

## UV 1 – STRIKES WITHOUT TAKE-OFF

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With a partner, from a neutral position, do 3 times a, b, c and d.

- a) Straight punch/ palm/ outstretched fingers. Forwards/ crosswise/ sideways.
- b) Straight kick. Forwards/ crosswise/ sideways.
- c) Sequence of straight kick and punch/ palm/ straight outstretched fingers. Forwards/ crosswise/ sideways, with the same arm and leg.
- d) Sequence of punch/ palm/ outstretched fingers and straight kick. Forwards/ crosswise/ sideways, with the same arm and leg.

## 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 frontwards, backward, on the right and on the left while giving simultaneously a straight left punching.
- Left kick, step forward in slide steps : straight, circular, sideways, back circular, back straight.
- Front-kick, step forward in shuffle steps : straight, circular, sideways, back circular.
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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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From the guard stance, sequence of at least two strikes and then finish with a grip which furthers protection and puts the applicant in a takedown position.

a) Defences against attacks known beforehand :

All the following defences are parries, counter-attacks and grips.

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

- Against left and right side middle-kick.

b) Defences against all low-kicks.

c) Defences and counter-attacks against unknown punch or kick (5 times).

In this exercise, several rules are imposed :

- 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 yellow 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) Basic defences against all knife and stick attacks (wooden or rubber weapons), executed with the right as well as the left hand :

- Stick from up to down / sideways : high, middle and low levels.
- Knife from up to down / from down to up / swoop : all levels and distances.

b) Two partners attack simultaneously the defender. One has a knife, the other one a stick. The defender is weaponless (length : 1'00).

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

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Defences against pistol threats :

- Frontal : to head and body.
- From the back : behind the skull, at shoulder's level, at lower back.
- From the side : front of the arm, back of the arm.

## **UV 7 – FIGHT**

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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.

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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.