

1. VULNERABLE POINTS

- 1.1. Head
- 1.2. Groin

2. STANCES

- 2.1. Basic – regular / passive
- 2.2. Ready – semi-passive
- 2.3. Fighting

3. MOVEMENTS

- 3.1. Four directions

4. HAND ATTACKS

4.1. Straight

- a. Open hand
- b. Fist

4.2. Circular

- a. Slap / street hook

4.3. Hook

4.4. Uppercut

4.5. Hammer

- a. Horizontal side
- b. Horizontal back
- c. Vertical front
- d. Vertical down
- e. Vertical back

4.6. Elbow

- a. Horizontal forward
- b. Horizontal side
- c. Horizontal back
- d. Vertical up
- e. Vertical down
- f. Vertical back

- g. Vertical back and up

5. KICKS

5.1. Straight

- a. Knee
- b. Regular
 - i. Ball of feet
 - ii. Full foot

5.2. Stomp

- a. Forward defensive
- b. Side
- c. Back defensive
- d. Diagonal back

5.3. Circular

- a. Knee
- b. Horizontal roundhouse
- c. Diagonal roundhouse

Note: all kicks should be performed up to hip height.

Students must be able to perform three combinations of five to six attacks using the learned hand attacks and kicks, including change of direction and scanning.

6. HAND AND LEG DEFENCES

6.1. Outside defences

- a. vs hands, tempo 1
- b. vs legs, from ready

6.2. Inside defences

- a. vs hands, tempo 1.5
- b. Live side, dead side
- c. vs legs

7. SELF-DEFENCE

7.1. Chokes – static

- a. Front – pluck with two hands
- b. Side
- c. Behind – pluck with two hands

7.2. Chokes – on the ground

- a. Side

7.3. Headlocks

- a. Side

8. DEFENCES AGAINST WEAPONS

8.1. Knife stab

- a. Outside
- b. Inside – live side and dead side

Note: from ready stance.

9. GROUND SKILLS

9.1. Breakfalls

- a. Soft to wall
 - i. Push
 - ii. Push and lean
- b. Soft to floor

9.2. Getting up from the floor to fighting

- a. Aggressive

10. COMMON OBJECTS AND WEAPONS

10.1. Shield-type objects

11. TACTICS

- 11.1. Outside defences from all directions
- 11.2. Attacks on second target

12. SUMMARY DRILLS

- 12.1. Eyes open vs all attacks with prevention (1 min)
- 12.2. Eyes closed vs all attacks with releases (1 min)
- 12.3. Eyes closed vs all attacks plus look for second target (1 min)

13. ZOMBIE DRILLS

- 13.1. 2 vs 1 simple (1 min)
- 13.2. 2 vs 1 with pads (1 min)

14. AGGRESSION DRILLS

- 14.1. Series of attacks – regular kicks, punches, knees (30 secs)
- 14.2. Series of attacks – side kicks, hammers, straight punch, elbows, knees (30 secs)
- 14.3. Series of attacks – side kicks, hammers, two elbows, two knees (30 secs)

15. FITNESS

- 15.1. Pushups x 30
- 15.2. Situps x 90
- 15.3. Squats x 30