

Practitioner Level 1

The Goals: be proficient with basic attacks in different directions; and be able to deal successfully with frontal assaults: all at the "Operator Level"

A. History of Krav-Maga, its Founder - Imi Sde-Or (Lichtenfeld) and KMG

1. About the system and the founder - Imi Sde-Or (Lichtenfeld)
2. About the organization (KMG)
3. About KMG and Krav Maga in the country

B. Preliminaries

1. Safety in Training
2. Vulnerable Points
3. Principles of Attacks and Principles of Defenses
4. Tactical behavior
 - i. Pre-fight (prevent, avoid, de-escalate)
 - ii. Fight – technical and physical (self-defense) solutions
 - iii. Post-fight – process situation and proceed to the next task, i.e. - finishing modes
5. Finishing modes / post fight options: disengage; move away; scan the area; get equipped; assist others; check for injuries; call for assistance; / command / warn others; others

The training session must be suitable for the trainee's age, weight, physical condition and mental capability.

C. Ready Stances and Movements

1. The meaning of starting positions and the ready stance (AKA "outlet stance")
2. Passive and semi-passive stances
3. The general ready stance
4. Techniques of moving in various directions from the ready stance

D. Straight Strikes

1. Palm-heel strike (**first** straight strike to be taught with left / right hand)
2. Forming a fist
3. Straight left punch (to chin)
4. Straight right punch (to chin)

Notes: strikes are first practiced from a semi-passive stance; later from a general ready stance. Practitioner should understand principles of attacks and proper way to make a fist.

E. Elbow Strikes

1. Horizontal elbow strikes: 1) inward; 2) sideways; 3) backward

F. Hammer Strikes

1. **Vertical:** i) forward; ii) downward; iii) backward
2. **Horizontal:** i) sideways; ii) backward

G. Kicks

1. Knee strike - upward
2. Regular (front) kick with the ball of the foot / instep (to low or higher targets)
3. Stomp kick - downward
4. Stomp kick backward - at knee level (between a side and defensive back kick)

Note: Kicks should be taught first from the **passive stance**, later from other stances.

H. Combinations Using Learned Attacks

1. Short combinations (with simple 2-6 strikes / kicks)

General Note: Emphasize recoiling in all attacks (especially straight strikes and regular kicks).

I. Outside Defenses

1. 360° outside defenses - with simultaneous counter-attack from a passive stance (against slaps and later against defined hand strikes)
2. 360° defenses as above, with finishing mode - multiple counter-attacks; move away, etc'
3. Defending against knife attacks - underhand hold (upwards / oriental) or overhand hold (downwards / regular / ice-pick) holds; **simultaneous** defense and counter-attack/s, then finishing mode

J. Inside Defenses against Straight Strikes/Punches, from a Semi-Passive Stance

1. Inside defense – with sending the palm diagonally forward (heel of hand is vertical)
2. Inside defense and counterattack – counter, forcing opponent's hand down (1.5 rhythm)

K. Leg Defenses against Regular Kick

1. Inside defenses (deflection) against a regular kick - using the shin of the front leg

L. Defending Against Front Chokes

1. Timeline (Distance; as in Section R: "Simulation and Tactics")
 - **Avoidance** – *move away*
 - **De-escalating** – *verbal*
 - **Preventing I** (*don't get grabbed*) - *kick and/or punch*
 - **Preventing II** (*don't get grabbed*) - *educational block*
 - **Preventing III** (*don't get grabbed*) - *defense and counter act*
2. Release, pluck with 2 hooked palms and counterattack with knee/shin and/or strikes
 - 2.1 **Variation** – pluck with one hand, simultaneous counter with the other

M. Dealing with Falls

1. Get up from the ground -
 - 1.1 Forward, with attacks
 - 1.2 Fast disengagement
 - 1.3 Into a ready stance
2. Forward soft break-fall (towards a wall; from a standing position; if needed, from knees)
3. Forward roll - right shoulder for right-handed practitioners

N. Releases While on Ground

1. Release from a front choke; assailant kneeling by the defender's side - pluck, push and insert knee; push and kick. Starting positions sitting and lying; prevention included.

O. Using Common Objects as Self-Defense Weapons

1. Identifying and categorizing the use of common objects for self-defense, such as: shields, clubs, stones, sharp-edge and small objects. Additional rope and liquids
2. Using common objects of the **shield type** - such as a chair or bag, block and counter
 - 2.1 Dealing with a circular knife attack
 - 2.2 Dealing with a punch or a kick

P. Training - Watching, Awareness, Prevention

1. Observing attacks being initiated (from a realistic distance/starting position)
2. Same as above, but also foreseeing and imagining possible reactions

Q. Returning Attacker (defend – attack – defend)

1. Following the defender's initial defense (a choke release; 360 defenses) and counter-attack, the opponent returns and attack again, launch an attack suitable for above defenses.

R. Simulation and Tactics – P1

Timeline (Distance) – against an attacker attempting a front choke.
The guidelines are in section L above.

Additional Material (Country-Specific)

Additional P-1 Curriculum for the Country of _____ (this is an integral part of the test)

1. - _____
2. - _____
3. - _____

Notes & Extra Curriculum – For Training Only

1. Reaction Games / Fighting Games

- Snatching a coin from open palm; touching/hitting games; pushing games; "rooster fighting"; etc.

2. Attacks and Defenses

- **Starting Position** - Attacks are first done from a passive or semi-passive stance, later from a general outlet stance / ready stance; and then attacking to various directions. **Later**, practice to various heights, in retreat or while advancing, as well as from other positions, such as sitting or lying down.
- **Outside Defenses** – Against straight punches sent from the front or off-center when defender's hands are "crossed".
- **Shadow Sparring** – Footwork and positioning with basic attacks, defenses, counterattacks and combinations.

3. Four against One –

- **Push with 2 hands or grab to choke (1 attack every 2 seconds)**

Note: One can start with the "zombie" game, hands are straight and at neck level.

4. Training - Watching, Awareness, Prevention

- By lecturing, simulating and training, the students will get to know various problems that can arise in real life and which may lead to physical conflict. The student will learn ways to **de-escalate** and **avoid conflict**; e.g. move away; keep distance; ignore verbal assault, utilize correct language. (See "Simulation & Tactics - P1" herein above).

