



PRACTITIONER

LEVEL P3

CURRICULUM

Version: Student - internal use

PRACTITIONER LEVEL 3

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.

3.1. Improving Skills, Experience and Knowledge of all P1-P2 Curriculum

3.2. Striking and Movement *

1. Movement – stomping (skipping) step
 - a. Advance with front leg
 - b. Advance with back leg – crossing front or crossing back
2. Straight punches – low (to the body)
3. Uppercut – with fist or palm (to jaw or solar plexus)
4. Hammer strike inwards – horizontal plane
5. Horizontal elbow – forwards
6. Headbutt – with 5 major striking points and directions
7. Advancing and retreating using any kick
 - a. Kick with front leg
 - b. Kick with back leg
 - c. Bail out and deliver regular, side or roundhouse kick
 - d. Retreat with the front or back leg and kick with the other leg

3.3. Takedowns and Sweeps

1. Forward sweep kick – low roundhouse kick

3.4. Countering Striking – Hand and Leg Attacks *

1. Deflecting low hand strike or regular kick to midsection or groin
 - a. Inside forearm defense
 - b. Outside low forearm/palm defense (scooping)
2. Deflecting Kicks
 - a. Inside palm defense against a regular kick to groin
3. Active Shielding (instinctive/surprised response sideways, covering with hand or forearm)
 - a. With parallel and reversed forearms

3.5. Clinching – Grabs and Counters *

1. Apply the neck clinch against an attacker (hands on both sides of neck)
2. Apply the side clinch – upper-arm grab, and neck/trapezius grab – both hands on same side of opponent's body or each hand on either side
3. Attacking from the clinch
 - a. Takedown with manipulation
 - b. Strikes as: headbutt, knee, elbow, fingers to eyes
4. Avoid/counter the neck clinch
 - a. Framing and counterattacks
 - b. Lift, duck under and reach side or back

3.6. Preventing and Escaping Hair Grabs

1. Against a hair pull from all directions – advance, defend and counterattack

3.7. Ground – Prevent Opponent Gaining Hold, Dealing with Strikes

1. Prevent opponent from gaining a hold (after your legs are passed)
 - a. Counter an attacker who is on the ground or is standing and who is closing to gain a dominant position: e.g., mount, or side headlock – use kicks, hand strikes, frames, insert the knee or shin, create distance; as required and appropriate, attack vulnerable areas
2. Dealing with hand strikes
 - a. Against an attacker that is sitting on or standing over (mount, top)
 - b. Against an attacker that is on the knees or standing up between the legs (guard, top)

3.8. Weapon Counters – Kicks Against all Types of Knife Attack *

1. Regular kick
2. Side kick
3. Bailing out and side kick or roundhouse kick

3.9. Common Objects – Large Stick, Two Hand Grip *

Stick-like object large or heavy, average 60-100 cm long that needs to be used with two hands.

1. Initial consideration – opportunity; locate; acquire safely; use various grips
2. Attacking – with footwork at longer or closer range (hold object in one or both hands)
 - a. Attacking – with circular or straight strikes, using various parts of the object
 - b. Drop the object if needed and continue with hands and legs
3. Countering circular and straight attacks (defenses with the object held in both hands)

Adjust the attacking or countering action as required to suit the common object.

 - a. 360° blocks – deal with hand strikes, kicks, stick attacks, or knife attacks
 - b. Inside defense – high or low to deflect high or low straight attacks

3.10. Third Party Protection – Move Attacker/Third Party Away *

1. Move third party away
 - a. Shoulder turn of the third party then control and lead away
 - b. Extended arm strike (“breakfall”) to upper chest
2. Move attacker away
 - a. Get to attacker’s back, then control and push two upper arms
 - b. Stomp to back of the knee and takedown

TACTICAL PILLAR

3.11. Pre-Fight – Tactical Positioning – Considerations

1. Recognize operating space and ability to move rapidly for attacks and defenses
2. Keep any threat at distance and close the distance to set up preemptive attacks
3. Monitor that your back and sides are not exposed to danger
4. Back to a wall or a corner for protection from behind
5. Position to protect (shield) others
6. Locate and line up with exits to facilitate rapid escape
7. Avoid obstacles to your rear that may cause problems (e.g., a chair directly behind you)
8. Line up with obstacles/barriers to disturb aggressor
9. Line up with obstacles directly to aggressor’s rear then shove
10. Scan and get access to weapons of opportunity (common objects and tools)
11. Facilitate or diminish vision based on backlight
12. Visibility to others, security cameras, or CCTV

3.12. Fight/Technique

1. When applicable, use less than full power strikes or KMG grappling techniques

3.13. Post-Fight

1. Check third party for injuries
2. Safe exit, stages, and principles
 - a. Safe separation and scan for other threats
 - b. Check for belongings
 - c. Leave
 - d. Minimizing revenge attacks
 - e. Physical check for injuries
 - f. Last phases – get medical treatment, recruit assistance, recall details of the incident and report it to the relevant authority

APPLICATIONS, DRILLS AND SIMULATIONS

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

3.14. Timeline Drill Against a Shirt Grab and a Circular Knife Attack

1. Early responses – preventing and defending the two actions
2. Later responses – against an attacker that grabbed and is stabbing

3.15. Ground – Rolls and Breakfalls

1. Fall/stumble backward – turn 180 degrees and soft breakfall forward
2. Roll forwards – on left shoulder (for right-handed students)
3. Roll backward – on right shoulder (for right-handed students)

3.16. Multiple Opponents

1. 1 versus 4 drill – two attacks (hand, leg, knife, target) every two seconds; early escape
2. Against two attackers approaching to strike or grab with extended arm grabs (to clothing or neck)

3.17. 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 attacks, early phase, and late phase responses)
2. Striking combination and variations with footwork, in all directions, ranges, angles, heights, and targets (including the body) – use focus pads, 'thai pads', or gloves
3. Preemptive striking with follow-ups – from any stance, any target, any range, any direction
4. Dealing with a series of attacks
5. Returning attacker
6. Different summary drills, as: attacker at 180 degrees; attacker walking around trainee; trainee walking around attacker; attacker and trainee walking past each other in two parallel lines; start with eyes closed – respond to activation and deal with an unknown attack; against surprise attacks from different directions; starting from different postures; vs multiple aggressors
7. Simulations – sudden attack (antisocial violence)
8. Simulations – social violence (escalating conflict)

3.18. Fighting Drills

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

1. Slow fight
2. Ground 'competing' drill on grabbing around partner's head/neck from side or rear – when needed, simulate attacks to vulnerable areas
3. Power fighting to torso and legs – sparring with MMA gloves and shin protection

MENTAL PILLAR

3.19. Combat Mindset and Action

- ▮ Passing through a crowd
- ▮ Attacker-Disturber-Target

3.20. Focus/Concentration

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

3.21. Relaxation

- ▮ 'Prone Position'

PHYSICAL PILLAR

3.22. Strength Drills

- ▮ Push-ups – 20 repetitions (with striking/defending)
- ▮ Squats – 30 repetitions (with striking/defending)
- ▮ Sit-ups – 30 repetitions (with striking/defending)
- ▮ Plank – 1 minute
- ▮ Pull-ups with towel – 4 repetitions
- ▮ Sprawl with jab and cross – 30 repetitions in 4 minutes

3.23. Striking Drills – Heavy Bag or Kick Shield

- ▮ Powerful series of attacks and defenses – 2 rounds of 1.5 minutes with 1 minute rest

ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.
Additional P3 Curriculum to be used as part of the grading for the following country:

1. _____
2. _____
3. _____