



**GRADUATE**  
**LEVEL G5**  
**CURRICULUM**

Version: Student - internal use

# GRADUATE LEVEL 5

## TECHNICAL PILLAR

Technical Pillar skills marked with \* must be in grading test. Others optional as determined by Examiner. For grading you may be asked to state the key KMG System and Operational Principles applicable to the technical action and tactical decisions you are taking in any situation.

### 5.1. Improving Skills, Experience and Knowledge of all P1-G4 Curriculum

#### 5.2. Striking - Switching Kicks

1. To the front - example: two knees; two regular kicks; regular and roundhouse kicks
2. To the side/rear, with a spin - example: Side kick and defensive back kick; two back kicks

#### 5.3. Throws, Takedown Control \*

1. Bearhug throw - from front or sides  
*Safety: Control rate of descent and impact and allow the partner to breakfall.*
2. Head control takedowns - from front, side and rear  
*Safety: Take maximum care with the manipulation of the head and neck. Control rate of descent.*

#### 5.4. Control and Restraint - Standing and on the Ground

1. After a learned takedown - turn aggressor on stomach or side
  - a. Apply pressure with hand on elbow; or pass and pull over foot barrier (e.g., after wrist-lock)
  - b. Wrap aggressor's arm around neck ("gift-wrap")
2. Use hand or knee pressure, on shoulder blade to keep aggressor controlled  
*Safety: Be alert for positional asphyxiation - monitor breathing of person on bottom.*

#### 5.5. Counter Striking

1. 'Sliding Defense' with a strike in the end, deflecting straight hand strikes:
  - a. Inside 'sliding defense'
  - b. Outside 'sliding defense'

#### 5.6. Counter Shirt Grabs

1. Against a one hand shirt grab - upper-arm rotation and lock
2. Against a two hand shirt grab - lock on the wrist
3. Thumb locks to release (with one or two hands)

#### 5.7. Weapon Counters - Advanced Defenses against Firearm Threats \*

1. Pistol or rifle aimed at back or side - assailant at a distance, use outward C-grip
2. Pistol at the side, in front of arm - use reverse C-grips (thumb up, to wrist and pistol)

#### 5.8. Weapons on the Ground - Defending Stick Attacks vs Standing Aggressor \*

1. Block with two feet
2. Apply stabbing hand defense

## TACTICAL PILLAR

### 5.9. Major Tactics

1. **Using the environment to your advantage** - moving to an area which puts you at an advantage and/or the aggressor at a disadvantage, as: open space/cramping movement; good footing/poor footing; good lighting/poor lighting; backlight; higher ground/lower ground; etc.
2. **Shove into object (Hammer and Anvil)**

*Safety: This action may cause the partner injury, a fall and disorientation.*

### 5.10. Fighting Tactics - Fakes

1. Fake in direction
2. Fake in Height
3. Different options of mixing of the above fakes and mixing limbs

## APPLICATIONS, DRILLS AND SIMULATIONS

*Adapt previously learned KMG principles, core components, etc. See Applications description for G1.*

### 5.11. Control and Restraint - Initiate to Control

1. **All skills in previous G level Control and Restraint modules**
  - a. Entry from any angle, apply control hold and transport few meters
  - b. As above but aggressor is slightly resistive. Re-secure if hold is lost
  - c. Secure transport or takedown an aggressive person in front of you
  - d. After takedowns turn over so face down, maintain control

### 5.12. Weapon Counters - Variations on the G3-G5 Defenses against Firearm Threat

1. **Pistol at specific situations**
  - a. Vs snub-nosed (or problematic) revolver - deflect with one hand & C-grip to wrist with the other
  - b. Side situation behind the arm: defend, spin, grab with far hand
  - c. Threat to head from all directions
2. **Pistol and assailant at very close range**
  - a. Side, in front of the arm - pivot and a C-grip with far to the weapon
  - b. Side, behind the arm - pivot with double defense and a C-grip with far hand to wrist/weapon
  - c. Pistol aimed at the back - grab and pull the elbow with far hand
3. **Gun (short or long firearm) is aimed at any point, from any point**
4. **Against gun threat when in a sitting position e.g., in a chair**

### 5.13. Grappling - Close Range Techniques/Clinch Fighting

1. **Starting from any grab or clinch position** - use all (close range) striking, grappling and control skills from previous levels to:
  - a. Break free, create separation, and move to a nominated 'safety point'
  - b. Secure and control your opponent
  - c. Grab or trap attacker to limit their movement and counterattack
  - d. Takedown opponent with previously learned techniques
2. **Practice slow-in-fighting utilizing all grappling (and striking) skills**
3. **Apply (simulate) different attacks, including hand strikes and kicks, headbutting, shouting and biting to overcome the aggressor**

**5.14. Ground - Counter Grappling, Improve Position and End Up Standing**

1. Consider previous curriculum of prevention and appropriate counterattacks (as G1.9; G2.17)
2. Aggressor sitting on (mount), take out one leg to half guard (use bridge and hip escape)
3. Aggressor in side control (top), lift overhead with one or two hands
4. Move from side control (top) to: mount; knee on belly

**5.15. Multiple Opponents - Breakout to Escape to Safety**

1. Open space - 1 vs 4, with 4 in any arrangement between trainee and designated 'sanctuary'
2. Restricted space settings - 1 vs 3
3. Options reduced by natural obstacles, as: walls, chairs, furniture, parked cars etc.

