

## FEKM-UK Green 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) Strike with the edge of the hand or the forearm:             <ul style="list-style-type: none"> <li>1) Direct forward strike with the blade (outer edge) of the hand.                 <ul style="list-style-type: none"> <li>a) Palm either up or down to the side of the neck.</li> <li>b) Palm vertical striking to the collarbone.</li> </ul> </li> <li>2) Striking with the outside of the forearm directly into the neck.</li> </ul> </li> <li>b) Crescent kick:             <ul style="list-style-type: none"> <li>1) Outer-crescent kick (striking with the outside of the foot).</li> <li>2) Inner-crescent kick (striking with the inside of the foot).</li> </ul> </li> <li>c) Straight jumping scissor-kick – kicking during the jump.</li> </ul> <p><u>DEFENCES</u></p> <ul style="list-style-type: none"> <li>d) Against straight kicks:             <ul style="list-style-type: none"> <li>1) Jump sideways and simultaneous punch.</li> <li>2) Switch kick from no guard kicking to the groin.</li> </ul> </li> </ul>
<p><b>UV2</b></p>	<p>Grabs and Chokes</p>	<p><u>HAIR GRABS</u></p> <ul style="list-style-type: none"> <li>a) Hair grab from the front – no pull:             <ul style="list-style-type: none"> <li>1) Grab the wrist with one hand pushing the attackers hand into the head, and then strike hard with the other palm onto the attackers knuckles, pop the feet back then kick to the groin. Immediately afterwards grab the wrist with both hands keeping it trapped to the head and lean forwards while stepping backwards forcing a lock on the attackers wrist. Continue to the floor or break off and attack.</li> <li>2) Grab the wrist with the left hand pushing the attackers hand into the head, and then strike hard with the right palm onto the attackers knuckles, pop the feet back then kick to the groin. Rotate the wrist clockwise with the left hand while stepping through and to the right with the left foot, grabbing the wrist with the right hand and then pulling the attackers arm through and under the left armpit ending up with the back touching the attackers side. Use the elbow to keep the attackers arm pinned and use both hands to create a lock on the wrist, elbow or shoulder.</li> <li>3) Grab the wrist with the left hand pushing the attackers hand into the head, and then strike hard with the right palm onto the attackers knuckles, pop the feet back then kick to the groin. Rotate the attackers hand until the little finger points towards the ceiling, release the wrist with the left hand and grab the attackers palm on the opposite side and perform a z-lock, pushing the little finger towards the elbow.</li> </ul> </li> <li>b) Hair grab from the front –pulling:             <ul style="list-style-type: none"> <li>1) Jump forwards striking upwards with the fore-arm 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> </ul> </li> <li>c) Hair grab from the back or side – pulling:             <ul style="list-style-type: none"> <li>1) Turn and lunge forwards striking upwards with the nearest fore-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> </ul> </li> <li>d) Attackers grabs hair on the opposite side from where they are standing – pulling:             <ul style="list-style-type: none"> <li>1) 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> </ul> </li> </ul> <p><u>BEAR HUGS FROM THE FRONT</u></p> <ul style="list-style-type: none"> <li>e) Over the top of the arms:             <ul style="list-style-type: none"> <li>1) Drive both hands into the groin with the points of the fingers first to get the attacker to move their hips back, immediately following with a hard right knee strike to the groin, simultaneously leaning back and striking into the attackers back with both hands. As the right foot returns towards the floor step back and to the left, rotating the body to the right, breaking the grip with an arm lock and forcing the attackers head down where it can be struck with the fist or knee.</li> </ul> </li> </ul>

- f) Under the arms with the attacker's body high:
  - 1) Bring both hands up, put a thumb underneath the attacker's nose with one hand, cup the back of the head with the other and then rotate the head backwards until it will not go any further. At this point press directly downwards (not away from the body) and as the attacker's body goes towards the floor, step slightly around them and forward to maintain balance and once they are lying on the floor move to kick or stamp to the face.  
**CAUTION: Do this technique slowly to avoid neck damage**
  - 2) 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:
    - a) Pushing the thumbs into the eyes. This technique is not intended to damage the eyes but to facilitate the push.
    - b) Pulling the hair and using the chin as a lever.
- g) Under the arms with the attacker's body low, like a high rugby tackle:
  - 1) Counter attack with knee and elbow strikes, (elbow to the back of the neck, and knee to the groin).  
**CAUTION: Techniques to the back of the neck must be simulated**
  - 2) Bring the hand furthest from the attacker's head across the body, pull the hair back to bring the face visible and strike it with the palm of the other hand. Then take that same hand, place it underneath the attacker's chin, step directly back with the foot furthest from the head, 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.
  - 3) If there is an attempt to take down by the legs, forearm under the chin, push and lock with other forearm, rotate head, or poke in the eyes
- h) Arms under or over while being lifted:
  - 1) Wrap leg round the opponent's leg, pull out one hand, then strike with the knee and the free hand.

