

## FEKM-UK Yellow Belt Programme

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| <p style="font-size: 2em; color: yellow; font-weight: bold;">UV1</p> | <p>Techniques<br/>from neutral<br/>position<br/>(front on, no<br/>guard)</p> | <p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH)</u></p> <ol style="list-style-type: none"> <li>a) Head butt.</li> <li>b) 9 elbow strikes at close range:             <ol style="list-style-type: none"> <li>1) Facing the opponent:                 <ol style="list-style-type: none"> <li>a) Circular to the face/jaw.</li> <li>b) Uppercut to the jaw.</li> </ol> </li> <li>2) With the opponent leaning forward in front:                 <ol style="list-style-type: none"> <li>c) Downwards strike to the back of neck.</li> </ol> </li> <li>3) With the attacker to the side:                 <ol style="list-style-type: none"> <li>a) With the arm nearest to the attacker, bring the arm up and drive the elbow directly into the throat or face.</li> <li>b) With the arm nearest to the attacker, uppercut bringing the elbow up under the jaw.</li> <li>c) With the arm furthest from the attacker, circular strike to the face/jaw.</li> </ol> </li> <li>4) With the opponent directly behind:                 <ol style="list-style-type: none"> <li>a) Circular backwards strike to the face/jaw.</li> <li>b) Straight backwards strike to the centre of the body/solar plexus.</li> <li>c) Uppercut backwards strike to the chin. This will require leaning forward and also sliding both feet back to get into position.</li> </ol> </li> </ol> </li> <li>c) Straight Strikes:             <ol style="list-style-type: none"> <li>1) Using the fist, palm and fingers, bringing the opposite hand up into guard:                 <ol style="list-style-type: none"> <li>a) Static striking.</li> <li>b) Striking while simultaneously stepping forward.</li> <li>c) Striking while simultaneously stepping backward.</li> </ol> </li> <li>2) Hook Punch to the face and body.</li> <li>3) Hammer strike, the opponent on the side.</li> </ol> </li> <li>d) Kicks and knee strikes. Static and moving forward into guard:             <ol style="list-style-type: none"> <li>1) Front knee strike.</li> <li>2) Roundhouse knee strike.</li> <li>3) Straight front kick.</li> <li>4) Roundhouse kick.</li> <li>5) Side kick.</li> <li>6) Straight back kick.</li> </ol> </li> </ol> <p><u>DEFENCES</u></p> <ol style="list-style-type: none"> <li>e) Stopping an attacker with a light straight strike with the palm and fingers without causing harm.</li> <li>f) 360° and 360° with counter-attack.</li> <li>g) Against straight punches:             <ol style="list-style-type: none"> <li>1) Outer defence with palm.</li> <li>2) Simultaneous counter-attack:                 <ol style="list-style-type: none"> <li>a) Against straight left punch: outer parry with right palm and simultaneous straight left punch to the jaw.</li> <li>b) Against straight right punch: outer parry with left palm and simultaneous straight right punch to the jaw.</li> </ol> </li> </ol> </li> <li>h) Against a low front kick:             <ol style="list-style-type: none"> <li>1) If the attacker is to the front, block with a direct side kick to the shin, pointing the toes inwards towards the centre of your body.</li> <li>2) If the opponent is to the side, block with foot pointing outwards stamping on the shin.</li> </ol> </li> <li>i) Against low roundhouse kicks:             <ol style="list-style-type: none"> <li>1) Block with the shin, bringing the shin towards the direction of the kick.</li> <li>2) Direct kick to the groin as the attack is being made.</li> </ol> </li> <li>j) Against middle/high roundhouse kicks :             <ol style="list-style-type: none"> <li>1) Outer defence with the fore-arm and simultaneous kick to the groin.</li> </ol> </li> </ol> |
