



CURRICULUM

BASIC LEVEL 1

B1 Unprepared position for inside/outside defense

B1.1 Ready position for inside /outside defense

B1.2 Fighting position for inside/outside defense

B1.3 Fighting position in movement

STRIKING

B1.4 Palm strike Left/Right perform in all Rhythms

B1.5 Straight punch, Left/Right perform in all Rhythms

ELBOWS

B1.6 Horizontal inward

B1.7 Horizontal side

B1.8 Horizontal backwards

B1.9 Vertical Upwards

B1.10 Vertical downwards

B1.11 Vertical Backwards

B1.12 Vertical Back and up

FOREARM STRIKES

B1.13 Horizontal

HAMMER

B1.14 Horizontal side

B1.15 Horizontal Backwards

B1.16 Vertical Front

B1.17 Vertical down

B1.18 Vertical back and up

KICKS

B1.19 Knee straight

B1.20 Regular straight kick

B1.21 Side kick

COMBINATION

B1.22 multiple attacks to all Directions and distances (fluidity and logic)

360 DEFENSE

B1.23 Outside 360 from the front

B1.24 Outside 360 from the sides (overhead attack to carotid or temple)

INSIDE DEFENSE

B1.25 Inside defense from ready position + counter attacks (Broken rhythm)

PREVENTION



CURRICULUM

B1.26 Preventing by kicking front and side

B1.27 Preventing from hand distance (decision making, punch, deflect or both)

B1.28 Educational stop

RELEASE FROM CHOKES

B1.29 Release from front

B1.30 Release from Angle

B1.31 Release from sides

B1.32 Release from Back

RELEASE SIDE

B1.33 Release from side headlock

GROUND

B1.34 Get up offensive

B1.35 Get up defensive

B1.36 Escape by sprint

RELEASE FROM CHOKE ON GROUND

B1.37 Release from mount position choke

B1.38 Release from choke from the side

BREAK-FALLS

B1.39 Soft break fall to the wall

B1.40 Hard break fall to wall (smash head)

COMMON OBJECTS

B1.41 Shield type from all directions

TACTICS

B1.42 Attacking two moving targets

B1.43 Zombie against two.

*GROIN SLAPS MUST BE TAUGHT

*OPEN HANDS FINGERS<KNUCKLES



CURRICULUM

BASIC LEVEL 2

CIRCULAR STRIKES

B2. HOOK

B2.1 Uppercut

ATTACK WITH MOVEMENT

B2.2 Straight punch moving forward

B2.3 Straight punch moving out/backwards

KICKS

B2.4 Stomp

B2.5 Defensive Kick

B2.6 Roundhouse Horizontal

B2.7 Roundhouse Diagonal

B2.8 Diagonal Knee

INSIDE DEFENSE

B2.9 Lean Back(reflexive)

B2.10 Left against Left (fighting position)

B2.11 Forearm defense against low body punch (fighting position, low elbow)

B2.12 Defense against uppercut/vertical elbow

OUTSIDE DEFENSE

B2.13 Defense against Hook

B2.14 Defense against Horizontal elbow

B2.15 Reflexive Defense against punch to the head

B2.16 Reflexive Defense against punch from the side to ribs (elbow high, scoop)

LEG AGAINST LEG DEFENSE

B2.17 Stop kick heel out (attacks from side and front)

B2.18 Stop kick Heel inwards

B2.19 Inside shin deflection

B2.20 Outside Block Defense against low round house

KNIFE THREATS MEDIUM DISTANCE

B2.21 from front

B2.22 from side in front of hand /behind hand

B2.23 from the back

B2.24 from above shoulder height side/back

RELEASE FROM HEADLOCKS FROM BEHIND

B2.25 Arm-bar on front of throat (windpipe)

B2.26 Arm-bar on neck (carotid artery)

B2.27 Hand/s covering mouth

BREAK-FALLS



CURRICULUM

B2.28 Forward soft break-fall to the floor

B2.29 Hard break-fall forwards

B2.30 Break-fall backwards

B2.31 Front roll

B2.32 Back roll

GROUND

B2.33 Defense against Direct and Indirect attacks (attacker in mount position delivers 360 attacks and straight punches)

COMMON OBJECT

B2.34 Stick type object

TACTICS

B2.35 Attacking 3 moving targets

B2.36 Zombie against 3

B2.37 Slow fighting

*B2.32 Develop fighting from basic



CURRICULUM

BASIC 3

STRIKING

B3.1 Head butts all directions

B3.2 Low punches to the body (train when avoiding punch to head)

KICKS

B3.3 Regular back kick

B3.4 Defensive back kick

B3.5 Stepping, Crossing, sliding all directions

HAND DEFENCES AGAINST KICKS

B3.6 Reflexive inside defense

B3.7 outside scooping defense

B3.8 Inside defense against high defensive/side kick (open hand)

