



Sector U.K.

# FEKM-UK

## Yellow Belt Programme

<p style="color: yellow; font-weight: bold; font-size: 2em;">UV1</p>	<p>Techniques from neutral position</p>	<p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH)</u></p> <p><b>a)</b> Head butt.</p> <p><b>b)</b> 9 elbow strikes</p> <ol style="list-style-type: none"> <li>1. Facing : Circular strike – face, Uppercut strike -face, Straight low strike on an attacker</li> <li>2. Leaning forward - to the back/nape.</li> <li>3. On the side : Straight side strike, with arm closest to the attacker, Circular side strike, with arm furthest from the attacker, uppercut.</li> <li>4. Backward: Circular backwards strike – face, Straight backwards strike – body/plexus, Uppercut backwards strike.</li> </ol> <p><b>c)</b> Direct punch: fist, palm, finger. Without moving, moving forward and backward.</p> <p><b>d)</b> Hook</p> <p><b>e)</b> Hammer strike, the opponent on the side.</p> <p><b>f)</b> Kicks and knee strikes. Without moving and moving forward.</p> <ol style="list-style-type: none"> <li>1. Front knee strike</li> <li>2. Roundhouse knee strike</li> <li>3. Straight front kick.</li> <li>4. Roundhouse kick.</li> <li>5. Side kick</li> <li>6. Straight back kick.</li> </ol> <p><u>DEFENCES</u></p> <p><b>g)</b> Stopping an attacker with a light straight strike with the palm and fingers without causing harm.</p> <p><b>h)</b> 360° and 360° with counter-attack.</p> <p><b>i)</b> Against straight punches:</p> <ol style="list-style-type: none"> <li>1. Inner defence with palm.</li> <li>2. Simultaneous counter-attack:             <ul style="list-style-type: none"> <li>- Against straight left punch: inner parry with right palm and simultaneous straight left punch.</li> <li>- Against straight right punch: inner parry with left palm and simultaneous straight right punch.</li> </ul> </li> </ol> <p><b>j)</b> Against low direct kick: block with the foot, pointing inwards. If the opponent is on the side, block with foot pointing outwards.</p> <p><b>k)</b> Against low roundhouse kicks:</p> <ol style="list-style-type: none"> <li>1. Block with shin.</li> <li>2. Direct kick to genitals.</li> </ol> <p><b>l)</b> Against middle/high roundhouse kicks :</p> <ol style="list-style-type: none"> <li>1. Outer defence with the fore-arm and kick to the groin.</li> <li>2. Rotating the bust and blocking with both fore-arms (on the muscular inside of the forearm) stepping forwards diagonally and counter punching or kicking.</li> </ol>
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<p><b>UV2</b></p>	<p>Grabs and Chokes</p>	<p><b>a)</b> Release from front chokes:  1. Stop the opponent before choke can be applied.  2. Release with one hand, counter-attack with other hand.  3. Hook the opponent's hands downwards with simultaneous knee strike.</p> <p><b>b)</b> Release from side head hold (rugby grab):  1. Strike to the groin, pressure to sensitive parts of the head pushing backwards, constantly forcing the opponent back towards the ground.</p> <p><b>c)</b> Release from choke side</p> <p><b>d)</b> Release from choke from behind pulling: hook the attacker's hands downwards while moving backwards diagonally, palm-strike to the groin followed by an elbow strike to the chin, then 180 degree turn and low kick. Possibility of wrist lock.</p>
<p><b>UV3</b></p>	<p>Falls/rolls</p>	<p><b>a)</b> Forward roll, right and left shoulder.  <b>b)</b> Backward roll, right and left shoulder.  <b>c)</b> Forward break-fall absorbed softly.  <b>d)</b> Sideways break-fall.  <b>e)</b> Backwards break-fall.</p>
<p><b>UV4</b></p>	<p>Elbow strikes</p>	<p><b>1.</b> Circular strike - face  <b>2.</b> Circular side strike, with arm furthest from the attacker  <b>3.</b> Straight side strike, with arm closest to the attacker  <b>4.</b> Uppercut strike -face  <b>5.</b> Straight low strike on an attacker leaning forward - to the back/nape  <b>6.</b> Straight backwards strike - body/plexus  <b>7.</b> Uppercut backwards strike  <b>8.</b> Circular backwards strike - face</p>
<p><b>UV5</b></p>	<p>Techniques from guard position and fighting techniques</p>	<p><u>BASICS</u>  <b>a)</b> General guard position.  <b>b)</b> Moving in all directions.  <b>c)</b> Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction.</p> <p><u>STRIKES</u>  <b>d)</b> Head-butt.  <b>e)</b> Elbow strikes :  1. Circular strike - face.  2. Low strike diagonally.  3. Uppercut strike - face..  4. Straight moving forward.  5. Low strike.</p> <p><b>f)</b> Punches:  1. Direct punch: fist, palm, finger to the face, to the throat.  2. Direct punch: fist, palm, finger moving in different directions.  3. Direct punch to the body: attack and defence.  4. Combination of punches.  5. Simple combination of two punches  6. Right and left hooks at various heights and distances.</p> <p><b>g)</b> Hammer strike.  <b>h)</b> Kicks and knee strikes:  1. Front knee strike  2. Roundhouse knee strike</p>

