



# **PRACTITIONER**

# **LEVEL P5**

# **CURRICULUM**

Version: Student - internal use

# PRACTITIONER LEVEL 5

## 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.*

### 5.1. Improving Skills, Experience and Knowledge of all P1-P4 Curriculum

### 5.2. Striking – Circular Strikes

1. Overhand hook

### 5.3. Counter Striking \*

1. Deflecting with a stabbing defense
  - a. Against a straight punch to the head
  - b. Against a regular kick to the groin
2. Dealing with a high roundhouse kick
  - a. Stop kicks
  - b. Outside forearm defense – based on the timeline of the attack
  - c. Defending with two hands
    - i. Both arms – as in P2.5.6.b, adding an inside defense with the palm of the other hand
    - ii. Double forearm absorbing defense

### 5.4. Preventing and Escaping Bearhugs (arms pinned or free) \*

1. Bearhug from the front with arms free – pressure against the eyes (w/out arching)
2. Bearhug from the front with arms pinned – strike groin and take arm out
3. Bearhug from behind, arms free, soft solution – applying a lock on fingers
4. Check in Applications, 5.14 for principles, preventions, variations, hard and soft solutions

### 5.5. Ground – Against a Single or Double Leg Grab from a Standing Attacker

*Aggressor trying to drag, or get passed legs to attack.*

1. Kick the leg out of the grip; or kick the hand; or kick a vulnerable area
2. Circle the shin and foot
3. Roll sideways ('alligator roll' vs two leg grab and drag)

### 5.6. Ground – Escaping Side Headlocks \*

1. Escaping side headlocks on the ground
  - a. When both arms are under and free
  - b. When one arm is held by attacker
  - c. When attacker's head is low or the hold is dangerous
  - d. When caught in a side headlock and attacker is striking
2. Escaping headlock from behind – lying on the stomach

### 5.7. Weapon Counters – Against an Attack with a Stick \*

1. Stabbing defenses against an overhead stick/bat attack
  - a. Against one-handed overhead stick attack
  - b. Against two-handed overhead (or off-angle) stick attack
2. Absorbing defenses against a horizontal stick/bat attack
  - a. Bursting defense – use a low arm and a high shoulder
  - b. Forward defense – shock absorbing with two high forearms

## 5.8. Common Objects – Sharp Edge or Pointy Objects \*

1. Grips and striking with different common sharp objects
  - a. Regular grip – ‘ice pick’ grip (option with thumb brace)
  - b. Underhand (‘oriental’) grip
  - c. Straight grip – saber hold with thumb along handle
  - d. Slash grip
2. Striking to targets
  - a. Striking the hand, wrist and arm – to disarm the aggressor
  - b. Striking vulnerable areas in a situation of immediate risk to life
3. Integrate use of common objects into P1-P5 techniques when applicable

*Get the object from nearby, or from pocket/bag (EDC = Every Day Carry)*

  - a. Deal with hand strikes, kicks, and knife attacks – use object and other body tools
  - b. Push, pin or hold opponent with the empty hand and strike with the object as appropriate

## 5.9. Third Party Protection

1. Remove the attacker – approach from the side or rear
  - a. Bearhug from behind or side – with and without lifting
  - b. Bearhug takedown – from behind
2. Move the third party
  - a. Shove from the side – forearm and ‘C-grip’
  - b. Pull from behind with wrist hook (fingers to sternum)

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## TACTICAL PILLAR

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### 5.10. Pre-Fight

1. Principle and choices of EDC (Every Day Carry objects)
2. Choice of clothes and accessories

### 5.11. Fighting Techniques

1. Applying multiple attacks
  - a. Double attacks
  - b. Triple attacks

### 5.12. Post-Fight

1. Understanding the physical, mental, emotional, financial, and social aftermath effects

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## APPLICATIONS, DRILLS AND SIMULATIONS

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*Adaption of previously learned KMG skills – see P2 APPLICATIONS for full description of this section.*

