



PRACTITIONER

LEVEL P4

CURRICULUM

Version: Student - internal use

PRACTITIONER LEVEL 4

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.

4.1. Improving Skills, Experience and Knowledge of all P1-P3 Curriculum

4.2. Striking *

1. Elbow against a group
2. Circular kicks
 - a. Regular kick backward (at various ranges)
 - b. Hammer kick downwards (when on the ground facing up)

4.3. Counter Striking – Inside Forearm Deflection (high elbow and low palm) *

1. Defense against a straight hand strike or regular kick to torso or head

4.4. Grappling – Arm Drag or Lift *

1. Inside arm drag
2. Outside arm drag
3. 'Duck under' – lift arm

4.5. In Confined Space – Against/Close to a Wall or Similar Object

1. Back to the wall – burst forward
2. Attacker in contact jamming/pressing against the wall or attempting a takedown
3. Move aggressor to the wall as part of the 'finishing mode'

4.6. Releasing Wrist and Arm Grabs *

Note: 'Under Grab' = thumb is closer to elbow – 'Over Grab' = thumb is closer to palm

1. Counter any wrist or arm grab – theory and principles

Prevention; active and dynamic defenses; axis; circle; assistance x2; thumb-fingers opening; attack

2. Counter any dangerous wrist or arm grab

- a. Grab is with a pull/drag or strike

3. Counter any wrist or arm grab (direct or diagonal)

- a. Against an 'under grab' of one or two wrists – axis releases
- b. Against an 'over grab' of one or two wrists – circling releases
- c. Against upper-arm grab – circular releases; tighten bent elbow and pull
- d. Against a strong one- or two-handed grab to one wrist – 'under grab' or 'over grab' – strengthening assist; separating assist

4.7. Releasing a Choke using the Upper Arm *

1. Escaping chokes, especially when being pushed or when pinned against a wall
 - a. Against choke from the front
 - b. Against shoulder/clothing/neck grab from behind

4.8. Ground – Rolls and Breakfalls

1. Roll forwards and remain on the ground
 - a. Two bent legs – roll in front of a wall or person (with counterattacks)
 - b. Lower leg straight – for sliding
2. Hard breakfall forward

4.9. Ground – Dealing with Strikes

1. Against the wall (on the ground) – against a football kick – double forearms defense
2. Against an attacker with knee on belly or upper body

4.10. Weapon Counters – Block and Control Against Circular Knife Stabs *

1. Defense against repeated overhand (regular) stabs
 - a. Block, wrist hook, then 'C-grip'
 - b. Frontal 360° block overhook (wrap arm as last resort, 'finishing mode', troubleshoot)
2. Defense against repeated underhand (oriental) stabs
 - a. Diagonal forearm block
 - b. Frontal 360° block and underhook (wrap arm as last resort, 'finishing mode', troubleshoot)

4.11. Common Objects – Small Stick-Like Objects with a Single Hand Grip *

Stick-like object 30-60 cm, solid enough to function as an impact weapon.

1. Attacking at longer or closer range – as the context requires, aim to limbs (joints, bones, muscles), body or head (only if appropriate); also in combination with kicks and hand strikes
2. Counter circular and straight attacks against hand strikes, kicks, or knife attacks
 - a. Use outside and inside defenses with the object
 - b. Empty hand defends
 - c. Object hand performing forearm defense
 - d. Against "heavy attacks", defend with the object and the support of the empty hand

4.12. Third Party Protection – Screening *

1. Side by side – outward 'C-grip' of arm, pull and screen
2. Hand in hand – pull and screen
3. Hand around shoulder – pull and screen

TACTICAL PILLAR

4.13. Pre-, Post- and during Confrontation and Fight

1. Understanding Jeff Cooper's color code as a model for situational awareness and readiness to act (White - Yellow - Orange - Red - Black)
2. Understanding the OODA loop principle as a model for decision making (Observe - Orient - Decide - Act)

4.14. Post-Fight

1. Describing the attacker – shape, size, special characteristics, shoes, clothing, accessories, etc.
2. Remembering and storing key information (memory, in writing, voice-note, image, video recording)

APPLICATIONS, DRILLS AND SIMULATIONS

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

4.15. Against a Push into a Wall or Similar Object (problem-solving)

1. Use principle of breakfalling and shielding
 - a. All angles: wall in front, at side or behind
 - b. Against a push and attack

4.16. Multiple Opponents

1. 1 versus 4 drill – two attacks (hand, leg, knife, target) every two seconds; early escape
2. Against two attackers – positioned from small/sharp angle to 180 degrees: strikes; headlocks; grabs

4.17. 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 from P1-P4, 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, as well as the technical solutions and different options, including variations and alternatives along the timeline for any attacks
3. Dealing with a series of attacks
4. Returning attacker
5. Different summary drills
6. Summary drills with the back or side to a wall against grabs, strikes and weapon attacks
7. Simulations – sudden attack (antisocial violence)
8. Simulations – social violence (escalating conflict)

4.18. Fighting Drills

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 (minimal contact); option – simulate different attacks to vulnerable areas
3. Clinch fighting drill – "compete" to get clinch control or headlock; option – simulate attacks
4. Light fighting to most targets standing and ground – with MMA gloves and protection gear – including limited time and targets on the ground
5. Power fight to legs and torso – with MMA gloves and protection gear – including limited time and targets on the ground

Note: Monitor targets and level of impact – exclude eyes and neck. Level of contact should be suitable for the trainees and protective equipment used.

MENTAL PILLAR

4.19. Combat Mindset and Action

- ▣ Passing through crowd – circles

4.20. 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

4.21. Relaxation

- ▣ Progressive Muscle Relaxation

PHYSICAL PILLAR

4.22. Strength Drills

- ▮ Push-ups – 25 repetitions (with striking/defending)
- ▮ Squats – 35 repetitions (with striking/defending)
- ▮ Sit-ups – 40 repetitions (with striking/defending)
- ▮ Plank – 1.5 minutes
- ▮ Pull-ups with towel – 5 repetitions
- ▮ Sprawl with jab and cross – 40 repetitions in 5 minutes

4.23. 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 P4 Curriculum to be used as part of the grading for the following country:

1. _____
2. _____
3. _____