General Remarks and Recommendations

- In the earlier levels (P1-P3), students must emphasize the preparation and building of mental and physical abilities, to prepare the spirit, the mindset and the body to deal with Krav Maga training. Body strength must be emphasized, including power exercises, especially around joints that tend to get hurt and for the neck. With time, students should also exercise the ability to absorb a strike or a fall.
- Emphasize stretching muscles and limbering of joints (use principles of short version PNF).
- **One must practice the various attacks while punching pads/bag**, in order to: get used to contact; be accurate in the attack; improve technique, series and combinations of attacks.
- Level of impact must be low in the beginning and should be increased **slowly**.
- Emphasis should be put on the basic attacks; **GRADUALLY** - with time and enhanced abilities - improving the technique, power and speed to maximum, and beyond.
- Improve strength of "anatomical-chain" for moments of impact using different strikes & kicks.
- Practice short punches when the hand is 2.5-10 cm. (1-4 inches) from the target.

Practitioner Level 2

The Goals: Dealing with side and rear attacks; be proficient in performing series of attacks in all directions; familiarity with application of pre-fight, fight and post-fight concepts.

Required Achievement: Operator Level and improving the Fighter's attitude and mentality

A. Circular Strikes - Hooks (Roundhouses) & Uppercuts

1. Hook strike/punch (palm heel and fist)
2. Uppercut

Notes: for the hook strikes, while in ready stance the front-hand strike has two variations.

B. Elbow Strikes

1. **Vertical elbow strikes:** a) upward; b) downward; c) straight backward; d) back and upward

C. Various Striking Methods

1. Straight strike with the fingers
2. Palm strike to groin
3. Back of hand (and fingers) whip strike to groin
4. Straight strike while advancing (simultaneous attack and step) - right (rear) / left (front)
5. Straight left punch in retreat

D. Kicks

1. Knee kick - roundhouse
2. Defensive front kick; **striking surfaces:** heel, ball of the foot, whole foot (in testing, demonstrate one of the above)
3. Defensive backward kick
4. Sidekick (with the heel)
5. Roundhouse kick - **two methods:** horizontal or diagonal (demonstrate one method in testing); possible **striking surfaces:** ball of the foot, instep or shin

Note: for A-D above, first train striking / kicking from a semi-passive stance; later from a ready stance (regular outlet stance) and other starting positions.

E. Series of Attacks – to the front, side and rear; with different targets, heights and angles

1. From long to short distances
2. From short to the long distances

F. Inside Defenses (with palm or forearm) against Straight Strikes

0. Ready stance and starting positions for inside defenses
1. Inside defense with the palm:
 - 1.1 Simultaneous counterattack (with the other hand)
 - 1.2 1.5 rhythm - defend, counterattack forcing the opponent's hand down (as in P-1)
 - 1.3 While leaning backward; kick (with the front leg)
2. Forearm defense against attacks to different targets and heights; and counterattack
3. Left against left – palm (or forearm) sweeping defense with a horizontal counter

Notes: incorporate head and body defense into these techniques. Defend with the left hand against right hand attacks and vice-versa, unless otherwise stated.

G. Outside Defenses against Strikes

0. Ready stance and passive stance (diagonal) as starting positions for outside defenses
1. Forearm defense against a hook punch - diagonal outward and back (avoiding the elbow; clenched fist; use fleshy part of the forearm; head tucked between shoulders)
2. Outside defenses #1, #2, #3 against straight strike, with simultaneous counterattack (in test to demonstrate one of the learned defenses - nos. 1, 2 or 3)
3. Outside defense, upward and forward (no. 4, forearm at a diagonal)

Note: In the above outside defenses, only the close (front) hand defends against straight strikes from either hands of the aggressor.

H. Body Defense

1. Ducking under a strike (straight or circular) – from passive or ready stance; with a counter-attack (to the groin or solar plexus).

I. Defending Against an Opponent Attacking from Different Angles

1. Inside or outside defenses against strikes (circular or straight) coming from various directions. Defender is looking forward, attacker is moving in a half-circle in the front.
2. Against a strike from behind – move away diagonally forward while turning and reacting.

J. Leg Defenses against Kicks (from passive and ready stances)

1. **Stop kicks** vs. regular kicks:
 - 1.1. With the front leg, heel directed outward.
 - 1.2. With the back leg, heel directed inward
2. Inside / outside blocking defense with the shin against a low roundhouse kick, coming from the same side (possibly using the front leg against either kicking leg)
3. General outside defense with the shin and forearm together – against a high / low roundhouse kick (the hand defense is as in section G.1 above)
4. General inside defense with the shin and forearm together – against a high or low regular kick (the hand defense is as in section F.2 above)

Notes: *Technique no. 1 is first learned / applied against regular kicks, later against roundhouse and sidekicks. Techniques 3 and 4 are used against an attack delivered to an unknown height. Use the **forearm** as previously learned, bony or muscular parts for inside or outside defenses.*

K. Choke Releases (including preventions as in Distance-Timeline)

1. Vs. a choke from the **side** - pluck and counterattack
 2. Vs. a choke from the **rear** - pluck with a step diagonally backward
 3. Vs. a choke from the **rear** - one / two-hand pluck, turn & attack
- Note: when lack of force, use two hands to remove one of attacker's choking hands.

L. Defenses Against an Impending Knife Threat (including Distance-Timeline)

1. From the front - at long range - deflect and kick, while leaning away from the knife
2. From the side or back - attacker is at long range - deflect and kick
3. From the back – knife touching - deflect and kick
4. **From the front - at close range - deflect with a C grip.**

M. Dealing With Falls

1. Backward break-fall
2. Backward roll - left shoulder (for right-handed practitioners)

N. Choke Releases while on the Ground

1. Attacker sitting on the defender - pluck and bridge - one hand remains holding
2. Attacker between the legs of the defender – pluck with one hand and insert knee

O. Using Common Objects – Small Objects to Distract

1. Throwing; using distraction to create an opening or opportunity

Note: *This is used primarily in a situation before an actual attack is made, mainly during the threat stage or in the very early stages of an attack.*

P. Fighting Games

1. 4 against 1
 - 1.1. Push with 2 hands or grab to choke (1 attack every 2 seconds)
Note: *This can start with the "zombie" game.*
 - 1.2. Defending 360 – against 2 attacks every 2 seconds
2. Slow fighting – including the process and stages of learning

Q. Returning Attacker

1. Following the defender's initial defense and counter-attack, the hit opponent is able to return, cover the distance and launches another attack (from the above subjects).

