

1. KICKS

1.1. Regular back

- a. Short
- b. Long

1.2. Advancing

- a. Slide

2. HAND AND LEG DEFENCES

2.1. vs low punch

- a. Chop
- b. Scoop

2.2. vs punch / regular kick from the side

- a. To ribs – inside, elbow high
- b. To head – inside, elbow high

2.3. vs two punches

- a. Two straight – inside defence
- b. Two straight – lean back
- c. Two straight – one hand
- d. Two street hooks – outside
- e. Straight and street hook – two hands
- f. Straight and street hook – one hand

2.4. vs high roundhouse kick

- a. Double-defence – hand and leg
- b. Reflexive forearm
- c. Reflexive and step
- d. Two forearms

2.5. vs close range attacks

- a. Elbow
- b. Knee
- c. Uppercut

3. SELF-DEFENCE

3.1. Wrist grabs

- a. Attacks
- b. Same side low
- c. Same side high
- d. Diagonal low
- e. Diagonal high
- f. Two hands front low
- g. Two hands front high

- h. Two hands back
 - i. Two hands on one low
 - j. Two hands on one high

3.1. Hand shakes

- a. Attacks
- b. Leverage

3.2. Headlock

- a. Front / guillotine

3.3. Full Nelson

- a. Prevention
- b. Leverage on finger

4. DEFENCES AGAINST WEAPONS

4.1. Stick attack

- a. Overhead swing
 - i. Live side
 - ii. Dead side

4.2. Knife attack

- a. Long range charging
 - i. Front kick to chest
 - ii. Bail out – roundhouse kick
 - iii. From side – side kick

5. THIRD PARTY

5.1. Attack the attacker

- a. Front
- b. Side
- c. Behind

6. GROUND SKILLS

6.1. Rolls

- a. Unnatural side – front
- b. Unnatural side – back
- c. To the wall / knee – stay on ground

7.2. Breakfalls

- a. Back from height

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 (2 mins)
- 9.2. 50% no protection (2 mins)

10. ZOMBIE DRILLS

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

11. AGGRESSION DRILLS

- 11.1. Circle of attackers – activation by voice or touch (2 mins)

12. FITNESS

- 12.1. Pushups x 60
- 12.2. Situps x 180
- 12.3. Squats x 60

