



PRACTITIONER

LEVEL P2

CURRICULUM

Version: Student - internal use

PRACTITIONER LEVEL 2

TECHNICAL PILLAR

Technical Pillar skills marked with * must be tested in the level test.

Other content is optional and will be chosen by the examiner.

2.1. Improving Skills, Experience and Knowledge of all P1 Curriculum

2.2. Stance and Movement

1. Non-aggressive ready stance – perpendicular arms
2. Ready and passive stance for outside defenses
3. Movement and striking
 - a. One step striking in all directions
 - b. Pivoting and striking simultaneously

2.3. Striking *

1. Circular hand strikes
 - a. Hook strike
 - b. Hammer strikes – horizontal plane (sideways, backward)
 - c. Swiping finger strikes across the face (inward or outward)
 - d. Hand strike to groin – with the palm, or back of the hand
 - e. Elbow strikes
 - i. Horizontal plane – sideways and backward
 - ii. Vertical plane – upward, downwards, backward, backward and up
2. Straight kicks – stomp kicks
 - a. Straight knee kick – forwards
 - b. Defensive front kick
 - c. Defensive back kick
 - d. Side kick
3. Circular kicks
 - a. Roundhouse knee
 - b. Roundhouse kick – with ball of the foot, instep or shin

2.4. Takedown and Sweeps

1. Outside sweep

2.5. Counter Striking *

1. Body defenses – slip
2. Against an attacker that strikes from behind
 - a. Move diagonally away and turn
 - b. Turn with a simultaneous counterattack
3. Deflecting straight strikes with inside or outside defenses
 - a. Sweeping inside defense – ‘left versus left’
 - b. Outside defense – little finger outwards, forearm sent to different angles, sideways or upwards
 - c. Double inside defenses/stop-hit with the palms – ‘Closing Arrow’
 - d. Double inside defense – with shin and forearm versus low or high regular kick, or two simultaneous attacks (regular kick and straight punch)

4. **Blocking circular attacks – attacker strikes from the side (strikes sent to trainee's front)**
 - a. Forward block with a single forearm
 - b. Forward block with both forearms parallel
 - c. Forwards block with two parallel and reversed forearms (front elbow points down)
5. **Blocking regular kicks with forward defense (stop-hit)**
 - a. Stop kick – heel directed outward (with the front leg)
 - b. Stop kick – heel directed inward (with the back leg)
6. **Blocking roundhouse kicks (high or low)**
 - a. Outside or inside shin defense against a low roundhouse kick
 - b. Outside double defense against low or high kick – shin and forearm

2.6. Preventing and Escaping Standing Grabs *

1. **Concept and use of framing**
 - a. Frame to prevent aggressor from closing in, or staying close
 - b. Sprawl (framing) against body grab and take-down attempt
2. **Preventing and escaping headlocks**
 - a. Against side headlock
 - b. Against headlock from the rear
 - i. Forearm across the front of the throat ('bar arm')
 - ii. Carotid artery restraint
 - c. Snatch from behind when mouth is covered
3. **Preventing and escaping one- or two-handed chokes**
 - a. Against a choke from the front
 - i. Pluck with one hooked palm
 - ii. Pluck with two hooked palms
 - b. Against a choke from the side

2.7. Ground – Breakfalls and Rolls *

1. Roll forwards
2. Roll backward
3. Hard breakfall sideways – fall sideways, or fall backward and turn

2.8. Ground – Basics and Striking

1. **Basics**
 - a. Hip escape movement ('shrimping')
 - b. Escaping from between the legs ('open guard'), in 'top' position (Legs closed? Strike to open)
 - i. Throw leg overhead
 - ii. Pushing down on both aggressor's knees
 - c. Aggressor is between open legs (guard, bottom) – push with the shin ('knee shield')
 - d. Sweep aggressor who is between open legs – 'scissor sweep'
2. **Striking while on the ground**

Striking from bottom position to create opportunity to perform escape.
Striking from the top only if needed, for example to assist escape, otherwise this may be illegal.

 - a. Striking from 'sitting on' position (mount top and bottom)
 - b. Striking when aggressor is between the legs (guard top and bottom)
 - c. Additional attacks to vital points

3. Counter kicks from a standing attacker
 - a. Against a regular/football style kick to head or body
 - i. Stop kicks
 - ii. Double defense – shin and forearms
 - b. Shielding/absorbing against a stomping kick – four limbs shielding
4. Counter hand strikes from a standing attacker
 - a. Prevention – preemptive kicking
 - b. Inside/outside defense and counterattack (attacker at the side, move upper body away)

2.9. Ground – Preventing and Escaping Chokes *

1. Attacker is kneeling at the side
2. Attacker is between the legs ('open guard')
3. Attacker is sitting on top ('mount')

2.10. Weapon Counters – Against Edged Weapon Threats *

1. Tactical compliance with the demands of the attacker
2. Longer range threat – inside or outside deflection and kick (all angles)
3. Medium/close range threat – from the front (inward 'C-grip')

2.11. Common Objects – Throw Small Objects to Distract *

See Tactical Pillar 2.17.1

2.12. Third Party Protection – Immediate Intervention and Remove Third Party *

1. From different angles, attack the attacker with P1-2 techniques, strike, or shove as appropriate
2. Lead third party to safety – 'C-grip' upper arm, while close arm is wrapped around their waist

