (Kuzushi) - Static
2. Hip and Shoulder Throw from Moving Around - Randori

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps - First Half, Tsuki, Geri, Breakfalls, Two Man Attack
2. Basic Steps - Second Half

SENIOR GREEN BELT COURSE

KENPO

1. Kenpo 1 - Counter to Double Round Combination to Head & Stomach
 2. Kenpo 2 - Counter to Single Straight Punch to Head
 3. Kenpo 3 - Counter to Single Straight Punch to Head
 4. Kenpo 4 - Counter to Single Straight Punch to Head
 5. Kenpo 5 - Counter to Single Straight Punch to Head
- Recapitulation and Modification to**
6. Kenpo 6 - Equaliser
 7. Kenpo 7 - Hip Throw (Ogoshi or Goshi Guruma)
 8. Kenpo 8 - Kidney Karate
 9. Kenpo 9 - Ippon Seionage

JUJITSU

1. Advancing Front Choke
2. Wrist Hold (No. 1)
3. Rear Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 2)
5. Front Bear Hug Arms Free (No. 1)
6. Kneeling Kick
7. Laying Kick

BASIC REQUIREMENTS

1. All Basic Requirements of the Previous Course;
Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Static

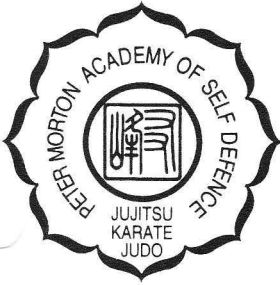
SENIOR BLUE BELT COURSE

KENPO

1. Kenpo 10 - Twilight
2. Kenpo 11 - Sayonara
3. Kenpo 12 - Atemi Wrist
4. Kenpo 13 - Tama Getsu
5. Kenpo 14 - Double Indemnity
6. Kenpo 15 - Ushi Geri

JUJITSU

1. Garcoons
 1. Front Lapel Hold
 2. Front Belt Hold - Overhand and Underhand grips
 3. Rear Belt Hold - Overhand and Underhand grips
 4. Ankle
2. Rear Bear Hug Arms Tied
3. Rear Natural Choke
4. Hiza Tomoenage - Knee Stomach Throw and Choke
5. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
6. Rear Choke (No. 3)



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

7. Ground Choke Kneeling Between Legs (No. 3)
8. Front Bear Hug Arms Free (No. 2)
9. Front Choke (No. 3)
10. Wrist Hold (No. 2)

JUDO

1. Morote Seionage - Both Arm Shoulder Throw
2. Tomoenage - Stomach Throw

BOXING

1. Basic Punches - Jab, Straight, Cross, Hook, Upper Cut, Belly Rip
2. Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
3. Punching Combinations - S-C, S-S-H-U, H-U-B

BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course; Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack
2. Nine Ways of Kuzushi - Dynamic (From Moving Around)

SENIOR BROWN BELT COURSE

KENPO

1. Kenpo 16 - Atemi Te - Wrist Lock and Throw
2. Kenpo 17 - Hantai Gaeshi - Reverse Counter
3. Kenpo 18 (No. 1) - Osoto Gari - Major Outer Reaping Throw
4. Kenpo 18 (No. 2) - Sukui Nage - Scoop-up Throw

JUJITSU

1. Ju 1 - Advanced Counter to Single Straight Punch
2. Lapel Gaeshi - Advanced Double Lapel Counter
3. Tekubi Gaeshi (No. 1) - Advanced Double Wrist Counter - Silk Shouldering
4. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma
5. San Ji Go Tai - Three Precautionary Stances
6. Ate Waza - Applications to Vulnerable Points

JUDO

1. Kosoto Gari - Minor Outer Reaping Throw
2. Osoto Gari - Major Outer Reaping Throw
3. Nadaka Jime - Naked Strangle
4. Okuri Eri Jime - Sliding Lapel Strangle - Front and Rear
5. Juji Gatame - Cross Arm Lock
6. Ude Garamme - Arm Coil Lock
7. Harai Goshi - Sweeping Loin Throw
8. Taiotoshi - Body Drop Throw
9. Sutemi Otoshi - Sacrifice Drop Throw
10. Ne Waza - Hold Downs
1. Kazure Yoko Shiho Gatame - Variet Side Four-Corner Hold
2. Kesa Gatame - Scarf Hold
3. Kazure Kesa Gatame (No. 1) - Variet Scarf Hold (No. 1)
4. Kazure Kesa Gatame (No. 2) - Variet Scarf Hold (No. 2)
5. Kazure Kesa Gatame (No. 3) - Variet Scarf Hold (No. 3)
6. Kazure Kata Gatame - Variet Shoulder Hold

7. Ushiro Kesa Gatame - Rear Scarf Hold
8. Makure Kesa Gatame - Pillow Scarf Hold
9. Kazure Kami Shiho Gatame - Variet Upper Four-Corner Hold
10. Ude Gatame - Arm Hold

BOXING

1. Boxing Requirements from the Senior Blue Course done from moving around.
2. Free Sparring showing punches, evasions and combinations (Non Contact).
3. Defence against a Boxer.

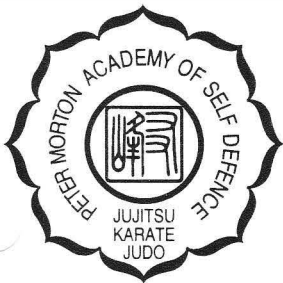
BASIC REQUIREMENTS

1. All Basic Requirements from the Previous Course; Basic Steps, Tsuki, Geri, Breakfalls, Two Man Attack, Nine Ways of Kuzushi - Dynamic

PREREQUISITE COURSE TO BLACK BELT

SPARRING TECHNIQUES

1. Counter to Hook or Swing to Head
2. Counter to Straight Punch to Head
3. Counter to Straight Punch to Head
4. Counter to Straight Punch to Head
5. Counter to Hook or Swing to Head
6. Counter to Cross to Head
7. Counter to Lunge Punch to Head
8. Counter to Hook or Swing to Head
9. Counter to Front Snap Kick to Stomach
10. Counter to Hook or Swing to Head
11. Counter to Straight Punch to Head
12. Counter to Swing with a Kick
13. Counter to Straight Punch to Head
14. Counter to Front Snap Kick to Stomach
15. Counter to Hook to Head
16. Counter to Hook to Head
17. Counter to Straight Punch to Head
18. Counter to Hook or Over-head Strike to Head
19. Counter to Straight Punch to Head
20. Counter to Hook or Over-head Strike to Head
21. Counter to Cross or Lunge Punch to Stomach
22. Counter to Hook to Head
23. Counter to Hook to Head
24. Counter to Hook to Head
25. Counter to Hook to Head



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

SHODAN COURSE

KENPO

A. Defence Techniques

1. Kenpo 19 - Kame Ude - Upper body
2. Kenpo 20 - Sutemi - Self sacrifice
3. Counter to Front Kick
4. Counter to Round Kick
5. Counter to Side Kick
6. Counter to Drop Kick

B. Attacking Techniques

1. Feint followed by Round Kick
2. Feint followed by Front Kick
3. Combination side kick, handsword, knuckle, double twisting punch
4. Floating Kick

JUJITSU

1. Ju 2
2. Ju 3 (Part 1)
3. Ju 3 (Part 2)
4. Counters to Handshake:
 1. Orange Belt Counter 1
 2. Orange Belt Counter 2
 3. Thumb Nerve
 4. Elbow
 5. Knee
 6. Counter Punch, Wrist Atemi
 7. Wrist Atemi
5. Osoto Otoshi - Locking throw with equaliser
6. Shoulder Atemi - Advanced lapel counter, garcoon and hold
7. Elbow Atemi - Advanced wrist locking counter, threat to eyes, garcoon, gari and atemi
8. Immobilisation Holds:
 1. Indian Death Lock
 2. Surfboard Clutch



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

UNARMED COMBAT

9. Counters to a Headlong Rush:
 1. Overhead Tackle
 2. Moving Tomoenage
10. Counter to Front Headlock
11. Counters to Side Headlock:
 1. Back Break
 2. Ogoshi
12. Aeroplane Skim With Pile Driver - Christmas special
13. Knife Defence:
 1. Overhead
 2. Uppercut
 3. Round
 4. Backhand
 5. Lunge
 6. Charge
 7. Throat
 8. Stomach
 9. Lower Back
 10. Back of Neck
 11. Ground - Shoulder Pin
 12. Ground - Overhead
14. Gun Defence:
 1. Throat
 2. Stomach
 3. Lower Back
 4. Back of Neck
15. Defence Against Multiple attackers:
 1. Two from Front
 2. Two from 90 Degrees
 3. Two from 180 Degrees
 4. Three attackers

SELF DEFENCE AND BASIC REQUIREMENTS

16. Boxing Sparring with partner showing all punches, combinations and manoeuvres with free flowing movement at a higher level to Senior Brown Belt.
17. Defence Against a Boxer.
18. Defence Against a Two Man Attack.
19. Defence Against a Simultaneous Two Man Attack.
20. Judo Randori.
21. Judo Competition.
22. Other requirements for successful completion of this course are a satisfactory record of attendance, a very high standard of competence in Tsuki, Geri, Breakfalls, Basic Steps and the techniques of all other courses.



