



P4A Dealing with falls

P4A1 Backward break fall - from height.

P4A2 Forward roll (remain on the ground) followed by a stomp kick.

P4B Kicks

P4B1 Regular (vertical) kick backwards (2 main distances).

P4B2 Defensive back kick.

P4B3 Regular scissor kick.

P4C Defense Vs. low straight punches

P4C1 Outside scooping defense.

P4D Inside forearm defenses Vs. punches - (elbow high and fist low)

P4D1 Medium height defense Vs. straight punch to the ribs.

P4D2 High defense Vs. straight punch to the head.

P4E Inside defense Vs. combination of two straight punches - left / right

P4E1 Defenses with both palms (one after the other) and counterattack.

P4E2 Hand defenses with a lean back and a regular kick.

P4F Inside & outside defense Vs. combination of punches

P4F1 Defending any combination of two punches

P4F1.1 Two defenses with one hand - one straight & one circular.

P4F1.2 Two defenses with both hands.

P4F2 Defending Vs. punches with outside stabbing defence

P4F2.1 Outside defense Vs. diagonal downward punch (long distance: 1- thumb out Vs. 'slap' type attack, 2 - thumb up Vs. 'stick' type attack, 3 - thumb in Vs. 'hammer' punch).

Note: defender recognises from a far there is no weapon and reacts accordingly.

P4F2.2 Defending Vs. combination of two punches (with stabbing defences).

P4G Defenses Vs. high roundhouse kick

P4G1 Outside defense with forearm, and counterattack with kick.

P4G2 Outside defense with forearm, advance forward diagonally with the opposite leg, followed by a kick.

P4G3 Defense with both forearms while body turns, then advance forward diagonally.

P4H Releases from pushing chokes

P4H1 From the front, while being pushed backwards, body turn and upper arm release.

P4H2 From the rear, while being pushed forwards, body turn and upper arm release.

P4H3 From the rear, while being pulled backwards

P4H3.1 Pluck, turn and attack.

P4H3.2 Pluck, turn and lever the wrist.



P4I Release from head locks

P4I1 Low from the front (guillotine).

P4J Releases from full nelson

P4J1 Preventing nelson hold.

P4J2 Release by scraping and leveraging finger/s.

P4K Defense against stick attack - overhead swing

P4K1 Stabbing defense to assailant's live side - bursting to the inside of the attacking arm.

P4K2 Stabbing defense to assailant's blind side - bursting to the outside of the attacking arm.

P4L Fighting games and tactics - defending unknown attacks (based on P1 - P4)

P4L1 Defense against attacks coming from 360 degrees around defender - using nelson, guillotine, chokes. defender begins with eyes closed.

P4L2 Vs. 4 attackers coming from 360 degrees around defender - using stick, kicks, and combined punches. defender begins with eyes open.

P4M Fighting skills

P4M1 Combinations of attacks, using all attacks and variations.

P4M2 Light fighting with minimal protective gear (light contact).

EXTRA CURRICULUM - NOT TO BE TESTED

Tactical behavior for P3

1. Preventing:

Prevent any and all attacks by regular or stomp kicks.

2. Defending:

2.1 Defending against assailant attempting to perform a low front bear hug - use inside forearm defense.

2.2 Defense from side head lock - use inside & outside defenses.

3. Late releases:

3.1 Release from side head lock on the ground: starting from standing position, assailant attacks from the rear, and jumps on defender and performs a side head lock then takes him to the ground.

3.2 Release from chokes on ground, after attacker pushes defender to the ground, when attacker is sitting on defender (mount position). starting position is from standing with eyes closed.