R. Simulation and Tactics – P2

Timeline (Aggression) – escalation of attacks: verbal quarrel; and a push; and two strikes; and a kick

Additional Material (Country-Specific)

Additional P-2 Curriculum for the Country of _____ (this is an integral part of the test)

1. -
2. -
3. -

Extra Curriculum – NOT for P2 Testing

1. Attacks

- **Observing Attacks - Reacting to Movements** - Watching an opponent perform one attack at a time and then a short series of attacks. The attacker should repeat the sequence of attacks several times. Partners / trainees should visualize defenses.
- Roundhouse kick – additional methods:
 - a. Diagonal
 - b. From vertical to horizontal

2. Defenses

1. Outside **stabbing** defenses (#1,2 and 3; same hand positions as described in P3)

3. Releases

1. Against different grabs, with the element of surprise

4. Ground Fighting

1. Defending against a “shoot to the legs”
2. Sticky hands game (1. mounted; 2. guard)
3. Attacking from all positions
4. Defending against a person sitting on the defender (mounted) and punching

Practitioner Level 3

The Goals: Deal with strikes and grabs from the front, side and rear; better the series of attacks in all directions; be proficient with break-falls and rolls; improve pre-fight, fight and post-fight concepts.

Required Achievement: Improving the Fighter's attitude and mentality

A. Strikes

1. Straight low punches – to the body (attacking)
2. Striking combinations – attacks to all angles, directions, heights and distances.
Hitting targets and marking on a partner; including two attacks with the same hand

B. Kicks

1. As preparation for kicks while advancing: skipping (stomping) advances, back-crossing; front-crossing;
2. All kicks from levels P1-P2, apply with the **front** and the **back** legs:
 - 2.1 In retreat
 - 2.2 In place
 - 2.3 Advancing – skipping advance; including forward and backward crossing (and proper stepping for slippery surfaces)

C. Outside "Stabbing" Defenses (from relevant stances, ready or passive)

1. Outside stabbing defenses #1, #2 and #3.

D. Hand Defenses against Regular (Front) Kicks

1. Against a kick to the groin:
 - 1.1 Inside defense - using the palm heel; from a passive stance; when performing from a ready (outlet) stance, use only the front hand.
 - 1.2 Outside scooping defense - from a passive stance (hands in an "x" position); when performing from a ready stance, use only the back hand.
2. Against a high defensive kick forward or a high regular kick - inside forearm defense

Notes: Advanced training includes defending against a front kick and a follow-on straight strike; Techniques #1.1 and #2 combined together are effectively against a kick of unknown height.

E. Escaping Headlocks (Distance Timeline)

1. Side headlock
 - 1.1. Distance Timeline – de-escalation, prevention, preemptive attack, avoid and escape
 - 1.2. Attack to the groin; pull/push a sensitive point on the opponent's head.
2. Headlock from the rear:
 - 2.1. Arm-bar to the front of throat (air-choke)
 - 2.2. Forearms and upper-arm strangulation, carotid artery restrains (blood-choke)
3. Low headlock from the **front** (guillotine)

F. Defending against a Tackle, 'Shoot to the Legs' (or to the lower Body)

1. Long distance – kick
2. Middle distance - stop with hands or strikes; punch or a knee strike
3. Short distance – forearm defense
4. Move backward and slam with both forearms (sprawl)
5. Defender is caught – stabilize; counterattack (neck; head; eyes; groin, ribs, back's vulnerable points)

G. Dealing with Falls

1. Sideways break-fall
2. Forward roll - using the left shoulder (for right-handed students)
3. Backward roll - using the right shoulder (for right-handed students)
4. Fall backward, turn and soft break-fall forward
5. Forward high rolls - for **distance** and/or **height**

Note: For adults, this subject may be tested in full at higher levels (until G1).

H. Escaping Side Headlocks on the Ground

1. When both hands are under - pull sensitive points with both hands; roll sideways
2. When one hand is free - pull back sensitive point and wrap one leg around neck
3. When low attacker - counter-attack while climbing onto attacker back;

I. Common Knife Holds and Uses (recognition and basic practice)

1. Overhand stab - regular / ice pick grip
2. Underhand - upward / Oriental grip
3. Straight stab
4. Slashing attack

J. General Kick Defenses - against all 4 Knife Attacks / Holds, from Long Range

1. Regular kick to solar plexus or chin
2. Sidekick to lower ribs or solar plexus
3. Bailing out and side-kick or roundhouse kick to solar plexus (or groin)

Note: Attacker starts from a long-range position (over 2 meters).

K. Use of Common Objects - Stick Type

1. Basic attacks – swings and stabs; five major directions
2. Basic defenses - 360° with the stick held in two hands; counter with leg or stick

L. Fighting Games, 4 Against 1

1. Attacking 1 Vs. 4 - moving targets held by opponents who try to close distance. Rhythm of one approach every 2 seconds.
2. 360° vs circular attacks, attackers have 2-3 knives (two attacks every 2 seconds).
3. Same as no. 2, unarmed attackers can strike straight.

M. Returning Attacker

Following the defender's technique, the attacker returns with a relevant attack, with/out a weapon

N. Slow Fighting - Emphasis on Continuous Motion and Self-Control

O. Simulation and Tactics – P3 (Timeline from/on the Ground)

1. Picnic simulation: timeline from a sitting position - against a choke; against a strike

Additional Material (Country-Specific)

Additional P-3 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Training Notes and Extra Training Curriculum

I. Punches

1. Straight low punches in defense - left or right - bending sideways

II. Defenses

1. Against a kick to groin - inside defense with the **heel of the hand; three variations / rhythms** of counter-attacks - one with the front hand, two with the back hand

III. Observing and Changing Behavior According to the Opponent's Actions

1. Observe attacker delivering (marking) a series of attacks (relevant to this and previous levels), repeating several times. The observer visualizes defenses and counters.

IV. Series of Attacks and Combinations

1. Hitting targets at various distances, heights, directions and angles. Use previous and new learnt strikes/kicks.

V. Against an Attacker that Grabs/Pulls Hair or Shirt

1. Prevention
2. Counter-attacking as necessary, depending on the situation and position

VI. Basics of Concentration and self-control exercises.

1. Relaxation and focusing - controlled breathing; standing with no movement – Recommended minimum of 10 minutes

VII. Ground Fighting

Attention: Address safety in training.

1. Changing position – from cross-mount (low) to mount (high)
2. Applying an arm-bar from different positions
3. Applying a carotid artery restraint (headlock strangulation), from different positions

Practitioner Level 4

The Goals: Improving trainees abilities to prevent and release from different grabs, at the medium height; dealing with stick attacks; progressing with fighting skills

Required Achievement: Fighter Level. Emphasizing on finishing modes and continuation when a problem occurred or mistake is made.

A. Rolls and Break-Falls

1. Break-fall backward and sideways - from height.
2. Forward roll and remain on the ground.

Note: For adults, this subject may be considered to be tested in full at higher levels (until G1).

B. Kicks

1. Regular (vertical) kick backward - to three main distances
2. Regular scissors kick

C. Defenses against Low Straight Punches

1. Inside defense - with forearm (emphasis is on the elbow movement)
2. Outside scooping defense

Note: Use either the forward or rear hand and counterattack as soon as possible.

