

## 1. ATTACKS

- 1.1. Headbutt – all directions
- 1.2. Elbows – against a group

## 2. HAND AND LEG DEFENCES

- 2.1. vs side kick
  - a. Retreat
  - b. Scoop
  - c. Forearm

- 2.2. Sliding vs punches
  - a. Inside
  - b. Outside

## 3. TAKEDOWNS

- 3.1. Sub-machine gun
- 3.2. Calf to calf

## 4. SELF-DEFENCE

- 4.1. Headlock – on the ground – sitting from behind
  - a. Head lock
  - b. Head lock and legs over

## 5. DEFENCES AGAINST WEAPONS

- 5.1. Stick attack
  - a. Baseball bat swing – one hand or two hand attack
    - i. Two forearms high
  - b. Side to legs
    - i. Bursting

### 5.2. Knife attack

- a. Icepick front
  - i. Kick timing
  - ii. Outside defence and disarming
- b. Oriental stab front
  - i. Short range live side
  - ii. Medium range dead side

### 5.3. Gun threat

- a. Front

- i. Live side
- ii. Dead side

## 6. CAVALIERS

- 6.1. Standing disarm – downward

## 7. GROUND SKILLS

- 7.1. Breakfalls

- a. Front – hard
- b. Back – turn and soft forward

- 7.2. Rolls

- a. Side

## 8. TACTICS

- 8.1. Disarming subject

- a. Cavalier vs one
- b. No cavalier vs two

## 9. SUMMARY DRILLS

- 9.1. Eyes open vs all weapons with prevention (2 mins)
- 9.2. Eyes closed vs all weapons with defences (2 mins)
- 9.3. Eyes open vs all attacks and grabs (2 mins)
- 9.4. Eyes closed vs all attacks and grabs (2 mins)

## 10. FIGHTING DRILLS

- 10.1. Fast with protection (2 mins)
- 10.2. Full with protection (1 min)

## 11. ZOMBIE DRILLS

- 11.1. 4 vs 1 with pad including weapons, grabs and attacks (2 mins)
- 11.2. 4 vs 1 with 2 pads including weapons, grabs and attacks (2 mins)

## 12. AGGRESSION DRILLS

- 12.1. From laying to standing while attacking and back down (2 mins)

## 13. FITNESS

- 13.1. Burpees x 30
- 13.2. Tabata 1 – punches and squats