

Orange Belt Programme

<p>UV1</p>	<p>Techniques from neutral position</p>	<p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH)</u></p> <p>a) Uppercut. b) Forward defence kick. c) Back kick – uppercut. d) All kicks sliding forwards.</p> <p><u>DEFENCES</u></p> <p>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 executed 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</p>
<p>UV2</p>	<p>Grabs and chokes</p>	<p>a) Release from chokes:</p> <ol style="list-style-type: none"> 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 opponen is jumping forward: immediate throw. <p>b) Releases from grabs of the wrists:</p> <ol style="list-style-type: none"> 1. One or two hands. 2. Release from two people who have grabbed the hands: release by levering using the elbow. 3. 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.

<p>UV3</p>	<p>Falls/Rolls</p>	<p>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</p>
<p>UV4</p>	<p>Techniques from guard position and fighting techniques</p>	<p><u>STRIKES</u> a) Punches: 1. Uppercut. 2. Straight punch – fist inverted. 3. Spinning back fist. b) Kicks: 1. Forward defence kick. 2. Back kick – uppercut. 3. All kicks sliding forwards.</p> <p><u>DEFENCES AGAINST PUNCHES</u> 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.</p> <p><u>DEFENCES AGAINST KICKS</u> 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.</p>

<p>UV4</p>	<p>Techniques from guard position and fighting techniques</p>	<p>f) Against roundhouse kick to the body:</p> <ol style="list-style-type: none"> 1. Outer defence with the fore-arm and kick to the groin and at the same time moving diagonally forwards on the opposite side to the opponent's kick. 2. Blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking 3. Outer defence with the fore-arm and punch to the face. <p><u>EVASIONS AND COUNTERS</u></p> <p>g) Evading with the body by leaning-back and kicking straight against an opponent who is punching while moving forwards.</p> <p>h) Evading leaning sideways and simultaneous counter with left or right.</p>
<p>UV5</p>	<p>Ground work</p>	<p>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.</p> <p>b) From the standing position: defences against takedowns by the legs.</p> <ol style="list-style-type: none"> 1. Learn the double leg takedown. 2. Place the forearm under the chin and rotate with nape lock or pock in the eyes 3. Sprawl: if possible, arms in the center and go on the back or the side. <p>c) The defender is on the ground, on his back, the attacker in his guard:</p> <ol style="list-style-type: none"> 1. If the attacker is getting up, follow the movement, grab the forearm with opposite hand and turn on the side with a hip movement. 2. If the attacker is pressing on the defender: press his head downward with a shrimp movement, elbow strike and get up. 3. If the attacker is standing up, seize an ankle and takedown with the pelvis. 4. If the attacker is standing up stepping backward: seize the closest ankle, hook with foot behind his knee and push with the pelvis. 5. Anti-rape technique: the attacker grabs the legs : pressure on his larynx with the hands, cross the legs and tighten. <p>d) The defender is on the ground, the attacker on top (mounted position):</p> <ol style="list-style-type: none"> 1. Release from hands pinned to the ground (before they touch the ground): <ol style="list-style-type: none"> a. The arms are pulled downwards while simultaneously raising the hips. Throw the attacker diagonally forwards. Counter-attack. b. Bring the hands that are pinned down towards each other, grab the back of the attacker's hand, and twist the wrist and elbow while rolling on the attacker on the side. c. Same lock on the other wrist if the attacker counters the movement.

<p>UV5</p>	<p>Ground work</p>	<p>2. Release from choke on the ground:</p> <ul style="list-style-type: none"> a. Release of one of the choking hands and stab to the eyes with the fingers of the other hand. b. Hook the choking hands downwards, bridging the hips upwards and throwing the attacker diagonally forwards. Counter attack. c. Against a choke with the weight of the attacker on the upper torso of the victim : strike the back of the elbows, bridge up with the hips and diagonal throw. Counter-attack. d. Release from a choke when both heads are close together: <ul style="list-style-type: none"> 1) Hook down one of the choking hands and poke in the eye with other hand. Bridge. 2) Hook down one of the choking hands and hit with the forearm on the nape. Bridge <p>e) The defender is on his back, the attacker is sitting to one side: shrimp movement and guard.</p>
<p>UV6</p>	<p>Knives</p>	<ul style="list-style-type: none"> a) Downwards attack: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 1. 360°, counter-attack and lock to the ground. 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.

UV7

Fight

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, gumshield 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.