

# Student Level 2 Lesson Plans

## ***Lesson 1***

- Hook Punch
- Uppercut Punch
- Bobbing vs Hook Punch
- Defense vs Hook Punch – Covering

## ***Lesson 2***

- Overhand Punch
- Weaving vs Straight Punches
- Defense vs Uppercut Punch
- Focus Mitt Combo (LS/RS/LH/RU)

## ***Lesson 3***

- Defensive Front Kick
- Front Kick to Groin with Advance
- Reflexive Defense vs Front Kick
- Stop Kick Defense

## ***Lesson 4***

- Side Kick
- Side Kick with Advance
- Outside Stabbing Defense vs Front Kick
- Plucking Defense vs Front Kick

## ***Lesson 5***

- Round Kick (Forward Leg)
- Defense vs Low Round Kick (Shin)
- Defense vs Low Round Kick (Thigh)
- Shadow Boxing

## ***Lesson 6***

- Back Kick

- Back Kick with Advance
- Side Kick / Back Kick + Hammerfist
- Inside Defense vs Right Punch

### ***Lesson 7***

- Uppercut Back Kick
- Inside Defense vs Left Punch
- Inside Defense vs Right Punch (2 counters)
- Focus Mitt Combo (RU/LH/RS)

### ***Lesson 8***

- Controlling Bent Over Attacker
- Redirecting Bent Over Attacker
- Knee Strikes (Control Position)
- Basic Sprawl

### ***Lesson 9***

- Defense vs Knee Grab
- 360 Defense + Counterattack
- Shadow Boxing
- Hook Punch

### ***Lesson 10***

- Defense vs Overhand Punch
- Defense vs Hook Punch – Extended
- Focus Mitt Combo (RU/LH/RE)
- Uppercut Punch

### ***Lesson 11***

- Reflexive Defense vs Front Kick
- Plucking Defense vs Front Kick
- Defensive Front Kick
- Overhand Punch

### ***Lesson 12***

- Inside Defense vs High Front Kick

- Defense vs Front Kick to Groin
- Stop Kick
- Hook Punch

### ***Lesson 13***

- Choke Defense vs Wall (Front)
- Elbows
- Knee Strikes
- Shadow Boxing

### ***Lesson 14***

- Choke Defense vs Wall (Behind)
- Defense vs Choke from Behind with Pull
- Hammerfists
- Uppercut Punch

### ***Lesson 15***

- Bearhug Defense (Front Arms Free)
- Knee Strikes
- Bent Over Attacker Control
- Hook Punch

### ***Lesson 16***

- Bearhug Defense (Front Arms Free – leverage on neck)
- Hammerfists
- Defensive Front Kick
- Overhand Punch

### ***Lesson 17***

- Bearhug Defense (Front Arms Caught – space)
- Knee Strikes
- Uppercut Punch
- Shadow Boxing

### ***Lesson 18***

- Bearhug Defense (Front Arms Caught – no space)

- Hammerfists
- Side Kick
- Hook Punch

### ***Lesson 19***

- Bearhug Defense (Behind Arms Free)
- Knee Strikes
- Uppercut Punch
- Defensive Front Kick

### ***Lesson 20***

- Bearhug Defense (Behind Arms Caught – space)
- Hammerfists
- Hook Punch
- Shadow Boxing

### ***Lesson 21***

- Bearhug Defense (Behind Arms Caught – no space)
- Knee Strikes
- Overhand Punch
- Uppercut Punch

### ***Lesson 22***

- Wrist Release vs 2 Attackers
- Hammerfists
- Hook Punch
- Shadow Boxing

### ***Lesson 23***

- Wrist Release vs 3 Attackers
- Uppercut Punch
- Defensive Front Kick
- Overhand Punch

### ***Lesson 24***

- Back Fall Break

- Side Fall Break
- Shadow Boxing
- Round Kick

### ***Lesson 25***

- Defense vs Punches while Mounted
- Buck Trap Roll
- Ground Strikes
- Elbows

### ***Lesson 26***

- Defense vs Choke while Mounted
- Defense vs Headlock while Mounted
- Hip Bridge
- Hammerfists

### ***Lesson 27***

- Defense vs Choke from Behind While Mounted
- Elbow Escape vs Mount
- Ground Strikes
- Uppercut Punch

### ***Lesson 28***

- Maintaining Mount
- Striking from Mount
- Hammerfists
- Elbows

### ***Lesson 29***

- Exiting Mount
- Technical Stand-Up
- Shadow Boxing
- Hook Punch

### ***Lesson 30***

- Kickoff from Guard

- Ground Strikes
- Defensive Front Kick
- Uppercut Punch

### ***Lesson 31***

- Escaping the Guard
- Hammerfists
- Elbows
- Shadow Boxing

### ***Lesson 32***

- Defense vs Foot Grab – Axe Kick
- Defensive Front Kick
- Round Kick
- Hook Punch

### ***Lesson 33***

- Defense vs Foot Grab – Spinning Out Round Kick
- Round Kick
- Uppercut Punch
- Shadow Boxing

### ***Lesson 34***

- Defense vs Foot Grab – Spinning In Heel Kick
- Side Kick
- Hammerfists
- Hook Punch

### ***Lesson 35***

- Focus Mitt Combo (LS/RS/Bob/RS)
- Hook Punch
- Uppercut Punch
- Shadow Boxing

### ***Lesson 36***

- Focus Mitt Combo (LS/RS/Bob/RE)

- Overhand Punch
- Hammerfists
- Uppercut Punch

### ***Lesson 37***

- Reflexive Defense vs Front Kick
- Plucking Defense vs Front Kick
- Defensive Front Kick
- Hook Punch

### ***Lesson 38***

- Defense vs Low Round Kick (Shin)
- Defense vs Low Round Kick (Thigh)
- Round Kick
- Shadow Boxing

### ***Lesson 39***

- Basic Sprawl
- Defense vs Knee Grab
- Hammerfists
- Uppercut Punch

### ***Lesson 40***

- 360 Defense + Counterattack
- Overhand Punch
- Hook Punch
- Shadow Boxing

### ***Lesson 41***

- Choke vs Wall (Front)
- Elbows
- Knee Strikes
- Hammerfists

### ***Lesson 42***

- Choke vs Wall (Behind)

- Bearhug Defense (Front Arms Free)
- Hook Punch
- Uppercut Punch

### ***Lesson 43***

- Bearhug Defense (Behind Arms Free)
- Knee Strikes
- Hammerfists
- Defensive Front Kick

### ***Lesson 44***

- Wrist Release vs 2 Attackers
- Wrist Release vs 3 Attackers
- Hook Punch
- Shadow Boxing

### ***Lesson 45***

- Defense vs Punches while Mounted
- Buck Trap Roll
- Elbow Escape
- Ground Strikes

### ***Lesson 46***

- Maintaining Mount
- Striking from Mount
- Exiting Mount
- Hammerfists

### ***Lesson 47***

- Kickoff from Guard
- Escaping Guard
- Ground Strikes
- Uppercut Punch

### ***Lesson 48***

- Scenario Training

- All Combatives Review
- Multiple Attacker Movement
- Fatigue Drill