

Receiving Punch Attack Takedowns

Which ones you should know HOW TO RECEIVE by what belt level

White

3—take a step forward when pulled

4a—pull your front foot in SLIGHTLY so it is under your center

Teach tapping out for 4a lock. Tap out on the floor, on your self, or on your partner if the room is loud or they are deaf

5a—feel 3rd point, extend arm toward floor in a curve, eyes up, shuffle step

Orange

5b—Tuck your chin, use your core to sit back and don't pull partner on to you. (Can have uke practice this in the air first, or with partner holding their arm as they sit back). Turn head to protect trachea.

4b—stay down for the kick thru the face

7a--emphasize how to tap out

Purple

How to punch for two punch PA's

9b—crawl away so hips are up off the floor

10a/12a—hang on to the back and slide down

17b—go all the way to the floor and a pin

20a and b-- review tapping out

Blue

9a—Tuck your chin, use core to keep body engaged and not flopping over knee. Rock as you land/don't reach back with hand and injure your wrist. Do keep one arm around their back and slide down.

How to punch for 11a and b

12b—hang on to body and slide down

19a

Green

16b—Slap out if necessary on landing, make sure they have your armpit, not tricep, on their shoulder

18b—block knee to face with your hands

19b

21b—fall straight forward, wait for kick to base brain

Brown—Punch Counters 3, 9, 16