

Practitioner Level 5

The Goals: Upgrading self defense skills; Familiarity with defending 3rd party.

Required Achievement: Fighter Level

A. Rolls and Break-Falls

1. Combination of rolls (forward/backward) and break-falls (all types)

Note: For adults, this subject may be considered to be tested in full at higher level (G1).

B. Defenses Against Regular (Front) Kicks

1. Stabbing defense with back forearm
2. Low inside forearm defenses, with high elbow / low palm.

C. Defenses Against a High Roundhouse Kick

1. Outside forearm defense (outside fleshy part), and simultaneous counterattack with kick
2. Outside forearm defense, advancing diagonally forward, kicking with the opposite leg
3. Using **both forearms** (inside fleshy part) - body turn, advance diagonally forward
 - 3.1 Using **both hands**, outside with forearm, inside with palm - body moves similar to #3

Note: Techniques to be taught from a general ready (outlet) stance. Later practice from any passive or ready stances; attacker can kick with either leg.

D. Escaping Bear Hugs

1. Low bear hug from the front, arms are free - get good base and counterattack (elbow strikes, hooks, and / or kick to the groin)
2. Lifted in a bear hug from the **front**, arms **free / trapped** - wrap one leg and counter
3. Lifted in a bear hug from the **rear**, arms **free / trapped** - wrap one leg and counter,

E. Releases from Hair Grabs or Pulls

1. Prevention – according to the regular timeline
2. One-handed hair grab from the front - bend forward, apply leverage on wrist
3. Pulled forward and down - burst forward, block knee or punch; first counter to the groin
4. Pulled from the side - burst forward in the direction of the pull, defend and counterattack
5. Pulled from behind – spin back in the direction of the pull, defend and counterattack

F. Escaping Chokes on the Ground

1. Attacker **sitting** on the defender - applying a very close, low choke
2. Attacker **sitting** on the defender - choking with straight elbows

Notes: Practice various and multiple counterattacks; end the scenario in a standing position.

G. Ground - Opponent Standing or Sitting on Top and Punching

1. A standing opponent tries to strike – hand and body defense, counter with kicks (punch at close range).
2. Attacker punching from a mount position - defend, counterattack, trap, bridge.

H. Defending Against Impending Knife threat

1. From the front at mid-range – with a grip on opponents wrist
2. Same with variations on position of the knife and attitude of attacker.

I. Defending Against Unexpected/Unfamiliar Attacks

1. Escaping all types of grabs, chokes, bear hugs, headlocks, etc., from all angles and in multiple variations
2. Same as no. 1 above - with the elements of surprise and stress
3. Defending against varieties of punches and kicks, coming from different angles and aimed at various targets; starting from several **different stances**.

J. Returning Attacker

1. Following defender's technique, the attacker returns and attacks, with or without a weapon

K. Protecting a Third Party

1. Principles and techniques of:
 - a) Screening
 - b) Warning verbally
 - c) Removing 3rd party from area, front approach and turning: with pull and push with two hands; with grab of upper arm.
2. Attack the attacker - rescuer may approach the attacker from any direction
3. Take down with a Knee-stomp from behind – to separate attacker from victim

L. Fighting Games, 4 Against 1

1. Two hand strikes every two seconds
2. Two punching or kicking attacks every two seconds

M. Fighting Skills

1. Slow fighting
2. Light fighting with protective gear (groin protection, boxing gloves, shin pads, mouthpiece; headgear is recommended)

N. Simulation and Tactics – P5 - Two Attackers Against an Accompanied Defender

Description: Two strolling people are approached by two attackers. First, the attackers approach from the front, at the next stage, they may take a divided approach.

Additional Material (Country-Specific)

Additional P-5 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

I. Breathing and Focusing

1. The 3 levels of breathing, separately and in full breathing

II. Escaping Two-Person Wrist Grabs

1. When possible, use leverage by circling and lowering elbows
2. Kick one attacker then the other - with one or both legs
3. When a third, dangerous attacker approaches - kick this attacker first

III. Escaping Chokes on the Ground

1. Attacker at your side – technique as in P1 but apply arm bar (elbow lock).
 - a) Variation - attacker shifts weight forward; use leverage to force attacker sideways, on his stomach or his side

IV. Escaping Front Bear Hugs

1. Arms free – grab hair or head; apply leverage on the neck and separate attacker
2. Against low grabs – strike attacker's face; pull hair or head; apply leverage on the neck.

Notes: *Do not put leverage on the training partner's spine. Take care to avoid injuries; perform slowly and with care.*

V. Escaping Full Nelsons

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