

Practitioner Level 2

The Goals: Dealing with side and rear attacks; be proficient in performing series of attacks in all directions; familiarity with application of pre-fight, fight and post-fight concepts.

Required Achievement: Operator Level

A. Circular Strikes - Hooks (Roundhouses) & Uppercuts

1. Hook punch
2. Uppercut from semi-passive stance and from ready stance (regular outlet stance)

Notes: Start drilling both strikes first from a semi-passive stance, then from a ready stance; for the hooks, while in ready stance the front-hand strike has two variations.

B. Elbow Strikes

1. **Vertical elbow strikes:** a) upward; b) downward; c) straight backward; d) back and upward

C. Various Striking Methods

1. Straight strike with the fingers
2. Palm strike to groin
3. Back of hand (and fingers) whip strike to groin
4. Straight punch while advancing (simultaneous attack and step) - right (rear) and left (front)
5. Straight left punch in retreat

Note: First punch from a semi-passive stance; later from a ready stance and other starting positions.

D. Kicks

1. Knee strike - roundhouse
2. Defensive front kick; **striking surfaces:** heel, ball of the foot, whole foot (in testing, demonstrate one of the above)
3. Defensive backward kick
4. Sidekick (with the heel)
5. Roundhouse kick - **two methods:** horizontal or diagonal (demonstrate one method in testing); possible **striking surfaces:** ball of the foot, instep or shin

E. Series of Attacks – to the front, side and rear; with different targets, heights and angles

1. From long to short distances
2. From short to the long distances

F. Inside Defenses (with palm or forearm) Against Straight Punches

1. Ready stance and starting positions for inside defenses
2. Inside defense with the palm:
 - 2.1 Simultaneous counterattack (with the other hand)
 - 2.2 1.5 rhythm - defend, counterattack forcing the opponent's hand down (as in P-1)
 - 2.3 While leaning backward; kick (with the front leg)
3. Forearm defense against attacks to different targets and heights; and counterattack
4. Left against left – palm (or forearm) sweeping defense with a horizontal counter

Notes: Remember to incorporate head and body defense into these techniques. Defend with the left hand against right hand attacks and vice-versa, unless otherwise stated.

G. Outside Defenses Against Punches

1. Ready stance and starting position for outside defenses
2. Forearm defense against a hook punch - diagonal outward and back (avoiding the elbow; clenched fist; use fleshy part of the forearm; head tucked between shoulders)
3. Outside defense against straight punches, with simultaneous counterattack (demonstrate one of the learned defenses - nos. 1, 2 or 3)
4. Outside defense, upward and forward (no. 4, forearm at a diagonal)

Note: In the above outside defenses, only the close (front) hand defends against straight strikes.

H. Body Defense

1. Ducking under a strike (straight or circular) – from passive or ready stance; with a counter-attack (to the groin).

I. Defending Against an Opponent Attacking from Different Angles

1. Inside or outside defenses against punches (circular or straight) coming from various directions. Defender is looking forward, attacker is moving in a half-circle in front of him.
2. Against a strike from behind – move away diagonally forward while turning and reacting

J. Leg Defenses Against Kicks [from passive and ready ('outlet') stances]

1. **Stop kicks** vs. regular kicks:
 - 1.1. With the heel directed to the outside; use the front leg
 - 1.2. With the heel directed to the inside; use the back leg
2. Inside / outside defenses:
 - 2.1. Blocking defense with the shin against a low roundhouse kick, coming from the same side (possibly using the front leg against either kicking leg)
3. Outside defense with the shin and forearm together – against a high / low roundhouse kick
4. Inside defense with the shin and forearm together – against a high or low regular kick (the hand defense is as in Section F, no. 3, above)

Notes: *Technique no. 1 is first applied against regular kicks and later against roundhouse and sidekicks. Techniques 3 and 4 are used against an attack delivered to an unknown height. Use the forearm as previously learned, bony or muscular parts for inside or outside defenses.*

K. Choke Releases (including Distance Timeline)

1. Vs. a choke from the **side** - pluck and counterattack
2. Vs. a choke from the **rear** - pluck with a step diagonally backward
3. Vs. a choke from the **rear** - one / two-hand pluck, turn & attack; or executing a wrist lock.

Note: when lack of force, use two hands to remove one of attacker's choking hand.

L. Defenses Against a Knife Threat (including Distance Timeline)

1. From the front - at long range - deflect and kick, while leaning away from the knife
2. From the side or back - attacker is at long range - deflect and kick
3. **From the front - at close range - deflect with a C grip.**

M. Dealing With Falls

1. Backward break-fall
2. Backward roll - left shoulder (for right-handed practitioners)

N. Choke Releases while on the Ground

1. Attacker sitting on the defender - pluck and bridge - one hand remains holding
2. Attacker between the legs of the defender – pluck with one hand and insert knee

O. Using Common Objects – Small Objects to Distract

1. Throwing; using distraction to create an opening or opportunity

Note: *This is used primarily in a situation before an actual attack is made, mainly during the threat stage or in the very early stages of an attack.*

P. Fighting Games

1. 4 against 1
 - 1.1. Push with 2 hands or grab to choke (1 attack every 2 seconds)
Note: *This can start with the "zombie" game.*
 - 1.2. Defending 360 – against 2 attacks every 2 seconds
2. Slow fighting – including the process and stages of learning

Q. Returning Attacker

1. Following the defender's initial defense (a choke release; defenses against circular or straight strikes) and counter-attack, the opponent is able to proceed and launch straight strikes or other relevant attacks

R. Simulation and Tactics – P2

Timeline (Aggression) – escalation of attacks: verbal quarrel; and a push; and two strikes; and a kick

Additional Material (Country-Specific)

Additional P-2 Curriculum for the Country of _____ (this is an integral part of the test)

1. -
2. -
3. -

Extra Curriculum – NOT for P2 Testing

1. Attacks

- **Observing Attacks - Reacting to Movements** - Watching an opponent perform one attack at a time and then a short series of attacks. The attacker should repeat the sequence of attacks several times. Partners / trainees should visualize defenses.
- Roundhouse kick – additional methods:
 - a. Diagonal
 - b. From vertical to horizontal

2. Defenses

1. Outside **stabbing** defenses (nos. 1,2 and 3; same hand positions as described in P3)

3. Releases

1. Against different grabs, with the element of surprise

4. Ground Fighting

1. Defending against a “shoot to the legs”
2. Sticky hands game (1. mounted; 2. guard)
3. Attacking from all positions
4. Defending against a person sitting on the defender (mounted) and punching