

## UV 1 – STRIKES WITHOUT TAKE-OFF

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With a partner, from a neutral position: forwards/ crosswise/ sideways.

- a) Sequence of 2 straight punches/ palms/ outstretched fingers, followed by 2 elbow blows after getting closer.
- b) Sequence of a straight kick and 2 straight punches/ palms/ outstretched fingers, followed by 2 elbow blows after getting closer. Ex.: left kick, left punch, right palm, left elbow, right elbow.
- c) Sequence of 2 straight punches/ palms/ outstretched fingers, followed by 2 hook punches after getting closer, and finish by a straight kick. Ex.: straight right outstretched fingers, straight left palm, move forward and right hook, left hook, straight left kick.

## UV 2 – CODIFIED SHADOW FOR 3 MINUTES

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Shadow boxing: moves, varied punch/kick and dodges sequences. During all the shadow, the strikes must be given with hands correctly positioned: outstretched fingers, palms and closed fists, in constant changeover.

**Required techniques must be executed in the following order:**

- -The applicant must move forward, backward, on the right and on the left while giving simultaneously a straight left punch.
- -Left kicks, moving forward in slide steps: straight, circular, sideways, back circular, back straight.
- After moving forward in slide steps and give the side-kick, the applicant must keep his balance in the kick's position.
- -Minimum 10 kicks from the front leg without putting back the leg on the ground.  
Flying kicks :
- Straight flying kick with the back leg, make a turn over, slap inside jump kick. The 2 kicks are given with the same leg (right for a right-handed).
- Same techniques but start with a circular kick (back leg).
- Same techniques (start with a circular kick) and finish with a circular kick.
- Flying twisted kick. The strike is given with the edge of the back feet, toes up.
- Flying twisted kick. The strike is given with the heel.
- Front kicks, moving forward in shuffle steps: straight, circular, sideways, back circular.

In shadow, all required techniques should be executed at least once and in the required order. Between each of the 13 required techniques, shadow is improvised. Movements will be executed in all directions. In addition to the slide steps and shuffle steps kicks, the applicant should give a minimum of 20 varied kicks, giving preference to sequences with punches, palms and outstretched fingers.

## **UV 3 – DEFENCES AGAINST KICK/PUNCH ATTACKS FROM THE GUARD STANCE**

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Defences are logical replies, counter-attacks, grips and takedowns which use as less power as possible.

a) Defences against attacks known beforehand:

- Defense against straight punch on the face with fist/ palm/ outstretched fingers, from left and right arms.
- Against left and right straight punch on the body.
- Against left and right straight kick on the body.
- Against left and right circular kick on the middle level.
- Against left and right side-kick on the middle level.

b) Defense against all low-kicks

c) Defense and reply against a kick or punch not known beforehand (5 times).

In this exercise, several rules are required:

- Do not step back on your partner's attack.
- Simultaneous defences and counter-attacks as far as it is possible.
- Even if we get hit, we must counter-attack.
- After the defense and the first counter-attack, no moves should be useless in the following sequences.

## **UV 4 – DEFENCES AGAINST GRIPS/GROUND WORK**

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a) Freeing from all unknown frontwards, backward and sideways chokeholds and grips, and then, sequence of at least 2 strikes.

b) The candidate will be questioned on elements of the orange belt ground program. He will not know in advance what will be asked and will have to know all the techniques and their principles.

## **UV 5 – DEFENCES AGAINST KNIFE AND STICK ATTACKS**

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- a) Two against one: two partners attack simultaneously the defender. One has a knife, the other one a stick. The defender is weaponless: disarming and use of the weapon to defend ourselves (length: 1'00).
- b) Attacks from all angles: defences, counter-attacks and disarmings against all knife and stick attacks coming from all directions.
- c) Knife attacks with beforehand grip or strike:
- Grip + knife: the attacker makes a grip with one hand and hit with a knife with the other hand.
  - Strike + knife: the attacker gives a punch or a kick before striking with a knife.
- d) Knife threats: As far as possible, neutralization of all different threats with a knife. The attacks are up, statics or in movement.
- e) Use of knife and stick: knife against stick or knife, stick against stick or knife. Defences with a stick or a knife against a partner armed with a stick or a knife. Technical work and fight.

## **UV 6 – DEFENCES AGAINST FIREARMS THREATS**

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- a) Defences against pistol threats, to be executed against a right or a left handed person. The attacks are up, statics or in movement.
- Frontal attacks to head and body,
  - Sideways: temple, ear, front of the arm, back of the arm.
  - Backward to skull, shoulder's level and lower back.
- b) Protection of a group: the attacker, armed with a gun or a grenade, threatens a third party. The defender takes place in the back of the attacker and disarms him.
- c) Knowledge of the operation and handling of a handgun:
- 4 safety rules.
  - Quick resolution of a shooting incident with a semi-automatic pistol.
  - Securing of a semi-automatic pistol or revolver.

## UV 7 – FIGHT

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a) Fight twice without weapon during 2 minutes, with a 30 seconds' break between each round. The strikes are fully given for applicants from 18 to 40 years old and light for the others.

Applicants are not judged through the total of their points. They are evaluated on their general attitude, not considering the fact they win or lose.

They must not shy away but show courage, determination, clear-mindedness, calm, a minimum technical level and respect of their partner.

Protections and gum-shields are compulsory, boxing gloves should be at least 12 oz.

Nevertheless, several security orders should be applied:

- If a fighter is hardly hit, the following sequence should be light or stopped, according to the degree of the toughness.
- If a fighter can give a head blow, it has to be simulated.
- If a fighter can strike non protected and delicate areas, like the cervicals, the strike has to be simulated.
- If a fighter is hit on his box, he must stop and walk one or two steps away, in order to signify the advantage - at minimum - that his partner would have taken.
- During a projection, the fighter must take care to respect the safety of the opposing fighter.

b) Fight two times without weapon for 2 minutes, with a 30 seconds' break between the rounds. The strikes are fully given. Maximum 5 minutes later, light fighting against two partners for 2 minutes.