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| <p><b>UV2</b></p> | <p>Throat Grabs</p>                                           | <p><u>STRANGLES</u></p> <ul style="list-style-type: none"> <li>a) Release from a strangle coming from the front: <ul style="list-style-type: none"> <li>1) Stop the opponent with a strike to the jaw (palm) or throat (fingers) before their hands get to the neck.</li> <li>2) Once the strangle is in place, use one hand to release and pin one of the attackers hands to the chest and strike to the throat (piston punch) or jaw (palm).</li> <li>3) Once the strangle is in place, hook both the opponent’s hands down and away from the throat and pin to the chest while simultaneously striking with the knee to the groin.</li> </ul> </li> <li>b) Release from a strangle from the side: <ul style="list-style-type: none"> <li>1) Use the hand furthest from the attacker to release and pin one of the attackers hands to the chest, simultaneously dropping down slightly and striking up into the groin with the palm of the hand nearest to the attacker. From here, bring the elbow up into the solar plexus or chin of the opponent, rotate towards the attacker and lean in grabbing their shoulder with that same arm so that the forearm is across their throat and then strike to the groin with the knee (a small skip in may be required).</li> </ul> </li> <li>c) Release from being pulled backwards by a strangle from behind <ul style="list-style-type: none"> <li>1) Hook both the attacker’s hands downwards while stepping backwards diagonally with one foot and then with the opposite hand letting go of the attackers hand and striking into the groin (keep hold of the attackers hand with the other), then rising up and striking into the solar plexus or chin with the elbow. Rotate 180 degrees on the foot that stepped back and in that same direction, locking the attackers elbow and then striking to the groin (outer roundhouse) or knee (side kick) followed by a rear hand strike to the jaw. <b>OPTION:</b> Possibility of wrist lock.</li> </ul> </li> </ul> <p><u>HEADLOCK</u></p> <ul style="list-style-type: none"> <li>d) With the hand and foot furthest from the attacker, step round and strike with the palm to the groin, at the same time bringing the nearest arm up over the attackers near shoulder with the palm facing outwards. Immediately after the strike to the groin, grab a sensitive part of the attackers face (eyes, ears, nose, throat, hair) and pull backwards while standing up to throw the attacker to the floor. <b>OPTION:</b> Striking to the throat and solar plexus while standing up.</li> </ul> |
| <p><b>UV3</b></p> | <p>Falls and Rolls</p>                                        | <ul style="list-style-type: none"> <li>a) Forward roll over both right and left shoulder.</li> <li>b) Backward roll over both right and left shoulder.</li> <li>c) Forward break-fall absorbed softly.</li> <li>d) Sideways break-fall, both sides.</li> <li>e) Backwards break-fall.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><b>UV4</b></p> | <p>Techniques from guard position and fighting techniques</p> | <p><u>BASICS</u></p> <ul style="list-style-type: none"> <li>a) General guard position.</li> <li>b) Moving in all directions while maintaining a good defence and guard position.</li> <li>c) Moving (stepping) in different directions in guard in order to evade the opponent’s strikes while breaking the distance and changing direction.</li> </ul> <p><u>STRIKES</u></p> <ul style="list-style-type: none"> <li>d) Head-butt</li> <li>e) Elbow strikes : <ul style="list-style-type: none"> <li>1) Circular strike - face.</li> <li>2) Low diagonal strike to the face removing opponents guard hand</li> <li>3) Uppercut strike - face.</li> <li>4) Straight strike with vertical forearm to the face</li> <li>5) Low elbow strike to the body stepping forward</li> </ul> </li> <li>f) Straight strikes: <ul style="list-style-type: none"> <li>1) Using the fist, palm and fingers to the eyes and throat.</li> <li>2) Striking (all hand positions) while moving in different directions.</li> <li>3) Low punch to the body moving forwards in attack and backwards in defence.</li> <li>4) Combination of punches.</li> <li>5) Simple combination of two punches.</li> <li>6) Right and left hooks at various heights and distances.</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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| <p>UV4</p> | <p>Techniques from guard position and fighting techniques</p> | <p>g) Hammer strike.</p> <p>h) Kicks and knee strikes:</p> <ol style="list-style-type: none"> <li>1) Front knee strike.