

## UV 1 - TECHNIQUES FROM NEUTRAL POSITION

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### STRIKES WITHOUT WARNING (NO TELEGRAPH)

- a) Head butt.
- b) 9 elbow strikes
  - 1. Facing : Circular strike – face, Uppercut strike -face, Straight low strike on an attacker leaning forward - to the back/nape.
  - 2. On the side : Straight side strike, with arm closest to the attacker, Circular side strike, with arm furthest from the attacker, uppercut.
  - 3. Backward : Circular backwards strike – face, Straight backwards strike – body/plexus, Uppercut backwards strike.
- c) Direct punch : fist, palm, finger. Without moving, moving forward and backward.
- d) Hook.
- e) Hammer strike : from the side and from behind.
- f) Kicks and knee strikes. Without moving and moving forward.
  - 1. Front knee strike
  - 2. Roundhouse knee strike
  - 3. Straight front kick.
  - 4. Roundhouse kick.
  - 5. Side kick
  - 6. Straight back kick.

### DEFENCES

- g) Stopping an attacker with a light straight strike with the palm and fingers without causing harm. On the spot, moving forward or backward according to the timing.
- h) 360° and 360° with counter-attack.
- i) Against straight punches:
  - 1. Inner defence with palm.
  - 2. Simultaneous counter-attack:
    - a. Against straight left punch: inner parry with right palm and simultaneous straight left punch.
    - b. Against straight right punch: inner parry with left palm and simultaneous straight right punch.
- j) Against low direct kick : block with the foot, pointing inwards. If the opponent is on the side, block with foot pointing outwards.
- k) Against low roundhouse kicks:
  - 1. Block with shin.
  - 2. Direct kick to genitals.
- l) Against middle/high roundhouse kicks :
  - 1. Outer defence with the fore-arm and kick to the groin.

## UV 2 – GRABS AND CHOKES

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- a) 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.
- b) Release from side head hold (rugby grab): Strike to the groin, pressure to sensitive parts of the head pushing backwards, constantly forcing the opponent back towards the ground.c)
- c) Release from choke side

- d) 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. Other options are possible after strike to the groin.

## UV 3 – FALLS/ROLLS

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- a) Forward roll, right and left shoulder.
- b) Backward roll, right and left shoulder.
- c) Forward break-fall absorbed softly.
- d) Sideways break-fall.
- e) Backwards break-fall.

## UV 4 – TECHNIQUES FROM GUARD POSITION AND FIGHTING TECHNIQUES

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### BASICS

- a) General guard position.
- b) Moving in all directions.
- c) Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction.

### STRIKES

- d) Head-butt.
- e) Elbow strikes :
  - 1. Circular strike - face.
  - 2. Low strike diagonally.
  - 3. Uppercut strike - face..
  - 4. Straight moving forward.
  - 5. Low strike.
- f) 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. Hooks at various heights and distances.
- g) Hammer strike.
- h) Kicks and knee strikes :
  - 1 . Front knee strike
  - 2. Roundhouse knee strike
  - 3. Straight front kick.
  - 4. Roundhouse kick.
  - 5. Side kick
  - 6. Straight back kick.
  - 7. All kicks learned are applied skipping forwards.
- i) Combination of punches and kicks or kicks and punches
- j) Shadow boxing

### DEFENCES AGAINST PUNCHES

- k) Against straight punches, simultaneous counter-attack:
  - 1. Against straight left punch: inner parry with right palm and simultaneous straight left punch.
  - 2. Against straight right punch: inner parry with left palm and simultaneous straight right punch.
- l) Defences downwards :
  - 1. Against a right punch (rear) : inner parry with the left palm countering simultaneously with the right hand while lowering the attacker's hand.
  - 2. Against a left punch (front) : inner parry with the left palm countering simultaneously with the right hand while lowering the attacker's hand.

- m) Against a hook : the outside of the fore-arm strikes the attacker's arm. Head held down tucked in between the shoulders.
- n) Against punch to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.

### **DEFENCES AGAINST KICKS**

- o) Against straight left or right kick to the groin:
1. Inner parry with front leg and counter with straight front punch
  2. Block with front foot (heel pointing outwards) and counter-attack,
  3. Block with rear foot (heel pointing outwards).
- p) Against straight left or right kick to the body: inner parry with the forearm (forearm vertical) and counter with a straight punch.
- q) Against low-kick :
1. Bodyweight on the front leg, stiffen the leg.
  2. Block with shin.
  3. Withdraw of front leg.
  4. Direct front kick to the groin against low kick with rear leg.
- r) Against roundhouse kicks to the body : Outer defence with the fore-arm and kick to the groin.

## **UV 5 – GROUND WORK : do not stay on the ground**

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- a) Basic movements.
1. Bridge.
  2. Shrimp.
- b) Defences against an opponent standing up
1. Defence back on the ground.
  2. Attacker is moving :
    - a. Back on the ground, moving with the elbows.
    - b. Back on the ground moving with one foot (ball of the foot and rotate).
- c) Techniques in guard position.
1. The defender is inside the attacker's guard who is on the ground : learn the basic movements, stabilize, hit and get up.
  2. The defender is on his back, the attacker in his guard.
    - a. Defences against strikes by protecting the head ;
    - b. Shrimp, foot on hip/kick to the head and stand up.
- d) Techniques from mounting position.
1. The defender is on the attacker : learn the position, stabilize, hit and get up.
  2. The attacker is on the defender.
    - a. Bridge (option : push with the knee) and /or double bridge to throw the attacker.
    - b. Defences against strikes by protecting the head and bridge.

## **UV 6 – KNIVES**

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- a) Using common objects as a means to defend, parry and block or to attack. Safety rules :
- b) If the attacker is within reach, react before : strikes according to distance.
- c) Against a downwards knife attack
1. 360° parry. Counter-attack.
  2. 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.
  2. straight kick to the body or the chin without moving forward. If possible, the direct kick is given with the leg opposite the attacker's hand.