

1. ATTACKS

- 1.1. Spinning kick
 - a. Back defensive
 - b. Back regular

2. HAND AND LEG DEFENCES

- 2.1. vs kicks to unknown height
 - a. Double defences
 - i. Two forearms – both high
 - ii. Two forearms – one high one low
 - iii. Forearm and shin

3. TAKEDOWNS

- 3.1. Shoulder push
 - a. From behind
 - b. From front

4. SELF-DEFENCE

- 4.1. Shirt grabs
 - a. Front one hand
 - i. Prevention
 - ii. Attacks
 - iii. Circular
 - iv. Circular and elbow lock
 - v. Thumb lock
 - b. Front two hands
 - i. Attacks
 - ii. Leverage on wrist
 - c. Back one hand
 - i. Upper arm turn
 - d. Back two hands
 - i. Attacks

5. DEFENCES AGAINST WEAPONS

- 5.1. Stick attack
 - a. Straight attack
 - i. Live side
 - ii. Dead side
 - b. High stab
 - i. Dead side
 - c. Horizontal
 - i. Two forearms

5.2. Knife attacks

- a. Straight stab front
 - i. Long range – kicks
 - ii. Medium range – live side
 - iii. Medium range – dead side
 - iv. Short range – hands down palm
 - v. Short range – hands high scoop

5.3. Knife threats

- a. Advance threats to the throat – attacker standing in front

- i. Front
- ii. Live side
- iii. Dead side

5.4. Rock and object attack

- a. Overhead attack
 - i. Stabbing defence
- b. Straight attack to face
 - i. Sweeping defence

6. SUMMARY DRILLS

- 6.1. Eyes open vs all weapons with prevention (2 mins)
- 6.2. Eyes closed vs all weapons with defences (2 mins)
- 6.3. Eyes open vs all attacks and grabs (2 mins)
- 6.4. Eyes closed vs all attacks and grabs (2 mins)

7. FIGHTING DRILLS

- 7.1. Fast with protection (2 mins)
- 7.2. Full with protection (2 mins)

8. ZOMBIE DRILLS

- 8.1. 4 vs 1 with pad including stick, knife, grabs and attacks (2 mins)
- 8.2. 4 vs 1 with pad including weapons, grabs and attacks (2 mins)

9. AGGRESSION DRILLS

- 9.1. Ping pong drill (2 mins)

10. FITNESS

- 10.1. Burpees x 40
- 10.2. Tabata 1 – kicks and pushups