PETER MORTON ACADEMY OF SELF DEFENCE

モ
ー
ト
ン
護
身
流

JUDO

A. Tachiwaza - Throwing Techniques

1. Taiotoshi - Body Drop Throw
2. Sutemi Otoshi - Falling Body Drop Throw
3. Ippon Seoinage - One Arm Shoulder Throw
4. Moroto Seoinage - Both Arm Shoulder Throw
5. Uki Goshi - Floating Hip Throw
6. Ogoshi - Major Hip Throw
7. Tsurikomi Goshi - Lift and Pull Hip Throw
8. Sode-Tsurikomi Goshi - Lift and Pulling Sleeve Hip Throw
9. Koshi Guruma - Hip Wheel Throw
10. Harai Goshi - Sweeping Loin Throw
11. Hane Goshi - Springing Hip Throw
12. Hane Makikomi - Winding Spring Hip Throw
13. Ushiro Goshi - Rear Hip Throw
14. Utsuri Goshi - Changing Hip Throw
15. Uchimata - Inside Thigh Throw
16. Osoto Gari - Major Outer Reaping Throw
17. Osoto Makikomi - Major Outer Winding Throw
18. Osoto Otoshi - Major Outer Rear Drop Throw
19. Kosoto Gari - Minor Outer Reaping Throw
20. Kosoto Gakae - Minor Outer Breaking Throw
21. Ouchi Gari - Major Inner Reaping Throw
22. Kouchi Gari - Minor Inner Reaping Throw
23. Deashi Harai - Advanced Foot Sweep
24. Okuri Ashi Harai - Following Foot Sweep
25. Hiza Guruma - Knee Wheel Throw
26. Sasae Tsurikomi Ashi - Propping Ankle Throw
27. Harai Tsurikomi Ashi - Lift Pull Foot Sweep
28. Tomoenage - Somersault or Stomach Throw
29. Uchi Makikomi - Inner Winding Throw
30. Soto Makikomi - Outer Winding Throw
31. Ukiwaza - Floating Technique Throw
32. Froggy Special

B. Shimewaza - Strangling Techniques

1. Kataha Jime - One Side Strangle
2. Namijuji Jime - Natural Cross Strangle
3. Gyakujuji Jime - Reverse Cross Strangle
4. Katajuji Jime - Half Cross Strangle

DESCRIPTION OF TECHNIQUES

BASIC COURSE

Double Lapel Hold

Attacker grabs both of your lapels. Defender, counter by moving into the ready stance and executing a double finger strike to under his floating ribs, followed by a double chop to the base of his neck, then a double clap to the ears. With the right¹ hand grab your left wrist and thrust your left forearm down across the attacker's elbows. Continuing the thrust in a circular motion pulling his forearms onto your chest while dropping back to one knee as you rake him in close to you. His elbows should finish against your stomach. Extended your right index finger and drive it into his windpipe with a twisting thrust, pushing him away.

Single Lapel Hold

Attacker grabs your right lapel with his left hand and throws a right round-house punch. Defender, counter by moving into the ready stance and blocking the punch with a left inner block. Slap his left hand with your left hand, then execute a left loose hand strike to his face. Return your left hand to grab his left hand. Ensure that your fingers grasp his little finger muscle, your thumb wraps into the thumb webbing of his hand and that you press his hand hard against the front of your shoulder. Turn 90° to the left by stepping back with your left foot and placing (or thrusting down hard to break his arm) your right arm, elbow to elbow, on attacker's arm. Ensure that your right arm is rigid and that the fist is clenched with the palm facing up and that his left hand is kept level with your armpit so that your arm is parallel with his. Continue to apply pressure to his arm, forcing attacker to the ground in front of you, ensuring that you keep your posture and balance.

Single Wrist Hold

Attacker holds your left wrist with his right hand and throws a left round-house punch. Defender, counter by moving into the ready stance, blocking the punch with a right inner block and then grabbing attacker's left hand. Ensure that your palm is on the back of his hand and that your fingers wrap over to grab your hand, clamping his hand between yours. The next movement is in a non-stop arc, starting from where he has grabbed you, moving to the top position in front of and over your head, then descending to finish in front of your stomach. Keeping your left arm straight, swing your hands up to the top of the arc where you release your hand and grab his with your right hand. Now moving down, at about 2 o'clock his grip on your left hand is sufficiently weak so that you may free your left hand by sliding it out of his hand and grabbing his thumb muscle. Ensure to keep his hand clamped between your hands as you slide your left hand out. Ensure now that you have hold of his little finger (your right hand) and thumb muscle (your left hand), and that both of your thumbs are pressing into the back of his hands near the knuckles. Also ensure that you keep his fingers vertical as you form a gooseneck lock. Keeping this position, step back on your left foot and force attacker to the ground by applying pressure to his wrist. This is done by pulling his wrist towards your stomach and pushing his fingers back towards his ear.

¹ The opposite side combination may be used.

Double Wrist Hold

Attacker holds both of your wrists with both hands. Defender, counter by moving into the ready stance and turning both palms up to "look into the mirror". Force your right² hand down and the left hand up. Attacker will counter this by forcing in the opposite direction. When he does, go with his force and grab his right thumb muscle with your right hand. Force down to the left, applying pressure against his right thumb with your left wrist and twisting his right wrist with your right hand so that you may free your left hand. Place your left hand, fingers to fingers, on the back of attacker's right hand and curl his fingers into a fist. Force attacker to the ground by continuing to curl his fist into a gooseneck back to the outside of his right arm with your left hand and twisting his wrist with you right hand.

Front Choke (No. 1)

Attacker is choking you from the front. Defender, counter by moving into the ready stance. Clench one fist and wrap your other hand around the fist. Keeping your elbows close together, drive your arms up between attacker's arms to break his hold. Ensure to break his hold by thrusting the upper parts of your arms against his forearms. Strike down on attacker's nose with your hands, which should still be clenched together.

Front Choke (No. 2)

Attacker is choking you from the front. Defender, counter by moving into the ready stance and taking hold of attacker's right³ wrist from beneath with your right hand. Ensure that you keep his hand tight against you throughout the technique. Turn your whole body 90° to the right and swing your left arm high over attacker's right arm pressing it under your left armpit, then take the necessary steps with your feet to ensure that you maintain proper posture and balance. Press his arm down into your side by lowering your left elbow and pushing his wrist upwards with your right hand. Your right hand should also be applying a half gooseneck. Force attacker to the ground ensuring that you maintain your posture and balance.

Side Choke

Attacker is choking you from the right side. Defender, counter by moving into a ready stance and clenching your right fist and stiffening your right arm. Break his hold by swinging your right arm forward past your ear and down towards your left foot. Immediately return with a right hand chop to the right side of his neck just under his ear, followed by a right hand chop to the left side of his neck, again just under his ear, then grab the left side of attacker's head with your right hand. With your left hand, clap his right ear and also then grab his head. Step back on your right foot and pull attacker's head down to about hip height. Execute a right knee strike to his face and return your foot to its original position. Reposition your hands by placing them at the top of attacker's head with your thumbs pointing upwards, turning his head down and forcing his chin onto his chest as you do so. Push attacker away with the heels of both hands by snapping your elbows straight.

² The opposite side combination may be used.

³ The opposite side combination may be used.

Side Ground Choke

Defender is lying down on their back. Attacker is kneeling to one side and choking you with both hands. Defender, counter by grabbing attacker's outside wrist with both hands and lifting slightly to relieve some of the pressure of the choke and allowing you to take breath. Continue to hold his wrist securely throughout the entire technique. Swing both legs and buttocks up off the ground and placing your inside leg under attacker's chest, with bent knee, and the other leg over and around his head, placing the back of your calf against the side of his neck. Keeping your shoulders on the ground, force attacker to the ground by pushing (or thrusting) against his neck with your outside leg. Pull his hand up close to you so that he lands as close to your buttocks as possible. Keeping your outside leg across his throat, and his arm trapped firmly between your thighs, apply an arm bar across the thigh of your outside leg.

Straddle Ground Choke

Defender is lying on their back. Attacker is kneeling over you in a straddle position and choking you with both hands. Defender, counter by executing a double fist knuckle strike to his floating ribs, then a double clap to the ears. Going over his right⁴ hand, grab his left wrist with your left hand. Thrust your right heel of palm on to his left elbow and roll your whole body to the left forcing attacker to the ground with the applied arm bar. Use your right leg to help push and roll your body over. Keeping your left elbow close to your chest, put your left hand down to the ground as soon as possible, keeping the pressure on his elbow. Execute a right knee strike to his groin.

