

## FEKM-UK Orange Belt Programme

<p><b>UV1</b></p>	<p>Techniques from neutral position (front on, no guard)</p>	<p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH):</u></p> <ul style="list-style-type: none"> <li>a) Uppercut.</li> <li>b) Front push kick (strike above opponents centre of gravity).</li> <li>c) Back kick – The attacker is close, so strike up to the groin with the heel or ball of foot.</li> <li>d) All pop kicks (front, outer roundhouse, side).</li> </ul> <p><u>DEFENCES AGAINST STRAIGHT KICK TO THE BODY OR GROIN:</u></p> <ul style="list-style-type: none"> <li>e) Bring the palm or forearm (depending on the level) towards the centre of the body, keeping the thumb towards the opponent and rotating backwards with the opposite shoulder bringing the body out of the line of attack and then counter.</li> <li>f) Make a fist and rotate the forearm towards the centre of the body to make the parry, rotating backwards with the opposite shoulder bringing the body out of the line of attack and then counter.</li> </ul> <p><u>DEFENCE AGAINST LOW KICK:</u></p> <ul style="list-style-type: none"> <li>g) Jump forward.</li> </ul> <p><u>DEFENCE AGAINST ROUNDHOUSE KICK TO THE BODY:</u></p> <ul style="list-style-type: none"> <li>h) Step forwards diagonally into the kick, turning the palms towards it and blocking with the muscular inside of the forearms as far up the leg as possible. Counter with punch or kick.</li> </ul>
<p><b>UV2</b></p>	<p>Throat and Wrist Grabs</p>	<p><u>DEFENCES AGAINST STRANGLES</u></p> <ul style="list-style-type: none"> <li>a) Release from a pushing strangle from the front: Step back with one foot to get balance, at the same time raising the opposite arm and rotating in the direction of the foot that stepped back trapping the attacker's fingers with the shoulder and breaking the grip, then strike down with the elbow or hammer fist. Continue.</li> <li>b) Release from guillotine: Grab the wrist, strike up into the groin with the closest hand and then project the hand forwards out of the grab, take a step forward and escape. <b>Option:</b> Instead of projecting forwards, trap the opponents hand at your chest and stand up, rotating your body on the outside foot to create an elbow/shoulder lock.</li> <li>c) Release from a pushing strangle from behind: Step forwards on one side to get balance, at the same time raising the opposite arm and rotating towards the attacker trapping the attacker's fingers with the shoulder and breaking the grip, follow by dropping and hammer fist to the exposed ribs. Continue.</li> <li>d) Release from a choke from behind with the forearm: Grab the forearm with both hands and rotate the head towards the attackers shoulder to protect the throat, then release with the hand furthest away from the attacker's elbow and strike to the groin and reposition back to the forearm. Bend the knees and drop below the attacker's shoulder, coming back up with the forearm pinned to your stomach and strike with the knee to the ribs. Control the attacker bringing them to the ground and applying a lock.</li> <li>e) Same attack, with the opponent jumping forward: immediately throw over the same shoulder that the attacker's arm is coming over.</li> </ul> <p><u>RELEASE FROM WRIST GRABS</u></p> <ul style="list-style-type: none"> <li>f) One or two handed grips</li> <li>g) Release from two attackers grabbing the hands: release by levering using the elbow. Kick the first then the second.</li> <li>h) When a third attacker arrives while the victim is being held by the others, the victim should attack him first.</li> </ul> <p><u>DOUBLE LEG DEFENCE</u></p> <ul style="list-style-type: none"> <li>i) Sprawl: as the attacker comes in, place the hands between the shoulders, throw the feet backwards and arch the back up to drive them into the floor. Should be practised straight back and to the side.</li> </ul>

