



Sector U.K.

FEKM-UK

Green Belt Programme

<p><b>UV1</b></p>	<p>Techniques from neutral position</p>	<p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH)</u>  <b>a)</b> Strike with the edge of the hand or the forearm.  <b>b)</b> Crescent kick              1. Outer-crescent kick (slap face).              2. Inner-crescent kick (slap face).  <b>c)</b> Straight jumping scissor-kick – kicking during the jump.</p> <p><u>DEFENCES</u>  <b>d)</b> Against straight kicks:              1. Jump sideways and simultaneous punch,              2. Changing the standing foot by moving inside and in front of the opponent. Kick to the groin.</p>
<p><b>UV2</b></p>	<p>Grabs and chokes</p>	<p><b>a)</b> Releases from hair grabs:              1. Against an attacker who is pulling the hair towards himself: jump forwards with one fore-arm as protection, and striking with the other hand to the groin.              2. Against a hair grab from the front, but not pulling: strike the back of the hand holding the hair, trap that hand against the head, bending the wrist while leaning forwards, at the same time moving backwards and attacking as appropriate.              3. Same grab: same technique then twist of the wrist, bringing the opponent to the ground with lock on the elbow or on the shoulder.              4. Against an attacker who is pulling the hair from the side: jump vigorously towards the attacker, palm strike to the groin and elbow to the face.              5. Against an attacker pulling the hair back and to the side with his hand on the temple which is furthest from him: rapid turn in the direction of his hold, strike to the groin.</p> <p><b>b)</b> Releases from hugs from the front:              1. Against a closed hug (hands are held down) : pushing the hands into the groin, kick to the same point, releasing one arm and attacking.              2. Open hug (hands are free):                  a. Pushing the nose, especially when the opponent's chin is held down against his chest.                  b. Pushing the thumbs into the eyes. This technique is not intended to damage the eyes but to facilitate the push.                  c. Pull the hair and use the chin as a lever.</p>

<p><b>UV2</b></p>	<p>Grabs and chokes</p>	<p>3. Low open hug :</p> <ul style="list-style-type: none"> <li>a. Counter attack with strikes such as, knee and elbow strikes, (elbow to the back of the neck, and knee to the groin) – strikes must absolutely be controlled.</li> <li>b. Pull the hair while striking the opponent’s face with the palm of the other hand. Then lever the chin.</li> </ul> <p>4. Open or closed hug while being lifted : wrap leg round the opponent’s leg, pull out one hand, then strike with the knee and the free hand.</p> <p><b>c) Against a side hug:</b></p> <ul style="list-style-type: none"> <li>1. Withdraw the pelvis and strike with the furthest hand to the genitals.</li> <li>2. While being lifted: strike with the heel. If the hug is on 3/4 facing, hook the leg, free the furthest hand and poke the eyes,</li> </ul> <p><b>d) Releases from hugs from behind:</b></p> <ul style="list-style-type: none"> <li>1. Closed hug (hands trapped): strike with the palm of the hand to the groin, stamp on his foot with the heel, release the arms and backwards elbow strike.</li> <li>2. Open hug, hands free: lean forwards and elbow backwards repeatedly to the face with complete control, kick to the shin or the foot, seize a finger to lever. About face and kick to the groin. Correct distance and complete control</li> <li>3. Closed/open hug from behind, while lifting the person up : wrap the leg around the attacker’s, upper cut kick to the groin, pull out one arm (if the hug is closed), and elbow backwards.</li> </ul> <p><b>e) Wrist-lock :</b></p> <ul style="list-style-type: none"> <li>1. By pulling.</li> <li>2. By pushing an attacker who is pulling his arm towards himself.</li> <li>3. Using the thumbs, by pulling or pushing.</li> </ul>
<p><b>UV3</b></p>	<p>Falls/Rolls</p>	<p><b>a) Downwards roll – distance, height.</b></p> <p><b>b) Side roll.</b></p>

