

# Receiving Grab Arts (GAs)

<b>Grab Art (GA)</b>	<b>Learn how to receive the GA at this belt rank</b>	<b>Considerations/guidelines for the uke (partner)</b>
GA 1-4	White*	<p><b>GA 3:</b> Move your head to the side to avoid the eight-knuckle punch.</p> <p><b>GA 4:</b> Respond to the leaping back knuckle to the nose by moving your head back.</p>
GA 5-6	Orange	<p><b>GA 5/6:</b> Timing/feel for when to take a step forward as your partner steps back into horse stance.</p>
GA 7-11	Purple	<p><b>GA 8:</b> Appropriately responding/dummying up to an elbow strike to your spine by dropping down slightly when struck.</p> <p><b>GA 9:</b> Understanding how to safely receive and respond to the compression strike by letting go of the grab.</p> <p><b>GA 10/11:</b> Mechanics/timing of the pull/punch attack.</p>
GA 12-15	Blue/Green	<p><b>GA 12-13:</b> Retreating in response to the constant forward pressure of the techniques.</p> <p><b>GA 14:</b> Speak up if your partner is grabbing your body instead of your pants or belt and it's uncomfortable.</p> <p><b>GA 15:</b> Understanding how to safely receive the takedown.</p>
GA 16-21 (2-person GAs)	Brown/Black	<p>The punching partner should punch before the bear hug is complete for GA 16-19, and punch after bearhug is secure for GA 20/21. Be prepared for the front attacker to barrel into the back attacker in GA 18. The back attacker will get rolled into the front attacker in GA 21.</p>

\*White belts approaching orange belt can also learn the responses for GA 5 and 6.

## Guidelines for Receiving Grab Arts

- Ask a teacher or your mentor for assistance if you have not learned how to safely receive a particular grab art.
- If you are asked to call out a GA in a monkey line, only call out numbers you know how to receive.