Ground Choke Kneeling Between Legs (No. 1)

Defender is lying on their back. Attacker is kneeling between your legs and choking you with both hands. Both of his arms are fully outstretched. Defender, counter by grabbing attacker's wrists with both hands and relieve some pressure by pulling outwards, but ensure you keep the palms of his hands on your shoulders. Swing both of your legs up high enough so as to lock your feet together behind attacker's head. You may also need to raise your buttocks off the ground to enable you to do this. Ensure some part of your legs are against his elbows. Apply pressure to his elbows by pressing your knees together as you straighten your legs and by continuing to force attacker's forearms apart. Ensure to keep his little fingers pointing out as you exert the outward pressure on his forearms and that you keep his hands on or very close to your shoulders.

Hair Holding

Attacker grabs your hair from the front with his right hand. Defender, counter by grabbing his hand with your right hand and then pressing his hand firmly against your head. Try to put your thumb against the webbing of his hand and your middle finger around his wrist. Thrust up hard against his elbow with your left hand while starting to turn your body to the right. Continue the pressure on his elbow forcing him towards the ground, lowering your head as you do so. When his grip has weakened remove his hand from your head and apply a gooseneck together with the arm bar to force attacker to the ground. Ensure to keep your posture and balance at the finish.

⁴ The opposite side combination may be used.

Collar Holding

Attacker grabs your collar from behind (assume with his fight hand) and is leading you out the door. Defender, glance behind you to see which hand he is using. As you step on your left foot start turning to the left, swinging your left arm backwards and behind you. Finish the turn by propping on your right foot just as your arm comes in contact with the outside of his elbow. You should now have his arm trapped between your back and arm. Dip slightly in your stance while pushing down on his elbow with your left biceps, thus forcing him to bend his arm. Punch out horizontally with your left hand so as to bend his arm into a "V" shape and thus forcing him to arch backwards. Execute a right knuckle strike to under his heart.

Shoulder Grabbing from Behind

Attacker is standing behind you and grabs your left shoulder with his right hand and forcibly turns you around to deliver a head high punch to your face with his left. Defender, go with his force by jumping around to face him, finishing in a wide, deep left forward stance. Ensure that you lower your height by a head to avoid the punch and that you keep your back straight and knees bent in the stance. When jumping around, ensure that you don't jump up too high to facilitate the spin. Instead, rotate your hips around quickly whilst lifting your feet off the ground at the start of the spin and stamping them down heavily into the stance at the end. As the attackers punch goes overhead, use the rotating momentum you have generated in the spin, by executing a right knuckle to his floating ribs followed quickly with a left knuckle under his jaw and a right heel of palm under his chin.

Arms Around Body from Behind (feet together)

Attacker grabs you in a rear bear hug with both of your arms tied. Defender, look down to check attacker's feet position. Do not try to bend forward excessively when you look. Arch your back to force attacker backwards. Attacker will force forward in order to maintain balance. When he does so go with his force by quickly bending forward and turning 90° to the right⁵. Swing your right foot backwards and around behind attacker's legs, locking your foot beside and behind his right foot so that he can not step back. To execute the move with your right leg properly, ensure that when you bend over with your pivot, that you have extended your hips far enough out to the side of the attackers legs, so that you can swing your leg around freely. At this point you must have broken his balance such that he is half sitting on your right leg. To do this successfully you must push your hips against his legs and thus allowing you to place equal weight on each foot. Throw attacker to the ground by either of the following methods; By staying low, pivot on your right foot and thrust your right elbow up under his ribs, swinging attacker to the ground; or, By grasping his ankles or his trousers straighten up and lift his legs up, throwing attacker over your right leg and onto the ground.

Arms Around Body from Behind (feet apart)

Attacker grabs you in a rear bear hug with both of your arms tied. Defender, look down to check attacker's feet position. Do not try to bend forward excessively when you look. Arch your back to force attacker backwards. Attacker will force forward in order to maintain balance. When he does so go with his force by quickly bending forward and stepping to the side with only one foot and at the same time reach between your legs and grab one of his legs

⁵ The opposite side combination may be used

at the ankle with both hands. To ensure stability in your stance bent your knees such that your buttocks is now lowered and resting on or just above the knee of the leg you have now grabbed. Pull the leg forward and up between your legs, throwing attacker to the ground. Break his toes by holding his ankle up with your alternate hand and force his toes down with the corresponding hand.

Ogoshi (Major Hip Throw)

Attacker throws a right round-house punch. Defender, counter by blocking the punch with a left inner block and then grab his right arm just above the elbow. Step across with your left foot, placing it toe to toe with attacker's left foot, lowering your centre of gravity as you do so. Pivot around on the ball of your left foot placing your right foot on the inside of his right foot, ensuring your feet finish in a 'V' formation, toes pointed outwards. Also as you are pivoting around ensure that you break his balance by giving his right arm a sharp pull forward whilst sliding your right hand around his waist and finish up by wrapping up his right arm around your body with your left, locking his hand under your left armpit. Ensure at this point that your feet are inside his, your knees are well bent, your hips are flush with the attacker's hips and that the attacker is tight against you. Throw attacker to the ground by springing up with your knees and pulling him over your hips with your arms in a large circular motion. After the throw ensure that you are still holding his elbow and that the back of your left hand is now resting on your left knee and that his hand is still locked under your armpit.

Goshi Garuma (Hip Wheel Throw)

Attacker throws a right round-house punch. Defender, counter by blocking the punch with a left inner block and then grab his right arm just above the elbow. Step across with your left foot, placing it toe to toe with attacker's left foot, lowering your centre of gravity as you do so. Pivot around on the ball of your left foot placing your right foot on the inside of his right foot, ensuring your feet finish in a 'V' formation, toes pointed outwards. Your feet are slightly wider than for Ogoshi. Also as you are pivoting around ensure that you break his balance by giving his right arm a sharp pull forward whilst sliding your right hand around his neck, grabbing the back of his shoulder and finish up by wrapping up his right arm around your body with your left, locking his hand under your left armpit. Ensure at this point that your feet are inside his, your knees are well bent, your hips are flush with the attacker's hips and that the attacker is tight against you. Throw attacker to the ground by springing up with your knees and pulling him over your hips with your arms in a large circular motion. After the throw ensure that you are still holding his elbow and that the back of your left hand is now resting on your left knee and that his hand is still locked under your armpit.

Rear Choke (No. 1)

Attacker is choking you from behind with both hands. Attacker should have his arms bent in order that he can choke effectively. Defender, swing your right⁶ arm upwards. Turn your body to the right, enough to be able to deliver a backward elbow strike into the pit of attacker's stomach.

⁶ The opposite side combination may be used

Forearm Hold

Attacker has hold of your right forearm in a double over-hand grip. Defender, raise your right forearm to a vertical position. Ensure that you keep your upper arm still and against your body. Turn your body 90° to the right and take hold of attacker's right wrist with your right hand and at the same time, thrust your left hand onto his elbow. Continue to pivot around forcing attacker to the ground by pushing his right elbow downwards with your left hand and pulling his wrist up with your right hand. Use whatever foot work is necessary to ensure that you maintain posture and balance throughout the technique.

DESCRIPTION OF TECHNIQUES

ORANGE BELT COURSE

Front Kick

Defender is standing in a natural stance. Attacker steps forward and attacks with a right front kick aimed at the groin. Defender, counter by jumping back about 50 cm and executing a downward scissor block with clenched fists, across his shin. Without moving your arms, immediately open your hands after the block and grab his leg by wrapping your hands around it. Slide your feet together and raise attacker's leg at the same time, so that he starts to lose his balance. When your feet are together execute a right front snap kick to the groin. (Training: kick to the back of the leg.) Place your right hand on the sole of his foot, (take a step with your left foot) and push his foot away horizontally, throwing attacker backwards to the ground.

Round Kick

Attacker steps out to the side with his left foot to deliver a right round kick to your body. Defender, position your left arm beside you so that the palm is facing out and the elbow is facing back into your body. Allow the kick to hit you on your upper arm. On impact, flip your left lower arm up, trapping his lower leg in the crook of your elbow. Thrust your right forearm into the back of his knee, forcing him to turn and fall forward. Follow him down lifting your left elbow up over your shoulder so that his foot will slide down your arm onto your shoulder. With your right arm behind his knee and his right foot on your shoulder, thrust your left forearm in behind your right forearm, to ensure that your right arm is as tight as possible behind his knee, continue to follow attacker to the floor, landing on his lower leg with your chest, thus wrenching his knee on the final impact.

Kidney Karate

Attacker, from the southpaw stance attacks with a straight right lunging punch. Defender, block the punch with a right rising punch block and step to the outside of his right foot with your left foot. Move your right arm down in a slight arc and execute a chop to his kidney with your right hand. Drive your right hand into his right shoulder while at the same time transferring your weight to your left foot. Sweep his right leg with your right leg, the back or your thigh to against the back of his thigh, in a full sweep finishing your leg in at least a horizontal position, throwing him to the ground. The throwing action is very similar as Osoto Gari.

