

## UV 1 - TECHNIQUES EN POSITION NEUTRE

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### STRIKES WITHOUT WARNING (NO TELEGRAPH)

- a) Uppercut.
- b) Forward defence kick.
- c) Back kick – uppercut.
- d) All kicks sliding forwards.

### DEFENCES

- e) Against straight kick to the body OR THE GROIN: inner parry with the palm or forearm (depends on the level) and counter.
- f) Inside low parry with the fore-arm turned, the parry being effected with the outside of the fore-arm, fist closed.
- g) Against low-kick : jump forward.
- h) Against roundhouse kick to the body : blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking

## UV 2 – GRABS AND CHOKES

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- a) Release from chokes :
  - 1. Release from a pushing choke from the front: one step back and raise the arm.
  - 2. Release from guillotine : grab the wrist, strike to the groin. Possibility of using the shoulder.
  - 3. Release from a choke from behind: step forwards and raise the arm.
  - 4. Release from a choke from behind with the forearm: grab the wrist, strike to the groin, turn under the arm and control of the attacker bringing them to the ground and applying a lock.
  - 5. Same attack, the opponent is jumping forward: immediate throw.
- b) Releases from grabs of the wrists :
  - 1. One or two hands.
  - 2. Release from two people who have grabbed the hands :
  - 3. Release by levering using the elbow. Kick the first then the second.
  - 4. When a third attacker arrives while the victim is being held by the others, the victim should attack him first.
- c) Sprawl : defense against an attempt to take down with both legs (Double Leg). If possible put your arms in the center and get up to the back or to the side.

## UV 3 – FALLS/ROLLS

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- a) Backwards fall - turn 180° turn and front break-fall.
- b) Backwards break-fall from a moderate height.
- c) Side break-fall from a moderate height.
- d) Forward roll without standing – breaking with arm. Judo roll

### STRIKES

- a) Punches :
  - 1. Uppercut.
  - 2. Straight punch – fist inverted.
  - 3. Spinning backfist.
- b) Kicks :
  - 1. Forward defence kick.
  - 2. Back kick – uppercut.
  - 3. All kicks sliding forwards.

### DEFENCES AGAINST PUNCHES

- c) Against straight punches :
  - 1. Inner parry with the palm and counter with the same hand. :
    - a. Against a right punch : parry with the left palm and counter with a straight left.
    - b. Against a straight left punch : parry with the right palm and counter with a straight right.
  - 2. Defences with the forearm :
    - a. Against a straight right-hand punch Inner parry with the left fore-arm and counter attack with a straight right (with the possibility of catching and lowering the attacker's arm).
    - b. Against a straight left punch : inner parry with the left fore-arm counter with the left, fist inverted.
  - 3. Outer defences (if front hand is down) against a right punch :
    - a. thumb outwards.
    - b. the back of the hand outwards;
    - c. the ring finger outwards.
    - d Same defences with the arm out straight in order to intercept the attack as early as possible.
    - e The fore-arm comes up diagonally above the head and counter with the other fist.

### DEFENCES AGAINST KICKS

- d) Against a direct front kick :
  - 1. Outer parry with the turning the palm of the hand outwards, facing the opponent, and moving forwards while counter-attacking.
  - 2. Outer defence with the rear arm, holding the arm straight and counter-attack.
- e) Against low-kick : jump forward.
- f) Against roundhouse kick to the body :
  - 1. Blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking
  - 2. Outer defence with the fore-arm and punch to the face.

### EVASIONS AND COUNTERS

- g) Evading with the body by leaning-back and kicking straight against an opponent who is punching while moving forwards.
- h) Evading leaning sideways and simultaneous counter with left or right.

### TAKE DOWN

- i) Seizing both legs : double leg.

## UV5 – GROUND WORK

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- a. The defender is on his back, the attacker is standing up trying to go on the sides : move and place a foot on the hip.
- b. The defender is on his back:
  1. Side ground guard :
    - a. Learning the position,
    - b. Foot on his hip, kick to the face,
    - c. Scissors sweep.
  2. Ground guard, the attacker's head on the defender's chest :
    - a. Control : wrap the attacker's arm and control his head : fingers in eyes, punches, palm strikes, elbows, heels.
    - b. Getting out : fingers in the eyes to create space, foot on hip/kick to the face or side guard.
  3. If the attacker is getting up :
    - a. seize both ankles and push with the pelvis,
    - b. If the attacker is getting up, one leg backwards : seize the closest ankle, hook with foot behind his knee and push with the pelvis.
- c. The defender is on the ground, the attacker on top (mounted position):
  1. Bridge : shrimp by pushing his hip and pulling the knee out (option : hook the attacker's ankle with other leg), following according to the distance:
    - a. The attacker is not close : foot on hip/kick to the face
    - b. The attacker is close : keep some distance with forearm or poke in the eyes and side ground guard
    - c. The attacker is pressing his head on the defender's chest : if possible, fingers in the eyes (if the arms are underneath the attacker's arms : stretch out arm in order to help the movement and fingers in the eyes), shrimp then foot on hip/kick to the face.
  2. Release from hands pinned to the ground (before they hit the ground) : bridge (possibility of throw or wrist lock).

## UV6 – KNIVES

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- a) Downwards attack:
  1. 360°, counter-attack (2 strikes min.) grabbing the arm. No disarming.
  2. Straight kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements. No disarming.
  3. Straight kick to the chin or body, and simultaneous side-step (on the opposite side of the knife) depending on the distance. Continue depending on the situation. No disarming.
- b) Upwards attack:
  1. 360°, counter-attack and lock to the ground. No disarming.
  2. Straight kick to the body or the head without moving forward. Follow-up according to the situation and requirements. No disarming.
  3. Straight kick to the chin or body, and simultaneous side-step (on the opposite side of the knife) depending on the distance. Continue depending on the situation. No disarming.

## UV7 – FIGHT

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2 x 2 minutes fight with 30 seconds rest.

Hard fight for the practitioners 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.