

CURRICULUM **EXPERT 1**

1. ATTACKS

1.1. Jumping kicks

a. Regular

- i. Straight / diagonal knee
- ii. Regular
- iii. Side

b. Scissors

- i. Straight / diagonal knee
- ii. Regular
- iii. Side
- iv. Roundhouse

c. Slap (without jump)

- i. Inside
- ii. Outside

d. Combinations / Advanced

- i. Run, regular jumping kick, grab, hammer
- ii. Bursting defensive kick, with two straight punches
- iii. Stop kick with two straight punches

Note: punches can be sliding in or out defences too.

2. FIGHT FRAGMENTS

2.1. Fight fragment 5 (Groggy)

- a. Fall to ground
- b. Grab and attack

3. DEFENCES AGAINST WEAPONS

3.1. Knife threats

- a. Advanced threats to the throat
 - i. Attacker standing to the side
 - ii. Attacker standing behind
- b. Advanced threats to the body
 - i. Attacker standing to the side
 - ii. Attacker standing behind

3.2. Gun threats to the head

- a. Hostage to the temple
- b. Behind standing
- c. Behind on knees

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4. TWO ATTACKERS - TACTICS AND BEHAVIOUR

- 4.1. Same weapon – knife or stick
 - a. Escape
 - b. Barrier
 - c. Defend the first then second
 - d. Disarm the close one
- 4.2. Two weapons – knife and stick
 - a. Escape
 - b. Barrier
 - c. Defend the first then second
 - d. Disarm the close one
 - e. Knife close

5. TACTICS

- 5.1. Timing
- 5.2. Change range
- 5.3. Breaking corners
- 5.4. Tying / limiting
 - a. Hands
 - b. Legs
- 5.5. Diverse hand treatments
 - a. Lock on finger
 - b. Slap kick

6. SUMMARY DRILLS

- 6.1. Eyes open vs all weapons, attacks and grabs with prevention – one attacker (2 mins)
- 6.2. Eyes closed vs all weapons, attacks and grabs with defences – one attacker (2 mins)
- 6.3. Eyes closed – circle of attackers with all attacks and weapons – 4 attackers (2 mins)

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7. FIGHTING DRILLS

- 7.1. Full vs attacker with knife (2 mins)
- 7.2. Full vs attacker with stick (2 mins)
- 7.3. Full vs 2 attackers with stick and knife (2 mins)

8. ZOMBIE DRILLS

- 8.1. Fighting 4 vs 1 - 50% with protection, with pad, knife, stick and free attacks (2 mins)
- 8.2. 4 vs 1 with pad, knife, stick, gun (2 mins)
- 8.3. 4 vs 1 only pads (2 mins)

9. AGGRESSION DRILLS

- 9.1. Ping pong (2 mins)
- 9.2. Target, attacker, blocker (2 mins)

10. FITNESS

- 10.1. Burpees x 100
- 10.2. Tabata 1 - punches and pushups
- 10.3. Tabata 2 - kicks and squats
- 10.4. Tabata 3 - all attacks and sit ups