

## **UV 1 - TECHNIQUES FROM NEUTRAL POSITION**

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### **STRIKES WITHOUT WARNING (NO TELEGRAPH)**

- a) Two-kick combinations : the second kick is delivered before the first kicking foot touches the floor.
1. Two straight kicks.
  2. One straight kick and one turning kick.
  3. One outer crescent kick (delivered with the edge of the foot as a slap to the face) and one straight kick.
  4. One back upper-cut kick and one straight back kick.
- b) Flying kicks :
1. Straight flying knee strike.
  2. Circular flying knee strike.
  3. Straight flying kick.
  4. Roundhouse flying kick;
  5. Flying side-kick.
  6. Flying front kick medium level, before reaching ground : grab opponent and attack with the other hand with a punch, hammer stroke or the edge of the hand

### **DEFENCES**

- c) Fake and strike with fore-arms against a group

## **UV 2 – GRABS AND CHOKES**

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- a) Release from a headlock from the side.
1. The attacker goes downwards as they turn: forward roll as they turn, and forward throw.
  2. Pressure to the neck (cervical) vertebrae: backwards throw blocking with the leg.
- b) Release from a headlock from behind: the attacker jumps, pushing the victim forwards: forwards throw.
- c) Release from a Full Nelson :
1. Press arms down firmly, take one finger and lever it. Uppercut kick to the groin if possible
  2. Forwards throw.
  3. Backwards throw.
- d) Release from a hug:
1. Release from a pushing hug from the front : turn and strike with the arm and throw or neck lock.
  2. Release from a closed hug from behind: throw forwards.
  3. Release from an open hug from behind: throw forwards.
- e) Release from an arm lock from behind (police lock):
1. Elbow strike simultaneously
  2. Lean forwards: go to the ground and lever to the leg with a kick.

## **UV 3 – FALLS/ROLLS**

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All rolls and falls since the yellow belt.

## UV 4 – TECHNIQUES FROM GUARD POSITION

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### STRIKES

a) Flying kicks :

1. Straight flying knee strike.
2. Circular flying knee strike.
3. Straight flying kick.
4. Flying side-kick.
5. Flying turning hook-kick (with the heel).
6. Flying turning kick with the edge of the foot.
7. Front kick, turn and jumping inner crescent kick, both kicks given with same foot.
8. Roundhouse kick, turn and jumping inner crescent kick, both kicks given with same foot.
9. Roundhouse kick, turn and jumping roundhouse kick, both kicks given with same foot.

### DEFENCES

b) Defence and counter-attack against a punch or a kick that is not known in advance x 5:

For this exercise, several rules must be applied:

- do not move back;
- defence and counter-attack simultaneously if possible;
- even if you are hit, you counter attack
- after the defence and counter attack, no superfluous movements during the subsequent combinations.

## UV 5 – GROUND WORK

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a) Defender on the ground sitting or lying down against an attacker who is standing up: practice destabilising the standing attacker :

1. Spread the attacker's legs by hitting his ankles with several small strikes and kick to genitals.
2. Hook one heel and push on the kneecap with other leg or on the side of the knee.
3. Technique from **orange** belt : grab the nearest ankle, hook with the foot behind the knee of the furthest attacker's leg and push with other foot on pelvis.

b) Release from ground chokes the attacker is sitting to one side : grab a sensitive part of the attacker's head (eye, nose, beard, corner of the lips), hit to the genitals while pulling him.

c) Release from elbow lock (Juji-gatame) before lock is tight : strike towards the face, pivot of the thumb outwards and move the body to get out.

d) Release from neck control (Judo, latero-costal), the attacker is sitting to one side :

1. Practice the position.
2. The defender is on his back, the attacker is controlling :

a. Grab a sensitive part of the attacker's head (eye, nose, beard, corner of the lips) and roll him or evade and push backwards depending on his reaction. Stabilize, counter attack and get up.

b. If the attacker holds his head high : wrap his head with the furthest leg and bring this leg firmly to the ground. Strike and get up.

c. If the attacker pins his head forwards to the ground : strike on nape with the palm of the opposite hand and grab a sensitive part to roll him.

## UV 6 – KNIVES AND BATONS

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### DEFENCES AGAINST KNIVES

a) Defence against an **upwards** strike :

1. Block with the fore-arm while moving diagonally forewards, counter attack with the rear fist and trapping the hand holding the knife.

2. Block with the fore-arm against a stab from the right hand. Change hand controlling the forearm of the hand holding the knife and attack with the other hand.

- b) Parry against an attacker who is approaching from different angles, and is attacking in different ways. From behind, the defender turns his head to see the attacks.
- c) Practice defences with the defender **seated**
- d) Practice defences with the defender **lying down**.

### DEFENCES AGAINST BATON STRIKES

e) Parry against an attacker who is approaching from different angles, and is attacking in different ways (upwards, sideways, high, medium and low level) and various angles : facing, sideways or from behind, . From behind, the defender turns his head to see the attacks.

### DEFENCES AGAINST BAIONETTE or STRAIGHT THRUST WITH A STICK

- f) Inner parry with the palm of the hand and advance diagonally towards **the inside** of the attacker. Seize the stick with both hands and counter-attack.
- g) Inner parry with the palm of the hand and advance diagonally towards **the outside** of the attacker, seize the weapon and counter-attack.
- h) Same parry, strike the throat with the forearm and pull the opponent across the defender's back to strangle.
- i) Against a strike from top to bottom : inside block with the hand on the opponent's forearm at the beginning of the strike.

## UV 7 – GUNS

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### NEUTRALISING A THREAT FROM A HANDGUN :

- a) Facing. Different distances and levels.
- b) Against a threat from the side: the revolver is touching the victim **in front of the elbow**.
- c) Against a threat from the side: the revolver is touching the victim **behind** the elbow.
- d) Against a threat from behind, the handgun is touching the victim, at various levels. To the back of the head.
- e) Between the shoulders, gun touching the body.
- f) In the middle of the back. (lumbar region)

## UV 8 – FIGHT

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2 x 2 minutes fight with 30 seconds rest.

Hard fight for the practionners aged 18 -40 years old, light for the others. Groin guard, shin guards, gum shield and boxing gloves (minimum weight 12 ozs.) must be worn. The participants are graded by their general attitude and not by winning or losing. They must not avoid contact and must demonstrate courage, determination, clear-headedness, composure, a minimum of technique and they must respect their opponents;

Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect :

- if a fighter receives a serious blow, the next step must be light or the fight must be stopped completely depending on the severity of the blow;
- if a fighter has the opportunity to give a head-butt, this must be simulated;
- if a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated
- if a fighter is struck in the groin, he must break away in order to mark the advantage gained by his opponent, he must take one or two steps to the side;
- all throws must be executed with safety ; if a fighter has been floored, and manages to remove his gloves, any subsequent strikes must be simulated.