



Community Martial Arts

Shotokan Karate, Kick Boxing, Self Defense

Self Defense Techniques

Yellow

Students must demonstrate escapes from all various wrist grab attacks (line hand, opposite hand and two hand).

Orange

Students must demonstrate escapes from two handed choking attacks (front and back).

Green

Students must demonstrate escapes from rear choke (single arm), and all types of push attacks (single and double from the front).

Blue

Students must demonstrate escapes from all various bear hug attacks (front and back with arms in/out).

Brown (3)

Students must demonstrate escapes from all various head locks (front and back) and rear naked choke.

Brown (2)

Students must demonstrate defenses from the ground against a standing attacker along with escapes from the guard position.

Brown (1)

Students must demonstrate defenses from various impact weapon attacks

Black

Students must demonstrate defenses from various knife and gun attacks.