



P2A Circular punches

P2A1 Hook punch.

P2A2 Uppercut.

P2B Elbow strikes: vertical elbow strikes

P2B1 Upwards.

P2B2 Downwards.

P2B3 To the rear.

P2B4 Rear and up.

P2C Punches with directional movement

P2C1 Straight punch in advance.

P2C2 Straight punch and retreat.

Note: starting position is semi-passive and fighting stance.

P2D Kicks

P2D1 Stomp downward while getting up from guard position (start with two knees still on ground).

P2D2 Defensive kick forward.

P2D3 Roundhouse kick

P2D3.1 Horizontal.

P2D3.2 Diagonal.

P2E Inside defense (with palm or forearm) against straight punches

P2E1 Simultaneous counterattack.

P2E2 With leaning back and diagonal.

P2E3 Front left against front left.

P2E4 Front forearm defense Vs. a straight punch to body.

P2F Outside defenses against punches

P2F1 Defense Vs. hook punch.

P2F2 Outside defense Vs. straight punches (short distance thumb out).

P2F3 Outside defense Vs. straight punches (upward and forward with diagonal forearm: 4).

Note: P2F1 and P2F2 starting position is fighting stance. P2F3 starting position is passive stance.

P2G Leg defenses against kicks

P2G1 Stop kick with heel outwards.

P2G2 Stop kick with heel inwards.

P2G3 Deflection: inside defense with the shin Vs. regular kick.

P2G4 Blocking defense with shin Vs. low roundhouse kick.

P2H Defenses against knife threat

P2H1 From the front - at medium range.

P2H2 From the back - at medium range.

P2H3 From the side - at medium range (in front and behind the arm).

P2H4 From side or back - high (above the shoulder).

P2I Release from head locks from the rear

P2I1 Arm-bar to front of throat (pressure on the windpipe).

P2I2 Arm-bar to both sides of the neck (carotid artery pressure).

P2I3 Release from hand covering mouth from the rear.

P2J Dealing with falls

P2J1 Forward soft break-fall to the floor.

P2J2 Backward break-fall.

P2J3 Forward roll.

P2J4 Backward roll.

P2K Release while on the ground

P2K1 Release from chokes where the attacker is sitting on the defender (mount position).

P2L Using common objects

P2L1 Using stick type objects for self defense.

P2M Simulation and tactics

P2M1 Defense Vs. 2 attackers circling and performing all previously taught attacks.

P2M2 Striking combinations Vs. 2 attackers holding a punch pad.

P2M3 Slow fighting.

EXTRA CURRICULUM - NOT TO BE TESTED

Tactical behavior for P1

1. Preventing:

Prevent the attacker from performing chokes and side head locks by kicking.

2. Defending:

Implementing the principles of inside & outside defense against 1 attacker, coming to either choke or grab defender in a side head lock.

3. Releasing:

Release from side head lock by sliding backwards.

4. Late release:

Late release from a choke while lying down. starting position for the exercise:

both standing in front of each other, then attacker chokes from either front or side and pushes defender to the ground.

5. Attacking from the mount position:

(top & low).