

1. HAND ATTACKS

1.1. Low to body

- a. Straight punch
- b. Hook
- c. Uppercut

2. KICKS

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

3. HAND AND LEG DEFENCES

3.1. Strike to the head

- a. Hands inside defence – lean back

3.2. Kick to groin

- a. Hands inside defence
- b. Hands outside defence

3.3. High defensive kick

- a. Hands inside defence

3.4. Ground – one attacker

- a. Regular kick to legs
- b. Regular kick to body
- c. Regular kick to head
- d. Stomp to head or chest

4. SELF-DEFENCE

4.1. Prevention

- a. Long range
 - i. Kick
- b. Medium range
 - i. Punch
 - ii. Educational block
- c. Short range
 - i. Technique

4.2. Chokes – static

- a. Front – pluck with one hand
- b. Behind – pluck with one hand

4.3. Chokes – dynamic

- a. Front with push – upper arm turn
- b. Behind with pull – with one hand
- c. Behind with push – upper arm turn

4.4. Bear hugs

a. Front

- i. Arms free head high
- ii. Arms caught

b. Side

- i. Arms free
- ii. Arms caught
- iii. One arm caught

c. Behind

- i. Arms free
- ii. Arms caught high
- iii. Arms caught low

4.5. Headlocks – on the ground

a. Head high arm caught

- i. One hand release
- ii. With helping leg

b. Head high arms free

- i. Two hands

c. Head low

- i. Attacks and turn

5. DEFENCES AGAINST WEAPONS

5.1. Knife threat – short range

a. Low to body

- i. Inside
- ii. Outside

b. High to chest

- i. Inside
- ii. Outside

6. GROUND SKILLS

6.1. Rolls

- a. Forward
- b. Backward

6.2. Breakfalls

- a. Back
- b. Side

7. COMMON OBJECTS AND WEAPONS

7.1. Knife-like objects

8. SUMMARY DRILLS

- 8.1. Eyes open vs all attacks, grabs and weapons with prevention (2 mins)
- 8.2. Eyes closed vs all attacks, grabs and weapons with releases (2 mins)

9. FIGHTING DRILLS

- 9.1. 50% with protection (1 min)
- 9.2. Slow fighting (2 mins)

10. ZOMBIE DRILLS

- 10.1. 3 vs 1 with pads including grabs and attacks (2 mins)
- 10.2. 3 vs 1 with two pads including hand and leg attacks (1 min)
- 10.3. 3 vs 1 including grabs and hand attacks (1 min)

11. AGGRESSION DRILLS

- 11.1. Circle of attackers – activation by voice or touch (1 min)

12. FITNESS

- 12.1. Pushups x 50
- 12.2. Situps x 150
- 12.3. Squats x 50

