

Graduate Level 2 - Tentative

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping when failure happened.

A. Spinning Attacks, Strikes and Kicks

1. Spinning back elbow (horizontal)
2. Spinning back hammer strike (horizontal)
3. Spinning defensive back kick.
4. Spinning regular back kick.

B. Takedowns and Throws

1. Front sweep kick (low roundhouse kick)
2. Shoulder-push takedown (pull opponent's knees) - From the rear
3. Double leg takedown – from the front

C. Sliding Defense Against a Straight Punch

1. Inside sliding defense while delivering a straight punch with same hand.
2. Outside sliding defense while delivering a straight punch with same hand.

Note: Both defenses are done with the front hand against the opposite hand (i.e. - left vs. right).

D. Double Hand Defense Against Kicks of an Unknown Height

1. **Back hand** executing a low outside defense; **front** hand is, executing a **high** inside defense with the palm or forearm.
2. **Back hand** executing a high inside defense; **front** hand is, executing a **low** outside defense with the palm or forearm.

E. Defense Against One-Handed Shirt Grabs

1. Prevention
2. Strong attacks with hands and/or legs – if required in a dangerous situation.
3. Retreat and rotate using the upper arm.
4. Retreat and rotate using the upper arm (as in no. 3) followed by leverage on the attacker's elbow. Done when no. 2 has failed.
5. Defense against a one-handed shirt grab or pull from the rear - defender steps and turns, lifting his arm to his ear.

F. Escaping From Two-Handed Shirt Grabs

1. Prevention
2. Step back, insert opposite elbow – if dangerous situation follow with counterattacks
3. With leverage on the attacker's wrist and/or elbow (step back and return with leverage).

G. Escaping Full Nelsons

1. Prevention – grab opposite hand and counterattack
2. Scraping and creating leverage on finger/s.

H. Defending Against Knife Attacks - Straight Stabs

1. General solutions using the three types of kicks.
2. Inside (diagonal) forearm defense - from the outside.
3. Inside (sweeping) defense - to the inside.
4. Instinctive / reflexive defenses – at close range
 - 4.1. Against a low stab - scooping outside defense, counterattack with leg and/or hand
 - 4.2. Against stabs at varying heights - inside palm defense, counterattack as possible.

Notes: Practice techniques 1 and 4 from a passive stance.

Start practicing techniques 2 and 3 from an appropriate ready stance. In the later stages, practice from a minimized ready stance. All without returning to the initial channel of attack

I. Defense Against Slashing Knife Attacks

Notes: For a long-range attack use the three types of kicks previously learned.

1. For a close-range, surprise attack, defend against the first slash using 360 outside defense (head is kept low and protected) – high or low slash.
2. Two forearm defense against high slashes - retreat and return with two high forearms
3. Two forearm defense against low slashes – retreat and return one forearm high other low.

J. Defending Against a Straight Stab or Thrust with a Stick

1. Inside defense against a low stab - to either side, grab and counterattack.
2. Inside defense, moving to the live side, send both forearms toward the weapon.
3. Defense against stabbing motion with a stick held in a high hold – high inside defense.
4. Defense against a horizontal straight thrust – stick held horizontally with both hands.

K. Dealing with a Continuing Attacker – Whilst Defending Against Different Kicks

Attacker launches a second attack during the counteraction that the defender is doing against the first one.

L. Simulations of Real-Life Situations/Scenarios (G2)

Multiple Opponents in a Confined Space

M. Fighting Drills

1. Controlled aggression, perseverance and determination drills.
2. Slow and light fighting.
3. **Four-against-one** fighting drills
4. Simulated “real” fighting with protective gear.
5. Test on two rounds of fighting.

Note: see G-1 for more information about protective and safety gear.

Additional Material (Country-Specific)

Additional G2 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Kicks and Spinning Kicks

- a Back roundhouse kick (rear heel kick)- diagonally upward or horizontal
- b **Variation:** a kick with a mix of the above and a sidekick.
- c Spinning back roundhouse kick (heel kick) - practiced to various heights.

Note: Practice spinning kicks in place, while advancing and while retreating.

2. Escaping a One-Handed Shirt Grab

- a. Use of leverage on the thumb – on the first and second joint.