<p style="text-align: center; color: yellow; font-weight: bold; font-size: 24px;">UV5</p>	<p style="text-align: center;">Techniques from guard position and fighting techniques</p>	<ol style="list-style-type: none"> <li>3. Straight front kick.</li> <li>4. Roundhouse kick.</li> <li>5. Side kick</li> <li>6. Straight back kick.</li> <li>7. All kicks learned are applied skipping forwards.</li> </ol> <p><b>i)</b> Combination of punches and kicks or kicks and punches</p> <p><b>j)</b> Shadow boxing</p> <p><u>DEFENCES AGAINST PUNCHES</u></p> <p><b>k)</b> Against straight punches, simultaneous counter-attack:</p> <ul style="list-style-type: none"> <li>- Against straight left punch: inner parry with right palm and simultaneous straight left punch.</li> <li>- Against straight right punch: inner parry with left palm and simultaneous straight right punch.</li> </ul> <p><b>l)</b> Defences downwards:</p> <ol style="list-style-type: none"> <li>1. Against a right punch (rear): inner parry with the left palm countering simultaneously with the right hand while lowering the attacker's hand.</li> <li>2. Against a left punch (front)): inner parry with the right palm countering simultaneously with the left hand while lowering the attacker's hand.</li> </ol> <p><b>m)</b> Against a hook: the outside of the fore-arm strikes the attacker's arm. Head held down tucked in between the shoulders.</p> <p><b>n)</b> Against punch to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.</p> <p><u>DEFENCES AGAINST KICKS</u></p> <p><b>o)</b> Against straight left or right kick to the groin: inner parry with front leg and counter with straight front punch or block with front or rear foot (front of front foot pointing inwards, front of rear foot pointing outwards).</p> <p><b>p)</b> Against straight left or right kick to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.</p> <p><b>q)</b> Against low-kick:</p> <ol style="list-style-type: none"> <li>1. Bodyweight on the front leg, stiffen the leg.</li> <li>2. Block with shin.</li> <li>3. Withdraw of front leg.</li> <li>4. Direct front kick to the groin against low kick with rear leg.</li> </ol> <p><b>r)</b> Against roundhouse kicks to the body:</p> <ol style="list-style-type: none"> <li>1. Outer defence with the fore-arm and kick to the groin.</li> </ol>
<p style="text-align: center; color: yellow; font-weight: bold; font-size: 24px;">UV6</p>	<p style="text-align: center;">Ground Work</p>	<p><b>a)</b> Basic movements.</p> <ol style="list-style-type: none"> <li>1. Bridge.</li> <li>2. Shrimp.</li> </ol> <p><b>b)</b> Defences against an opponent standing up</p> <ol style="list-style-type: none"> <li>1. Defence back on the ground.</li> <li>2. Attacker is moving: defence.</li> <li>3. Getting up.</li> </ol> <p><b>c)</b> Techniques in guard position.</p> <ol style="list-style-type: none"> <li>1. The defender is inside the attacker's guard who is on the ground: learn the basic movements, stabilize, hit and get up.</li> <li>2. The defender is on his back, the attacker in his guard. <ol style="list-style-type: none"> <li>a. Defences against strikes: block, parry and 360°.</li> <li>b. Control of the head. Poking the attacker's eyes.</li> <li>c. Various strikes: punch, al strike, finger strike, elbow or heel.</li> <li>d. Evade with one foot on attacker's hip and kick toward head with other leg. Get up.</li> </ol> </li> </ol> <p><b>d)</b> Techniques from mounting position.</p> <ol style="list-style-type: none"> <li>1. The defender is on the attacker: learn the position, stabilize, hit and get up.</li> <li>2. The attacker is on the defender.</li> <li>3. Defences against strikes: block, parry and 360°.</li> <li>4. Bridge (option: push with the knee).</li> </ol>

UV7

Knives attack

- a) Using common objects as a means to defend, parry and block or to attack.
- b) Safety rules:  
If the attacker is within reach: direct kick to the genitals.
- c) Against a downwards knife attack
  1. 360° parry. Counter-attack. Straight kick to the body or the head moving forward or not, depending on the distance. If possible, the direct kick is given with the leg opposite the attacker's hand.
- d) Against an upwards knife attack:
  1. 360° parry. Counter-attack. Straight kick to the body or the chin moving forward or not, depending on the distance. If possible, the direct kick is given with the leg opposite the attacker's hand.