

CURRICULUM PRACTITIONER 3

1. HAND ATTACKS

- 1.1. Low to body
 - a. Straight punch
 - b. Hook
 - c. Uppercut

2. KICKS

Note: all the kicks of P1 performed to maximum height.

3. HAND AND LEG DEFENCES

- 3.1. Strike to the head
 - a. Hands inside defence - lean back
- 3.2. Kick to groin
 - a. Hands inside defence
 - b. Hands outside defence
- 3.3. High defensive kick
 - a. Hands inside defence
- 3.4. Ground - one attacker
 - a. Regular kick to legs
 - b. Regular kick to body
 - c. Regular kick to head
 - d. Stomp to head or chest

4. SELF-DEFENCE

- 4.1. Prevention
 - a. Long range
 - i. Kick
 - b. Medium range
 - i. Punch
 - ii. Educational block
 - c. Short range
 - i. Technique
- 4.2. Chokes - static
 - a. Front - pluck with one hand
 - b. Behind - pluck with one hand
- 4.3. Chokes - dynamic
 - a. Front with push - upper arm turn
 - b. Behind with pull - with one hand
 - c. Behind with push - upper arm turn

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4.4. Bear hugs

- a. Front
 - i. Arms free head high
 - ii. Arms caught
- b. Side
 - i. Arms free
 - ii. Arms caught
 - iii. One arm caught
- c. Behind
 - i. Arms free
 - ii. Arms caught high
 - iii. Arms caught low

4.5. Headlocks – on the ground

- a. Head high arm caught
 - i. One hand release
 - ii. With helping leg
- b. Head high arms free
 - i. Two hands
- c. Head low
 - i. Attacks and turn

5. DEFENCES AGAINST WEAPONS

5.1. Knife threat – short range

- a. Low to body
 - i. Inside
 - ii. Outside
- b. High to chest
 - i. Inside
 - ii. Outside

6. GROUND SKILLS

6.1. Rolls

- a. Forward
- b. Backward

6.2. Breakfalls

- a. Back
- b. Side

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7. COMMON OBJECTS AND WEAPONS

7.1. Knife-like objects

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 (1 min)

9.2. Slow fighting (2 mins)

10. ZOMBIE DRILLS

10.1. 3 vs 1 with pads including grabs and attacks (2 mins)

10.2. 3 vs 1 with two pads including hand and leg attacks (1 min)

10.3. 3 vs 1 including grabs and hand attacks (1 min)

11. AGGRESSION DRILLS

11.1. Circle of attackers - activation by voice or touch (1 min)

12. FITNESS

12.1. Pushups x 50

12.2. Situps x 150

12.3. Squats x 50