D. Inside Forearm Defenses against Punches – Raised Elbow, Low Palm

Attacker approaches diagonally from the side

1. Medium height - defense (from passive stance) against a straight punch to the ribs
2. High - against a straight punch towards the head or chest, elbow circles inward

Note: The first counterattack is a horizontal hammer strike sideways with the defending hand.

E. Defenses against Straight Punch Combination - Left/Right

1. Two inside defenses with the palms and counterattack
2. Hand defenses while leaning back, kicking with the front leg (regular or side kick)

F. Defenses against Punch Combinations (Outside and Inside Defenses)

1. Defending against any combination of two punches - one straight and one circular
 - 1.1. Two defenses with one hand
 - 1.2. Two defenses with two hands
2. Defending against any combination of two circular punches

Note: Counterattack as early as possible.

G. Releases from Chokes

1. Choke from the **front** - body turn and upper arm release ("wiping face")
2. Choke from **behind** - body turn and upper arm release (brought to temple)
3. Choke from **behind** – turn and execute a wrist lock (relevant to P-level-2, section K3).
4. Against a Hand Covering Mouth (snatch) - defender's is caught from behind

Note: Techniques #1 & 2 above are done especially when assailant is pushing; #3 when pulling.

H. Releases from Bear Hugs - Arms Free

1. Release from bear hug from the front – Push to nose or eyes.
2. Release from bear hug from behind:
 - 2.1 Elbow strikes to head
 - 2.2 With lock on finger

I. Releases from Bear Hugs - Arms Caught

1. Release from bear hug from the front – counterattack and take hand out
2. Release from bear hug from behind - counterattack and take hand out
 - 2.1 When bear hug is high, counter, lift elbows and escape under the arms

Note: Train on the use of a shout and a bite against a bear hug from the front.

J. Releases from Bear Hugs from the Side - Variations on the Above Sections H & I

Release from bear hugs whether arm/s caught or free – attacker grabs from the side. Use learnt techniques and principles.

K. Dealing with Attempts to Grab and with Dangerous Arm / Wrist Grabs

1. Prevention: removing the target; defending the target
2. Attacker grabs and pulls/draws – advance and apply relevant counter attacks
3. Attacker grabs and strikes with other hand (or applies other attacks) – relevant defenses and counterattacks

L. Releases from Various Hand / Wrist Grabs

1. One hand grabbing one hand (low), **diagonally** or **across** - **Low** hold (underhand)
2. One hand grabbing one hand (high), **diagonally** or **across** - **High** hold (overhand)
3. Two hands grabbing one hand, **low** or **high** holds - two kinds of assistance:
 - 3.1. Assist by strengthening – grabbing fist of caught hand
 - 3.2. Assist by separation - removing one grabbing hand
4. Two hands grabbing two hands, **low** or **high** hold
5. Two hands grabbing two hands, from behind
6. Release from a strong handshake

Note: Be familiar with the application of the principles: axis and leverage (not pulling); escaping by way of the opening between the fingers and thumb, or towards the thumb; circular movements; and using the other hand in two manners of assistance.

M. Defending against Stick Attacks - Defending Overhead and Side Swings

1. Against one hand overhead attack – “stabbing” defense to the in side
2. Against two hands overhead attack (or attacker is off center) - defense to the out side
3. Horizontal (baseball) Swings –
 - 3.1 From passive stance – Burst forward, front hand down and the back hand up.
 - 3.2 From ready stance – Defend with two high forearms.

N. Fighting Games - 4 Against 1

1. Against straight and circular strikes; against a combination of a regular kick and a strike, circular or straight. Two attacks every two seconds.

O. Striking Targets - With Combinations, Using All Attacks and Variations, including the new learnt strikes/kicks.

P. Returning Attacker

Following the defender's technique, the attacker returns with a relevant attack, with/out a weapon

Q. Fighting Skills

1. Emphasizing on changes of distance
2. Using the principles of
 - 2.1 Bursting forward and circling after
 - 2.2 Circling around and bursting forward
3. Determination drills
 - 3.1 Attacker – Disturber – Target
 - 3.2 Attacker – Target – Holder (from behind)
4. Slow fighting
5. Light fighting with minimal protective gear (light contact)

R. Simulation and Tactics – P4 – Two Attackers Approaching from Different Directions

1. Two assailants approach from the front; One from the front the other from the side
2. Against one that bear hugs from behind and other attacks from the front

Description: This is a trap made by two attackers. Later first attacks with a headlock.

Additional Material (Country-Specific)

Additional P4 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

I. Releases from Upper Arm Grab

1. Assailant grabs the upper-arm - circle the arm in the direction of the thumb.

II. Reaction to Opponent's Response

1. Trainee attacks with front kick to the groin and opponent retreats in various directions. Trainee continues with a sliding kick or another step and kick.
2. As in no. 1 above, but the opponent can move diagonally or straight forward. Trainee may use short-range kicks and/or attacks with the hands.

III. Against Straight Two Strike Combinations (Left/Right)

1. Lean back to avoid first attack, hook downwards on the wrist against the second attack, counter with a straight punch
2. Inside defense and outside defense with the same hand - outside defense can be stabbing (long) no. 1 or no. 3, or no. 4; counterattack simultaneously with the second defense

IV. Defenses Against Low Straight Punches

1. Outside defense – chopping downwards

Practitioner Level 5

The Goals: Upgrading self defense skills; Familiarity with defending 3rd party.

Required Achievement: Fighter Level

A. Rolls and Break-Falls

1. Combination of rolls (forward/backward) and break-falls (all types)

Note: For adults, this subject may be considered to be tested in full at higher level (G1).

B. Defenses against Regular (Front) Kicks

1. Stabbing defense with rear forearm (from a general ready stance)
2. Low inside forearm defenses, high elbow / low palm (from a diagonal passive stance)

C. Defenses against a High Roundhouse Kick

1. Outside forearm defense (outside fleshy part), simultaneous kick
2. Outside forearm defense, step diagonally forward with rear leg, kick with the other leg
3. Using **both forearms** (inside fleshy part) - body turn, advance diagonally forward
4. In all the above – use **both hands**, outside with forearm, inside with palm

Note: Techniques to be taught from a general ready (outlet) stance. Later practice from any passive or ready stances; attacker can kick with either leg.

