

UV 1 - TECHNIQUES IN NEUTRAL POSITION

STRIKES WITHOUT WARNING (NO TELEGRAPH)

- a) Strike with the edge of the hand or the forearm.

DEFENCES

- b) Against a direct punch, the attacker is on the side:
1. Outer defence with the left hand with the palm turned outwards against a left hand strike.
 2. Outer defence with the right hand with the palm turned outwards against a right-hand strike.
- In both cases, grab the arm of the attacker if possible.
- c) Against a roundhouse kick to the body or face: leap forwards and outer defence with both arms, one high, the other low, and counter-attack. Possible throw of the attacker.

UV 2 – GRABS AND CHOKES

- a) Release from a hold with one hand on a jacket:
1. Counter attacks if there is no other option.
 2. One step back and quickly lower the arm quickly towards **the inside** of a turning motion.
 3. Same exercise, and continue with an elbow lock on that arm.
 4. .Take one step back and lower the arm sharply to **the outside** of the turning motion.
 5. Same exercise and continue to an elbow lock on that arm.
 6. Lock applied to the thumb of the opponent's holding hand. The other hand firmly holds the wrist of the attacker or holds him away.
- b) Release from two-hand hold on the shirt (or jacket):
1. One step back while turning and raising one arm, bringing it to the inside and counter attack with a hammer-fist or the edge of the hand. And a kick with the knee.
 2. One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow.
 3. Thumb lock.
- c) Against a grab of the shoulder or the shirt from behind (pulling, or not): raise the arm on the same side as the as the hold while turning and advancing towards the attacker. Counter-attacks.

UV 3 – FALLS/ROLLS

Fall onto the forearms.

UV 4 – TECHNIQUES FROM GUARD POSITION

STRIKES

- a) Axe kick, strike with the heel. (Kakato).
b) Strike with the edge of the hand or the forearm.

DEFENCES AGAINST KICKS

- c) Defences against a side-kick :
 1. Step back. The parry is applied with the arm which brushes aside the attacker's leg. The palm of the hand is turned outwards. Counter-attack.
 2. With the front hand while stepping forwards and diagonally with the rear foot.
 3. With the rear hand while stepping forwards diagonally with the front foot.
 4. Outer low defence with the rear arm. The deviating impact will be applied with the outside of the fore-arm.
 5. Inner defence with the inside of the fore-arm and counter-attack against a high or medium height kick.
- d) Defences against roundhouse kicks :
 1. Circular kick: leap forwards and outer defence with both arms, one high, the other low, and counter-attack. Possible throw of the attacker. This technique is also effective against a kick to the groin.
 2. Against high kick : block with the fore-arm, lift the kicking leg above the head, at the same time standing up straight, throwing the attacker and counter-attacking.
- e) Given with the rear leg : leap forward and block with both arms, one high, the other low and counter-attack. Possible throw of the attacker.
- f) Against spinning hook kick :kick the attacker in the back or from behind at the beginning of his attack.

SWEEP

- g) Sweep with front turning kick. Possible skip towards the opponent.
- h) Sweep with hook kick and after side-step in.
- i) High sweep with spinning hook kick.

TAKEDOWNS

- j) Sweep the leg diagonally and back (Osotogari).
- k) Head throw. Possibility to sweep one leg.
- l) Hip throw. Possibility to sweep one leg.
- m) Shoulder throw. Possibility to sweep one leg.
- n) Inside or outside hook of the front or rear leg.
- o) Block with one leg behind the attacker.

UV 5 – GROUND WORK

- a) The defender is on his back, the attacker is sitting between the victim's legs (guard):
 1. Choke with forearm : fingers in the eyes and straighten one leg, shrimp then :
 - a. The attacker is not close : foot on hip/kick to the face
 - b. The attacker is close : side ground guard
 2. Anti-rape techniques : The attacker has his arms under the defender's legs :
 - a. Possibility to push the attacker with fingers in the eyes, straighten one leg and kick to the face.
 - b. Pressure on the larynx : hands on the attacker's throat, cross the legs and squeeze.
- b) The defender is on his back, the attacker is sitting on the victim (mounted position) : choke with forearm: block the arm and bridge on the side of the strangling arm.
- c) Release from ground chokes :the attacker is sitting to one side [of the victim].
 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.
 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. Get up.
- d) Release from a guillotine :
 1. Poke in the eyes if possible.
 2. If not, put one hand in the back, move and press on the attacker's neck with the shoulder. If it does not work, try to poke the eyes.

UV 6 – KNIVES AND BATONS

DEFENCES AGAINST KNIVES

Defences against criss-cross knife attacks:

- a) Before the attack, throw a light object towards the attacker. This can be effective against all types of knife-attacks. This action is followed with a counter-attack.
- b) Direct kick
- c) Evade and low roundhouse-kick (as against a straight thrust stab).
- d) Evade leaning the body backwards and:
 1. Block with both forearms and counter-attack with a right piston punch while simultaneously controlling with the left forearm. Disarm.
 2. Block with both forearms, counter with the left and then the right while controlling the arm holding the weapon. Disarm.
 3. Block with the left forearm and counter-attack simultaneously with the right while simultaneously controlling the arm holding the weapon. Disarm.
 4. Block with the right forearm and counter-attack simultaneously with the left. Grab and control the arm holding the weapon, strike simultaneously with a right piston punch. Disarm.
- e) If the attacker is very close it is possible to block the first strike. (i.e. – no criss-cross)

DEFENCES AGAINST BATON STRIKES

- f) From top to bottom :
 1. Attack with one hand open angle : jump forwards straight-arm outer parry, leaning forwards and simultaneous punch . Counter attack and disarm.
 2. From top to bottom in the middle with one hand (closed angle) or with both hands : jump forwards straight-arm outer parry, leaning forwards. The following will be different according to whether we stepped forwards with one foot or the other.
- g) Parry against a strike coming from the side : jump forwards with one arm raised and the other low, trap the arm and counter-attack.
- h) Block against a low strike coming from the side: jump forwards raising one leg towards the hand holding the baton. Counter-attack.

UV 7 – FIGHT

- a) Fight close distance : head butt, elbow, knees strikes, eye plucking, takedowns, sweeps, locks, bites
- b) 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.