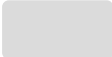
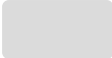
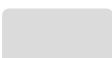


TOP 12 SELF-DEFENSE SKILLS

PROGRESS CHART FOR:

Instructions: Learn six "from standing" techniques and six "from the ground" techniques from the Top 12 Self-Defense Skills Course. Practice for peer review and mastery for at least five sessions. For the test, you may **not** use the video for assistance. The teacher and peers will sign off on completion. After you have completed the Top 12 Self-defense Skills, be sure to download the Certificate of Completion.

SIX STANDING SKILLS	1	2	3	4	5	TEST
BREAK FALL						
TECHNICAL LIFT						
BREAK FALL + TECHNICAL LIFT DRILL						
WRIST ESCAPE						
CHOKE ESCAPE						
PUNCH PROTECTION STANDING						
SIX GROUND SKILLS						
HIP ESCAPE						
BRIDGE						
GROUND PROTECTION DRILL						
CLOSED GUARD + HIP ESCAPE DRILL						
MOUNT ESCAPE						
PUNCH PROTECTION GROUND						
BONUS ANIMAL CONDITION DRILLS						
						