D. Escaping Bear Hugs

1. Low bear hug from the front, arms are free - get good base and counterattack (elbow strikes, hooks, and / or kick to the groin) – see P-level-3, section F5
2. Lifted in a bear hug from the **front**, arms **free / trapped** - wrap one leg and counter
3. Lifted in a bear hug from the **rear**, arms **free / trapped** - wrap one leg and counter

E. Releases from Hair Grabs or Pulls

1. Prevention – according to the regular timeline of distance and readiness
2. One-handed hair grab from the front - apply leverage on wrist
3. Pulled forward and down - burst forward, block knee or punch; first counter to the groin
4. Pulled from the side - burst in the direction of the pull, defend and counterattack
5. Pulled from behind – spin back, burst in the direction of the pull, defend and counterattack

F. Escaping Chokes on the Ground

1. Attacker **sitting** on the defender - applying a very close, low choke
2. Attacker **sitting** on the defender - choking with straight elbows

G. Ground - Opponent Standing or Sitting on Top and Punching

1. A standing opponent tries to strike – hand and body defense, counter with kicks (counter strike if assailant is at close range).
2. Attacker punching from a mount position - defend, counterattack, trap, bridge.

H. Defending against an Impending Knife threat

1. From the front at mid-range – with a C grip on opponents wrist:
With variations on position of the knife and attitude of attacker (based on P-level-2, L4)

I. Defending Against Unexpected/Unfamiliar Attacks

1. Escaping all types of grabs, chokes, bear hugs, headlocks, etc., from all angles and in multiple variations
2. Same as no. 1 above - with the elements of surprise and stress
3. Defending against varieties of punches and kicks, coming from different angles and aimed at various targets; starting from **different stances**.

J. Returning Attacker

1. Following defender's technique, the attacker returns and attacks, with or without a weapon

K. Protecting a Third Party

1. Principles and techniques of:
 - a) Screening
 - b) Warning verbally
 - c) Removing 3rd party from area, approach from the front and turn and lead: with pull and push with two hands; with grab of upper arm (by one hand).
2. Attack the attacker - rescuer may approach the attacker from any direction
3. Take down with a Knee-stomp from behind – to separate attacker from victim

L. Fighting Games, 4 Against 1

1. Two hand strikes every two seconds
2. Two strikes or kicks every two seconds

M. Fighting Skills

1. Slow fighting
2. Light fighting with protective gear (groin protection, boxing gloves, shin pads, mouthpiece; headgear is recommended)

N. Simulation and Tactics – P5 - Two Attackers against an Accompanied Defender

Description: Two strolling people are approached by two attackers. First, the attackers approach from the front, at the next stage, they may take a divided approach.

Additional Material (Country-Specific)

Additional P-5 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

I. Breathing and Focusing

1. The 3 levels of breathing, separately and in full breathing
2. Standing with mind control
3. Very slow motion technique. Use a basic technique, recommended with defense and counter, moving the center of gravity (shifting of body weight)

II. Escaping Two-Person Wrist Grabs

1. When possible, use leverage by circling and lowering elbows
2. Kick one attacker then the other - with one or both legs
3. When a third, dangerous attacker approaches - kick this attacker first

III. Escaping Chokes on the Ground

1. Attacker at your side – technique as in P1 but apply arm bar (elbow lock).
 - a) Variation - attacker shifts weight forward; use leverage to force attacker to your side (assailant will end on own stomach or side)

IV. Escaping Front Bear Hugs

1. Arms free – grab hair or head; apply leverage on the neck and separate attacker
2. Against low grabs – strike attacker's face; pull hair or head; apply leverage on the neck.

Notes: *Do not put leverage on the training partner's spine. Take care to avoid injuries; perform slowly and with care.*

Graduate Level 1

Required Achievement: Fighter Level. Emphasizing finishing modes and not stopping if failure happens.

A. Dealing with Falls

1. Hard break-fall forward (when needed, trainee will be tested falling from the knees)
2. Sideways roll

B. Attacks

1. Head-butt – forward, backward & sideways
2. Elbow strike against a group of attackers

C. Kicks

1. Sliding kicks – using a sliding advance for: regular front, defensive front, side, round-house and defensive back kicks. From any chosen stance, kick with front or back leg

D. Takedowns and Throws

1. Big sweep - from the outside
2. Machine gun takedown - from the side (head to back of the opponent)

E. Defenses against Medium and High Side Kicks

Note: *Stop kicks can be used effectively against sidekicks (as done in P-Level-2)*

1. Retreat and lift the front leg, defend with front hand (does low scooping outside defense)
2. Low sweeping outside defense (with forearm), against sidekicks of medium height
 - 2.1. With the front hand, advance diagonally fwd with the back leg
 - 2.2. With the back hand, advance diagonally fwd with the front leg
3. Against a high side kick - sweeping inside defense with the front forearm
4. Against a high side kick from the side - outside defense upward leaning the upper body away, countering with a low side kick

F. Releases from Wrist Grabs While on the Ground (attacker has mounted the defender)

1. Slide /circle one hand, bridge and counterattack
2. Grab one hand overhead, bridge to the grabbed side and counterattack

G. Escaping from Headlocks and Chokes While on the Ground

1. Escape from choke (or head slam) while attacker is sitting on faced-down defender –
 - 1.1. Use a pluck and turn
 - 1.2. Use the upper arm and turn
2. Escaping a headlock from behind - starting from a sitting position - free a leg and turn
3. Escaping a headlock from behind while the face-down attacker is sitting on defender

H. Defending against a Standing Opponent when the Defender is on the Ground

1. Attacker delivers a regular kick to the head / upper body – outside forearm defense
2. Attacker delivers a stomping kick to the upper body – inside forearm defense
3. Attacker jumps high on the defender and stomps with one or two legs - clam-like
4. "Free work" - against combinations of attacks – includes relevant tactical moves.

I. Defenses against Overhand (Regular) Stab

0. Kick defenses, as in previous P-level-3 section J.
1. 360° defense - hook and catch the attacking arm to prevent further stabs. Option to end with disarming the assailant
2. When attacked from the side (left/right) –
 - 2.1 Defend (block) and counterattack, control (grab) as early as possible or move away
 - 2.2 Defend lean away and kick

J. Defenses against Underhand (Oriental) Stab

1. For medium range attacks - defend with diagonal forearm, end with disarm.
2. For close range attacks - use 360° defense with multiple counterattacks. Deal with: strong upwards attack; repeated attacks; retreating attacker and groggy (wrap attacker's forearm).
3. Against attacks from the side, **in-front of the arm** - defend with the closest forearm while moving to the live side; switch hands and counterattack - against attack with same hand.
4. Against attacks from the side, **behind the arm** – defend with the closest forearm and switch hands, while moving to the blind (dead) side - against attack with same hand

Note: wrapping of the attacker's forearm is part of a finishing move, after counterattacks and should not be done automatically

K. Defense against a Handgun Threat from the Front

1. Defense against a pistol threat from the front
2. Variations - gun held at various heights, angles and distances, in either or both hands.