Equaliser

Attacker attacks with a double round-house punch, punching with the right hand first. Defender, block the first with a left rising punch block and similarly block the second punch with your right hand. These block are like punching up and out to the side by 30°. Execute a left heel strike to his chin and step in close with your left foot, placing your foot between his feet. Execute a right knuckle strike to his kidney then grab the small of the back pulling his hip hard against yours. The knuckle and grab should be done in a quick bouncing action. Trap attacker's left leg by wrapping your right leg around it, placing your right heel on your left knee. With your left hand still on his chin, force his chin back thus arching his back and push attacker backwards to the ground.

Ippon Seionage

Attacker throws a right round-house punch. Defender, counter by blocking the punch with a left inner block and then grab his right arm just above the elbow. Step across with your left foot, placing it toe to toe with attacker's left foot, lowering your centre of gravity as you do so. Pivot around on the ball of your left foot placing your right foot on the inside of his right foot, ensuring your feet finish in a 'V' formation, toes pointed outwards. As you are pivoting around ensure that you break his balance by giving his right arm a sharp pull forward. Wrap up his right arm with either of the following two methods; thrust your right shoulder into his right biceps and wrap your right arm up and around his right upper arm near the shoulder; or, thrust your right shoulder under his arm wrapping his right arm over you shoulder and grabbing the top of his right shoulder with your right hand; partially lift attacker with this movement and also wrap up his right arm around your body with your left locking his hand under your left armpit. Ensure at this point that your feet are inside his, your knees are well bent, your hips are flush with the attacker's hips and that the attacker is tight against you. Throw attacker to the ground by springing up with your knees and pulling him over your shoulder with your arms in a large circular motion. After the throw, ensure that you are still holding his elbow, that the back of your left hand is now resting on your left knee and that his hand is still locked under your armpit.

Arms Around Body from Front

Attacker grabs you in a front bear hug with your arms free. Defender, counter by simultaneously placing your right¹ hand across attacker's forehead and eyes with the thumb under his nose, the left hand in the small of his back, pulling his hips tight against yours and trap his left leg by wrapping your right leg around it, placing your heel on your left knee. Force attacker to severely arch his back by "peeling" his nose off his face with an upward circular action with your thumb. Ensure to keep the pressure up and under his nose at all times forcing attacker to the ground.

Hand Grabbing

Attacker grabs you by the right hand and is walking beside you. Defender, counter by playing up to the attacker and by developing an exaggerated swing with your arms in time with your steps. When your arms are out in front and you have stepped forward onto your right foot, quickly place your left hand on his left shoulder. Turn towards the attacker as you step forward with your left foot placing yourself into a stable stance. Pull his shoulder down as you swing his arm down, behind and finally up behind his head applying a shoulder lock, thus forcing him to flip forward onto his back.

Counter to Hand Shake (No. 1)

Attacker is giving you an aggressive hand shake. Defender, counter by grasping his right wrist with your left hand. Swing his arm out and straight up as you step beside his right foot with your right foot. Pivot around to the left under his arm as you step through with your left foot finishing out to the side and slightly behind him. Ensure that you maintain your posture and balance through the pivoting manoeuvre. As you are taking the step back with your left foot swing his arm down past his leg and up into a shoulder lock, as you move through. Ensure that you twist the wrist as you apply the arm bar. This movement if done quickly will jerk his shoulder and momentarily force him to bend over. Thrust down on his arm just above the elbow with your left forearm and quickly form a gooseneck with his right hand, forcing attacker to the ground. Apply pressure to the gooseneck with your chest when he is on the ground.

¹ The opposite side combination may be used

Counter to Hand Shake (No. 2)

Attacker is giving you an aggressive hand shake. Defender, attempts to do counter #1 but is blocked by the attacker who forces forward with his arm. Counter by going with his force turning 180° to the left so as to apply a wrist lock to his right wrist. Ensure to keep your hand down near your buttocks as you pivot around. Reinforce the lock by reaching around with your left hand, placing your fingers under his thumb muscle and your thumb between the third and fourth finger muscle. Ensure to have a good grip with both hands by the end of your turn. Force attacker to the ground by continuing to twist his wrist with both hands.

Full Nelson (No. 1)

Attacker is applying a full nelson hold on you but has not fully closed the grip behind your neck. Defender, counter by throwing both arms straight above your head and slightly arching your back, making your shoulders as narrow as possible. Slide straight down and out of his grip by out stretching one leg and sitting down right in front of attacker's feet. Clench both fists and wrap your arms around his legs placing your fists firmly behind his ankles. Push back on his legs forcing him backwards to the ground.

Full Nelson (No. 2)

Attacker has hold of you in a full nelson hold. Defender, counter by throwing your arms back and arching your back, forcing attacker to force forward in order to maintain balance. Go with his force by quickly bending forward and grabbing his legs behind the knees. Pull yourself hard against attacker so you are virtually sitting in his lap. Sit down on attacker forcing him to the ground. Roll over his face and come up to a kneeling position over his head, execute a chop to his face.

Counter to Upper Cut

Attacker attacks with an upper cut. Defender, from the ready position, counter by executing a downward scissor block across his garcoons. From the block execute a double scissor loose hand strike to both sides of his face.

Hip Throw from Walking Side by Side

Attacker is walking beside you with his left arm around you. Defender, reciprocate by putting your right arm around his waist or shoulder as you play up to him. As you step on your left foot reach across with your left hand as if you are going to put your hand around his neck, (acting a little more friendly). Suddenly grab hold of his right arm at the elbow and take a large step to the outside of his right leg with your right leg, thrusting your hip across his legs and hip. Ensure your feet finish in a wide stance with your knees well bent for stability and that you pull on his right arm with your left as you make the step across to break his balance. Throw attacker to the ground by pulling him over your hip. Execute chops to his solar plexus, throat and nose.

Hamalock Counter

Attacker is standing in your left rear corner and grabs your right wrist with his right hand in an under-hand grip and begins to apply a hamalock. Defender, swing your left arm back and execute a reverse elbow strike to his jaw, grabbing his wrist with your right hand immediately after. Then execute a knuckle strike to the other side of his jaw (or back of his neck). Swing your left arm forward in a full swing to wrap up his right arm. Force attacker down by either placing your left hand on his right shoulder and pushing down, or, by thrusting your left hand down over his shoulder. Ensure that you keep your posture and balance when you push down. Hook your left leg

over his neck and thrust your left heel into the ground by snapping your leg straight, causing attacker to flip over onto his back.

Rear Strangle (No. 1)

Attacker is strangling you from the rear with his right arm. Defender, counter by turning your head into the crook of his elbow so that you can breathe. Execute a left and right rear elbow strikes to his ribs, then grab his right arm on both sides of the elbow. Bend abruptly forward, thrusting your buttocks into his legs, throwing him directly over your head.

Rear Strangle (No. 2)

Attacker is strangling you from the rear with his right arm and is pulling your head and shoulders backwards. Defender, counter by turning your head into the crook of his elbow so that you can breathe. Grab his arm on both sides of his elbow, drop to your right knee placing it either on the inside or outside of his right leg. As you drop to your knee you must also regain your balance. Ensure to thrust your buttocks back into his hip and/or thighs, thus straightening your back as you drop down. Continue to wind your body down and to the left as you drop further, throwing attacker to the ground.

Rear Ground Choke

Defender is lying on their back. Attacker is kneeling above your head and choking you. Defender, grasp attacker's wrists with both hands and pull his hands slightly apart, just enough to release the pressure of the choke. Throw your legs backwards over your head so that you can place one or both feet against attacker's chest or face. With a strong thrust backwards push attacker away from you and onto his back.

Side Bear Hug

Attacker holds you in a right side bear hug with your arms tied. Defender, counter by wrapping your right arm around attacker's waist and pressing his right elbow against your chest with your left hand. If you are unable to wrap your right arm around his waist, simply wrap both of your arms around his right arm holding it tightly against his chest. Step across his legs with your right leg, pulling him off balance as you do so, bend your knees and place your right hip hard against his right hip. Throw attacker to the ground by springing up with your knees and pulling him over your hips with your arms in a large circular motion.

Rear Bear Hug Arms Free

Attacker is holding you around the stomach from behind with your arms free. Defender, counter by sliding your corresponding thumb under the exposed little finger of his gripped hands. This is assuming that he has clenched one fist and he has grabbed the wrist of his clenched hand with his other hand. You need to attack the hand that is holding his wrist. Bend his little finger back and outwards forcing him to release his hold.

