

## UV 1 – REVISIONS

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a) The applicant will be asked on elements of the program from the yellow belt to the 4<sup>th</sup> Darga black belt. He will not know beforehand what he will be asked, and he should know quite good all the techniques and their principles (rolls among others) to get above average at each of them.

This test will last at least 30 minutes.

b) The applicant should react to surprise attacks and threats : grips from all angles, kicks and punches attacks, knife, stick and chains attacks, knife, pistol and gun threats from all angles.

## UV 2 – CODIFIED SHADOW FOR 3 MINUTES

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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 giving 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.
- Sequence of straight punches while moving forward on very short distance.

Flying kicks :

- Straight kick with the back leg, make a turn over and give a 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.
- Sequence of straight punching while going backward on very short moves.

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

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- a) Basic principles of defences, the applicant is on the ground, his opponent stands up. Carrying out of the ground moves' techniques and, also, of basic defences against a standing up attacker.

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

## **UV 4 –GRIPS/CONTROLS/GROUND WORK**

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a) Different controlled finger, wrist, elbow and shoulder locks by taking down or by driving the partner. The applicant must execute all the locks by coming frontwards, sideways or backward.

b) Freeing from different grips before closing the lock.

c) Team work to control a person.

d) Going through a group : quickly go through a dense crowd armed with a pistol or rifle, without any violence.

e) The candidate will be questioned on elements of the yellow to brown 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**

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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 disarming defences by turning over on one side and then on the other one, 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.

With a knife : from up to down, swoop to all levels, crossed on high level, from down to up.

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

c) Neutralization of a sentry (Tamak roll / knife attack)

## **UV 6 –FIREARMS**

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a) Protection of a pistol in its holster. The partner comes from all directions.

b) Light fighting without weapon, the partner draws a pistol.

## **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.

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.