

P5A Rolls and break-falls

P5A1 Combinations of rolls and break-falls.

P5B Defense Vs. regular kick (to groin)

P5B1 Stabbing defense with rear forearm (fighting stance).

P5B2 Inside defense with low fist, high elbow (passive stance).

P5C Release from bear hugs from the front

P5C1 Low bear hug, arms free.

P5C2 Bear hug while lifted (arms caught and free).

P5D Releases from bear hugs from the rear or side

P5D1 Bear hug when lifted (arms caught and free).

P5D2 Side bear hug (arms caught and free).

P5E Releases from hair grabs / pulls

P5E1 One handed hair grab from the front - implement leverage on wrist (soft technique).

P5E2 Being pulled forward and down towards assailant's knee / from the side / from the rear.
(same release technique).

P5F Releases from chokes on the ground

P5F1 Attacker sitting on defender (mount position) and choking from a very low / close position.

P5F2 Release from guard position (attacker sitting between the legs, choking): pluck, punch, twist sideways with the hip and counterattack.

P5G On ground - Opponent sitting on top (mount position), punching

P5G1 Defend, counterattack, trap, bridge and roll.

P5H Defenses against knife threats

P5H1 From the front at short range, (live & dead sides) - grab & deflect then counterattack.

P5I Defending a third party

P5I1 Preventing confrontation (from long range)

P5I1.1 Attack the attacker from the side by forearm push.

P5I1.2 Attack the attacker from the front of attacker by kick.

P5I2 Diffusing ongoing confrontation actively stopping or blocking and neutralizing attacker (at close range)

P5I2.1 Attack the attacker from the side.

P5I2.2 Attack the attacker from the front.

P5I2.3 Attack the attacker from the back.

P5J Fighting games - defending previously unknown attacks (from P1-P5)

- P5J1** Releases from all grabs, holds and chokes - all angles (defender begins each drill with eyes closed).
- P5J2** Zombie Vs. 4 attackers defend all attacks - all angles and targets (defender begins each drill with eyes open).

P5K Simulation and tactics

- P5K1** Performing releases by using either soft or hard solutions.

P5L Fighting skills

- P5L1** Light fighting with protective gear.

EXTRA CURRICULUM - NOT TO BE TESTED

Tactical behavior for P4

- 1. Preventing:**
Prevent any and all attacks by regular or stomp kicks.
- 2. Defending:**
Defense from assailant attempting to push, pull and choke from all angles.
- 3. Releasing:**
Release from assailant pushing / pulling chokes from all angles.
- 4. Late Releases:**
Release from chokes and head locks after being taken down to the ground from standing position.

General remark:

At the end of P5 the practitioner needs to be able to recognize danger, analyze the situation (choose either a soft or hard solution) and solve it ASAP. the goal is to avoid the attack by preventing it. if this isn't possible, by defending and releasing. if all of those are not possible then resolve by late release.

All techniques / solutions will start with a reaction and end when you are no longer in danger, meaning you have escaped from, neutralized and scanned all existing danger.

- 5. Attacking from the guard position:**
(top & low).
- 6. Knife threat raises the face upward.**