

1. ATTACKS

1.1. Switching kicks

- a. Two knees
- b. Two regular
- c. Regular and roundhouse
- d. Side and back

2. FIGHT FRAGMENTS

2.1. Fight fragment 1

Person A	Person B	Person A
Slap	360 plus counter	Inside defence and counters
Regular kick	Stabbing defence and counter	Inside defence and counters
Roundhouse kick	Two forearm defence and hammer	Hand defence and counters
Side kick	Stop kick	Scooping defence and counter
Right punch	Inside defence and counter	Inside defence and counters

2.2. Fight fragment 2

Person A	Person B	Person A
Miscellaneous attacks	Move to the dead side	Close hand or leg
Miscellaneous attacks	Move to the dead side	Far hand or leg

2.3. Fight fragment 3

Person A	Person B	Person A
Miscellaneous attacks	Catch leg	Structured aggressive
Miscellaneous attacks	Catch leg	Turn and roll

2.4. Fight fragment 4

Person A	Person B	Person A
Miscellaneous attacks	Move in close	Forearms and shin defences
Miscellaneous attacks	Move in close	Two hands vs headbutt
Miscellaneous attacks	Move in close	Retreat
Miscellaneous attacks	Move in close	Limiting motion / grabbing

3. SELF-DEFENCE

- 3.1. With throws
 - a. Side head lock forward
 - b. Side head lock backward

4. DEFENCES AGAINST WEAPONS

- 4.1. Knife threat
 - a. Close from behind
 - i. Live side
 - ii. Dead side
- 4.2. Gun threat
 - a. Front
 - i. Two hands attacker

5. SUMMARY DRILLS

- 5.1. Eyes open vs all weapons with prevention (2 mins)
- 5.2. Eyes closed vs all weapons with defences (2 mins)
- 5.3. Eyes open vs all attacks and grabs (2 mins)
- 5.4. Eyes closed vs all attacks and grabs (2 mins)
- 5.5. Eyes closed on the ground vs all attacks (2 mins)

6. FIGHTING DRILLS

- 6.1. Full with protection (2 mins)
- 6.2. Ground – try to get up while attacker tries to control (2 mins)
- 6.3. Slow in fight (1 min)
- 6.4. 50% against 2 attackers (2 mins)

7. ZOMBIE DRILLS

- 7.1. Slow fighting with protection vs 2 attackers (1 min)
- 7.2. 4 vs 1 with pad, knife, stick, gun (2 mins)
- 7.3. 4 vs 1 with pad, stick, knife, grabs and attacks (2 mins)
- 7.4. 4 vs 1 with 2 pads, 2 free attackers and weapons (2 mins)

8. AGGRESSION DRILLS

- 8.1. Target, weight, attacker (2 mins)
- 8.2. Hitting target, 2nd attacker with weapons (2 mins)

9. FITNESS

- 9.1. Burpees x 70
- 9.2. Tabata 1 – punches and pushups
- 9.3. Tabata 2 – kicks and squats