



# FEKM-UK GREEN BELT SYLLABUS

<b>UV1</b>	Techniques from neutral position (front on, no guard)	<p><u>STRIKES WITHOUT WARNING (NO TELEGRAPH)</u></p> <ol style="list-style-type: none"> <li>Strike with the edge of the hand or the forearm: <ol style="list-style-type: none"> <li>Direct forward strike with the blade (outer edge) of the hand. <ol style="list-style-type: none"> <li>Palm either up or down to the side of the neck.</li> <li>Palm vertical striking to the collarbone.</li> </ol> </li> <li>Striking with the outside of the forearm directly into the neck.</li> </ol> </li> <li>Crescent kick: <ol style="list-style-type: none"> <li>Outer-crescent kick (striking with the outside of the foot).</li> <li>Inner-crescent kick (striking with the inside of the foot).</li> </ol> </li> <li>Straight jumping scissor-kick – kicking during the jump.</li> </ol> <p><u>DEFENCES</u></p> <ol style="list-style-type: none"> <li>Against straight kicks: <ol style="list-style-type: none"> <li>Jump sideways and simultaneous punch.</li> <li>Switch kick from no guard kicking to the groin.</li> </ol> </li> </ol>
<b>UV2</b>	Grabs and Chokes	<p><u>HAIR GRABS</u></p> <ol style="list-style-type: none"> <li>Hair grab from the front – no pull: <ol style="list-style-type: none"> <li>Grab the wrist with one hand, strike hard with the other palm onto the <u>attackers</u> knuckles, pop the feet back then kick to the groin. Grab wrist and push with the head for a <u>lock</u>, <u>continue</u> to the floor or break off and attack.</li> <li>As 1) then Shoulder lock</li> <li>As one then <u>rotate</u> little finger up for z lock</li> </ol> </li> <li>Hair grab from the front –pulling: <ol style="list-style-type: none"> <li>Jump forwards striking upwards with the <u>fore-arm</u> on the same side as the attackers arm to release the hair grip, and strike up into the groin with the other hand, following on with an elbow strike to the face.</li> </ol> </li> <li>Hair grab from the back or <u>side</u> – pulling: <ol style="list-style-type: none"> <li>Turn and lump forwards striking upwards with the nearest <u>fore-arm</u> to release the hair grip, and strike up into the groin with the other hand, following on with an elbow strike to the face.</li> </ol> </li> <li>Attackers grabs hair on the opposite side from where they are standing – pulling: <ol style="list-style-type: none"> <li>Rapid turn in the opposite direction of the hold, use the closest forearm to break the hold, trap the arm with the opposite hand and strike over the top.</li> </ol> </li> </ol> <p><u>BEAR HUGS FROM THE FRONT</u></p> <ol style="list-style-type: none"> <li>Over the top of the arms: <ol style="list-style-type: none"> <li>Drive both hands into the groin, then right knee strike to the groin, simultaneously leaning back and striking into the attackers back with both hands.</li> </ol> </li> <li>Under the arms with the attacker's body high: <ol style="list-style-type: none"> <li>Bring both hands up, thumb under nose, cup the back of the head with the other then press downwards and as the body goes towards the floor, step around. <b>CAUTION: Do this technique slowly to avoid neck damage</b></li> <li>The initial control of the head in the above technique can be managed in two other ways depending on the position of the attacker's head <ol style="list-style-type: none"> <li>Pushing the thumbs into the eyes.</li> <li>Pulling the hair and using the chin as a lever</li> </ol> </li> </ol> </li> <li>Under the arms with the <u>attackers</u> body low, like a high rugby tackle: <ol style="list-style-type: none"> <li><u>Counter attack</u> with knee and elbow strikes, (elbow to the back of the neck, and knee to the groin). <b>CAUTION: Techniques to the back of the neck must be simulated</b></li> <li>Bring the hand across the body, lever the chin up and rotate the head keeping it close to the body until the attacker is lying on the floor with their head pinned.</li> <li>Double leg attempt, forearm under the chin, lock with other forearm, rotate head, or poke in the eyes</li> </ol> </li> </ol>