TACTICAL PILLAR

2.13. Self-Defense and the Law (continued)

1. Force response is appropriate to suit the context ('scaling force')
 - a. Be able to justify force used (assume you are being watched/filmed)
 - b. Modify striking to suit the situation
 - i. Striking weapon, for example palm strike versus closed fist
 - ii. Target, for example strike the body versus the head
 - iii. Degree of force, for example a strong push versus a hard strike
 - c. Stop and reassess – adjust force response when aggressor is no longer an immediate threat
2. Recruit witnesses by informing and commanding
3. Always assume you are being watched and filmed
4. Collect information about your attacker(s)

2.14. Strategic and Tactical Behavior and Response

Applies to every problem/solution/technique in P2 and onwards

1. Strategies and timeline for dealing with aggression
 - a. Preparation, gathering information, equipping, scanning and general awareness
 - b. Avoidance
 - c. Escape/leave (ignore provocation)
 - d. Comply with the attacker's demands
 - e. De-escalate, defuse, talk-down

- f. Deter through body language, tone of voice and words
- g. Use force – common objects or natural tools of the body, scaled as appropriate to situation
 - i. Preemptive actions
 - ii. Responsive actions
- h. Post-fight ‘finishing mode’

2.15. Pre-Fight (be familiar with the following)

1. How to recognize a potential attacker (tool, capabilities, intentions)
2. De-escalate using the voice, for example: confident and calm; shouting orders

2.16. Post-Fight

1. How to choose a safe area
2. Checking yourself for injuries down to skin level

2.17. Distraction Tactics – Use of Small Objects or the Hand

1. Throwing small object(s) towards face – to distract/hurt
2. Push (and keep) object or hand into face and attack

2.18. Multiple Opponents

1. Considering other people (potentially dangerous or bystanders)
Extension of P1 multiple opponent drill, but now with both, attackers and bystanders.

APPLICATIONS, DRILLS AND SIMULATIONS

Adapt previously learned KMG principles, core components, and techniques to solve the presented problems and new situations. Act according to the timeline, your perception of the situation and your abilities as if this was a real situation. Strive for tactical and technical efficiency and effectiveness, less on the perceived correct or picture-perfect solution. Where a specific technique is described, it is a recommendation, trainees may have different solutions to the same problem, but all principles, especially ‘Principle of Efficiency’ should apply.

2.19. Striking – Execute Preemptive Striking from any Starting Position

1. Preemptive striking from any stance to any target at any range or in any direction
2. As above with a series of follow-up attacks

2.20. Summary Drills and Simulations – optional examples

Instructors can choose other drills from the KMG material. Examiner will select drills for testing.

1. Drill pre-fight and post-fight options, including variations and alternatives along the timeline (i.e., preemptive attack, early and late phase responses) for any attack/problem
2. Single strikes and combination (1.5 rhythm) and variations of attacks from P1-P2 in all directions, ranges, angles, heights, and targets (including to body) – use focus pads, ‘thai pads’, or gloves (not kick shields)
3. Dealing with a series of attacks
4. Returning attacker
5. 1 versus 4 drill – against straight or circular hand strikes, adding bystanders
Each attacker delivers 2 attacks and pauses for 2 seconds. Basic is a 3-minute round per person.
6. Different summary drills: attacker walking in 180 degrees; attacker walking around trainee; start with eyes closed – respond to activation, deal with an unknown attack; against surprise attacks from different directions; starting from different postures; against multiple aggressors, etc.
7. Simulation – sudden attack (antisocial violence)
8. Simulation – social violence incident (escalating conflict)

2.21. Fighting Drills – optional examples

Instructors can choose other drills from the KMG material. Examiner will select drills for testing.

1. Power Fight – hands-only strikes to torso with MMA gloves
2. “Competing” ground drill with the goal of escaping from between the legs (guard), partner only holding (no striking)
 - a. When in bottom position, opponent between the legs (guard, bottom)
 - b. When in top position between the opponent’s legs (guard, top)
 - c. When needed, person escaping, simulates different attacks

MENTAL PILLAR

2.22. Combat Mindset and Action

- ▮ Series of attacks: use growling sound, predator visualization, self-talk
- ▮ Attacker-Disturber-Target (ADT)

2.23. Focus/Concentration

- ▮ Tactical breathing
- ▮ Focusing – Body, Speech, Mind (BSM #1): look at a point at eye level

2.24. Relaxation

- ▮ Full breathing
- ▮ ‘Prone Position’ (double ‘Λ’ shape)

PHYSICAL PILLAR

2.25. Strength Drills

- ▮ Push-ups – 15 repetitions (with striking/defending)
- ▮ Squats – 20 repetitions (with striking/defending)
- ▮ Sit-ups – 25 repetitions (with striking/kicking)
- ▮ Plank – for 45 seconds
- ▮ Pull-up with towel – 3 repetitions
- ▮ Sprawls with jab and cross – 25 repetitions in 3 minutes

2.26. Striking Drills – Heavy Bag or Kick Shield

- ▮ Powerful series of attacks and defenses – 2 rounds of 1 minute with 1 minute rest

ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.

Additional P2 Curriculum to be used as part of the grading for the following country:

1. _____
2. _____
3. _____