DESCRIPTION OF TECHNIQUES

GREEN BELT COURSE

Kenpo 1

Attacker attacks with a right round punch to the head, followed with a left round or cross to the stomach. Defender, counter the round punch with a left inner block, then the lower strike with a left lower scooping block. Ensure to deflect the lower strike away rather than blocking down on it, thus turning the attacker to his right and exposing his back. Execute a straight right punch to his kidney.

Kenpo 2

Attacker attacks with a straight right punch. Defender, counter with a left outer block followed by two chops to the back of his neck with the right hand first.

Kenpo 3

Attacker attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting heel-toe 90° to the right. Immediately grab the striking arm at the wrist with both hands. Execute a left front snap kick to his floating ribs, then step forward with the left foot just to the outside of his right foot so that it brings you close to his right side and execute a right punch also to the floating ribs. Slide your right foot behind the left and turn yourself 90° to the right so that you are facing his right side. Continue to rotate to the right finishing with a jump to complete a further 270° clockwise turn. At the end of the turn, drop to your right knee and executing a right reverse elbow strike to his kidneys. Ensure that you are now facing the same direction as you were when you received the initial attack.

Kenpo 4

Attacker attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting heel-toe 90° to the right. Immediately grab the striking arm at the wrist with both hands. Execute a left front snap kick to his floating ribs, then step forward with the left foot just to the outside of his right foot so that it brings you close to his right side and execute a right punch also to the floating ribs. Drop to your right knee placing it close to the inside of his right foot. Grab his right ankle with both hands, ensuring that your right arm wraps around the outside and behind his leg. At this point your right shoulder should be touching his right hamstring. Force attacker to the ground by pushing with the back of your shoulder against the back of his leg. While he is falling slide your left hand down to grab his toes, follow this by grabbing his right heel with your right hand. Step around 90° to your right with your left foot, pivoting on your right knee. Stand and pivot a further 180° to the right, as you lift, twist his leg with the grip you have on his foot thus rolling him in a clockwise direction on his shoulders onto his back and further onto his left shoulder. Try to keep your hands close to your body as you perform this manoeuvre to minimise the amount to strength required. When attacker has rolled onto his left shoulder ensure that your left hand still has a firm grip on his toes, your right hand is cupping his heel and that your right elbow is firmly against your right side hip. Snap his leg back in the other direction with a fast twisting motion on his foot and leg, rotating your body 180° back to the left, dropping back

to your right knee as you do so. It is possible to wrench his knee with this snap back manoeuvre. Rest his right leg on your left knee and execute a right hand chop to the garcoon of his leg.

Kenpo 5

Attacker attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting heel-toe 90° to the right. Immediately grab the striking arm at the wrist with both hands. Execute a left double front snap kick to his right knee and floating ribs, ensure to keep your foot in contact with his floating ribs at the completion of the second kick. Place your left knee on his elbow, ensuring that his right arm is straight. By pushing with your left foot against his body and pulling his wrist with your hands you will be able to manoeuvre him into the required position. Force attacker to go face down to the ground by applying pressure to his elbow and rotating to your right as you drop your weight through your left knee. In order to maintain better balance, ensure to look around to the right to the spot where you intend to force attacker down to, as you yourself rotate down. Once he is on the ground, ensure that you have sufficient weight on his elbow through your knee to keep him under control. His arm may be broken by lifting his wrist with both hands.

Kenpo 6 - Equaliser

Attacker attacks with a double round-house punch, punching with the right hand first. Defender, execute the defence for Equaliser in the Orange Course. As he falls backwards to the ground, go with him driving his head into the ground with your left hand.

Kenpo 7 - Hip Throw (Ogoshi or Goshi Garuma)

Attacker throws a right round-house punch. Defender, decide which throw to execute judging from the size of the attacker and perform that throw as per Ogoshi or Goshi Garuma in the Basic Course. After the throw, execute chops to his solar plexus, adams apple and under the nose, then apply an arm-bar by lowering your body and breaking his arm over your left knee.

Kenpo 8 - Kidney Karate

Attacker, from the southpaw stance attacks with a straight right lunging punch. Defender, execute the defence for Kidney Karate in the Orange Course. As you are performing the sweep, drive his shoulder into the ground. Ensure to keep your hand on the shoulder all the way through the sweep.

Kenpo 9 - Ippon Seionage

Attacker throws a right round-house punch. Defender, execute the defence for Ippon Seionage in the Orange Course. After the throw, execute chops to his solar plexus, adams apple and under the nose, then apply an arm-bar by lowering your body and breaking his arm over your left knee.

Advancing Front Choke

Attacker is choking you and pushing you backwards at the same time. Defender, grasp attacker's right hand with your left so that your fingers lie in the palm of his hand and your thumb lies on the back of his hand. Turn your body 90° to the left by stepping back with

your left foot so that you can also use your right hand to grip attacker's right hand. Apply a twisting gooseneck to his right hand, forcing attacker to the ground by pulling the wrist towards you and pushing the fingers diagonally back towards the outside of his forearm as you turn. As he is falling to the ground begin to pull back up on his hand to straighten out his right arm. This should cause attacker to finish lying directly on his side. Control him by dropping your weight onto him, placing your left knee on the side of the attacker's neck. Apply pressure to his right arm by pulling it over your right knee.

Wrist Hold: (No. 1)

Attacker stands in front of you and holds your left wrist with both hands in a baseball bat style grip. Defender, reach down with your right hand, going between his arms and take hold of your left fist. Take a half step forward with your left foot, bending your left knee sufficiently to move your left forearm into a vertical position directly under attacker's hands. By pushing up with your fists and at the same straightening your knee, force him to break his hold. Without pausing, chop attacker on the throat or side of his neck with your left hand.

Rear Choke: (No. 2)

Attacker is choking you from the rear. Defender, step back on your right foot and turn your upper body about 45° to the right, grabbing attacker's right wrist with your left hand in an overhand grip and thrusting your right forearm into the crook of his right elbow. Turn back 45° to the left, either by stepping forward with your right foot or back with your left, lift attacker onto your back, using the pressure of your right forearm against his elbow. Ensure that you lower your centre of gravity as you do so. Throw attacker to the ground by bending quickly forward, throwing him over your head in a throw similar to Moroto Seionage.

Ground Choke: (No. 2 - Kneeling between legs)

Defender is lying on their back. Attacker is kneeling between your legs and choking you with both hands. Defender, counter by grabbing attacker's wrists with both hands and relieve some pressure by pulling outwards. Draw your knees up far enough for you to be able to place your feet in attacker's groin or hips. With both legs thrust attacker away from you.

Front Bear Hug: (No. 1 - Arms free)

Attacker holds you in a front bear hug with your arms free. Clench both hands, leaving your thumbs protruding over your index fingers. Bore the tips of your thumbs into the cavities behind his ear lobes, pressing inwards and upwards, forcing him to release his hold.

Counter to Kneeling Kick

Defender is kneeling on their hands and knees. Attacker, standing to the right of defender, attacks with a right front kick to the chest. Defender, counter by moving backwards and away from the direct line of the kick before the kick is landed. Then simultaneously block the kick with your right arm and catch his right ankle with your left hand and hold his foot under your left armpit. The block is designed to absorb and control the kick rather than stopping it completely. Force attacker to the ground by sliding your right arm up his shin, stopping under his kneecap and pushing down on his knee.

Counter to Laying Kick

Defender is lying on their back. Attacker, standing to the right side of defender, attacks with a running kick into the torso. Defender must have his right arm off the ground and the palm turned up and out in order to receive the kick. Just before the kick lands roll over slightly to the right. As the kick lands in the upper arm, flip your right arm up, trapping attacker's foot. Reach through from above and thrust your left forearm behind the knee of his trapped leg. Roll back to the left forcing attacker to fall forward. When your left elbow reaches the ground, lift your body off the ground with your left elbow and your right foot so that you can swing your left leg under the right, pivoting your body over. As you pivot lift up your right elbow so as to slide his foot from the crook of your elbow onto your shoulder. Defender should now be in a crouched kneeling position. Thrust your right forearm in behind your left so as to 'hammer' the left forearm further in. Keep forcing his heel further towards his buttocks with your shoulder.

DESCRIPTION OF TECHNIQUES

BLUE BELT COURSE

Kenpo 10 - Twilight

Attacker attacks with a straight right punch. Defender, counter with a left outer block, then execute a left front snap kick to his floating ribs. Distancing yourself for the kick is important, so ensure to move your right foot, whilst you are blocking, to a position that will enable you deliver a proper kick.

Kenpo 11 - Sayonara

Attacker attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting heel-toe 90° to the right. Immediately grab the striking arm at the wrist with both hands. Execute a left loose hand strike to his face and return your hand to grab his wrist. Execute a left front snap kick to his floating ribs and then step forward with the left foot directly after the kick. As your left foot hits the ground, execute a right knuckle strike to his face. Execute two chops to the back of his neck with the left hand first.