<p><b>UV4</b></p>	<p>Techniques from guard position</p>	<p><u>STRIKES</u>  <b>a)</b> Swing.  <b>b)</b> Strike with the edge of the hand or the forearm.  <b>c)</b> Kicks:  1. Crescent kick  a. Outer-crescent kick (slap face).  b. Inner-crescent kick (slap face).  2. Hook kick (striking with the heel).  3. Straight kick with the rear foot while simultaneously bringing the standing foot back.  4. Straight jumping scissor-kick – kicking during the jump.  5. Turning [into] back kick. Possibilities :  a. Back uppercut kick.  b. Straight back kick.  c. Side back kick.  d. Turning 360 degrees and kicking with the heel or the outside of the foot.</p> <p><u>DEFENCES AGAINST PUNCHES</u>  <b>d)</b> Against a punch given with the rear hand  1. Outer defence sliding under the arm of the opponent. Defence ends with a punch.  2. Inner defence sliding on the arm of the attacker. The defence ends with a punch.  <b>e)</b> Parrying left-right punch combination:  1. Two inner defences with the palm and counter punch or kick.  2. Evading leaning backwards when the opponent delivers the straight left punch and deflecting downwards while bringing the bust forwards simultaneously attacking with a straight right punch.  <b>f)</b> Defence against a low punch:  1. Sharp, and deliberately hard outer defence. Follow with punching and kicking.  2. Outer defence, brushing the attacker’s arm aside. The defender’s hand is turned outwards.</p> <p><u>DEFENCES</u>  <b>g)</b> Against straight kicks:  1. Jump sideways and simultaneous punch,  2. Changing the standing foot by moving inside and in front of the opponent. Kick to the groin.</p>
<p><b>UV5</b></p>	<p>Ground work</p>	<p><b>a)</b> The defender is on his back, the attacker is sitting between the victim’s legs (guard):  1. Scissors sweep if the attacker is leaning forward or grab the nape while pushing the knee on his sternum, transferring the body weight forward.  2. Choke with forearm: push with the legs and control « head-arm », sweep or back control.  <b>b)</b> The defender is on his back, the attacker is sitting on the victim (mounted position) - Choke with forearm: block the arm and bridge.</p>

<p><b>UV5</b></p>	<p>Ground work</p>	<p><b>c)</b> Release from ground chokes: The attacker is sitting to one side [of the victim].</p> <ol style="list-style-type: none"> <li>1. Hook down one of the choking hands, push the attacker away with the other hand, introducing the knee. Kick to the head with the free leg.</li> <li>2. Same exercise but, instead of kicking the attacker, wrap the leg round his head and bring him to the ground. Arm lock or kick with the heel.</li> <li>3. If the attacker continues to resist after wrapping round his head with the leg, make him fall to the ground onto his belly in the other direction. Elbow lock.</li> </ol>
<p><b>UV6</b></p>	<p>Knives</p>	<p><b>a)</b> Using a knife: Learning the various grips: top to bottom, bottom to top, straight stab, and slashing from side to side.</p> <p><b>b)</b> Downwards attack: 360°, counter-attack (2 strikes min.) grabbing the arm and disarm.</p> <p><b>c)</b> Upwards attack: 360°, counter-attack and lock to the ground and disarm.</p> <p><b>d)</b> Defence against a forward stab with a knife:</p> <ol style="list-style-type: none"> <li>1. Straight kick to the centre of the body or to the arm-pit.</li> <li>2. 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.</li> <li>3. Move forwards diagonally leaning the body to one side and side or turning kick.</li> <li>4. Inside defence with the left fore-arm against a right-handed attack, trap and simultaneous counter-attack. Disarm.</li> <li>5. Inside defence with the right fore-arm against a right-handed attack. Change hand, trap the arm of the hand holding the weapon, attack with the other hand.</li> </ol>
<p><b>UV7</b></p>	<p>Fight</p>	<p>2 x 2 minutes fight with 30 seconds rest.</p> <p>Hard fight for the practionners aged 18 -40 years old, light for the others.</p> <p>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;</p> <p>Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect:</p> <ul style="list-style-type: none"> <li>- 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;</li> <li>- If a fighter has the opportunity to give a head-butt, this must be simulated;</li> <li>- If a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated</li> <li>- 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;</li> <li>- 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.</li> </ul>