



Sector U.K.

British Federation of Krav Maga

Blue Belt Techniques

A	Falls	Forward break-fall onto the fore-arms
B	Principle throws	<ol style="list-style-type: none"> 1. Sweep the leg diagonally and back (Osoto Gari) 2. Head throw 3. Hip throw 4. Shoulder throw
C	Various strikes	Strike with the edge of the hand or the forearm
D	Kicks and sweeps	<ol style="list-style-type: none"> 1. Axe kick, strike with the heel 2. Sweep with front turning kick. Possible skip towards the opponent 3. Sweep with hook kick and after side-step in 4. High sweep with spinning hook kick
E	Parry straight punches to the face	<ol style="list-style-type: none"> 1. Outer defence with the left hand with the palm turned outwards against a left hand strike 2. Outer defence with the right hand with the palm turned outwards against a right-hand strike <p><i>In both cases, grab the arm of the attacker if possible</i></p>
F	Defences against a side-kick	<ol style="list-style-type: none"> 1. Step back. The parry is applied with the arm which brushes aside the attacker's leg. The palm of the hand is turned outwards. Counter-attack. <p><i>Same parry -</i></p> <ol style="list-style-type: none"> 2. With the front hand while stepping forwards and diagonally with the rear foot 3. With the rear hand while stepping forwards diagonally with the front foot. This is effective against a kick at medium height. 4. Outer low defence with the rear arm. The deviating impact will be applied with the outside of the fore-arm 5. Inner defence with the inside of the fore-arm and counter-attack against a high or medium height kick

<h1>G</h1>	<p>Additional defence against various kicks</p>	<p>1. Against turning kick: Leap forwards and outer defence with both arms, one high, the other low, and counter-attack. Possible throw of the attacker. This technique is also effective against a kick to the groin</p> <p>2. Against high turning kick: Block with the fore-arm, lift the kicking leg above the head, at the same time standing up straight, throwing the attacker and counter-attacking.</p> <p>3. Against spinning hook kick: Jump forwards and block with both hands, one high, the other low. Same arm position against a hook kick. - Against the same kick : kick the attacker in the back or from behind at the beginning of his attack.</p>
<h1>H</h1>	<p>Wrist Lock</p>	<p>1. By pulling 2. By pushing an attacker who is pulling his arm towards himself 3. Using the thumbs, by pulling or pushing - Striking with the elbow while pulling or pushing</p>
<h1>I</h1>	<p>Using a Knife</p>	<p>Teaching the various grips : top to bottom, bottom to top, straight stab, and slashing from side to side</p>
<h1>J</h1>	<p>Parries against knife attacks</p>	<p>1. Defence against a downwards strike: <i>From a long or medium or short distance</i> - Straight kick to the body or the head moving forward or not, depending on the distance. Follow-up according to the situation and requirements. - Parry with the fore-arm and counter-attack while grabbing the attacker's fore-arm (360-type)</p> <p>2. Defence against an upwards strike: <i>From a long distance or medium or short distance</i> - Straight kick to the chin, and simultaneous side-step (or not) depending on the distance. Continue depending on the situation. - Block with the forearm, and counter attacks (360-type). - Block with the fore-arm while moving diagonally forewards, counter attack with the rear fist and trapping the hand holding the knife. - Block with the fore-arm against a stab from the right hand. Change hand controlling the forearm of the hand holding the knife and attack with the other hand.</p> <p>3. Defence against a forward stab with a knife: - Straight kick to the centre of the body or to the arm-pit. - Move forwards diagonally leaning the body to one side and side or turning kick. - Inside defence with the left fore-arm against a right-handed attack, trap and simultaneous counter-attack. Disarm. - Inside defence with the right fore-arm against a right-handed attack. Change hand, trap the arm of the hand holding the weapon attack with the other hand</p>

<h1>K</h1>	<p>Defences against baton strikes</p>	<ol style="list-style-type: none"> 1. From top to bottom : jump forwards and simultaneous straight-arm outer parry. Counter attack and advance to the inside. 2. From top to bottom : jump forwards and simultaneous straight-arm outer parry. Advance to the outside. Counter-attack with one hand or the other. The following will be different according to whether we stepped forwards with one foot or the other. 3. Parry against a strike coming from the side: jump forwards with one arm raised and the other low, trap the arm and counter-attack. 4. Block against a low strike coming from the side: jump forwards raising one leg towards the hand holding the baton. Counter-attack.
<h1>L</h1>	<p>Release from a hold with one hand on a jacket</p>	<ol style="list-style-type: none"> 1. Punching and kicking counter attacks if there is no other option. 2. One step back and quickly lower the arm quickly towards the inside of a turning motion. 3. Same exercise, and continue with an elbow lock on that arm. 4. Take one step back and lower the arm sharply to the outside of the turning motion. 5. Same exercise and continue to an elbow lock on that arm. 6. Lock applied to the thumb of the opponent's holding hand. The other hand firmly holds the wrist of the attacker or holds him away. 7. Against a grab of the shoulder or the shirt from behind (pulling, or not): raise the arm on the same side as the as the hold while turning and advancing towards the attacker. Counter-attacks.
<h1>M</h1>	<p>Release from two-hand hold on the shirt (or jacket):</p>	<ol style="list-style-type: none"> 1. One step back while turning and raising one arm, bringing it to the inside and counter attack with a hammer-fist or the edge of the hand. Then a kick with the knee. 2. One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow 3. Thumb lock
<h1>N</h1>	<p>Combat 2x2 minutes</p>	<p>2 x 2 minutes fight with 30 seconds rest</p> <p>Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect:</p> <ul style="list-style-type: none"> - The participants are graded by their general attitude and not by winning or losing. They must not avoid contact and must demonstrate courage, determination, clear-headedness, composure, a minimum of technique and they must respect their opponents; <ul style="list-style-type: none"> - If a fighter receives a serious blow, the next step must be light or the fight must be stopped completely depending on the severity of the blow; - If a fighter has the opportunity to give a head-butt, this must be simulated; - If a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated - If a fighter is struck in the groin, he must break away in order to mark the advantage gained by his opponent, he must take one or two steps to the side - All throws must be executed with safety ; if a fighter has been floored, and manages to remove his gloves, any subsequent strikes must be simulated. <p><u>Protection:</u> Groin guard, shin guards, gum shield and boxing gloves (minimum weight 12 ozs.)</p>