L. Defenses against Previously Unknown Attacks from a Variety of Angles

1. Defend against an attack previously unknown to the defender. The trainee is encouraged to use a technique as close as possible to what has been practiced

M. Dealing with a Continuing Attacker – *Whilst releasing from previously learnt Chokes and/or Headlocks*

Attacker launches a second attack (as a grab, strike or kick) during the counteraction that the defender is doing against the first one

N. Simulations of Real Life Situations/Scenarios (G1)

Simulation near an ATM. Different situations and ranges

O. KM Sparring, Fighting Games and Determination Drills

1. Attacking targets - both stationary and moving - at different angles, distances, heights and positions. Beginning from various positions and stances, the student should practice an explosive series of attacks and reach maximum speed and power.
2. Determination and perseverance drills
 - 2.1. Passing through crowd – circle drills
 - 2.2. Chasing games
3. **Four-Against-One** fighting games
4. KM Sparring - Students will be tested on one round of 2 min. fighting
 - 4.1. Slow fighting
 - 4.2. Light fighting with protective safety gear

Note: Protective safety gear includes: groin protector, mouth guard, boxing/MMA gloves and leg protection. Helmet and hand bandages (wraps) are also strongly recommended.

MMA gloves - should be leather and adequately padded. **One should practice with care with such gloves; Boxing gloves** - should be of leather and adequately padded. Type of gloves needed is determined by person's weight: less than 50 kg - 10 oz boxing gloves; 50 kg up to 65 kg - 12 oz gloves; 65 kg up to 80 kg - 14 oz; over 80 kg - 16 oz. The instructor is responsible for ensuring that these safety guidelines are followed

Additional Material (Country-Specific)

Additional G1 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

- a. Attacking while on the ground – from every position mount, guard, cross-mount**
Trainee will practice attacks while on or under the assailant. Finish standing.
- b. Defending Horizontal (Swing) Stick Attack to the Legs -**
 - b.1. Burst forward
 - b.2. Defend with the shin
 - b.3. Defend with a stop kick to the stick/palm
- c. Defending an overhead knife attack – kick to the groin at initial stage of lifting the arm**

Graduate Level 2

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping when failure happened. Getting acquainted with the requirements for the Warrior Level

A. Spinning Attacks, Strikes and Kicks

1. Spinning back elbow (horizontal)
2. Spinning back hammer strike (horizontal)
3. Spinning defensive back kick.
4. Spinning regular back kick.

B. Takedowns and Throws

1. Front sweep kick (low roundhouse kick)
2. Shoulder-push takedown (pull opponent's knees) - From the rear
3. Double leg takedown – from the front

C. Sliding Defense against a Straight Punch

1. Inside sliding defense that ends with a straight punch
2. Outside sliding defense that ends with a straight punch

Note: Both defenses are done with the front hand against the opposite hand (e.g. - left vs. right).

D. Double Hand Defense against Kicks of an Unknown Height

1. **Back hand** executing a low outside defense; **front** hand is, executing a **high** inside defense with the palm or forearm.
2. **Back hand** executing a high inside defense; **front** hand is, executing a **low** outside defense with the palm or forearm (spin on balls of feet)

E. Escaping One-Handed Shirt Grabs

1. Prevention
2. Strong attacks with hands and/or legs – if required in a dangerous situation
3. Retreat and rotate using the upper arm
4. Retreat and rotate using the upper arm (as in no. 3) followed by leverage on the attacker's elbow. Done after **no. 2 has failed**.
5. Against a one-handed shirt grab or pull **from the rear** - lift arm to ear, step and turn

F. Escaping Two-Handed Shirt Grabs

1. Prevention – using of pre-emptive counter actions; deflection, block, counterattack
2. Step back, insert opposite elbow – if dangerous situation follow with counterattacks
3. Step back and return with leverage on attacker's wrist

G. Escaping Full Nelson Grab

1. Prevention – grab opposite hand, lock finger/s and counterattack
2. Scraping and creating leverage on finger/s, counterattack

H. Against Knife Attacks - Defending Straight Stabs

0. General solutions - using the three types of kicks – as in P-Level-3 section J
1. Inside forearm defense - from the outside
2. Inside sweeping defense - to the inside
3. Against low stab – including instinctive / reflexive defenses (at close range)
 - 3.1. Scooping outside defense, counterattack with leg and/or hand
 - 3.2. Inside palm defense and counterattack as possible.

Notes:

Practice techniques 0 and 3 from a passive and semi passive stances.

Start practicing techniques 1 and 2 from an appropriate ready stance. In the later stages, practice from a minimized ready stance.

Once out of the initial channel of attack, perform all techniques without returning to it.

I. Against Knife Attacks - Defending Slashes

0. General solutions - using the three types of kicks – as in P-Level-3 section J
1. For a close-range, surprise attack, defend against the first slash using 360 outside defense (head is kept low and protected) – high or low slash.
2. **Two high** forearm defense against high slashes - retreat and return
3. **Low and High** forearm defense against low slashes – retreat and return

J. Defending Against a Straight Stab or Thrust with a Stick

1. Inside defense against a low stab - to either side, grab and counterattacks
2. Inside defense, moving to the live side, send both forearms toward the **long** weapon
3. High inside forearms defense against a stab - stick held in a high hold
4. Defense against a horizontal straight thrust – both hands holding the stick

K. Dealing with a Continuing Attacker

Attacker launches a second attack during the counteraction that the defender is performing against the attacker's first attack

L. Simulations of Real-Life Situations/Scenarios (G2)

Multiple Opponents in a Confined Space

M. Fighting Drills

1. Courage, controlled aggression, perseverance and determination drills.
2. Slow and light fighting.
3. **Four-against-one** fighting drills
4. Simulated "real" fighting with protective gear
5. Test on two rounds of fighting

Note: see G-1 for more information about protective and safety gear.

Additional Material (Country-Specific)

Additional G2 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Kicks and Spinning Kicks

- a Spinning back roundhouse kick (heel kick) - diagonally upward or horizontal
- b **Variation:** a kick with a mix of the above and a sidekick.

Note: Practice spinning kicks in place, while advancing and while retreating.

2. Escaping Shirt Grabs

- a. One-hand grab - use of leverage on the thumb – on the first or second joint
- b. Two hand grab - Step back and return with a leg hook against strong resistance, create leverage on attacker's wrist or elbow
- c. One or two hand grab - step back, insert opposite elbow, knuckles **hit or rub** opponent's back of hand

Graduate Level 3

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping if failure happens. Striving for the Warrior Level, adapting solutions to changes in situation.

