



Family Karate Club



Do Bok Grips

Dan Grade Members ONLY

Front Grips

- 1) 2 on to 2 grip – Slap the ears
- 2) 2 on to 2 grip – Pinch under the arms (bingo wings)
- 3) 2 on to 2 grip – Left-hand bangs down on top of your opponent's arm with a right-hand fist towards the face (both moves are done at the same time).
- 4) 2 on to 2 grip – Put both of your arms upwards through your opponent's arms and middle punch to the waist with a jump.
- 5) 2 on to 2 grip – Put both of your arms upwards through your opponent's arms and knuckle punch to the waist with a jump.
- 6) 2 on to 2 grip – Put both of your arms in a downwards position through your opponent's arms and middle punch to the waist with a jump.
- 7) 2 on to 2 grip – Put both of your arms in a downwards position through your opponent's arms and knuckle punch to the waist with a jump.
- 8) 2 on to 2 grip – Get both of your hands and place them at the back of your opponent's ears applying pressure.
- 9) 2 on to 2 grip – Grab hold of the front of your opponent's hair and pull down.
- 10) Single grip – Hold both hands on your opponent's hands, twist their wrist and bow.

Back Grips

- 1) Your opponent puts their hands on your shoulders, you raise your right arm into the air and over the top of their arms, so you have locked their arms in and punch to the stomach or face.
- 2) Your opponent puts their hands on your shoulders, you raise your right arm under their arms and lock their arms in and then you punch to the stomach or face.

Sleeve Grips

- 1) Cross hand grip – Sink your hand down, get your hand and push them over and elbow to the shoulder blade.
- 2) Cross hand grip – Open hand, elbow, re-grab and elbow again.
- 3) Cross hand grip – Pull back, elbow to elbow.
- 4) Cross hand grip – Same as number 3 but instead of elbow you head-butt (only use this as an extra).
- 5) Same side grip – Outside to in block, down, up, then Jip Kae Son to the throat.
- 6) Same side grip – Step in, elbow, break arm or elbow to kidney.