

## Practitioner Level 3

**The Goals:** Dealing with side and rear strikes and grabs; increase abilities with series of attacks in all directions; proficient with break-falls and rolls; application of pre-fight, fight and post-fight concepts.

**Required Achievement:** Improving the Fighter's attitude and mentality

### A. Strikes

1. Low punches – to the body (attacking)
2. Striking combinations – learnt attacks to all angles, directions, heights and distances. Hitting targets and marking on a partner; including two attacks with the same hand

### B. Kicks

1. As preparation for kicks while advancing: skipping (stomping) advances, back-crossing; front-crossing;
2. All kicks from levels P1-P2, with the **front** and **back** leg:
  - 2.1 In retreat
  - 2.2 In place
  - 2.3 Advancing - skipping; including forward and backward crossing (and proper stepping for slippery surfaces)

### C. Outside "Stabbing" Defenses (from relevant stances, ready or passive)

1. Outside stabbing defenses no.s 1, 2 and 3.

### D. Hand Defenses Against Regular (Front) Kicks

1. Against a kick to the groin:
  - 1.1 Inside defense - using the palm heel; from a passive stance; when performing from a ready (outlet) stance, use only the front hand.
  - 1.2 Outside scooping defense - from a passive stance (hands in an "x" position); when performing from a general ready stance, use only the back hand.
2. Against a high defensive kick forward or a high regular kick - inside forearm defense

**Notes:** *Advanced training includes defending against a front kick and a follow-on straight strike; Techniques #1.1 and #2 combined together are effectively against a kick of unknown height.*

### E. Escaping Headlocks (Distance Timeline)

1. Side headlock
  - 1.1. Distance Timeline – de-escalation, prevention, preemptive attack, avoid and escape
  - 1.2. Attack to the groin; pull/push a sensitive point on the opponent's head.
2. Headlock from the rear:
  - 2.1 Arm-bar to the front of throat (windpipe)
  - 2.2 Pressure on the carotid artery
3. Low headlock from the **front** (guillotine)

### F. Defending Against a Tackle, 'Shoot to the Legs' (or to the lower Body)

1. Long distance – kick
2. Middle distance - stop with hands or strikes; punch or a knee strike
3. Short distance – forearm defense
4. Move backward and slam with both forearms (sprawl)
5. Defender is caught – stabilize; counterattack (neck; head; eyes; back's vulnerable points)

### G. Dealing With Falls

1. Sideways break-fall
2. Forward roll - using the left shoulder (for right-handed students)
3. Backward roll - using the right shoulder (for right-handed students)
4. Fall backward, turn and soft break-fall forward
5. Forward high rolls - for **distance** and/or **height**

**Note:** For adults, this subject may be tested in full at higher levels (until G1).

**H. Escaping Side Headlocks on the Ground**

1. When both hands are under - pull sensitive points with both hands; roll sideways
2. When one hand is free - pull back sensitive point and wrap one leg around neck
3. When low attacker - Climb onto attacker; counter-attack

**I. Common Knife Holds and Uses (recognition and basic practice)**

1. Overhand stab - regular / ice pick grip
2. Underhand - upward / Oriental grip
3. Straight stab
4. Slashing attack

**J. General Kick Defenses - Against All 4 Knife Attacks / Holds; Attacker Charging**

1. Regular kick to solar plexus or chin
2. Sidekick to lower ribs or solar plexus
3. Bailing out and roundhouse kick to solar plexus (or groin)

*Note: Attacker starts from a long-range position (over 2 meters).*

**K. Use of Common Objects - Stick Type**

1. Basic attacks – swings and stabs; five major directions
2. Basic defenses - 360° with the stick held in two hands; counter with leg or stick

**L. Fighting Games, 4 Against 1**

1. Attacking 1 Vs. 4 - as moving targets (opponents holding pads, try to close distance)
2. Using 360° attacks when the group of attackers have 2-3 knives (two attacks every 2 seconds)
3. Same as no. 2, unarmed attackers can strike straight,

**M. Returning Attacker**

Following the defender's technique, the attacker returns with a relevant attack, with/out a weapon

**N. Slow Fighting - Emphasis on Continuous Motion and Self-Control**

**O. Simulation and Tactics – P3 (Timeline from/on the Ground)**

1. Picnic simulation: timeline from a sitting position - against a choke; against a strike

**Additional Material (Country-Specific)**

**Additional P-3 Curriculum for the Country of \_\_\_\_\_** (this is an integral part of the test)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Training Notes and Extra Training Curriculum

### **I. Punches**

1. Straight low punches in defense - left or right - bending sideways

### **II. Defenses**

1. Against a kick to groin - inside defense with the **heel of the hand**; **three variations** of counter-attacks - one with the front hand, two with the back hand

### **III. Observing and Changing Behavior According to the Opponent's Actions**

1. Observe attacker delivering (marking) a series of attacks (relevant to this and previous levels), repeating several times. The observer visualizes defenses and counters.

### **IV. Series of Attacks and Combinations**

1. Hitting targets at various distances, heights, directions and angles. Use previous and new learnt strikes/kicks.

### **V. Against an Attacker that Grabs/Pulls Hair or Shirt**

1. Counter-attacking as necessary, depending on the situation and position

### **VI. Basics of Concentration and self-control exercises.**

1. Relaxation; breathing control; standing with no movement

### **VII. Ground Fighting**

#### ***Attention: Address safety in training.***

1. Changing position – from cross-mount (low) to mount (high)
2. Applying an arm-bar from different positions
3. Applying a carotid artery restraint (headlock strangulation), from different positions