Kenpo 12 - Atemi Wrist

Attacker attacks with a straight right punch. Defender, counter with a left outer block while pivoting heel-toe 90° to the right. Immediately slide your left hand down to grab his thumb muscle. Step across and in front of attacker with your left foot and grab his little finger muscle with your right hand so that you can later apply a gooseneck. Keeping his arm as straight as possible pivot on your left foot, wrapping his arm around your body while applying a twisting gooseneck wrist lock at the same time. Throw attacker to the ground by continuing the pressure on his wrist while turning anti-clockwise by taking little steps on the spot. As soon as he hits the ground, drop onto his biceps with your right knee and continue to apply the twisting gooseneck lock to his wrist.

Kenpo 13 - Tama Getsu

Attacker attacks with a forward right lunging punch. Defender, counter by stepping forward into a left forward stance, going to the outside of the line of his punch, swinging both arms up, over and down on his right arm in a large circular motion, locking his arm in between your upper arms, chest and your right thigh. As you swing your arms over and down you will need to pivot to the right so that you face his striking arm. You also need to have positioned yourself with the initial step forward such that his right elbow is about centre with your body. As you swing down, your right arm begins to trap his arm at his mid forearm while your left arm comes over his upper arm near the shoulder. To complete the trap, lower your centre of gravity by bending your knees well, bending slightly at the waist and pushing your arms down on the insides of your legs. At this point ensure that you have his arm locked tightly against your arms, stomach and right leg and that his right leg is directly in front of you and that you can easily reach to grab his ankle without having to bend much further down or losing your posture and balance. This whole motion is done in one smooth non stop action so as to redirect the attackers punch and hence his whole movement towards the ground. Contact can be made with your right upper arm against his punch in this swinging action to ensure proper deflection of his punch. Grab his right ankle with both hands and lift his foot straight up in the air throwing attacker onto his back. Immediately execute a right kick to his groin.

Kenpo 14 - Double Indemnity

Attacker attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting to the right. Immediately grab the striking arm at the wrist. Execute a left front snap kick to his ribs then step diagonally across attacker with your left foot and execute a right round snap kick to his kidneys. Distancing yourself for the first kick is important, so ensure to move your right foot, whilst you are blocking, to a position that will enable you deliver a proper kick. For the second kick you may let go of his arm with your right hand for better balance.

Kenpo 15 - Ushi Geri

Attacker attacks by rushing in towards you. Defender, counter by stepping forward towards attacker, turning and executing an ushi geri to his stomach or thigh.

Bear Hug: (From behind with arms tied)

Attacker holds you in a rear bear hug with your arms tied. Defender, counter by standing on your toes and swiftly raising one foot up behind you striking him in the groin.

Rear Natural Choke

Attacker is choking you from behind. Defender, counter by reaching back with your right hand and grabbing his right thumb muscle. Simultaneously pull his hand forward and step forward with your right foot while turning his hand palm up. Ensure to keep his arm in contact with your shoulder at all times. When his hand comes past your shoulder, use your left hand to assist in pulling the arm forward until his elbow is directly on your shoulder. Simultaneously step back with your right foot to its original position and pull his hand down, breaking his arm over your shoulder.

Hiza Tomeonage

Attacker attacks with a double round-house punch, punching with the right hand first. Defender, block the first with a left rising punch block and similarly block the second punch with your right hand. These blocks are like punching up and out to the side by 30°. With both hands simultaneously clap both of his ears and the quickly grab both lapels. Step in deep with your left foot (between attackers feet) and pull his lapels quickly towards you breaking his balance forward. As you fall back ensure that you sit directly behind your left foot while at the same time lifting your right leg and placing your shin diagonally across his stomach and that you keep pulling attacker down with you with your grip on his lapels. As your back begins to contact the ground extend your right leg, flipping attacker over you. Without stopping your own backwards rolling action, continue to roll over with attacker, trying to keep your right leg in contact with him at all times. When attacker lands on his back you should be close behind him to land on his stomach with your buttocks. Apply a choke by pulling up one lapel with one hand and burrowing an extended index finger into his windpipe with the other.

Tomeonage Atemi Kubi

Attacker attacks with a double round-house punch, punching with the right hand first. Defender, block the first with a left rising punch block and similarly block the second punch with your right hand. These blocks are like punching up and out to the side by 30°. With both hands simultaneously clap both of his ears and the quickly grab both lapels. Throw attacker in a standard tomeonage throw. As you extend the leg that is in his stomach, thus flipping attacker over you, continue with your own backwards rolling action, rolling your body off the ground so that your shoulder blades are the only part in contact with the ground. At this point you should still have

hold of both of his lapels. Bias your weight onto your left¹ shoulder and pivot 180° to the left on that shoulder, using your grip on attacker's lapels as an anchor to pull yourself around. It's about at this time that the attacker lands on his back. Throughout this entire shoulder pivot your legs and body must be in the air for ease of pivoting and to maximise the effectiveness of the final movement. At about half way around in the pivot release your left hand and move your left forearm, placing it under attacker's right ear with your elbow on the ground. As you are completing the pivot allow yourself to land on your left side. These final three movements are to be performed simultaneously the moment that you land. Drop your right foot into his stomach, whilst applying a neck lock by pulling his lapel with your right hand and pushing his head sideways with your left forearm.

Rear Choke: (No. 3)

Attacker is choking you from behind. Defender, counter by reaching back with both hands and taking hold of attacker's wrists. Lean quickly forward, simultaneously looking under your right² arm to see where the attacker is standing, while raising your right foot up behind you kicking attacker in the groin with your heel.

Ground Choke: (No. 3 - Kneeling between legs)

Defender is lying on the ground. Attacker is kneeling between your legs choking you with both hands. Defender, counter by grabbing attacker's left³ wrist with both hands and pressing it hard against your chest. Ensure to relieve some pressure of the choke with this hold. Swing your right leg up, over and down in front of attacker's head, turning your body to the left as your leg comes down. Ensure that you thrust up and pivot your hips up as you swing your leg off the ground and around against his elbow. Force attacker down with the pressure of your right leg against his left elbow until his shoulders are close to the ground. Continue to apply pressure to his arm by levering his arm against your leg with both hands.

Front Bear Hug: (No. 2)

Attacker holds you from the front with your arms free. Defender, curl the tips of your thumbs into the corners of his mouth (NOT between the teeth) so that you have hooked your thumbs into his cheeks. Pull outwards ripping his mouth apart.

Front Choke: (No. 3)

Attacker is choking you from the front with both hands and he has his arms bent. Defender, simultaneously execute sharp chops to his kidneys with both hands. Quickly grab hold of his waist then simultaneously pull his waist forward and execute a knee strike to his groin.

Wrist Hold: (No. 2)

Attacker stands in front of you and holds your right wrist with both hands in a baseball bat style grip. Defender, reach with your left arm over attacker's arms, taking hold of your right fist. Move your fists up and to the left in a large arc, pulling your right arm sharply back at shoulder level. Attacker's arms will be twisted into such a position that he is forced to release his grip. Take advantage of this position by striking him to the throat with a right hand chop.

¹ It is better to use the opposite shoulder to the leg you used to throw attacker over you.

² The opposite side combination may be used.

³ The opposite side combination may be used.

Application of Garcoons to the Wrist and Ankle

Where the Garcoons are:

Wrist: There are two areas to apply the garcoon on the forearm. The first is about five centimetres from the heel of the hand between the bone and the tendons on the thumb (lateral) side, tending more towards the bone. The second is on the little finger (medial) side, directly on the wrist joint.

Ankle: The area to apply the garcoon on the ankle is about a hands width above the ankle on the inside (medial side) of the leg, between the transition of the calf muscle and shin bone.

The part of your hand used to apply the pressure:

The side of your first index finger knuckle is used to apply pressure to the garcoon.

The grip:

1. Grab attacker's right wrist with your right hand, (or left to left), so that your knuckle lies on the fleshy part of the arm, under the bone. Also have your index finger extended. For some of the counters it is often better to attack the garcoon on the lateral side of your opponents arm. However the garcoon on the medial side of your opponents arm may also be attacked.
2. Your thumb may be on the lateral side (lateral side grip) or medial side (medial side grip) of his arm. This depends on what is more comfortable for you.

The action:

Wrist: Apply pressure to the garcoon by rolling the knuckle into the garcoon and by squeezing the wrist with either your thumb and middle finger (medial side grip) or with your thumb and index finger knuckle (lateral side grip). The rolling action of your knuckle is from the flesh onto the bone (or medial side to the lateral side of his arm), and in a 45° angle away from his hand.

Ankle: To apply full pressure to the ankle garcoon, roll your knuckle from the fleshy part behind the bone forward and upwards onto the bone.

Double or Single Lapel Holding

Attacker holds you in a double lapel holding. Defender, counter by grabbing his right hand with your right hand and applying the garcoon with your left hand on the little finger side, taking his hand up and over to your right.

