



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モーター
トン流
自修館柔術

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