### BEAR HUGS FROM BEHIND

- i) Over the top of the arms:
  - 1) Move the hips to the side and strike backwards into the groin with the palm of the hand 3 times, changing hip direction each time. Stamp on the bridge of the foot or kick back into the shin 3 times. Drive forward with the left foot, bringing the left arm forwards with the bodyweight at the same time to break the grip. Strike back with the elbow to the floating ribs, solar plexus and chin, turn to the right and carry on striking.
- j) Under the arms:
  - 1) Drop the body down and drive the hips backwards, lean forwards and elbow backwards towards the attacker's head rotating the body to add power to the strikes. Strike in a left/right/right method to keep the attacker off guard. Stamp on the bridge of the foot or kick back into the shin on alternate sides 3 times, grab hold of the wrist that is part of the hand on top and strike with the knuckles to the back of the hand to encourage the fingers to release. Grab 2 or 3 fingers, lever upwards and step forward and rotate out of the grip in the direction of the arm that is being held. Kick to the groin and/or bring to the floor with the finger lock.
- k) Arms under or over while being lifted:
  - 1) 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.

### BEAR HUGS FROM THE SIDE

- l) Against a side hug over the arms:
  - 1) Withdraw the pelvis and strike with the furthest hand to the genitals, then lift both arms up grabbing one of the attacker's arms and then strike to the groin with the closest knee. Release and keep striking, or change hand position with the hand furthest from the attacker so that it is on the inside of the arm, then push the arm down and towards the attacker so that they are rotated away and bring the arm nearest to the attacker up to create a strangle.
- m) Against a side hug while being lifted:
  - 1) 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.

<p><b>UV3</b></p>	<p>Falls and Rolls</p>	<ul style="list-style-type: none"> <li>a) Jump into a forwards roll: <ul style="list-style-type: none"> <li>1) Over a waist height barrier.</li> <li>2) Over at least a 1 metre distance.</li> </ul> </li> <li>b) Side roll, ensuring that the roll is across the back and not over the shoulder.</li> </ul>
<p><b>UV4</b></p>	<p>Techniques from guard position and fighting techniques</p>	<p><u>STRIKES</u></p> <ul style="list-style-type: none"> <li>a) Long range hook with inverted fist <ul style="list-style-type: none"> <li>1) 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>2) As above to the floating ribs</li> </ul> </li> <li>b) Strike with the edge of the hand or the forearm: <ul style="list-style-type: none"> <li>1) Direct forward strike with the blade (outer edge) of the hand. <ul style="list-style-type: none"> <li>a) Palm either up or down to the side of the neck.</li> <li>b) Palm vertical striking to the collarbone.</li> </ul> </li> <li>2) Striking with the outside of the forearm directly into the neck.</li> </ul> </li> <li>c) Kicks: <ul style="list-style-type: none"> <li>1) Crescent kick. <ul style="list-style-type: none"> <li>a) Outer-crescent kick (striking with the outside of the foot).</li> <li>b) Inner-crescent kick (striking with the inside of the foot).</li> </ul> </li> <li>2) Hook kick (striking with the heel, lead leg only).</li> <li>3) Switch kick: <ul style="list-style-type: none"> <li>a) Front kick with the right foot simultaneously bringing the left foot back so that the hips stay in the same place, and the right foot strikes the target at the same time that the left foot touches the floor, ending up in reverse guard.</li> </ul> </li> <li>4) Straight jumping scissor-kick: <ul style="list-style-type: none"> <li>a) 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> </ul> </li> <li>5) Rotate away from the attacker and kick with the rear leg <ul style="list-style-type: none"> <li>a) Uppercut kick.</li> <li>b) Back kick.</li> <li>c) Side kick.</li> <li>d) Spinning hook kick.</li> <li>e) Spinning crescent kick.</li> </ul> </li> </ul> <p><u>DEFENCES AGAINST PUNCHES</u></p> <ul style="list-style-type: none"> <li>d) The attacker throws a punch with the rear hand: <ul 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 fist clockwise until it arrives at the attacker's jaw in an inverted piston punch position. This will have had the effect of raising the elbow and deflecting the attackers punch above the head. This works best when the attacker is taller.</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. The forearm will then strike the forearm of the attacker and drive the punch sideways away from the body. This works best when the attacker is the same size or shorter.</li> </ul> </li> <li>e) Parrying a left then-right punch combination: <ul 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 left hand 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> </ul> </li> </ul> </li></ul>