Or: Counter by grabbing his right hand with your left hand and applying the garcoon to the thumb side with your right hand, using either the medial or lateral side grips.

Belt Holding - Front: (Overhand grip)

Attacker grabs your belt from the front with his right hand. Defender, counter by grabbing his hand with your left hand and attacking his thumb side garcoon with the right hand using the lateral side grip.

Belt Holding - Front: (Underhand grip)

Attacker grabs your belt from the front with his right hand. Defender, grab his hand with your right

hand and apply the garcoon to the thumb side with your left hand using the medial side grip.

Or: Place your third and fourth fingers on the back of his hand and your index and middle fingers on the back of the forearm. Put the last joint of your thumbs together and burrow the tips of your thumbs into the tendons of his wrist, about three centimetres from the base of his hand. When attacker loosens his grip, flip his wrist into a gooseneck with your third and fourth fingers and continue to apply pressure.

Belt Holding - Behind: (Overhand grip)

Attacker has hold of your belt from behind with his right hand. Defender, counter by grabbing his hand with your right hand and attacking his thumb side garcoon with your left hand using the lateral side grip.

Or: Counter by grabbing his hand with your left hand and attacking his little finger side garcoon with your right hand.

Belt Holding - Behind: (Underhand grip)

Attacker has hold of your belt from behind with his right hand. Defender, counter by grabbing his hand with your left hand and attacking his thumb side garcoon with your right hand using the medial side grip.

Ankle

Defender is kneeling in front of attacker. Defender, cup your left hand behind his right heel (this will help prevent attacker from pulling his foot away) and place your right hand in position to attack the garcoon. Apply pressure to the garcoon causing attacker to fall to the ground.

TECHNIQUE DESCRIPTION

BROWN BELT COURSE

Kenpo 16 - Atemi Te

Attacker attacks with a right round punch. Defender, counter by stepping forward with the right foot and executing a right outer block to the garcoon of the striking arm. Quickly slide your right hand down to grab his little finger muscle. Grab his thumb muscle with your left hand as you step back with the right foot while lifting his hand up and around in a continuous arc. Apply a gooseneck, ensure that you keep his fingers vertical. Force attacker to the ground by pulling his wrist back towards your stomach and pushing his fingers back towards his ear.

Kenpo 17 - Hantai Gaeshi

Attacker attacks with a right round punch. Defender, counter by stepping forward with the right foot and executing a right outer block to the garcoon of the striking arm. Immediately execute a right reverse elbow strike to his floating ribs, then a right loose backhand or backfist to the face followed by a left punch to the ribs. This should double him over. Execute right and left chops to the back of his neck.

Kenpo 18 (No. 1) - Osoto Gari

Attacker attacks with a right round punch. Defender, counter with a left inner block and step forward with the left foot to the outside of attacker's right foot. The following is done in one smooth flowing action. Grab his right arm above the elbow with your left hand and continue to wrap the arm up under your armpit as you begin to move forward. Thrust your right heel of palm into his right shoulder in order to break his balance as you transfer your weight forward onto your left foot. Bring your right leg through and sweep his right leg, back of thigh to back of thigh, throwing him to the ground. Ensure to use a full sweeping action with your leg as in Osoto Gari.

Ju 1

Attacker steps forward with his right foot and attacks with a straight right punch. Defender, counter with an outer double hand block to the right while pivoting on your left foot 90° back to the right. Allow your right foot to slide in towards your left as you start the pivot and then back out to a ready stance at the end of the pivot. Your right foot should scribe an arc with this pivot. Immediately grab the striking arm at the wrist with both hands. Slide your right hand around his wrist until your right heel is in contact with the heel of his hand. Step forward with your left foot to be level with and to the inside of his right foot while thrusting your left forearm hard up into his armpit and executing a left backhand strike to his face at the same time. This forearm thrust should cause attacker to reel back and up on his toes slightly. The following steps are to be done simultaneously; step through with your right foot and place the top of your foot and toes on the inside rear of his left knee, this will bring your body into contact with his; with your left forearm still firmly wedged under his armpit, lift his shoulder and draw his shoulder hard into your chest; lower his right hand and wedge his right arm in between your bodies, ensuring to keep his arm as straight as possible, this will form an armbar against his right arm. If the above three manoeuvres are done correctly the attacker will be forced high onto his toes. Throw attacker by falling backwards to the ground ensuring that you sit directly behind your left heel, pulling attacker down by his right shoulder as you go. As your back begins to contact the ground, attacker will begin to fall over you in a rolling motion, assist his roll by lifting your right foot behind his knee thus flipping him over

your head and onto his head and shoulders. Throughout the entire throw ensure to keep his right shoulder press hard into your chest with your left arm and that you keep hold of his right wrist with your right hand. As soon as he has fallen to the ground strike attacker to the face with your right fist going over your left shoulder.

Kenpo 18 (No. 2) - Sukui Nage

Attacker attacks with a right round punch. Defender, counter with a left inner block and step forward with the left foot to the outside of attacker's foot. Control his right shoulder by either clinching his right arm near his shoulder with your left arm, or by grabbing the jacket on top of his right shoulder. Slide your right foot back so that you are now standing to the right side of the attacker. With your right hand reach under and between attacker's legs to grab the back of his belt, while at the same time push back on his shoulder so that you break his balance backwards. Ensure that at this point you have your chest hard against his side and that your knees are well bent and your back straight for good balance. Pull your right hand straight out horizontally, this will swing his legs up in the air. Do not try to lift him. Let go of his shoulder and drive his head into the ground.

Lapel Gaeshi

Attacker grabs both of your lapels. Defender, counter by grabbing hold of his left¹ hand with your left hand from underneath. Execute two chops with the right hand one to each side of the base of his neck. Drive your right elbow down just on the inside of his right elbow, then out and up to create a gap between his body and under his right arm, while taking a step across to the right with your left foot. As you take the step, begin to lower your height so that the top of your head is about level with the underside of his arm. Push yourself under his right arm and pivot through to the right so that you are now standing in his left rear corner still holding his left hand firmly to your chest. Ensure that you don't bend at the waist, rather bend your knees keeping your back as vertical as possible through the drive and pivot under his arm. Also ensure that you have kept your right elbow in contact with his arm through the drive and pivot. Without lifting your right arm away from his left arm, thrust down on his arm just above his elbow forcing him to the ground, taking either a step back with your right foot, or forward with the left foot as you thrust down. Form a gooseneck with his left hand and when attacker is face down on the ground apply pressure to the gooseneck with your chest.

Tekubi Gaeshi: (Silk shouldering)

Attacker grabs both wrists in a double wrist hold. Defender, turn your hands in, palms up and "look into the mirror". Force your right² hand down and the left up. Attacker will counter this by forcing in the opposite direction. Go with his force and grab his right thumb muscle with your right hand. Free your left hand by forcing against his right thumb and twisting his wrist out to your left side, trying to straighten your left arm as you do so. At this point attacker should be reacting to the pressure of the wrist lock by leaning over to his right side. Grab his right wrist with your left hand and extend his arm far out to his right side. (This step is optional depending on the size and build of your opponent; Place your right foot in between attackers feet.) Take a large step out to the left with your left foot while pulling out and down on his arm. This will cause attacker to lose balance and enable you to pull him over your shoulders. Slide your right arm down the front/side of his right leg placing your palm on his shin. Ensure that you have a wide enough stance with your knees bent

¹ The opposite side combination may be used.

² The opposite side combination may be used.

and that your back is as straight as possible, so that his centre of gravity is over the back of your neck. Throw attacker to the ground by rolling him off your shoulders directly over your head. By lifting him slightly with your legs, then by bowing your head and pushing against his right shin with your right hand, flipping his leg out to the side, this will cause him to fall.

Tekubi Gaeshi: (Kata Garuma)

Attacker grabs both wrists in a double wrist hold. Defender, turn your hands in, palms up and "look into the mirror". Force your right³ hand down and the left up. Attacker will counter this by forcing in the opposite direction. Go with his force and grab his right thumb muscle with your right hand. Free your left hand by forcing against his right thumb and twisting his wrist out to your left side, trying to straighten your left arm as you do so. At this point attacker should be reacting to the pressure of the wrist lock by leaning over to his right side. Grab his right wrist with your left hand and extend his arm far out to his right side. (This step is optional depending on the size and build of your opponent; Place your right foot in between attackers feet.) Take a large step out to the left with your left foot while pulling out and down on his arm. This will cause attacker to lose balance and enable you to pull him over your shoulders. Wrap your right arm around the inside of his right thigh, placing your shoulder on his hip. Ensure that you have a wide enough stance with your knees bent and that your back is as straight as possible, so that his centre of gravity is over the back of your neck. Pick attacker up onto your shoulders by lifting with your legs and rocking your body back to the perpendicular, pulling down with your left hand and lifting with your right arm as you do so. Once your body has returned to a vertical position, (it is not necessary to stand fully) continue your arms in circular motion, left going down, around and up close to your stomach and right going up and over your head, throwing him over your left shoulder and onto the ground.

