

## 1. VULNERABLE POINTS

- 1.1. Body

## 2. STANCES

- 2.1. Ready cross – outside

## 3. MOVEMENTS

- 3.1. Forward and backward combined with all the hand attacks and kicks of P1

## 4. KICKS

Note: all the kicks of P1 performed to medium height.

Note: all the kicks of P1 performed with steps:

- 4.1. Step
- 4.2. Cross
- 4.3. Skip
- 4.4. Heel switch
- 4.5. Retreat

## 5. HAND AND LEG DEFENCES

- 5.1. Outside defences
  - a. vs street hook / swing / 'hay-maker'
  - b. vs straight punch

- 5.2. Inside defences
  - a. Forearm vs punch to body
  - b. From fighting vs right
  - c. Left against left

- 5.3. Stop kick
  - a. Heel in
  - b. Heel out

## 6. SELF-DEFENCE

- 6.1. Chokes – on the ground
  - a. From mount
- 6.2. Headlocks (standing)
  - a. Behind

- i. Rectangle

- ii. Triangle

- 6.3. Hand covering mouth

## 7. DEFENCES AGAINST WEAPONS

### 7.1. Knife threat – medium range

- a. Front
  - i. Kick
  - ii. Slap and kick
- b. Side
  - i. Front of hand
  - ii. Back of hand
  - iii. High pointing to the neck
- c. Behind

## 8. GROUND SKILLS

### 8.1. Getting up from the floor to fighting

- a. Back
- b. Running

## 9. COMMON OBJECTS AND WEAPONS

### 9.1. Stick-type objects for screening

## 10. SUMMARY DRILLS

- 10.1. Eyes open vs all attacks and grabs with prevention (1 min)
- 10.2. Eyes closed vs all attacks and grabs with releases (1 min)

## 11. FIGHTING DRILLS

- 11.1. Slow fighting (2 mins)

## 12. ZOMBIE DRILLS

- 12.1. 3 vs 1 simple (2 mins)
- 12.2. 3 vs 1 with two pads including grabs and attacks (1 min)

## 13. AGGRESSION DRILLS

- 13.1. Series of attacks – to all directions (2 mins)

## 14. FITNESS

- 14.1. Pushups x 40
- 14.2. Situps x 120
- 14.3. Squats x 40