### 5.13. Striking – Close Quarters

1. Striking combination on pads – with the head, hands, arms, and legs, at all angles, and heights

### 5.14. Counter Bearhugs

1. Countering body grabs – theory, principles and timeline approach
  - a. Keep opponent at distance where possible using frames and preemptive attacks
  - b. Prevent opponent's arms from connecting around body – use defenses, frames, keep hips away
  - c. Regain balance, stability and composure
  - d. Prevent being lifted – keep your hips away and lower than aggressor's, use 'anchoring'
  - e. Prevent being taken to the ground – if going to the ground, turn to fall on the aggressor
  - f. Prevent a body grab from changing to a headlock or choke
  - g. Attack the attacker; attack the grip – attack the fingers and hands
2. Preventing and escaping bearhugs (arms pinned/free) from all directions
  - a. Bearhug from behind with arms free or arms pinned: prevention; hard solution
  - b. Bearhug from the front or side with arms free or arms pinned: prevention; soft and hard solution
  - c. Bearhug from any direction, but only one arm pinned; early, late, soft, and hard solutions

### 5.15. Weapon Counters – Counter a Threat with a Stick/Bat

1. Stick/bat held near the leg – foot block
2. Stick/bat held in the front tapping/rocking – 'C-grip'
3. Stick/bat is ready to strike – stabbing defense

### 5.16. Multiple Opponents

1. 1 vs 4 drill – against hand/leg strikes, circular knife attacks, grab to the neck or body - early escape after initial actions
2. Against 2 aggressors – one grabs, the other strikes  
*Prevent or escape any relevant grab and deal with any strike.*  
*Divide resources between dealing with the striker/kicker and the grabber*
  - a. Counter the grab first
  - b. Counter the strike first
  - c. Dividing resources for simultaneous actions against the two aggressors

### 5.17. Summary Drills and Simulations – optional examples

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

1. Striking combination and variations P1-P5, with footwork, in all directions, ranges, angles, heights, and targets (including to body) – use focus pads, 'thai pads', or gloves
2. 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
3. Dealing with a series of attacks
4. Returning attacker
5. Different summary drills
6. Summary drills near a wall
7. Grappling – any P1-P5 material with opponent closing to grab body/neck/limbs
8. Ground – P1-P5 material with the opponent standing and attacking or on the ground attacking
9. Simulations – sudden attack (antisocial violence)
10. Simulations – social violence (escalating conflict)

### 5.18. Fighting Drills – optional examples

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

1. Slow fight
  2. Ground fighting – 'competing' drill on gaining, maintaining, then striking in the top position; option – simulate different attacks to vulnerable areas
  3. Clinch fighting
  4. Medium power sparring to most targets – with MMA gloves and protection gear – including ground
- Note:** Level of contact must be agreed upon and suitable for trainees and protective equipment used.

## MENTAL PILLAR

### 5.19. Combat Mindset and Action

- ▮ Ramming – limited
- ▮ Passing through a crowd: door; 4 directions/corners

### 5.20. Focus/Concentration

- ▮ Alternating breathing
- ▮ Focusing – Body, Speech, Mind (BSM #2): look at moving/static thumbnails, 1/1.5/2 breathing ratio
- ▮ Focusing – Body, Speech, Mind (BSM #3): slow KMG technique

### 5.21. Relaxation

- ▮ Visualizing “energy” flow

## PHYSICAL PILLAR

### 5.22. Strength Drills

- ▮ Push-ups – 30 repetitions (with striking/defending)
- ▮ Squats – 40 repetitions (with striking/defending)
- ▮ Sit-ups – 50 repetitions (with striking/defending)
- ▮ Plank – 2 minutes
- ▮ Pull-ups with towel – 7 repetitions
- ▮ Sprawl with jab and cross – 50 repetitions in 5 minutes

### 5.23. Striking Drills – Heavy Bag or Kick Shield

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

## ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.  
Additional P5 Curriculum to be used as part of the grading for the following country:

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