<b>UV2</b>	Grabs and Chokes	<ol style="list-style-type: none"> <li>Arms under or over while being lifted: <ol style="list-style-type: none"> <li>Wrap leg round the opponent's leg, pull out one hand, then strike with the knee and the free hand.</li> </ol> </li> </ol> <p><u>BEAR HUGS FROM BEHIND</u></p> <ol style="list-style-type: none"> <li>Over the top of the arms: <ol style="list-style-type: none"> <li>Move the hips to the side and strike 3 times. Stamp on foot or kick back into the shin 3 times. Drive forward and break grip.</li> </ol> </li> <li>Under the arms: <ol style="list-style-type: none"> <li>Drop down and drive the hips backwards, elbow backwards towards the <u>attackers</u> head rotating the body. Stamp on the foot or kick back into the shin on alternate sides 3 times, grab hold of the wrist and strike with the knuckles Grab 2 or 3 fingers, lever upwards</li> </ol> </li> <li>Arms under or over while being lifted: <ol style="list-style-type: none"> <li>Wrap the leg around the attacker's, upper cut kick to the groin with the heel, pull out one arm (if the hug is closed), and elbow backwards to the head.</li> </ol> </li> </ol> <p><u>BEAR HUGS FROM THE SIDE</u></p> <ol style="list-style-type: none"> <li>Against a side hug over the arms: <ol style="list-style-type: none"> <li>Withdraw the pelvis and strike with the furthest hand to the groin, then lift both arms up grabbing one of the <u>attackers</u> arms and then strike to the groin with the closest knee. Release and keep striking</li> </ol> </li> <li>Against a side hug while being lifted: <ol style="list-style-type: none"> <li>Strike with the heel to the outside of the knees and thighs. If the hug is on 3/4 facing, hook the leg, free the furthest hand and strike into the face and eyes.</li> </ol> </li> </ol>
<b>UV3</b>	Falls and Rolls	<ol style="list-style-type: none"> <li>Jump into a <u>forwards</u> roll: <ol style="list-style-type: none"> <li>Over a waist height barrier.</li> <li>Over at least a 1 metre distance.</li> </ol> </li> <li>Side roll, ensuring that the roll is across the back and not over the shoulder.</li> </ol>
<b>UV4</b>	Techniques from guard position and fighting techniques	<p><u>STRIKES</u></p> <ol style="list-style-type: none"> <li>Long range hook with inverted fist <ol style="list-style-type: none"> <li>Head height, rotate the fist as the strike is made so that the big knuckles strike the temple or jaw rather than the fingers</li> <li>As above to the floating ribs</li> </ol> </li> <li>Strike with the edge of the hand or the forearm: <ol style="list-style-type: none"> <li>Direct forward strike with the blade (outer edge) of the hand. <ol style="list-style-type: none"> <li>Palm either up or down to the side of the neck.</li> <li>Palm vertical striking to the collarbone.</li> </ol> </li> <li>Striking with the outside of the forearm directly into the neck.</li> </ol> </li> <li>Kicks: <ol style="list-style-type: none"> <li>Crescent kick. <ol style="list-style-type: none"> <li>Outer-crescent kick (striking with the outside of the foot).</li> <li>Inner-crescent kick (striking with the inside of the foot).</li> </ol> </li> <li>Hook kick (striking with the heel, lead leg only).</li> <li>Switch kick: <ol style="list-style-type: none"> <li>Front kick with the right foot simultaneously bringing the left foot back.</li> </ol> </li> <li>Straight jumping scissor-kick: <ol style="list-style-type: none"> <li>Bring the lead knee up sharply and power off the floor with the rear leg. While in the air rotate the lead knee backwards bringing the hips forwards and striking the target with the rear foot.</li> </ol> </li> <li>Rotate away from the attacker and kick with the rear leg <ol style="list-style-type: none"> <li>Uppercut kick.</li> <li>Back kick.</li> <li>Side kick.</li> <li>Spinning hook kick.</li> <li>Spinning crescent kick.</li> </ol> </li> </ol> </li> </ol>

