

# **CURRICULUM** GRADUATE 4

## **1. ATTACKS**

### 1.1. Rhythm and pace

- a. Not connected
- b. Natural
- c. Broken
- d. Shattered
- e. Simultaneous

Note: Will be done on pads using hands and legs.

## **2. GROUND SKILLS**

### 2.1. Attacks and defences

- a. In mount
- b. Under mount
- c. In guard high
- d. In guard low
- e. Under guard
- f. In side mount
- g. Under side mount

Note: Finish standing from both roles.

## **3. DEFENCES AGAINST WEAPONS**

### 3.1. Stick threat

- a. Threat from front
  - i. Behind and horizontal
  - ii. High and vertical
  - iii. Between and horizontal
  - iv. Low and vertical

### 3.2. Knife

- a. Chair / sitting – long range
  - i. Escape
  - ii. Escape with distraction using chair
  - iii. Attack using chair
- b. Chair / sitting – medium range
  - i. Stand and kick
  - ii. Brace and kick
- c. Chair / sitting – short range
  - i. All directions – hands

# CURRICULUM

- d. Ground attack - attacker in mount
  - i. Circular stab
  - ii. Straight stab
- e. Ground threat - attacker in mount
  - i. To the neck - left and right
  - ii. To the chest
- f. Ground attack - attacker standing
  - i. Short range hand

Note: all scenarios finish in standing.

## 3.3. Sub-machine gun threat

- a. Front
  - i. High
  - ii. Low
- b. Side
  - i. Head
  - ii. Live side
  - iii. Dead side
- c. Back
  - i. To either side

## 4. SUMMARY DRILLS

- 4.1. Eyes open vs all weapons with prevention (2 mins)
- 4.2. Eyes closed vs all weapons with defences (2 mins)
- 4.3. Eyes open vs all attacks and grabs (2 mins)
- 4.4. Eyes closed vs all attacks and grabs (2 mins)
- 4.5. Eyes open on the ground vs all attacks (2 mins)

## 5. FIGHTING DRILLS

- 5.1. Full with protection (2 mins)
- 5.2. Ground for control (2 mins)

## 6. ZOMBIE DRILLS

- 6.1. 4 vs 1 with pad including stick, knife, gun (2 mins)
- 6.2. 4 vs 1 with 2 pads including stick, knife (2 mins)
- 6.3. Attackers' corridor (2 mins)

# CURRICULUM

## **7. AGGRESSION DRILLS**

7.1. Hitting target, 2<sup>nd</sup> attacker with weapons (2 mins)

## **8. FITNESS**

8.1. Burpees x 60

8.2. Tabata 1 - all attacks and pushups

8.3. Tabata 2 - all attacks and squats