RELEASE FROM BEARHUGS ARMS FREE

B3.9 From the front

B3.10 from behind

B3.11 from the side

RELEASE FROM BEARHUGS ARMS TRAPPED

B3.12 From the Front

B3.13 From Behind mid-height

B3.14 From the side

B3.15 From Behind shoulder height

HAND/WRIST GRABS (HARD SOLUTION)

B3.16 Front one hand

B3.17 Front two hands

B3.18 Side One hand

B3.19 Side two hands (aggressor each side)

B3.20 Back one hand

B3.21 Back two hands

BREAK-FALLS

B3.22 Side Break-fall

B3.23 Backward fall turning to front break-fall

B3.24 Forward high roll

GROUND

B3.25 Release from side headlock

B3.26 Release from side headlock using leg

B3.27 Release from side headlock head low

COMMON OBJECT



CURRICULUM

B3.28 Knowledge of knife holds (recognition and usage)

B3.29 Knife type for Selfdefense

DEFENSE AGAINST KNIFE ATTACK 360

B3.30 Defending 360 and Kicking - TIMELINE

TACTICS

B3.31 Summary with Eyes open

B3.32 Summary eyes closed

B3.33 Zombie against 3 (knife, pad, attacker)

B3.34 Slow fighting

*INSTRUCTOR SEE SWING STRIKES



CURRICULUM

BASIC 4 LEVEL

BREAK FALLS

- B4.1 Backward break-fall from height
- B4.2 Forward roll ending in sidekick

KICK

- B4.3 scissor- regular kick
- B4.4 scissor -defensive kick
- B4.5 circular slap kick inside/outside
- B4.6 circular back kick

OUTSIDE DEFENSE

- B4.7 Axe Reflexive against low punch
- B4.8 Reflexive scoop against low straight punch to body
- B4.9 Outside reflexive defense against punch to head 1,2,3
- B4.10 Ready, outside long stabbing defense against punch to head 1,2,3

INSIDE DEFENSE

- B4.11 Inside forearm defense against straight punch to the ribs (elbow high, attack from angle)
- B4.12 Inside defense with simultaneous counter attack against straight punch to the face
- B4.13 Inside defense with both palms against two straight punches (shattered rhythm)

COMBINATIONS INSIDE AND OUTSIDE DEFENSE , STRAIGHT AND CIRCULAR ATTACKS

- B4.14 One hand defending two attacks (straight and circular)
- B4.15 Two hands defending two attacks (straight and circular)
- B4.16 Defending combination of two circular attacks (defender standing side to attacker)

DEFENSE AGAINST HIGH ROUND HOUSE

- B4.17 Outside defense with forearm and counter with kick
- B4.18 Outside defense with forearm + body defense Diagonally and counter with kick
- B4.19 Defense with both forearms (one below and one above knee)
- B4.20 Stabbing defense
- B4.21 Defending circular back kick

CHOKES PUSH/PULL

- B4.22 Choke from the front while being pushed (biceps to ear)
- B4.23 Choke from behind while being pushed (biceps to ear)
- B4.24 Choke from behind while being pulled (superman)

HEADLOCK

- B4.25 Defense against Guillotine
- B4.26 Prevention against Nelson
- B4.27 Defense against Nelson

DEFENSE AGAINST STICK

- B4.28 Defense against over head -Stabbing defense to the live side(OPEN ANGLES)



CURRICULUM

B4.29 Defense against over head – stabbing defense to the dead side (OPEN ANGLES)

TACTICS

B4.30 Summary eyes open

B4.31 Summary eyes closed

B4.32 Zombie against 4 (stick, knife, pad, zombie)

B4.33 Light fighting



CURRICULUM

BASIC 5

DEFENSE AGAINST KICK TO GROIN

B5.1 Stabbing defense from fighting position

B5.2 Inside defense against straight kick to groin from angle (fist low, elbow high)

BEAR HUGS

B5.3 Lifted from front arms free

B5.4 Lifted from front arms trapped

B5.5 Lifted from behind arms free

B5.6 Lifted from behind arms trapped

B5.7 low bear hug from front (rugby tackle) TIMELINE

HAIR/HEAD GRAB

B5.8 Hair pull from the front +slap

B5.9 Hair/head pull towards knee from the front, defend and counter

B5.10 Head to the knee from sides and behind, defend and counter

GROUND

B5.11 Defense against choke from mount position attackers head is low

B5.12 Defense against 360 from mount position (knife)

B5.13 Defense against choke from in between legs

KNIFE THREAT

B5.14 Defense against close range knife threat from the front

B5.15 Defense against close range knife threat from the side (Various heights)

B5.16 Defense against Close range knife threat from the back

THIRD PARTY DEFENDING (CIVILIAN)

B5.17 Defending from the front far and close

B5.18 Defending from the side far and close

B5.19 Defending from the Back

B5.20 Defending when the attacker is in mount position – from front

B5.21 From side

B5.22 From back

TACTICS

B5.23 Summary eyes open

B5.24 Summary eyes closed

B5.25 Summary ground eyes open and closed

B5.26 Zombie against 4 Knife, stick, attacker, attacker

B5.27 light fighting