



Sector U.K.

# British Federation of Krav Maga

## Blue Belt Techniques

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

<h1>G</h1>	<p>Additional defence against various kicks</p>	<p><b>1. Against turning kick:</b> 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><b>2. Against high turning kick:</b> 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><b>3. Against spinning hook kick:</b> 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><b>1.</b> By pulling  <b>2.</b> By pushing an attacker who is pulling his arm towards himself  <b>3.</b> 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><b>1. Defence against a downwards strike:</b>  <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><b>2. Defence against an upwards strike:</b>  <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><b>3. Defence against a forward stab with a knife:</b>  - 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"> <li>1. From top to bottom : jump forwards and simultaneous straight-arm outer parry. Counter attack and advance to the inside.</li> <li>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.</li> <li>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.</li> <li>4. Block against a low strike coming from the side: jump forwards raising one leg towards the hand holding the baton. Counter-attack.</li> </ol>
<h1>L</h1>	<p>Release from a hold with one hand on a jacket</p>	<ol style="list-style-type: none"> <li>1. Punching and kicking counter attacks if there is no other option.</li> <li>2. One step back and quickly lower the arm quickly towards the inside of a turning motion.</li> <li>3. Same exercise, and continue with an elbow lock on that arm.</li> <li>4. Take one step back and lower the arm sharply to the outside of the turning motion.</li> <li>5. Same exercise and continue to an elbow lock on that arm.</li> <li>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.</li> <li>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.</li> </ol>
<h1>M</h1>	<p>Release from two-hand hold on the shirt (or jacket):</p>	<ol style="list-style-type: none"> <li>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.</li> <li>2. One step back, trap the attacker's hand and turn quickly the other way, locking the attacker's wrist and elbow</li> <li>3. Thumb lock</li> </ol>
<h1>N</h1>	<p>Combat 2x2 minutes</p>	<p><b>2 x 2 minutes fight with 30 seconds rest</b></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"> <li>- 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"> <li>- 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;</li> <li>- If a fighter has the opportunity to give a head-butt, this must be simulated;</li> <li>- If a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated</li> <li>- 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</li> </ul> </li> <li>- 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.</li> </ul> <p><u>Protection:</u> Groin guard, shin guards, gum shield and boxing gloves (minimum weight 12 ozs.)</p>