

## **G1A Dealing with falls**

**G1A1** Hard break-fall forward.

**G1A2** Sideways roll.

## **G1B Attacks**

**G1B1** Head butt - forward, sideways & backwards.

**G1B2** Elbow strike against a group (start from deceiving act).

## **G1C Takedowns and throws**

**G1C1** Big sweep - from the outside (calf muscle to assailant's calf muscle).

**G1C2** "Machine gun take down" - civilian version.

## **G1D Releases from head locks while on the ground**

**G1D1** Head lock from behind - start from standing position, fall back and turn.

## **G1E Defenses Vs. side kicks (medium and high levels)**

**G1E1** General defense: retreat back diagonally, lift front leg, and perform low outside scooping defense (with front hand).

**G1E2** Scooping defenses (Vs. sidekicks to medium height)

**G1E2.1** With the front hand - advancing diagonally forward with the rear leg.

**G1E2.2** With the back hand - advancing diagonally forward with the front leg.

**G1E3** Front forearm defense (Vs. high sidekicks).

**Note:** stop kicks are also effective against sidekicks.

## **G1F Cavaliers (leverages on wrist joint)**

**G1F1** Backward cavalier - step out and backwards while securing the hand.

**G1F2** Forward cavalier - against resistance, go diagonally forward.

**G1F3** A fast push with the elbow - done as with #1 or #2.

**G1F4** Disarm weapon by using cavalier downwards. (when attacker stands up and on the ground).

## **G1G "General kick defenses" - against all 4 knife attacks / holds**

**G1G1** Side kick to lower ribs / solar plexus.

**G1G2** Bail out roundhouse to solar plexus or groin.

## **G1H Defenses against downward stab**

**G1H1** Kick to the groin (when assailant has little momentum forward).

**G1H2** 360° defense - hook and catch attacking arm to prevent further stabs, end with cavalier disarm.

**Note:** kick lands as knife is moving backwards.

## **G1I Defenses against upward stab**

**G1I1** From passive stance at close range - 360° defense - counterattack, move forward, grab / wrap forearm.

**G1I2** From fighting stance at medium range - inside defense with diagonal forearm, end with cavalier disarm.

**Note:** when at long range use 3 types of kicks previously learned as general solutions.

## **G1J Defenses against stick attacks**

**G1J1** Against a horizontal (baseball) swing - forward hand down, rear hand up.

**G1J2** Against a diagonal whiplash motion to the face - inner defense stop motion with both hands.

## **G1K Defense against handgun threats**

**G1K1** Threat from the front

**G1K1.1** Defender going to dead side.

**G1K1.2** Defender going to live side.

## **G1L Simulations and tactics: defending against different attacks coming from various angles**

**G1L1** Defending against a variety of previously unknown attacks, the defender begins with eyes-closed (ground position Vs. 2).

**G1L2** Zombie Vs. 2 knife + kicks + stick. rounds of 2 min - 1. defending against a variety of previously unknown attacks - defender begins with eyes-open.

## **G1M Fighting drills (1 Vs. 1 targeting)**

**G1M1** Attacking 1 stationary target, using different angles, distances, heights and positions. the assailant attacks from fighting (outlet) stance. the student should demonstrate a series of explosive attacks and to reach full speed and power during each combination.

## **G1N Fighting skills: students will be tested on one round of fighting**

**G1N1** Light fighting with protective gear.

**Note:** protective gear includes: groin protector, mouth guard, boxing gloves, and leg protection. headgear and hand bandage are strongly recommended.

## **EXTRA CURRICULUM - NOT TO BE TESTED**

Tactical behavior for P1 through P5

Students are expected to work on all principles of elements below:

1. Avoid / escape > prevent > defend / bail out > release > late release.
2. Release from double head lock.
3. Stick disarm:
  - 2.1 From live side on chest.
  - 2.2 From live side in circular.
  - 2.3 From dead side with leverage.