

1. ATTACKS

- 1.1. Rhythm and pace
 - a. Not connected
 - b. Natural
 - c. Broken
 - d. Shattered
 - e. Simultaneous

Note: Will be done on pads using hands and legs.

2. GROUND SKILLS

- 2.1. Attacks and defences
 - a. In mount
 - b. Under mount
 - c. In guard high
 - d. In guard low
 - e. Under guard
 - f. In side mount
 - g. Under side mount

Note: Finish standing from both roles.

3. DEFENCES AGAINST WEAPONS

- 3.1. Stick threat
 - a. Threat from front
 - i. Behind and horizontal
 - ii. High and vertical
 - iii. Between and horizontal
 - iv. Low and vertical

- 3.2. Knife
 - a. Chair / sitting – long range
 - i. Escape
 - ii. Escape with distraction using chair
 - iii. Attack using chair

- b. Chair / sitting – medium range
 - i. Stand and kick
 - ii. Brace and kick
- c. Chair / sitting – short range
 - i. All directions – hands

- d. Ground attack – attacker in mount
 - i. Circular stab
 - ii. Straight stab
- e. Ground threat – attacker in mount
 - i. To the neck – left and right
 - ii. To the chest
- f. Ground attack – attacker standing
 - i. Short range hand

Note: all scenarios finish in standing.

3.3. Sub-machine gun threat

- a. Front
 - i. High
 - ii. Low
- b. Side
 - i. Head
 - ii. Live side
 - iii. Dead side
- c. Back
 - i. To either side

4. SUMMARY DRILLS

- 4.1. Eyes open vs all weapons with prevention (2 mins)
- 4.2. Eyes closed vs all weapons with defences (2 mins)
- 4.3. Eyes open vs all attacks and grabs (2 mins)
- 4.4. Eyes closed vs all attacks and grabs (2 mins)
- 4.5. Eyes open on the ground vs all attacks (2 mins)

5. FIGHTING DRILLS

- 5.1. Full with protection (2 mins)
- 5.2. Ground for control (2 mins)

6. ZOMBIE DRILLS

- 6.1. 4 vs 1 with pad including stick, knife, gun (2 mins)
- 6.2. 4 vs 1 with 2 pads including stick, knife (2 mins)
- 6.3. Attackers' corridor (2 mins)

7. AGGRESSION DRILLS

- 7.1. Hitting target, 2nd attacker with weapons (2 mins)

8. FITNESS

- 8.1. Burpees x 60
- 8.2. Tabata 1 – all attacks and pushups
- 8.3. Tabata 2 – all attacks and squats