

Graduate Level 3 Tentative

Required Achievement: **Fighter Level.** Emphasizing finishing modes, not stopping when failure happened. Striving for the **Warrior Level**, adapting solutions to changes in situation.

A. Takedowns - Cavalier Leverage on the Wrist Joint

1. Backward - step diagonally backward while securing the attacker's hand.
2. Forward - advance forward against resistance.
3. With an elbow strike - done as in nos. 1 or 2.

B. Escaping Holds in a Sitting Position (using previous principles and techniques)

1. Methods for getting up from a chair – in place, forward, sideways, backward.
2. Falling backward from a chair
3. Escaping from chokes; four directions
4. Escaping a headlock from behind

C. Defending an Attempt to Throw (attacker coming from front or side)

1. Attacker approaches to grab clothing or body, low or high – prevention
2. Attacker grabbed and attempts to throw – appropriate push, lower central mass and attack.

D. Defending Stick attacks

1. Against a swing from below (cricket, golf) – stabbing defense
2. Against an overhead swing coming **from the side** – turn and step.
3. Against a horizontal swing **from the side** – 2 forearms (one high, the other high or low)

E. Defense Against Knife Attacks from Various Angles

1. Defense against an attack from the rear – move, defend and counter so as not to get stabbed by the second attack.
2. Defense against straight knife attack from the side – turn to the dead side.
 - 2.1. Against a high straight stab (neck)
 - 2.2. Against a low straight stab (ribs)
3. Defense against an assailant attacking from various angles (including from behind) – with elements of surprise.

F. Defense Against Handgun Threats

1. Gun at the side held against defender's side (ribs), behind arm
 - 1.1 Deflect, turn and wrap.
 - 1.2 Deflect turn and grab with back hand
2. Handgun held against defender's side (ribs), in front of arm.
3. Gun threat from behind, held against the back - train defense for various heights (from lower back up to head level).
 - 3.1 Turn to either side – wrap of arm.
 - 3.2 Turn to dead side – grab with back hand.

G. Dealing with a Continuous Attacker – Whilst Defending Against Previously Learnt Punches and/or Strikes

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

H. Correct Decision Making

1. Defend against (unknown) attacks, from a variety of angles, distances, directions, etc'
2. Responding to opponents reactions –
 - 2.1 Following with kicks (and punches) an opponent that retreats or moves sideways.
 - 2.2 Following with kicks and punches, according to changes in distance and ranges against an opponent that moves to any direction

I. Overcoming Disorientation Caused by an Attack (groggy)

Problem: Defender suffering pain and/or concussion resulting in inability to breath or function, the defender's tendency is to remain in standup fighting.

Solution: Fall sideways, softly to the ground, with legs toward the opponent, counterattack.

Advantage: Taking the initiative recuperates; improving position.

Disadvantage: against more than one attacker; problematic terrain

J. Simulations of Real-Life Situations/Scenarios (G3)

Dealing with an attacker outside or while seated in a car.

K. Four-Against-One - Fighting Drills

Including at least one attacker that has a knife or a stick, and one that attempts to grab.

L. Fighting Drills

1. Mental training – improving and deepening.
2. Slow fighting and light fighting exercises.
3. Simulated “real” fighting with protective gear.
 - 3.1 Students will be tested in two rounds of fighting.

Additional Material (Country-Specific)

Additional G3 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Ground Fighting – Transition Between Positions

- a. From guard, mount cross-mount – get up
- b. In guard position (assailant between legs):
 - i. Get head out and climb
 - ii. Get foot or shin in and flip
- b. In a mounted/riding position (defender being mounted)
 - i. Trap one side and roll
 - ii. Get leg and head out and climb
- c. In cross-mount (assailant on defender)
 - i. Get a leg in and move to guard
 - ii. Get a hand in and slide under - bridge

Note: Finish by getting up into a standing position.