UV4	Techniques from guard position and fighting techniques	<p><u>DEFENCES AGAINST PUNCHES</u></p> <p>d) The attacker throws a punch with the rear hand:</p> <ol style="list-style-type: none"> <li>1) Defend by punching towards the attacker's jaw with the lead hand, at the same time rotating the <u>fist</u> clockwise until it arrives at the attacker's jaw in an inverted piston punch position.</li> <li>2) Defend by striking towards the attacker's jaw with a piston punch, rotating the body with the strike, keeping the elbow low and pointed towards the floor and being intentionally forceful with the strike.</li> </ol> <p>e) Parrying a left then-right punch combination:</p> <ol style="list-style-type: none"> <li>1) Parry with the rear hand to the left punch, then follow with a simultaneous parry with the lead hand against the right punch and a strike to the jaw with the rear hand.</li> <li>2) Lean back out of range of the <u>left hand</u> punch and then quickly lean back in, parrying downwards with the lead hand against the right hand punch and striking over the top to the face with the rear hand.</li> </ol> <p>f) Attacker throws a low punch with the left or right hand:</p> <ol style="list-style-type: none"> <li>1) Using the forearm strike hard diagonally downwards to the outside of the attacker's forearm deflecting the strike away the body, then follow on.</li> <li>2) Downwards palm parry with the lead hand, stepping in the opposite direction with the rear foot deflecting the punch to the outside of the body, following with kicks and punches. This defence can be made to either a <u>right handed</u> or left handed punch.</li> </ol> <p><u>DEFENCES AGAINST KICKS</u></p> <p>g) The attacker steps in and kicks to the groin:</p> <ol style="list-style-type: none"> <li>1) Jump forward and outside of the line of attack with the lead foot, while striking with a piston punch to the head with the lead hand</li> <li>2) Switch kick moving inside and to the front of the attacker, striking to the groin.</li> </ol> <p><u>WRIST LOCKS</u></p> <p>h) <u>Wrist-locks</u>:</p> <ol style="list-style-type: none"> <li>1) When holding the attacker's wrist with one hand, and their fist with the other:             <ol style="list-style-type: none"> <li>a) As the attacker pushes forwards, pull with the hand holding the wrist</li> <li>b) As the attacker pulls away, step forward and follow the direction</li> <li>c) As above when the attacker is pulling or pushing, but using the forearm</li> </ol> </li> <li>2) When the <u>attacker's</u> hand is open, hold it with both hands, the back of their hand facing, pushing forwards with both thumbs near the knuckles and backwards with the fingers into the base of the wrist. From here drive forwards or pull backwards.</li> </ol>
UV5	Groundwork	<ol style="list-style-type: none"> <li>a) The defender is on his back, the attacker is sitting between the victim's legs (in the guard), with their head down on the chest:             <ol style="list-style-type: none"> <li>1) If the head is low, using both hands push his head downwards and to the side with a simultaneous shrimp movement, elbow strike, keep contact on the head with a straight arm and get up.</li> <li>2) If the head is high, use fingers in the eyes, shrimp then proceed according to how far the attacker moves                 <ol style="list-style-type: none"> <li>a) Moves <u>away</u>: Foot on hip/kick to the face and get up</li> <li>b) Stays <u>close</u>: Side ground guard, control and get up</li> </ol> </li> </ol> </li> <li>b) Release from two handed choke on the ground:             <ol style="list-style-type: none"> <li>1) Release and trap one of the choking hands and stab to the eyes or throat with the fingers of the other hand. Keep the pressure on the hand trapped at the throat, drive up with the fingers and rotate with the hips so that it throws the opponent to the side. Roll with them, <u>counter attack</u>.</li> <li>2) Hook the choking hands downwards, bridging the hips upwards and throwing the attacker diagonally forwards. <u>Counter attack</u>.</li> <li>3) Against a choke when the attacker is leaning forward so that their weight is on their hands, strike just above both elbows with the part of the hand between the thumb and forefinger, at the same time bridging up with the hips and diagonally throwing the attacker to the side. <u>Counter-attack</u>.</li> </ol> </li> </ol>

