



Sector U.K.

British Federation of Krav Maga

Brown Belt Techniques

<p>A</p>	<p>Two-kick combinations</p>	<p>The second kick is delivered before the first touches the floor</p> <ol style="list-style-type: none"> 1. Two straight kicks 2. One straight kick and one turning kick 3. One outer crescent kick (delivered with the edge of the foot as a slap to the face) followed by one straight kick 4. One back upper-cut kick followed by one straight back kick
<p>B</p>	<p>Jumping kick</p>	<ol style="list-style-type: none"> 1. Turning jumping knee strike and straight jumping knee strike 2. Straight jumping kick 3. Jumping turning kick 4. Jumping side-kick 5. Jumping turning hook kick (with the heel) 6. Jumping turning kick (with the edge of the foot). [Jumping outer crescent kick.]
<p>C</p>	<p>Different attacks</p>	<ol style="list-style-type: none"> 1. Jumping front kicks medium level, before reaching ground : grip opponent and attack with other hand with a punch, hammer stroke or edge of hand 2. Front kick, turn and jumping inner crescent kick, both kicks given with same foot 3. Roundhouse kick, turn and jumping inner crescent kick, both kicks given with same foot 4. Roundhouse kick, turn and jumping roundhouse kick, both kicks given with same foot 5. Strike with fore-arms against a group
<p>D</p>	<p>Defence against knife attacks</p>	<ol style="list-style-type: none"> 1. Parry against an attacker who is approaching from different angles, and is attacking in different ways 2. Practice defences with the defender seated and then lying down

<p style="text-align: center;">E</p>	<p style="text-align: center;">Defences against criss-cross knife attacks</p>	<ol style="list-style-type: none"> 1. Defences with straight kicks (as against a straight stab) 2. Low side-kick (as against a straight stab). 3. Before the attack, throw a light object towards the attacker. This can be effective against all types of knife-attacks. This action is followed with a counter-attack. 4. Retreat on the first strike and return on the second with a single or double forearm block and counter-attack: <ol style="list-style-type: none"> a) Evade leaning the body backwards, block with the right forearm and counter-attack simultaneously with the left. Grab and control the arm holding the weapon, strike simultaneously with a right piston punch. Disarm. b) Evade leaning the body backwards, block with both forearms, counter with the left and then the right while controlling the arm holding the weapon. Disarm. c) Evade leaning the body backwards, block with both forearms and counter-attack with a right piston punch while simultaneously controlling with the left forearm. Disarm. d) Evading with the bust backward, parry with the left forearm and counter-attack simultaneously with the right. Control and disarming. e) If the attacker is very close it is possible to block the first strike. (i.e. – no criss-cross)
<p style="text-align: center;">F</p>	<p style="text-align: center;">Defences against a straight thrust with a stick</p>	<ol style="list-style-type: none"> 1. Inner parry with the palm of the hand and advance diagonally, towards the outside of the attacker. Seize the stick and counter-attack 2. Inner parry with the palm of the hand and diagonal advance towards the inside of the attacker, seize the weapon with both hands and kick 3. Inner parry with the forearm, one step forward on the outer of the opponent, strike the throat with the forearm and pull the opponent across the defender's back to strangle. 4. Against a strike from top to bottom : inside block with the hand on the opponent's forearm at the beginning of the strike

<h1>G</h1>	<p>Neutralising a threat from a handgun</p>	<p>1. Against a threat from the front at various distances and levels - <i>with or without touching, left and right</i></p> <p><u>Threatening</u></p> <p>a) The body b) The forehead c) The temple (in front of the ear) d) The skull (behind the ear)</p> <p>2. Against a threat from behind, the handgun is touching the victim, at various levels</p> <p>a) In the middle of the back (lumbar region) b) Between the shoulders. c) To the back of the head.</p> <p>3. Against a threat from the side, the revolver is touching the victim</p> <p>a) In front of the elbow b) Behind the elbow</p>
<h1>H</h1>	<p>Releases from various holds</p>	<p>1. Release from a pushing closed hug from behind: throw forwards</p> <p>2. Release from an open pushing hug from behind: throw forwards</p> <p>3. Release from a pushing hug from the front: turn and strike with the arm and roll to the ground</p> <p>4. Release from a headlock from the side. The attacker goes downwards as they turn: forward roll as they turn, and forward throw.</p> <p>5. Release from the same hold but this time the attacker applies downwards pressure to the neck (cervical) vertebrae: backwards throw.</p> <p>6. Release from a headlock from behind: the attacker jumps, pushing the victim forwards: forwards throw.</p> <p>7. Release from an arm lock from behind (police lock): lean forwards: go to the ground and lever to the leg with a kick.</p> <p>8. Release from a Full Nelson : take one finger and lever it. Forwards throw. Backwards throw.</p>
<h1>I</h1>	<p>Defence and attack on the ground against opponent standing up</p>	<p>1. Movement on the ground</p> <p>2. Practice counter attacks from a defensive position on the ground</p> <p>3. Practice destabilising the standing attacker</p>
<h1>J</h1>	<p>A possible solution if stunned</p>	<p>Get down on the ground and defend feet towards opponent</p>

<p>K</p>	<p>Defence against opponent with stick attacking in different directions</p>	<p>Various defences against strikes with a stick a) From above b) From the side</p> <p><i>The attacks come from the front/ the side/from behind. When the attack is from behind the defender will turn his head in order to see what kind of attack is coming</i></p>
<p>L</p>	<p>Defence and counter-attack against a punch or a kick that is not known in advance x 5</p>	<p>For this exercise, several rules must be applied:</p> <ol style="list-style-type: none"> 1. Do not move back 2. Defence and counter-attack simultaneously if possible 3. Even if you are hit, you counter attack 4. After the defence and counter attack, no unnecessary/excessive movements during the subsequent combinations.
<p>M</p>	<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.) must be worn.</p>