<p><b>UV3</b></p>	<p>Falls and Rolls</p>	<p>a) Backwards fall - turn 180° and make a front break-fall.  b) Backwards break-fall from a moderate height.  c) Side break-fall from a moderate height.  d) Forward roll stopped on the floor with a side break fall.</p>
<p><b>UV4</b></p>	<p>Techniques from guard position and fighting techniques</p>	<p><u>STRIKES</u></p> <p>a) Punches:</p> <ol style="list-style-type: none"> <li>1) Uppercut.</li> <li>2) Inverted fist straight punch - as the fist is moving forward, rotate the fist away from the centre of the body so you strike with the knuckles pointing towards the floor.</li> <li>3) Spinning back fist.</li> </ol> <p>b) Kicks:</p> <ol style="list-style-type: none"> <li>1) Forward push kick (striking above the opponents centre of gravity).</li> <li>2) Uppercut back kick to groin of opponent who is close behind - use heel or ball of foot.</li> <li>3) Sliding kicks for front kick, outer roundhouse and sidekick (as you kick you gain distance by 'hopping' forward on the rear foot).</li> </ol> <p><u>DEFENCES AGAINST PUNCHES</u></p> <p>c) Against straight punches:</p> <ol style="list-style-type: none"> <li>1) Outer parry with the palm and counter with the same hand: <ol style="list-style-type: none"> <li>a) Against a right punch: parry with the left palm and counter with a straight left.</li> <li>b) Against a straight left punch: parry with the right palm and counter with a straight right.</li> </ol> </li> <li>2) Defences with the forearm: <ol style="list-style-type: none"> <li>a) Against a straight right hand punch, outer parry with the left forearm and counter attack with a straight right. <b>Option:</b> Continue the motion bringing the opponents arm across and down and then punch over the top with the right hand in a 'piston' punch.</li> <li>b) Against a straight left punch: inner parry with the left forearm and counter with the left with an inverted fist.</li> </ol> </li> <li>3) Defences against a right punch while in half guard (hands at elbow level), simultaneous inner parry with the left arm and piston punch with the right with the left hand being in the following positions: <ol style="list-style-type: none"> <li>a) Thumb outwards.</li> <li>b) The back of the hand outwards.</li> <li>c) The little finger outwards.</li> <li>d) Same defences with the arm out straight in order to intercept the attack as early as possible. The parries with the thumb and little finger impact just above the elbow on the opponent's upper arm while the parry with the back of the hand facing forwards involves driving the arm forward straight, tucking the chin down and punching at the same time.</li> <li>e) The fore-arm comes up diagonally to parry the opponents arm up as the punch is made.</li> </ol> </li> </ol> <p><u>DEFENCES AGAINST KICKS</u></p> <p>d) Against a direct front kick:</p> <ol style="list-style-type: none"> <li>1) Parry with the lead hand coming down towards the centre of the body and then out to the side with the palm of the hand facing outwards, at the same time making a step in the opposite direction with the rear foot. Counter attack immediately.</li> <li>2) Defence with the rear arm, driving the hand forward and down diagonally, so that the deflection of the kick is made with the forearm. Counter-attack immediately.</li> </ol> <p>e) Against low-kick: jump forward.</p> <p>f) Against roundhouse kick to the body:</p> <ol style="list-style-type: none"> <li>1) Step to the opposite direction of the kick while holding the forearm up for protection and kicking to the groin.</li> <li>2) Step forwards diagonally into the kick, turning the palms towards it and blocking with the muscular inside of the forearms as far up the leg as possible and counter punching or kicking</li> <li>3) Outer defence with the fore-arm stepping forward into the kick and simultaneous punch to the face.</li> </ol>

<p style="text-align: center; font-size: 24pt; font-weight: bold; color: #C8513E;">UV4</p>	<p style="text-align: center;">Techniques from guard position and fighting techniques</p>	<p><u>EVASIONS AND COUNTERS</u></p> <ul style="list-style-type: none"> <li>g) Evading with the body by leaning-back and kicking straight forward against an opponent who is punching while moving forwards.</li> <li>h) Evade a punch by leaning sideways and simultaneously counter with left or right punch to the body.</li> </ul> <p><u>DOUBLE LEG TAKEDOWN</u></p> <ul style="list-style-type: none"> <li>i) Learn how to do the double leg takedown.</li> </ul>
<p style="text-align: center; font-size: 24pt; font-weight: bold; color: #C8513E;">UV5</p>	<p style="text-align: center;">Groundwork</p>	<p><u>DEFENDER ON THEIR BACK, BOTH FEET HELD BY ATTACKER</u></p> <ul style="list-style-type: none"> <li>a) Attacker is throwing both feet to one side and moving in on the other: Shrimp movement onto the hip on the side that the attacker is moving, striking into the attacker's pelvis with the opposite foot and getting back into defensive position.</li> </ul> <p><u>DEFENDER ON THEIR BACK, ATTACKER IN THEIR GUARD (BETWEEN THEIR LEGS)</u></p> <ul style="list-style-type: none"> <li>b) Side Guard position: <ul style="list-style-type: none"> <li>1) Learn this transitional position where the attacker is between the defenders legs holding the forearms of the defender but there is not enough space for the defender to kick the attacker in the head. One of the defender's feet is placed against the attacker's hips and the other knee across the attacker's body to the shoulder on the same side. The knee must be high enough so the attacker cannot get past the guard. The two arms of the attacker must be controlled as much as possible,</li> <li>2) From position a. the defender pushes the attacker's hips and then follows with a kick to the attacker's head. The defender then gets up.</li> <li>3) From position a. if the attacker puts a lot of body weight onto the defender's upper body, the defender must carry out a scissor sweep by moving their foot from the hip and hook behind the attacker's knee then with the other leg, push against the attacker's chest and push and roll</li> </ul> </li> <li>c) If the attackers body is pressing down with head on the chest <ul style="list-style-type: none"> <li>1) Control: wrap the attacker's arm and control his head : fingers in eyes, punches, palm strikes, elbows, heels</li> <li>2) Escape: fingers in the eyes to create space, foot on hip/kick to the face or side guard. <b>OPTION:</b> If the head is low use two hands to push to the side, elbow strike, hold with straight arm and pull leg out.</li> </ul> </li> <li>d) If the attacker is being held close and they rock forward and get onto their feet (<u>both feet parallel and close</u>), let go of them with the arms, grab both ankles and thrust forwards with the legs and hips to bring them to the floor. Follow to the mount position. <b>OPTION:</b> Use both heels in the attackers hips to push rather than driving with the hips.</li> <li>e) If the attacker is being held close and they rock forward and get onto their feet (<u>one foot forward, one back</u>), on one side grab behind their closest ankle and put the foot from the same side into their leading hip joint, on the other side bring the foot inside their knee with the toes pulled back towards the shin in a 'hook'. Pull with the hand and foot behind the knee, and push with the foot in the hip to do the takedown.</li> </ul> <p><u>DEFENDER ON THEIR BACK, ATTACKER IN THE MOUNT POSITION (KNEELING ACROSS THE HIPS)</u></p> <ul style="list-style-type: none"> <li>f) Bridge &amp; shrimp while pushing his hip and pulling the knee out (<b>OPTION</b> : hook the attacker's ankle with other leg), and then according to the distance do the following: <ul style="list-style-type: none"> <li>1) The attacker is not close : foot on hip &amp; kick to the face</li> <li>2) The attacker is close : keep some distance with forearm or poke in the eyes and side ground guard</li> <li>3) The attacker is pressing his head on the defender's chest : if possible, fingers in the eyes (if the arms are underneath the attacker's arms : stretch out arm in order to help the movement and fingers in the eyes), shrimp then foot on hip &amp; kick to the face</li> </ul> </li> <li>g) The attacker grabs the wrists and pushes down towards the floor: <ul style="list-style-type: none"> <li>1) Before the back of the wrists touch the floor, the arms are pulled downwards while simultaneously raising the hips with a bridge motion, throwing the attacker diagonally forwards. Roll with them and counter-attack.</li> </ul> </li> </ul>

