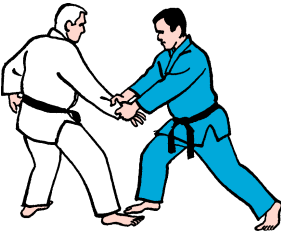

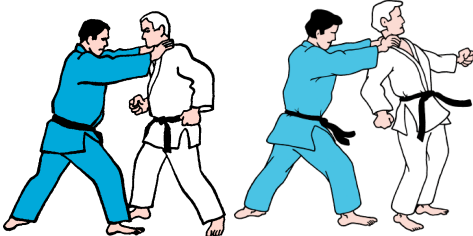





Appendix II Attacks in the Duo System

(Every attack can be done left-handed or right-handed)

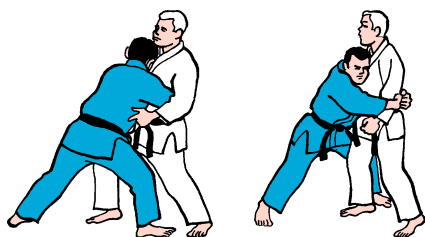
Series A Gripping Attacks

(Every attack should be preceded by a pre-attack)

	<p>Grip: Uke takes hold of Tori's arm. One Hand takes the wrist, the other the forearm.</p> <p>Intention: • To push or to pull • To control Tori's front hand • To immobilize the defender</p>
	<p>Grip: Uke takes the reverse of Tori's Gi with his hand.</p> <p>Intention: • To come close to the opponent to make another action. • To pull – push or pin the opponent – perhaps to hit him / her afterwards</p>
	<p>Grip: Uke attacks Tori's neck from the front-side or from the back-side to make a strangulation.</p> <p>Intention: • Push Tori backwards • Pin Tori</p> <p></p>
	<p>Grip: Uke attacks Tori's neck from the side to make a strangulation.</p> <p>Intention: • Push or pin Tori</p>
	<p>Grip: Uke attacks Tori's side by taking the Gi on a level with the shoulder with the hand. The kind of the grip is free.</p> <p>Intention: • Push, pull or pin Tori.</p>
<p>General comment:</p>	<p>Hands and Grips must be closed.</p>

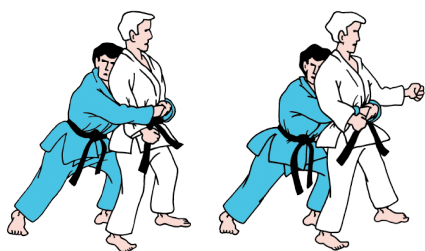
Valid from January 1st 2011

Series B Embracing and Neck Lock Attacks
(Every attack should be preceded by a pre-attack)



Uke embraces Tori from the front-side under or over the arms. Uke's head lays on Tori's shoulder.
Before the attack, Tori keeps his arms in a natural position.

NEW



Uke embraces Tori from the back-side under or over the arms. Uke's head lays on Tori's shoulder.
Before the attack, Tori keeps his arms in a natural position.

NEW



Uke embraces Tori's neck with his arm from the side.

Intention: To strangle or to apply a throwing technique



Uke embraces Tori's neck with his arm from the front-side.

Intention: To strangle or to apply a throwing technique



Uke applies a Hadaka Jime with his arm.

Intention: To strangle or to break balance

General comment:

Hands and Grips must be closed.

Valid from January 1st 2011

Series C Punches / Blows and Kicking Attacks (Every attack should be preceded by a pre-attack)



Jodan or chudan Tsuki - punch from the fronts-side with the hand to the head or to the body.

Target: Solar plexus, stomach or face



Ago Tsuki (Upper cut) – punch with the fist.

Target: Chin



Mawashi Tsuki (Hook) – Semi-circular punch with the fist.

Target: Tori's side of the head



Mae Geri – front kick with the leg

Target: Solar Plexus, stomach



Mawashi Geri – Semi-circular kick with the leg

Target: Solar Plexus, stomach

Tori is allowed to make a step back and lightly turn the body

General comment

The attack must be able to reach Tori, if he is not moving away.

It is not allowed to move before the attack is started. Tori must react on the attack.

Series D Weapon Attacks

(Every attack should be preceded by a pre-attack)



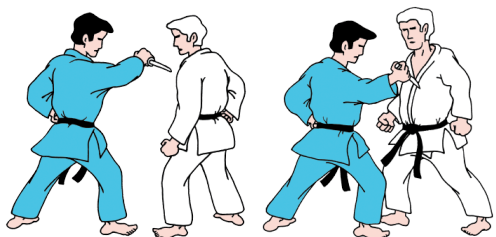
Knife attack straight from the top.

Target: Base of the neck on Tori's left or right side, just behind the clavicle.



Knife attack from the front-side.

Target: Stomach



Semi-circular knife attack, which is applied from the side or diagonal downwards.

Target: side of the body



Attack with a stick straight from the top.

Target: Top of the head



Attack with a stick from outside, which is applied from the side or diagonal downwards

Target: Tori's side temple / head

General comment

The attack must be able to reach Tori, if he not moving away.

Tori shall have full control of the weapon during and after the defence.