<p><b>UV4</b></p>	<p>Techniques from guard position and fighting techniques</p>	<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 with punches and kicks. The defence is made against the outside of the attacker's forearm for both left and right hand attacks requiring the use of the appropriate arm.</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 right handed or left handed punch by the attacker meaning that you will be moving to either the inside or outside of the attacker and have different targets to strike. Equally the defence can be made with the rear hand, stepping in the opposite direction with the lead foot and continuing with kicks and punches.</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) Wrist-locks:</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 and use the other hand to hold the attackers fist and push towards the inside of the wrist creating a lock.</li> <li>b) As the attacker pulls away, step forward and follow the direction that they are moving in, controlling the movement with the hand holding the wrist and then use the other hand to hold the attackers fist and push towards the inside of the wrist creating a lock.</li> <li>c) As above when the attacker is pulling or pushing, but using the forearm to push on the back of the attackers wrist instead.</li> </ol> </li> <li>2) When the attackers 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>
<p><b>UV5</b></p>	<p>Groundwork</p>	<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 away : Foot on hip/kick to the face and get up</li> <li>b) Stays close : 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, counter attack.</li> <li>2) Hook the choking hands downwards, bridging the hips upwards and throwing the attacker diagonally forwards. Counter attack.</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. Counter-attack.</li> </ol> </li> </ol>

<p><b>UV5</b></p>	<p>Groundwork</p>	<ul style="list-style-type: none"> <li>4) Release from a choke when both heads are close together: <ul 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> </ul> </li> <li>c) Cross Position <ul style="list-style-type: none"> <li>1) Learning the position. The defender is lying on the attackers 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 position : 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 : <ul style="list-style-type: none"> <li>a) The attacker is not close : foot on hip/kick to the face</li> <li>b) The attacker is close : side ground guard</li> <li>c) The attacker is pressing his head on the defender's chest : shrimp and guard position.</li> </ul> </li> </ul> </li> </ul>
<p><b>UV6</b></p>	<p>Knife Defences</p>	<p><u>UNDERSTANDING KNIFE ATTACKS</u></p> <ul style="list-style-type: none"> <li>a) Learn the most common attack types <ul 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> </ul> </li> </ul> <p><u>KNIFE DEFENCES</u></p> <ul style="list-style-type: none"> <li>b) Defence against a downwards stab to the head or neck: <ul style="list-style-type: none"> <li>1) 360° defence and simultaneous strike to the face/throat, followed by at least 2 strikes, then moving to disarm. <ul style="list-style-type: none"> <li>a) Work from no distance and 'one step' distance to demonstrate the different types of 360 (no step forward, and one step with the foot on the opposite side of the knife) based on the reaction time required.</li> </ul> </li> </ul> </li> <li>c) Defence against an upwards stab to the groin or torso: <ul style="list-style-type: none"> <li>1) 360° defence and simultaneous strike to the face/throat, followed by at least 2 strikes, then moving to disarm. <ul style="list-style-type: none"> <li>a) Work from no distance and 'one step' distance to demonstrate the different types of 360 (no step forward, and one step with the foot on the opposite side of the knife) based on the reaction time required.</li> </ul> </li> </ul> </li> <li>d) Defence against a straight stab to the face, throat or upper torso <b><u>from no guard</u></b>: <ul style="list-style-type: none"> <li>1) 'One step' or lunge range: <ul style="list-style-type: none"> <li>a) Defence with the left fore-arm against a right-handed attack: <ul style="list-style-type: none"> <li>1) Bring the left forearm up so that the little finger is pointing towards the attacker and push the elbow towards the outside of the attacker's forearm as the strike is made, with the right hand coming up and being placed above the heart. Slide up the attacker's forearm deflecting the knife, step forward and to the left, then bring the left hand down to trap the forearm against the body while simultaneously striking with a piston punch to the face. Continue to attack then switch kick and disarm.</li> </ul> </li> <li>b) Defence with the right fore-arm against a right-handed attack: <ul style="list-style-type: none"> <li>1) Bring the right forearm up so that the little finger is pointing towards the attacker, and as the attack is made rotate the hand anticlockwise and push the elbow across the body to deflect the knife to the left of the body with the left hand coming up and being placed above the heart. After the deflection has been made bring the left hand down to grab the attacker's wrist while stepping forward with the right foot and driving the right forearm into the neck. Continue to attack from this position, then step back with the right foot and continue to disarm.</li> </ul> </li> </ul> </li> <li>c) Defence with a kick: <ul style="list-style-type: none"> <li>1) Front kick to the solar plexus, floating ribs or to the arm-pit, leaning the body back and bringing both hands up to cover the throat.</li> </ul> </li> </ul> </li> </ul>

<p><b>UV6</b></p>	<p>Knife Defences</p>	<p>2) Two step (or one step and lunge) range:</p> <ul style="list-style-type: none"> <li>a) Move sideways to the inside of the attackers 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 attackers 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 attackers 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 attackers 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> </ul>
<p><b>UV7</b></p>	<p>Fight - 2 Rounds of 2 minutes, 30 seconds break</p>	<p><u>RULES</u></p> <ul 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: <ul 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> </ul> </li> </ul> <p>Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect as follows :</p> <ul style="list-style-type: none"> <li>e) If a student has the opportunity to make the following blows, they must be simulated for safety: <ul 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> </ul> </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> </ul>