A. Takedowns - Cavalier Leverage on the Wrist Joint

1. Backward - step diagonally backward while securing the attacker's hand.
2. Forward - advance forward against resistance/pull.
3. With an elbow strike and press - done as in #1 and #2.

B. Escaping Holds in a Sitting Position (using previous principles and techniques)

1. Methods for getting up from a chair – in place, forward, sideways, backward with a spin.
2. Falling backward from a chair
3. Escaping from chokes; four directions
4. Escaping a headlock from behind

C. Defending an Attempt to Throw (attacker is coming from the front or the side)

1. Attacker approaches to grab clothing or body, low or high – prevention of grab
2. Attacker grabbed and attempts to throw – appropriate push with one or two hands/forearms, lower center of gravity and counterattack.

D. Defending Stick attacks

1. Against a swing from below (cricket, golf)
 - 1.1 Stabbing defense
 - 1.2 Stop kicks to the stick (near the hold)
2. Against an overhead swing coming **from the side** – turn and step.
3. Against a horizontal swing **from the side** – 2 forearms (one high, the other high or low)

E. Defense against Knife Attacks from Various Angles

1. Against an attack from the rear – move diagonally fwd and to the side, turn, defend and counter so as not to get stabbed by the second attack
2. Against straight knife attack from the side – turn to the dead side (with a spin or a step)
 - 2.1. High forearm defense #1 against a high straight stab to neck
 - 2.2. Low forearm (chop) defense against straight stab to ribs
 - 2.3. Step forward and kick
3. Defense against an assailant attacking from various angles and ranges (including from behind) all main types of knife attacks – with elements of surprise

F. Defense against Handgun Threats

1. Gun at the side held against defender's side (ribs), behind arm
 - 1.1 Deflect, turn and wrap
 - 1.2 Deflect turn and grab a C-grip with back hand
2. Handgun held against defender's side (ribs), in front of arm
3. Gun threat from behind, held against the back - train defense for various heights (from lower back up to head level)
 - 3.1 Turn to either side – wrap of arm
 - 3.2 Turn to dead side – grab with back hand

G. Dealing with a Continuing Attacker

Attacker launches a second attack during the counteraction that the defender is performing against the attacker's first attack

H. Correct Decision Making

1. Defend against (unknown) attacks, from a variety of angles, distances, directions, etc'
2. Responding to opponents reactions –
 - 2.1 Following with kicks (and strikes) an opponent that retreats or moves sideways
 - 2.2 Following with kicks and strikes, according to changes in distance and ranges against an opponent that moves to any direction

I. Overcoming Disorientation Caused by an Attack (groggy)

Problem: Defender is suffering pain and/or concussion resulting in inability to breath, maintain own balance or function. The defender's tendency is to remain in standup fighting.

Solution: Fall sideways, softly to the ground, with legs toward the opponent, counterattack

Advantage: Taking the initiative recuperates; improving position

Disadvantage: against more than one attacker; problematic terrain

J. Simulations of Real-Life Situations/Scenarios (G3)

Dealing with an attacker outside or while seated in a car.

K. Four-Against-One - Fighting Drills

Including at least one attacker that has a knife or a stick, and one that attempts to grab.

L. Fighting Drills

1. Mental training – improving and deepening
2. Slow fighting and light fighting exercises
3. **Elements of CQB** – fighting drills near wall, corner (inside, outside), door
4. Simulated “real” fighting with protective gear – in the tested two rounds of such fighting

Note: see G-1 for more information about protective and safety gear.

Additional Material (Country-Specific)

Additional G3 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Ground Fighting – Transition Between Positions

- a. From guard, mount cross-mount – get up
- b. In guard position (assailant between legs):
 - i. Get head out and climb
 - ii. Get foot or shin in and flip
- b. In a mounted/riding position (defender being mounted)
 - i. Trap one side and roll
 - ii. Get leg and head out and climb
- c. In cross-mount (assailant on defender)
 - i. Get a leg in and move to guard
 - ii. Get a hand in and slide under - bridge

Note: Finish by getting up into a standing position.

Graduate Level 4

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping if failure happens. Striving for the Warrior Level, adapting solutions to changes in situation.

A. Attacks

1. Roundhouse punch directed diagonally and downward.
2. Chop strikes: **inward** chop (palm up), **downward** chop, **outward** chop (palm down)

B. Defenses against Elbow Strikes

1. Against an horizontal elbow strike – block with forearm and palm
2. Against a vertical elbow strike – inside defense with forearm, elbow forward

C. Defenses against Attacks with a Stone

1. Against an overhead or diagonally downward attack - use stabbing defense
2. Against a horizontal swing
 - 2.1. Stabbing defense sideways
 - 2.2. Two palm defenses, moving diagonally forward
3. Against an attack from the front (straight) - inside sweeping defense

D. Escaping Various Grabs and Holds (Defender Throws Attacker)

1. Escaping a pushing bear hug from behind, arms free
2. Escaping a pushing bear hug from behind, arms trapped
3. Escaping a pushing, low bear hug from the front, arms free - roll backward
4. Escaping a headlock from the side - attacker takes down – spinning inward
5. Escaping a headlock from the side - attacker puts leverage on the neck – backward
6. Escaping an arm bent behind (leverage on shoulder) - bend, send opposite leg backward

Note: In techniques 1-3, the attacker has slammed into the defender

E. Ground Fighting – Attacking while on the Ground (end in a standing position)

Required attacks and actions are: all relevant types of striking and kicking; locking fingers; grab and press; shouting; trapping and limiting hands of opponent. Finish by getting up.

1. Attacking from the mount (on top) position – when on or under.
2. Attacking from the cross-mount position – when on or under.
3. Attacking in the guard position – when in or under

F. Defense against a Rifle / Long Gun Threat (to either live or dead sides)

1. Rifle threat from the front – inside defense, grabs and lift weapon
2. Rifle threat from behind - trap with both hands
3. Rifle threat from the side, high – outside defenses and trap with both hands

Note: Apply variation of the solutions to deal with variations on the problems (direction, distance, height).

G. Defenses against Circular or Straight Knife Attacks - In a Seated Position

1. From long range – use the chair or kick (get up or support lifting body) - attacker can approach from all directions
2. Hand defenses - attacker can approach from all directions and use all basic knife attacks

H. Defense against Knife Attacks on the Ground - Lying Down (Face-Up)

1. Standing opponent, coming from the side, with a downward stab
 - 1.1 At long distance block with 2 feet
 - 1.2 At close distance use forearm defense
2. Opponent sitting on defender, attempting a downward stab

I. Rhythm and Pacing - as an Attacker, as a Defender - Including Fighting Drills

1. Rhythm with two or more attacks/moves - no connection, natural, broken, shattered and simultaneous. Practice in place and while advancing.
2. Practice defenses against combinations of attacks executed at different rhythms.
3. Practice fighting games and light fighting while alternating the rhythm

J. Dealing with a Continuous Attacker – Focusing on Previously learnt Knife Defenses

Attacker launches attack during counteraction that the defender is doing against the first one.

