

CURRICULUM GRADUATE 1

1. ATTACKS

- 1.1. Headbutt - all directions
- 1.2. Elbows - against a group

2. HAND AND LEG DEFENCES

- 2.1. vs side kick
 - a. Retreat
 - b. Scoop
 - c. Forearm
- 2.2. Sliding vs punches
 - a. Inside
 - b. Outside

3. TAKEDOWNS

- 3.1. Sub-machine gun
- 3.2. Calf to calf

4. SELF-DEFENCE

- 4.1. Headlock - on the ground - sitting from behind
 - a. Head lock
 - b. Head lock and legs over

5. DEFENCES AGAINST WEAPONS

- 5.1. Stick attack
 - a. Baseball bat swing - one hand or two hand attack
 - i. Two forearms high
 - b. Side to legs
 - i. Bursting
- 5.2. Knife attack
 - a. Icepick front
 - i. Kick timing
 - ii. Outside defence and disarming
 - b. Oriental stab front
 - i. Short range live side
 - ii. Medium range dead side
- 5.3. Gun threat
 - a. Front
 - i. Live side
 - ii. Dead side

CURRICULUM

6. CAVALIERS

6.1. Standing disarm - downward

7. GROUND SKILLS

7.1. Breakfalls

a. Front - hard

b. Back - turn and soft forward

7.2. Rolls

a. Side

8. TACTICS

8.1. Disarming subject

a. Cavalier vs one

b. No cavalier vs two

9. SUMMARY DRILLS

9.1. Eyes open vs all weapons with prevention (2 mins)

9.2. Eyes closed vs all weapons with defences (2 mins)

9.3. Eyes open vs all attacks and grabs (2 mins)

9.4. Eyes closed vs all attacks and grabs (2 mins)

10. FIGHTING DRILLS

10.1. Fast with protection (2 mins)

10.2. Full with protection (1 min)

11. ZOMBIE DRILLS

11.1. 4 vs 1 with pad including weapons, grabs and attacks (2 mins)

11.2. 4 vs 1 with 2 pads including weapons, grabs and attacks (2 mins)

12. AGGRESSION DRILLS

12.1. From laying to standing while attacking and back down (2 mins)

13. FITNESS

13.1. Burpees x 30

13.2. Tabata 1 - punches and squats