

UV 1 - TECHNIQUES FROM NEUTRAL POSITION

STRIKES

a) Head but

b) Elbow Strikes

1. To the front:

circular, ascending (uppercut), descending.

2. To the side:

lateral, circular (opposite arm), upward

3. To the back:

circular, direct to the body, going up.

c) Direct strike with fist, palm, and fingers (both sides)

Executed on the spot

Moving forward

Moving back.

d) Hook

To the torso/rib area

To the head

e) Hammer fist/arm when the aggressor is on the side.

Groin

Chest

Head/face

Upward to the chin

f) Kicks and knees. (Left or Right side) On the spot and moving towards the target.

1. Direct knee

2. Circular knee

3. Direct Front kick
4. Roundhouse
5. Side kick
6. Direct kick back

DEFENSES

g) Stopping the aggressor who advances with a light direct strike without causing large damage

with the palm

with fingers to the throat

h) 360 ° Defense (6 areas per each side)

360 ° Defense

360 ° Defense - with a simultaneous counter.

i) Against a direct punch to the face:

1. Inner defense with the palm and moving out of distance or countering

2. Simultaneous counter:

- against a direct from the left, execute the inner defense with the right palm and simultaneous left straight punch

- against a direct from the right: execute the inner defense with the left palm and simultaneous right straight punch.

j) Against a direct low front kick:

blocking with the foot, heel inside

blocking with the foot, heel on the outside, (attacker is on the side)

k) Against a roundhouse low-kick:

1. Blocking with the shin

2. Direct kick to the groin

l) Against a roundhouse kick to the body:

1. External forearm defense and direct kick to the groin.

2. Rotation of the bust and defense of both forearms (on the muscular inner part) while advancing diagonally and attack against fist or foot.

UV 2 - CHOKES DEFENSE

a) FRONT CHOKE

1. Stopping the aggressor before the strangulation

2. Remove with one hand and counterattack simultaneously

3. Grip the hands and knee strike

b) Release from a side neck choke with the forearm

striking with the palm to the groin

at the same time striking to a sore point and gripping(eye, nose, hair, beard, lips)

release the aggressor backward with projection

c) Defense of choke from the side

d) Rear choke defense:

Grab and pull both hands down

While going back in diagonal attack the groin with one

Use the same side of the groin strike to elbow the chin

Turn around and low kick

possibility of a wrist lock to the ground

UV 3 - FALLS / ROLLS

a) Forward roll, right and left shoulder.

b) Backroll, right and left shoulder.

c) Front Fall

d) Side Fall

e) Back fall

UV 4 - TECHNIQUES IN GUARD POSITION AND COMBAT TECHNIQUES

BASICS

- a) General guard position
- b) Movement in all directions
- c) Movement in different directions to dodge attacks
 - breaking the distance
 - changing direction
- d) Headbutt
- e) Elbows (left and right):
 - 1. Roundhouse (Circular)
 - 2. Uppercut
 - 3. Descending
- f) Punching:
 - 1. Direct strike with the fist, palm, and fingers to the face and throat.
 - 2. Direct strike with the fist, palm, and fingers while moving.
 - 3. Direct strike to the body: attacking and defending.
 - 4. Sequence of all the direct attacks
 - 5. Simple combination of two strikes
 - 6. Hooks at different heights and distances
- g) Hammer hits
- h) Kicks and knees:
 - 1. Direct knee strike
 - 2. Circular knee strike.
 - 3. Direct front kick
 - 4. Circular kick

5. Side Kick

6. Direct back kick

7. All kicks learned will be done by in not kicked out.

i) Combination punch and kick or the opposite.

j) Shadow boxing

DEFENSES AGAINST ATTACKS

k) Against a direct punch in the face, simultaneous defense and against:

- against a direct left

inner defense with the right palm and simultaneous left punch

- against a direct right

inner defense with the left palm and simultaneous direct right punch

l) Middle section defense:

1. Against a straight right (back): inside defense with the left palm by lowering his arm and simultaneously right counter to the head

2. Against a direct left arm (front): Inner defense with the right palm by lowering his attack and left simultaneously strike.

m) Against hook on the face:

Outer side of the forearm will strike the attacker's arm, keeping the head protected (sunk in the shoulders).

n) Direct punch against the body: inner defense with the forearm (vertical) and counter with a straight direct punch.

DEFENSES AGAINST KICKS

o) Against a direct kick of the left or right leg to the groin:

defense with the forward leg (lift the leg and block to the side), counter strike with the the lead hand

blocking with the front foot (heel outside)

back foot (heel inside)

p) Against a direct kick of the left or right leg to the body:

Inner downward block with the forearm (vertical forearm) and counter with a direct.

q) Against low-kick:

1. Add weight on the front leg to harden the leg (step in)
2. Block with the shin.
3. Remove the leg
4. Direct kick from the front leg to the groin (against low-kick of the back leg)

r) Against a circular kick to the body:

1. Outside forearm and kick to the groin.

UV 5 - Ground (The objective is not to stay on the ground)

a) Basic movements on the ground.

1. Bridge
2. Lobster.

b) Defenses against a standing aggressor.

1. Defense position with the back on the ground
2. Aggressor in motion: movements in all directions.
3. Technical getup

c) Techniques in the guard.

1. The defender is between the legs of the aggressor who is on the back: learning the position, stabilize, hit and stand up.
2. The defender is on his back and the attacker is between his legs
 - a. Defenses against strikes: blockages, parades and 360 °
 - b. Control of the head. Finger in the eye.

- c. Strikes: punches, palms, fingers in the eyes, elbows and knees.
 - d. Disengage by putting one foot against the aggressor's hip and kicking face of the other leg. Get up.
- d) Techniques in mount position.
- 1. The defender straddles the attacker who is on the back. Learning the position, stabilize, hit and stand up.
 - 2. The defender is on his back and the attacker is on top on him.
 - a. Defenses against strikes: blockages, parades and 360 °.
 - b. Bridging (Possibility of pushing with a knee)

UV 6 - WHITE WEAPONS DEFENSE

- a) Use of objects on the spot as defenses, as shields, or knives. Basic safety and protection instructions.
- b) If an attacker armed with a knife is in range, act before the start of his attack: kick directly to the groin.
- c) Defenses against descending knife attacks :
 - 1. Block of the forearm in 360 °. Same with simultaneous counter
 - 2. Direct kick to body with or without advance depending on distance. The kick is given preferably with the opposite leg to the hand holding the knife.
- d) Defenses against ascending knife attacks:
 - 1. Parade of the forearm in 360 °. Same with simultaneous counter.
 - 2. Direct kick to body with or without advance depending on distance. The kick is given to the chin or body and preferably with the opposite leg to the hand holding the knife.