*Safety: As required, use safety equipment, adjust setting, force levels & size participants to ensure safety.*

**5.16. Third Party Consideration - Against Pistol Threat \***

1. When there is a pistol threat on the trainee/protector

**5.17. Third Party Situations - Breakup a Fight (violence between two individuals)**

*Requirement is to separate/stop the fight.*

*Consider that you may not know who the good/bad guy is and who started the fight.*

**The possible situations are:**

- Both quarreling (verbally)
- One has the other in a two-handed: choke; grab of clothing; grab of hands
- One has other in headlock - side headlock, guillotine, rear naked choke
- One or both are striking each other with or without clothing grabs
- Participants in the altercation may start or be at any angle

1. **Stop a fight between two people and separate** - approach on any angle, when:
  - a. Person known to you is the victim
  - b. Person known to you is the aggressor
  - c. Strangers fighting - Those involved are unknown to you so either may attack you at any time
2. **Family, workplace, or school situation** - same as above but without any damaging techniques

**5.18. Summary Drills - Optional Examples**

*Instructors can choose other drills from KMG drill material, except where marked \*.*

*Examiner may select from these or other drills for a grading.*

1. P1-G5 combination strikes with footwork on focus pads, Thai pads or gloves \*
2. All pre-fight and post-fight options, variations, and alternatives along the timeline (preemptive attack, early phase and late phase responses) for all attacks\*
3. Low force counters to all attacks if work situation, being watched/filmed \*
4. Performing series of attacks; including when constrained
5. Defending series of attacks; including when constrained
6. Against a continuing attacker
7. Close range and clinch fighting
8. Execute a flow of control and takedown techniques (chaining movements)
9. Preventing and overcoming Tthrows and takedowns of P2-G5 (see G3.14)
10. Various summary drills
11. Dealing with multiple attackers - 1 vs 4

**5.19. Slow & Light Fighting with a Small Object in the Hand**

*Getting acquainted with the subject of fighting against un-armed/armed aggressor.*

*Object can be blunt or sharp (short stick, sharp, stone and shield families).*

1. Object may be in front hand or the back hand
2. Tactical behavior:
  - a. Striking according to principles of attacks; **striking to disarm**; striking vulnerable areas
  - b. Using the object for defenses according to its nature and previous principles and techniques
  - c. Using all body tools for defenses and attacks, the object is an add-on
  - d. Adjusting tools, target and level of impact according to context
  - e. Throwing the object
3. Drilling the above in slow and light fighting, standing and ground, open and confined spaces

**5.20. Fighting Drills - Optional Examples**

*Instructors can choose other drills from KMG drill material.*

*Examiner may select from these or other drills for a grading.*

*Trainee should be tested on about 8-12 rounds of different lengths and level of impact.*

1. Slow fight
  2. Slow and light fighting against 2 opponents
  3. Grappling - using grappling tools to get to partners back and lift them
  4. Wall fighting - one partner pinning, striking, grappling with the other against the wall
  5. In-fighting drills
  6. Ground fighting drill - competing on gaining top position and striking
  7. Common objects - short impact weapons fighting drills
  8. Power fight to legs & torso - with MMA gloves & protection - including ground fighting
  9. Medium power to most targets - with MMA gloves & protection gear - including ground fighting
- Safety: Most targets, i.e. - excluding eyes and neck.*
- Level of contact & impact should be suitable for trainees and protection.*

**5.21. Scenarios and Simulations**

1. Simulation - sudden attacks - anti-social violence/incident
2. Simulation - social violence incident

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**MENTAL PILLAR**

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**5.22. Increasing time in the different drills****5.23. Enhancing the focus and concentration abilities, using ultra-slow KMG techniques**

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**PHYSICAL PILLAR**

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**5.24. Strength Drills - Two (2) Rounds of:**

- **Push-up** - 30 repetitions each round (with striking/defending)
- **Squat** - 40 repetitions each round (with striking/defending)
- **Sit-up** - 50 repetitions each round (with striking/defending)
- **Plank** - 3 minutes each round
- **Pull-up with towel** - 8 repetitions each round
- **Sprawl jab/cross** - 60 repetitions in 5 minutes each round

**5.25. Striking Drill - Heavy Bag or Kick Shield**

- **Powerful series of attacks & defenses** - 3 rounds of 3 minutes and 1-minute rest

## KMG SYSTEM AND OPERATIONAL PRINCIPLES

### To Focus on in this Grade

Be humble; Becoming a role model; Assist the Needy; One solution for many problems; Use of environment; Timing and Action triggers; Early defense; Deception and misdirection; Understanding and embracing the KMG Principles.

### ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.  
Additional G5 Curriculum to be used as part of the grading for the following country:

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