

UV 1 – STRIKES FROM THE GUARD STANCE

With a partner, from the guard stance.

a) Sequence of **2 punches**/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by a **hook** from the front arm, an **elbow strike** from the back arm and a **circular kick** from the front leg.

b) Sequence of **2 punches**/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by an **elbow strike** from the front arm, a **hook** from the back arm and a **circular kick** from the back leg.

UV 2 – CODIFIED SHADOW FOR 3 MINUTES

Shadow boxing : 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 (right 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 FROM THE GUARD STANCE

Attacks should be coming from the applicant's left or right sides. Defences are logical replies, counter-attacks, grips and takedowns, which use as less power as possible.

Defences against attacks known beforehand :

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

UV 4 – DEFENCES AGAINST GRIPS/GROUND WORK

a) **Eyes closed:** freeing from all forwards, backwards and sideways chokeholds and grips, not known beforehand. Sequence of at least 2 strikes.

b) Exercices about controls. The applicant must know all controls from all angles.

- Wristlocks, fingerlocks.
- Back rough control.
- Front control with turning over the partner.
- Armlocks (elbow and shoulder) with ground and pound.
- Lock on the elbow with leading the partner backwards or forward by the side.

c) The candidate will be questioned on elements of the green 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

a) Stick : Crosswise stick attacks from up to down. The attacker is right-handed and comes to the candidate's right crosswise, and vice versa.

b) Chains : Defence exercises against an attacker armed with a chain.

c) Third party defence : exercises of defence against an assailant who attacks a third party with a knife. The defender can stay behind, on the side or in front of the person who is under attack, or behind the attacker.

d) Exercise of light barehanded fighting against a partner who is armed with a knife or a stick.

UV 6 – DEFENCES AGAINST FIREARMS THREATS

- a) Rifle : defences against rifle threats from all angles, motionless or in movement.
- b) Rifle and pistol : defences against threats from all angles when you are seated or against a wall.
- c) Pistol : the attacker grips with one hand and threatens with the other one : arm, shirt or neck grip.
- d) Pistol : Attack's prevention. The attacker is going to draw his pistol.

UV 7 – FIGHT

a) 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.

b) Fight two times without weapon for 2 minutes, with a 30 seconds' break between the rounds. The strikes are fully given. Maximum 5 minutes later, light fighting against two partners for 2 minutes.