San Ji Go Tai: (Three precautionary stances)

No. 1: Defender stands in a natural stance with the right hand under the left ear and the left hand under the right elbow. Ensure that the left hand is only loosely tucked under the elbow. Attacker attacks with a right round punch. Defender, counter by immediately dropping into a ready stance, blocking the punch with a left inner block and immediately executing a right chop to the right side of his neck. The block and chop are not done simultaneously.

No. 2: Defender stands in a natural stance with the fingers tucked into the belt. Attacker attacks with a right round punch. Defender, counter by immediately dropping into the ready stance, blocking the punch with a left inner block and immediately executing a right finger strike to his solar plexus. The block and strike are not done simultaneously.

No. 3: Attacker is harassing you for a fight. Defender, counter by pushing attacker backwards with just enough force so that he must take only one step back to regain his balance. At the same time turn and take only one step forward and look away as if you are going to walk away. Attacker will step forward in order to rush you from behind. Quickly turn back and thrust out a forward heel to his face.

³ The opposite side combination may be used.

TECHNIQUE DESCRIPTION

PREREQUISITE COURSE TO BLACK BELT

1. Attacker attacks with a right round-house punch. Defender, step forward into a left forward stance and execute a left inner block. Twisting your upper body the right, thrust the left fist to the face of the attacker. Execute a straight right punch to the solar plexus .
2. Attacker attacks with a straight right punch. Defender, step forward into a left diagonal stance and execute a right open-hand block. Pivot clockwise on the balls of both feet and execute a left punch to the kidney followed by a right round kick to the solar plexus.
3. Attacker attacks with a straight right punch. Defender, step forward into a left diagonal stance and execute a left open-hand block. Twist your body to the left and strike to his solar plexus of floating ribs with a right knuckle of fist while raising your left hand high overhead. Execute a left hammer-fist to the nape of his neck.
4. Attacker attacks with a straight right punch. Defender, step forward into a left diagonal stance and execute a double open-hand block to the right. Immediately grasp the striking arm with both hands, pull attacker towards you and execute a right knee strike to the solar plexus. Execute a right hand chop to the base of his skull.
5. Attacker attacks with a right high punch. Defender, step forward into a left forward stance and execute a left rising block, deflecting the striking arm upwards. Continue the blocking arm in a circular motion, execute a left back-fist strike to the bridge of his nose. Execute a right reverse punch to the solar plexus .
6. Attacker attacks with a cross to the ~~stomach~~^{3. head?}. Defender, step forward into a left diagonal stance and execute a right open-hand block, grab the striking arm and pull on attacker's with your right hand, raise your left arm to a striking position. Pivot clockwise into a right forward stance and strike attacker's elbow with your left forearm. Execute a left reverse elbow strike to his face.
7. Attacker attacks with a straight right punch. Defender, step forward into a left diagonal stance and execute a deflecting double open-hand block to the right. Force the striking arm down and around in a circular motion. Lock attacker's arm in a straight arm bar by passing your left hand under his armpit then up and over his shoulder. Continue to apply pressure downwards on the shoulder. Execute a right knee strike to his face then a right hand chop to the nape of his neck.
8. Attacker attacks with a right round-house punch. Defender, step forward into a right forward stance and execute a left open-hand block to the inside the striking arm and then grab the arm. Execute a left knee strike to the groin. Block your left foot back to the rear and execute a right elbow strike to the face.
9. Attacker attacks with a right front snap kick. Defender, step back with the right foot into a left forward stance and execute a left low block. Execute a right front snap kick to the solar plexus, step forward with the right foot and execute a right forward punch to the face or throat.

10. Attacker attacks with a right round-house punch. Defender, step forward into a right forward stance and execute a left open-hand block to the striking arm. Grasp the striking arm with your left hand and shift your body weight forward to the right foot and execute a left thrust kick to the inside of attacker's forward knee, forcing him to the ground. Ensure that you keep a good hold of his right arm. Step forward with the left foot into a forward stance extending your right foot far to the rear. Execute a right punch to the face.
11. Attacker attacks with a straight right punch. Defender, step forward into a left forward stance and execute a right open-hand block. Pivot into a right forward stance and execute a left and right straight punch to attacker's kidney.
12. Attacker attacks with a swinging right punch. Defender, without moving from the preparatory position, pivot on the left foot anticlockwise and execute a crescent block with the right foot to the striking arm. Move the foot back close to the body and execute a right side thrust kick to the solar plexus. Pivot body to the right and step forward into a right forward stance, execute a left reverse punch to the solar plexus.
13. Attacker attacks with a right punch. Defender steps forward into a left diagonal stance and executes a right open-hand block to the striking arm. Defender slides his right hand forward, grasping opponent by the throat and executes a right thrust kick to the rear of the attacker's knee. As the attacker is thrust backwards with the hand at throat, step back with the right foot into a left forward stance.
14. Attacker attacks with a right front snap kick. Defender, step back with the right foot into a left forward stance and execute a left open-hand low block, then grab attacker's kicking leg at the ankle. Step forward with the right foot placing it around and inside attacker's supporting leg. Still holding attacker's right leg, execute a right open-hand push to the chest, dropping attacker to the floor. Ensure that you are still holding attacker's right leg with your left hand. Execute a right front low thrust kick to his groin.
15. Attacker attacks with a right round-house punch. Defender, step forward with the right foot, pivoting 90 degrees anticlockwise into a straddle stance and execute a right hammer-fist strike to the biceps of the striking arm. Execute a right elbow strike to the solar plexus and with the same arm execute an upward elbow strike to the face. Pivot into a right forward stance and execute a left reverse punch to the solar plexus.
16. Attacker attacks with a right round-house punch. Defender, step forward with the right foot, pivoting 90 degrees anticlockwise into a straddle stance and execute a right hammer-fist strike to the biceps of the striking arm. Execute a right hand chop to attacker's neck. Retract the right hand to the waist and thrust to the face with the heel of the hand. Pivot into a right forward stance and execute a left low reverse punch to the groin.
17. Attacker attacks with a right punch. Defender, step back into a left forward stance and execute a left back-hand block, grasping the attacker's punching arm. Pivot anticlockwise 90 degrees, placing the right leg behind attacker's leg and execute a right inward elbow strike. Continue the hold on attacker's right arm and execute a right back-fist to the face. Execute a right thrust kick to ribs.

18. Attacker attacks with a high right punch. Defender, step forward into a left diagonal stance and execute a rising left straight arm block . Pivot into a left forward stance and execute a right knuckle strike to attacker's throat. Pivot to the right and execute a left and right straight punch to his floating ribs.
19. Attacker attacks with a straight right punch. Defender, step back with the right foot into a left back stance and execute a left inner block to the striking arm. Grasp attacker's arm and execute a left thrust kick to his midsection. Step forward with the left foot into a left forward stance and execute a right reverse punch to the solar plexus. Step forward with the right foot and execute a left low reverse punch to his face.
20. Attacker attacks with a high right punch. Defender, step forward into a left forward stance and execute a left high block to the striking arm. Pass your left arm over then under attacker's arm, locking his arm under your armpit, with your forearm directly below his elbow. Apply pressure outwards with your left arm, (careful not to break the elbow or shoulder). From the locked arm position execute a right hammer-fist strike to the bladder-groin area.
21. Defender stands in an open leg stance with both hands on hips. Attacker attacks with right lunging punch to the body. Defender, step forward with the right foot, pivoting 45 degrees to the left and execute a right elbow block to the striking arm. Execute a right back-fist to the side of his face, followed with left reverse punch to the solar plexus.
22. Attacker attacks with a right round-house punch. Defender, step forward into a right forward stance and deflect the striking arm with a left open-hand block. Twist your upper body to the right and execute a left elbow strike to the jaw, followed by a left back-fist strike to the base of the neck. Execute a right reverse punch to attacker's solar plexus.
23. Attacker attacks with a right round-house punch. Defender, step forward into a right forward stance and deflect the striking arm with a left open-hand block. Grab the striking arm and pivot 90 degrees to the right and execute a right elbow strike to the face, followed by a reverse right elbow strike also to the face.
24. Attacker attacks with a right round-house punch. Defender, step forward into a left forward stance executing a left inner block and a right reverse punch to the solar plexus at the same time. Execute a left elbow strike to his jaw from the inner forearm blocking position, followed by a right knee strike to the face.
25. Attacker attacks with a right round-house punch. Defender, step forward into a left forward stance and execute a left open-hand block to the striking arm. Grab attacker's wrist with your left hand and pull the arm out to full extension. Grab attacker's right elbow with your right hand and pull forward with your right hand while pushing backwards with your left hand. As attacker is forced forward, execute a right knee strike to the chest. Step forward with the right foot and execute a right upper elbow strike to attacker's face.