<p><b>UV5</b></p>	<p>Groundwork</p>	<ol style="list-style-type: none"> <li>2) Bring the hands that are pinned down towards each other behind the head, force the thumb between the thumb and forefinger of the attackers hand and grip over the top, then twist the wrist and force their little finger towards their elbow while rolling the attacker on the side.</li> <li>3) Same lock on the other wrist if the attacker counters the movement.</li> </ol>
<p><b>UV6</b></p>	<p>Knife defences from front on - no guard</p>	<p><u>DOWNWARDS ATTACK</u></p> <ol style="list-style-type: none"> <li>a) 360° defence, counter-attack (2 strikes min.) grabbing the arm. No disarming.</li> <li>b) Front kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements. No disarming.</li> <li>c) Sideways skip in front kick to the chin or body (on the opposite side of the knife) depending on the distance. Continue depending on the situation. No disarming.</li> </ol> <p><u>UPWARDS ATTACK</u></p> <ol style="list-style-type: none"> <li>d) 360°, counter-attack and lock to the ground. No disarming.</li> <li>e) Front kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements. No disarming.</li> <li>f) Sideways skip in front kick to the chin or body (on the opposite side of the knife) depending on the distance. Continue depending on the situation. No disarming.</li> </ol>
<p><b>UV7</b></p>	<p>Fight - 2 Rounds of 2 minutes, 30 seconds break</p>	<p><u>RULES</u></p> <ol style="list-style-type: none"> <li>a) Hard fight for students 18-40 years old, light fight for 40+ years old</li> <li>b) Students must be matched to within 10kg of each other</li> <li>c) All protection (groin, shin, gum shield and gloves (min 12 ozs)) must be worn.</li> <li>d) The participants are not graded by winning or losing but by the following: <ol style="list-style-type: none"> <li>1) demonstrating courage, determination, clear-headedness and composure under pressure</li> <li>2) not avoiding contact: wilfully engaging in physical combat with their opponent</li> <li>3) respecting their component</li> </ol> </li> </ol> <p>Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect as follows :</p> <ol style="list-style-type: none"> <li>e) If a student has the opportunity to make the following blows, they must be simulated for safety: <ol style="list-style-type: none"> <li>1) Head Butt</li> <li>2) Strikes to the spine / back of neck</li> <li>3) Fingers in the eyes</li> </ol> </li> <li>f) If a student is struck in the groin, they must take a couple of steps back to acknowledge the advantage gained by their opponent.</li> <li>g) All throws and takedowns must be executed with safety, and if the fight goes to the ground and gloves are removed, care must be taken to avoid serious injury – simulated strikes to throat and eyes particularly.</li> <li>h) If a student finds that they are immobilised on the ground or their partner has their fingers on their eyes or throat, they must tap twice to acknowledge the advantage and the fight will then be paused and brought back to standing position.</li> <li>i) If a student receives a serious blow, the examiner will reduce the fight to a light fight for a short period of time until they are sure that the student has recovered. The fight may also be stopped completely depending on the severity of the blow.</li> </ol>