K. Four-Against-One - Fighting Drills

Including at least one attacker that has a knife or a stick, and one that attempts to grab

L. Fighting Drills

1. Mental conditioning, combat mindset – improve and deepen courage and determination
2. Slow fighting and light fighting exercises
3. Elements of fighting in CQB – wall, corner (inside, outside), door, staircase
4. Simulated “real” fighting with protective gear
 - 4.1. Students will be tested in two rounds of fighting

Note: see G-1 for more information about protective and safety gear.

M. Simulations of Real-Life Situations/Scenarios (G4)

1. After falling or being thrown or taken to the ground, dealing with a standing or a tight (controlling) attacker.
2. Two attackers approach a seated defender. Dealing with kicks and knife attacks

Additional Material (Country-Specific)

Additional G4 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Defenses Against Back Kicks (*with or without a spin*)

- a. Against a defensive back kick (with or without a spin)
 - a.1. Stop kick to body
 - a.2. Hand defenses as against side kick
- b. Against a regular back kick (with or without a spin)
 - b.1. Shin defense
 - b.2. Stop kicks
- c. Defense against a horizontal heel kick (backward roundhouse kick) (with or without a spin)
 - c.1. Use the 3 basic forearm defenses against a front roundhouse kick
 - c.2. Kick opponent's buttocks or thigh
 - c.3. Burst forward with one arm down and the other hand up.

Note: The above techniques, done with the proper adjustment, are based on those previously used to defend against regular, roundhouse defensive front and side kicks.

Graduate Level 5

Required Achievement: Warrior Level, adapting solutions to changes in attacker's actions.

A. Switch Kicks

1. Two knees in a switch
2. Two regular kicks in a switch
3. Switching: a regular (front) kick and a roundhouse kick
4. Side kick and a defensive back kick with a spin and switch

B. Additional Defenses against Kicks

1. Bursting forward with a high knee, shin at a diagonal, landing a knee strike on attacker's thigh
2. Diagonal shin kick upwards against a low/medium roundhouse kick
3. Against regular Kicks
 - 2.1. Switching heels and attack with regular kick to the groin
 - 2.2. Side step with straight punch, follow with regular kick with rear leg

C. Advanced Defenses against Pistol Threats

1. Pistol aimed at back or side – assailant at a distance
2. Pistol aimed at the side – assailant at very close range: turn and use a C-grip to wrist
3. Pistol aimed at the back – assailant at very close range: turn and grab the elbow

D. Attack, Defend, Attack (phase 1)

Trainee (warrior) – attacks as first action;

Opponent (enemy) – responds with an appropriate, specific technique including **counter**.

Trainee – reacts with defenses and counters as needed;

Trainee Executes →	Front (regular) kick to groin	High roundhouse kick	Side kick	Right punch
Opponent Reacts →	Outside defense (to either side)	Two forearm/s defense	Stop kick to thigh / pelvis	Inside (palm) defense
Trainee Responds →	Inside def. & counter	Hand def. & counter	Scoop def. & counter	Defend & counter

Note: Trainee should not use his first attack as a **fake**, but perform it fully.

E. Attack, Defend, Attack (phase 2) - Opponent Reaches the Trainee's Dead Side:

Trainee (warrior) – attacks with a defensive kick fwd or a side-kick;

Opponent (enemy) – responds with an appropriate, specific technique, moves to the trainee's dead side and counterattacks appropriately.

Trainee - reacts as follows:

1. Use hammer fist or a kick backwards, according to the distance - head is kept low
2. Turns and attacks with a spinning hammer strike or a spinning-back kick

Note: Kick backwards can be regular or defensive, with or without a spin; keep the distance from the counterattacking **opponent**; body is kept low.

F. Attack, Defend, Attack (phase 3)

1. Semi-free practice – initial attack (strike / kick) is **known** to the **opponent**, however opponent's reaction is **unknown** to the **trainee**
2. Free practice – initial attack is unknown to the **opponent** who should respond appropriately. **Trainee** should respond to the reaction of the **opponent**

Note: Trainee - initiates an attack (at first a known one and later an unknown one). This training simulates a fraction of a fight. Free practice should be done only after the trainee has practiced and obtained proficiency in all of the preceding exercises and principles.

G. Releasing Caught Kicking Leg

1. Leap forward pulling caught leg; grab opponent, and counter with a strike and/or a knee kick.

H. Close Range Techniques / In-Fighting. Dealing with an in-fight situation:

1. Retreat diagonally backward, executing counterattacks with punches and kicks
2. Grab or trap attacker to limit his movement and counterattack
3. Throw attacker with previously learned techniques
4. Practice slow fighting while emphasizing in-fight situations

I. Dealing with a Continuing Attacker During Releases / Attacks on the Ground

1. Attacker launches additional attacks during the defender's **releases and counteraction**

J. Mental Training and Visualization

1. Focus and concentrate on a point (min of 10 minutes, distance 2.5 - 3 mtrs.)
2. From defeat to success – visualizing a self-defense/fighting situation. In 5-10 steps, progress from defeat to a winning outcome. Visualize additional successful solutions.

K. Simulations of Real-Life Situations/Scenarios (G5) –

The essence of changing a solution according to changing action

L. Fighting Drills

1. Four-Against-One - Fighting Drills, at least two opponents are armed with sticks or knives
2. Mental training – improving and deepening the line of courage and determination.
3. Slow fighting and light fighting exercises.
4. Elements of CQB.
5. Simulated “real” fighting with protective gear
6. Students will be tested in **three** rounds of fighting.

Additional Material (Country-Specific)

Additional G5 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Various Punches and Kicks

- a. Swinger punch (long roundhouse punch, thumb is downward)
- b. Whip back fist strike - with the knuckles (sideways or backwards)
- c. Roundhouse punch with the joint of the index finger
- d. Roundhouse kick that starts vertically (the knee is initially brought straight up)
- e. Backwards sweep kick - low heel kick (back-roundhouse kick)
- f. Spinning back sweep kick - low spinning heel kick

2. Releasing Caught Kicking Leg

- a. Drop to the ground (fall or use a hand support) and kick the opponent. This may also be done with a spin depending on the way the leg is caught.

3. Takedowns and Throws

- a. Head throw - secure an arm around the opponent's neck, turn and throw

4. Ground Fighting

- a. Choking with the legs, figure-four type technique (starts from guard position – bottom)