

## 1. HAND AND LEG DEFENCES

- 1.1. vs kick to groin
  - a. Stab
- 1.2. Ground – attacker in mount
  - a. Circular attacks
  - b. Straight attacks
  - c. Circular and straight attacks
- 1.3. Ground – attacker in guard

- a. Circular attacks
- b. Straight attacks
- c. Circular and straight attacks

## 2. SELF-DEFENCE

- 2.1. Bear hugs
  - a. Front
    - i. Head low
    - ii. Lifted
  - b. Behind
    - i. Arms free – leverage on finger
    - ii. Lifted
- 2.2. Hair grabs
  - a. All directions
    - i. Wrap
    - ii. Defence vs knee
    - iii. Defence vs punch
  - b. Front static
    - i. Leverage on wrist
- 2.3. Chokes – on the ground

- a. Head low
- b. In guard

- 2.4. Hand grabs – on the ground
  - a. Hands far apart
  - b. Hands close together

## 3. DEFENCES AGAINST WEAPONS

- 3.1. Stick attack
  - a. Baseball bat swing – one hand or two hand attack
    - i. One hand high one hand low

3.2. Knife attack

- a. Ground attack – attacker standing
  - i. Long range

**4. CAVALIERS**

4.1. Two hands

- a. Defender moving forward
- b. In place
- c. Defender moving backward

4.2. Elbow

- a. Defender moving forward
- b. Defender moving backward

**5. GROUND SKILLS**

5.1. Breakfalls and rolls

- a. Combinations

**6. COMMON OBJECTS AND WEAPONS**

6.1. Using a stick

- a. Five directions of attack
- b. General defences – stick in two hands

**7. SUMMARY DRILLS**

- 7.1. Eyes open vs all weapons with prevention (2 mins)
- 7.2. Eyes closed vs all weapons with defences (2 mins)
- 7.3. Eyes open vs all attacks and grabs (2 mins)
- 7.4. Eyes closed vs all attacks and grabs (2 mins)

**8. FIGHTING DRILLS**

- 8.1. 50% no protection (2 mins)
- 8.2. Fast with protection (2 mins)

**9. ZOMBIE DRILLS**

- 9.1. 3 vs 1 with pads including weapons, grabs and attacks (2 mins)
- 9.2. 3 vs 1 with 2 pads including weapons, grabs and attacks (2 mins)

**10. AGGRESSION DRILLS**

- 10.1. Circle of attackers – escaping circle (2 mins)

**11. FITNESS**

- 11.1. Pushups x 70
- 11.2. Situps x 210
- 11.3. Squats x 70