

UV 1 – STRIKES FROM THE GUARD STANCE – IN OPPOSITE GUARD

With a partner, from the opposite guard stance.

a) Sequence of **2 punches**/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by a **hook** from the front arm, an **elbow strike** from the back arm and a **circular kick** from the front leg.

b) Sequence of **2 punches**/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by an **elbow strike** from the front arm, a **hook** from the back arm and a **circular kick** from the back leg.

UV 2 – CODIFIED SHADOW FOR 3 MINUTES

Shadow boxing in opposite: moves, varied punch/kick and dodges sequences.

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 (left 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 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

a) Three candidates in guard position. A first partner attacks the applicant frontwards with punches or kicks, from the head to the legs. The applicant executes defences against the attacks. A second partner attacks the applicant on the side (right or left) with punches or kicks, from head to legs, just after the end of the defender's counter-attack. The attacks of the partners are not known beforehand.

b) Unknown attacks from the rear: from a neutral position, the candidate is attacked from behind by kicks and punches. The defender, turning his best side use parades, counter-attacks, seizures and takedowns.

UV 4 –GRIPS/CONTROLS/GROUND WORK

a) Simple techniques with a belt, a rope, a string or a lace.

b) Very light fighting exercises using : fingers, wrist, elbow, shoulder, knee and ankle locks. Partners will alternately do the exercise.

c) The candidate will be questioned on elements of the blue 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 –KNIFE AND STICK

a) Unknown attacks from behind : from a neutral stance, the applicant is attacked from behind with a knife or a stick. Attacks are unknown and the applicant will execute different defences with grips, after a turn over in order to face the opponent on our best side.

For the knife attacks, the applicant should execute defences with foot or forearms.

The attacks will be executed with left and right hand as well, among the following attacks :

- With a stick : from up to down, circular from right or left, middle and high level, circular on low level, straight thrust : high and middle level.
- With a knife : from up to down, swoop to all levels, criss-cross knife attacks to the face, from down to up.

b) Light fighting. The applicant is weaponless, his partner is armed with a knife or a stick.

UV 6 –FIREARMS

a) Use of a pistol or a rifle as a knife weapon.

b) Use of a pistol or a rifle as a knife weapon followed by punches or kicks.

c) Use of a rifle to stave off attacks from another rifle used as a knife weapon.

d) Forward/backwards roll with a pistol or a rifle.

We submit by falling on our stomach, by leaning on the knee or by standing up, pointing the weapon forward, sideways or backwards.

UV 7 – FIGHT

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.