</li> <li>2) Roundhouse knee strike.</li> <li>3) Front kick: Lead and rear legs.</li> <li>4) Roundhouse kick: Lead and rear legs.</li> <li>5) Side kick: Lead leg only.</li> <li>6) Straight back kick: Lead leg only.</li> <li>7) Skip in kicks (no retreat) for all kicks, lead leg only.</li> </ol> <p>i) Combination of punches and kicks or kicks and punches.</p> <p>j) Shadow boxing.</p> <p><u>DEFENCES AGAINST PUNCHES</u></p> <p>k) Against straight punches, with a simultaneous counter-attack:</p> <ol style="list-style-type: none"> <li>1) Against straight left punch: outer parry with right palm and simultaneous straight left punch under the attackers arm to the jaw.</li> <li>2) Against straight right punch: outer parry with left palm and simultaneous straight right punch under the attackers arm to the jaw.</li> </ol> <p>l) Against straight punches, with a downwards defence:</p> <ol style="list-style-type: none"> <li>1) Against a right punch (rear hand): outer parry with the left palm forcing the attackers arm diagonally downwards, countering simultaneously over the top with the right hand. <b>N.B. if the attacker is much taller, 360 is better here</b></li> </ol> <p>m) Against a hook: 360 defence with the fore-arm striking the attacker's upper arm. Tuck the head down and strike simultaneously with the other hand.</p> <p>n) Against a low punch to the body: Outer parry with the lead forearm, holding it vertical and using the elbow to bring it across in defence and counter afterwards with a straight punch.</p> <p><u>DEFENCES AGAINST KICKS</u></p> <p>o) Against a left or right kick to the groin:</p> <ol style="list-style-type: none"> <li>1) Raise the lead leg in defence and as the foot returns to the floor, counter with a straight strike with the lead hand.</li> <li>2) Block with front foot (side kick to shin), or rear foot (stomp kick with toes pointing outwards).</li> </ol> <p>p) Against left or right kick to the body: Outer parry with the lead forearm, holding it vertical and using the elbow to bring it across in defence and counter afterwards with a straight punch.</p> <p>q) Against low outer roundhouse kick to the knees:</p> <ol style="list-style-type: none"> <li>1) Lean forwards on the front leg making it strong and turn the knee towards the kick.</li> <li>2) Raise the lead leg and block with the shin.</li> <li>3) Withdraw the front leg to make the kick miss.</li> <li>4) If the attacker is kicking with the rear leg, then front kick to the groin.</li> </ol> <p>r) Against high outer roundhouse kicks to the body:</p> <ol style="list-style-type: none"> <li>1) Inner defence with the fore-arm and simultaneous kick to the groin.</li> </ol> |
| <p>UV5</p> | <p>Groundwork</p>                                             | <p>a) Basic movements.</p> <ol style="list-style-type: none"> <li>1) Bridge.</li> <li>2) Shrimp.</li> </ol> <p>b) On the floor and defending against a standing opponent:</p> <ol style="list-style-type: none"> <li>1) First position: Back on the ground, both feet up towards opponent, arms in guard.</li> <li>2) Attacker starts to move to the side: <ol style="list-style-type: none"> <li>i) Raise hips up and use both elbows to shift both feet towards attacker</li> <li>ii) Put one foot on the floor, lift hips and push to rotate towards the attacker – the leg used to push is on the same side as the attacker is moving towards</li> </ol> </li> <li>3) Getting up : Lift up and balance on a foot and hand on opposite sides of the body, lean forward and pull the other leg underneath until it can be placed flat on the floor behind and then stand up into guard position.</li> </ol> <p>c) Techniques from the guard position (between the legs of the person on the floor):</p> <ol style="list-style-type: none"> <li>1) The defender is in the attacker's guard: <ol style="list-style-type: none"> <li>a) Learn how to be stable in the position, strike the attacker and get up safely.