

P3A Punches

P3A1 Low punches (to body).

P3B Kicks

P3B1 In place (as per P1 & P2).

P3B2 Advancing and retreating: (to all directions)

P3B2.1 Stepping.

P3B2.2 Crossing.

P3B2.3 With slide.

P3C Hand defenses Vs. kicks

P3C1 Against regular kick to the groin

P3C1.1 Inside defense (reflexive - with an open hand).

P3C1.2 Outside scooping defense.

P3C2 Inside defense with the forearm Vs. high defensive kick.

P3D Releases from bear hugs - arms free

P3D1 Bear hug from the front-high.

P3D2 Bear hug from the rear

P3D2.1 Elbow strikes to the head.

P3D2.2 Levering the attacker's fingers.

P3E Releases from bear hugs - arms caught

P3E1 Bear hug from the front.

P3E2 Bear hug from the rear

P3E2.1 High bear hug (from elbow height and above).

P3E2.2 Low bear hug.

P3F Releases wrist / hand grabs

P3F1 Hand grabbing wrist - low holds

P3F1.1 Across.

P3F1.2 Diagonally.

P3F2 Hand grabbing wrist - high holds

P3F2.1 Across.

P3F2.2 Diagonally.

P3F3 Both hands grabbing one wrist

P3F3.1 Low holds.

P3F3.2 High holds.

P3F4 Both hands grabbing both wrists

P3F4.1 Low holds.

P3F4.2 High holds.

P3F5 Both hands grabbing both wrists - from behind

P3F5.1 Release with counterattack.

P3F5.2 Soft release.



P3F6 Release from a strong handshake

P3F6.1 Release by chopping movement with free forearm to assailant's wrist.

P3F6.2 Soft solution - by using leverage on the assailant's thumb joint.

Note: attacking is also a releasing option.

P3G Dealing with falls

P3G1 Sideways break fall.

P3G2 Backwards fall - turn and soft break fall.

P3G3 Forward high roll.

P3H Releases from side head locks while on the ground

P3H1 With distant hand pull assailant's face backwards (wrapping with the leg or adding the free hand is an option), then push head to the floor, then climb on him.

P3H2 One arm caught assailant's head very low. (strike back of assailant's head and climb on his back).

P3I Ways of using / holding the knife

P3I1 Downward, upward, straight, slashing attack. (different directions).

P3J Defense against an attacker charging with a knife (at 2m distance)

P3J1 Regular front kick.

P3K Use of common objects - knife type

P3K1 Basic attacks - slashes and stabs - five major directions.

P3L Fighting games and tactics, 3 Vs. 1

P3L1 Performing releases and late releases, starting with eyes close (soft and hard solutions).

P3L2 Defense Vs. 3 assailant's (knife ice-pick attack, kick, punch). defend by using kicks, inside defenses & outside defenses.

P3M Fighting skills

P3M1 Slow fighting.

EXTRA CURRICULUM - NOT TO BE TESTED

Tactical behavior for P2

1. Preventing from punching or kicking from all directions by using regular and stomp kicks.
2. Defending inside / outside defense against an attacker who is punching.
3. Release from front low bear hug.
4. Late releases using break-falls taught in P1 syllabus and P2 (sec. J).

Additional techniques

1. Release from two attackers grabbing your wrists and pulling while the third attacks from the front.

Note: From P2 level onwards it is recommended to perform choke releases with defender's eyes closed.