

Graduate Level 5 Tentative

Required Achievement: Success in Warrior Level drills, adapting solutions to changes in situation and attackers actions.

A. Switch Kicks

1. Two knees in a switch
2. Two regular kicks in a switch
3. Switching: a regular (front) kick and a roundhouse kick
4. Side kick and a defensive back kick with a spin and switch

B. Additional Defenses Against Kicks

1. Bursting forward with a high knee, shin at a diagonal, landing a knee strike on attacker's thigh.
2. Against regular Kicks
 - 2.1. Switching heels and attack with regular kick to the groin
 - 2.2. Side step with straight punch, follow with regular kick with rear leg

C. Advanced Defenses Against Pistol Threats

1. Pistol aimed at back or side – assailant at a distance
2. Pistol aimed at back or side – assailant very close
 - 2.1 Turn and grab elbow (if pistol at back)
 - 2.2 Turn and grab wrist (if pistol at side)

D. Attack, Defend, Attack (Part 1)

Person A – attacks; **Person B** – defends, moves to dead side and counters. **Person A** – reacts with defenses and counters as needed;

Person A Executes →	Front kick	Roundhouse kick	Side kick	Right punch
Person B Executes →	Outside defense to either side & counter	Defense with forearm(s) & counter	Stop kick	Inside defense & counter
Person A Executes →	Inside defense & counter	Hand defense & counter	Scooping defense & counter	Defend & counter

Note: **Person A** should not use his first attack as a **fake**.

E. Attack, Defend, Attack (Part 2) - Opponent reaches Dead Side:

Person A – attacks; **Person B** – defends; moves to dead side and counterattacks.

Person A - reacts as follows:

1. Continues with hammer fist or a kick backwards - the head kept low.
2. Spins and attacks with a hammer strike or a back kick

Note: Kick backwards can be regular or defensive, with or without a spin. Objective is to keep the distance from **Person B**, who is attempting to counterattack.

F. Attack, Defend, Attack (Part 3)

1. Semi-free practice – initial attack (strike / kick) is known, but **B**'s reaction is unknown to **A**.
2. Free practice – initial attack is unknown to **B**. **B** should respond most efficiently.

Note: **Person A** - initiates an attack (at first a known one and later an unknown one). This training simulates one segment of a fight. Free practice should be permitted only after the student has practiced and obtained proficiency in all of the preceding exercises and principles.

G. Releasing Caught Kicking Leg

1. Leap forward pulling caught leg, grab opponent, and counter with a strike and/or a knee kick.

H. Close Range Techniques / In-Fighting

Defender's objective – deal with an in-fight situation:

1. Retreat diagonally backward, executing counterattacks with punches and kicks
2. Grab or trap attacker to limit his movement and counterattack
3. Throw attacker with previously learned techniques
4. Practice slow fighting while emphasizing in-fight situations

I. Dealing with a Continuous Attacker – Whilst releasing from previously learnt releases on the ground

1. Attacker launches more attacks during counteraction done by the defender.

J. Mental Training and Visualization

1. Focus and concentrate on a point (min of 10 minutes, distance 2.5 - 3 mtrs.)
2. From defeat to success – visualizing a self-defense/fighting situation. In 5-6 steps, progress from defeat to a winning outcome.

K. Simulations of Real-Life Situations/Scenarios (G5) –

The essence of changing a solution according to changing action

L. Fighting Drills

1. Four-Against-One - Fighting Drills, at least two opponents are armed with sticks or knives
2. Mental training – improving and deepening.
3. Slow fighting and light fighting exercises.
4. Simulated “real” fighting with protective gear
5. Students will be tested in three rounds of fighting.

Additional Material (Country-Specific)

Additional G5 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Various Punches and Kicks

- a. Swinger punch (long roundhouse punch, thumb is downward)
- b. Whip back fist strike - with the knuckles (sideways or backwards)
- c. Roundhouse punch with the joint of the index finger
- d. Roundhouse kick that starts vertically (the knee is initially brought straight up)
- e. Back sweep kick - low heel kick (back-roundhouse kick)
- f. Spinning back sweep kick - low spinning heel kick

2. Releasing Caught Kicking Leg

- a. Drop to the ground (fall or use a hand support) and kick the opponent. This may also be done with a spin depending on the way the leg was caught.

3. Takedowns and Throws

- a. Head throw - secure an arm around the opponent's neck, turn and throw

4. Ground Fighting

- a. Choking with the legs, figure-four type technique (starts from guard position – bottom)