



REQUIREMENTS

Candidates will have trained in a self defence environment for no less than 3 years prior to attempting this test. This must be evidenced.

PHYSICAL TEST

(The number of attacks will be at the discretion of the examiner so the candidate should prepare)

- Grabbing attacks of the candidate's own choice, demonstrations of defences to be performed
- Striking attacks
- Kicking attacks
- Weapon attacks, including knives and sticks
- Floor defences (candidate on the floor and will include strangles, stamps and kicks)
- Defences against the attacker's choice of scenario x 3

THE LAW AND SELF DEFENCE

Candidates will be asked questions relating to the law relating to the use of self defence so must ensure they have sufficient knowledge in this area.

IMPORTANT NOTE: Hesitation against any attack, which would result in injury were this a real scenario will receive a fail for that technique. Due to this being an exam once the attack has been announced the candidate will have 5 seconds to consider the technique to be used prior to the attack commencing.

'P' (Pass) or 'F' (Fail) will be given for each technique.

'F' equates to 5% off the pass mark, that being 60% in total.