</li> </ol> </li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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| <p><b>UV5</b></p> | <p>Groundwork</p>     | <ul style="list-style-type: none"> <li>2) The attacker is in the defender's guard: <ul style="list-style-type: none"> <li>a) Cover the head (elbows locked in front, palms to back of head) and move and rotate against strikes from the attacker. Use a motion of the upper body away from the direction that the attacker is striking to unbalance them.</li> <li>b) As the attacker is striking, shrimp to one side and place the foot from the side of the body that is touching the floor on the attacker's hip. Push backwards with that foot into the attacker's hip for support and roll onto the shoulders and kick the head with other leg. Raise the body up and place the foot that has just kicked flat on the ground and bring the opposite hand to the floor. Balance on this foot and hand, raise up, kick the opponent in the chest with the foot that was on the hip, then pull that leg underneath the body and stand.</li> </ul> </li> <li>d) Techniques from mounting position (kneeling astride the person on the floor): <ul style="list-style-type: none"> <li>1) The defender is on the attacker <ul style="list-style-type: none"> <li>a) Learn how to be stable in the position, strike the attacker and get up safely.</li> </ul> </li> <li>2) The attacker is on the defender. <ul style="list-style-type: none"> <li>a) Cover the head (elbows locked in front, palms to back of head) and move and rotate against strikes from the attacker. Bridge up to make the attacker fall forward. Wrap one arm, bring the foot on the same side outside the attackers ankle then bridge on that side, bringing the other arm up under the opposite armpit. Roll with the attacker and get into guard position, strike and get up. <p><b>OPTION:</b> If the attacker is sitting very high, leaning back and striking in a way that they cannot easily be grabbed, strike into the back with the knee as you bridge to make them fall forward – then carry on as before.</p> </li> </ul> </li> </ul> </li> </ul>                                                                                                                                                                 |
| <p><b>UV6</b></p> | <p>Knife Defences</p> | <p><u>UNDERSTANDING RANGE</u></p> <ul style="list-style-type: none"> <li>a) If the attacker is close enough that they do not need to step forward to be able to strike with the knife, then strike immediately with a kick to the groin.</li> <li>b) The attacker must take one step forward to be able to attack : <ul style="list-style-type: none"> <li>1) Against a downwards knife attack: <ul style="list-style-type: none"> <li>a) 360° defence and simultaneous piston punch stepping forward with the foot opposite the knife.</li> <li>b) 360° defence followed by a slight step back with the opposite foot and then a strike to the groin with the lead foot.</li> <li>c) Front kick to the solar plexus with the foot opposite the knife.</li> </ul> </li> <li>2) Against an upwards knife attack: <ul style="list-style-type: none"> <li>a) 360° defence and simultaneous piston punch stepping forward with the foot opposite the knife.</li> <li>b) 360° defence followed by a small step back with the foot on the same side as the knife then a kick to the groin with the other.</li> <li>c) Front kick to the solar plexus with the foot opposite the knife.</li> </ul> </li> </ul> </li> <li>c) The attacker must take at least 2 steps to be able to attack: <ul style="list-style-type: none"> <li>1) Against a downwards knife attack: <ul style="list-style-type: none"> <li>a) Front kick to the body (solar plexus) using a sideways skip and kicking with the foot in the opposite direction of the knife.</li> <li>b) Step forward with the foot on the same side of the knife slightly on the outside of the downwards direction of the attack to bring the opposite foot in line with the centre of the body and kick to the solar plexus.</li> </ul> </li> <li>2) Against an upwards knife attack: <ul style="list-style-type: none"> <li>a) Front kick to the body (solar plexus) using a sideways skip and kicking with the foot in the opposite direction of the knife.</li> </ul> </li> </ul> </li> </ul> <p><u>DISTRACTION</u></p> <ul style="list-style-type: none"> <li>d) Using common objects as a means to defend, parry and block or to attack.</li> </ul> |