UV5	Groundwork	<ol style="list-style-type: none"> <li>4) Release from a choke when both heads are close together:             <ol style="list-style-type: none"> <li>a) Hook down one of the choking hands and poke in the eye with other hand. Bridge.</li> <li>b) Hook down one of the choking hands and strike downwards with the inner part of the forearm on the base of the neck. Bridge.</li> </ol> </li> <li>c) Cross Position             <ol style="list-style-type: none"> <li>1) Learning the position. The defender is lying on the <u>attacker's</u> torso at 90°. The knee at the hip is bent and higher than the assailant's belt. Strike and get up.</li> <li>2) The defender is on the back, the attacker is in the cross <u>position</u>: poke in the eyes and/or bite if possible and bridge (if arms are underneath the attacker's arms, stretch out arm to help bridging), then shrimp and introduce the knee :                 <ol style="list-style-type: none"> <li>a) The attacker is not <u>close</u>: foot on hip/kick to the face</li> <li>b) The attacker is <u>close</u>: side ground guard</li> <li>c) The attacker is pressing his head on the defender's <u>chest</u>: shrimp and guard position.</li> </ol> </li> </ol> </li> </ol>
UV6	Knife Defences	<p><u>UNDERSTANDING KNIFE ATTACKS</u></p> <ol style="list-style-type: none"> <li>a) Learn the most common attack types             <ol style="list-style-type: none"> <li>1) Stabbing downwards towards the head or neck</li> <li>2) Stabbing upwards into the torso or groin</li> <li>3) Straight stab directly forwards to the torso or neck</li> <li>4) Slashing attack to the face and neck, can also be a double attack with a slash from side to side</li> </ol> </li> </ol> <p><u>KNIFE DEFENCES</u></p> <ol style="list-style-type: none"> <li>b) Defence against a downwards stab to the head or neck:             <ol style="list-style-type: none"> <li>1) 360° defence and simultaneous, followed by at least 2 strikes, and disarm.                 <ol style="list-style-type: none"> <li>a) Work from no distance and 'one step' distance.</li> </ol> </li> </ol> </li> <li>c) Defence against an upwards stab to the groin or torso:             <ol style="list-style-type: none"> <li>1) 360° defence and simultaneous, followed by at least 2 strikes, and disarm.                 <ol style="list-style-type: none"> <li>a) Work from no distance and 'one step' distance</li> </ol> </li> </ol> </li> <li>d) Defence against a straight stab to the face, throat or upper torso <u>from no guard</u>:             <ol style="list-style-type: none"> <li>1) 'One step' or lunge range:                 <ol style="list-style-type: none"> <li>a) Defence with the left <u>fore-arm</u> against a right-handed attack:                     <ol style="list-style-type: none"> <li>1) Bring the left forearm up and slide to deflect arm on the outside</li> </ol> </li> <li>b) Defence with the right <u>fore-arm</u> against a right-handed attack:                     <ol style="list-style-type: none"> <li>1) Bring the right forearm up and deflect the inside of the arm</li> </ol> </li> <li>c) Defence with a kick:                     <ol style="list-style-type: none"> <li>1) Front kick to the solar plexus, floating ribs or to the <u>arm-pit</u>, leaning the body back and bringing both hands up to cover the throat.</li> </ol> </li> </ol> </li> </ol> </li></ol>
UV6	Knife Defences	<ol style="list-style-type: none"> <li>2) Two step (or one step and lunge) range:             <ol style="list-style-type: none"> <li>a) Move sideways to the inside of the <u>attacker's</u> stab with a skip in front kick striking to the chin or solar plexus. Continue to attack and disarm depending on the situation.</li> <li>b) Take a small step to the outside of the attacker's stab and rotate the body down, bringing both arms up to protect the throat or face. As the rotation is being made kick to the attacker's floating ribs with either a side kick or outer roundhouse depending on the range. Rotate back up using the nearest forearm to push away and then grab the <u>attacker's</u> arm with the knife, strike over the top to the head with the other hand, then continue to attack and disarm depending on the situation.</li> </ol> </li> </ol>
UV7	Fight	2 Rounds of 2 minutes, 30 seconds break