



Self-Defense Training Curriculum

Part 1: Fundamentals

- Introduction to KALAH Self-Defense
- Stance and Body Positioning
- Hand Placement (Fence) and Defense Posture
- Movement Techniques and Footwork
- De-escalation Strategies
- Assertive and defensive body language
- Artery Protection and Vital Points Awareness (applicable when subject is with a sharp object)
- Focused Attention on the Opponent's Chest

Part 2: Striking Drills

Punching Techniques:

- Closed Hand Punches
 - Upper Cut Punch
 - Hook Punch
- Open Hand Strikes (Palm heel)
- Slapping Drill
- Hammer Fist Strikes
 - Variations of Hammer Strikes (Horizontal Hammer, Vertical Hammer)
- Elbow Strikes (Horizontal Elbow, Vertical Elbow)
- Head Butt

Grabbing and Striking(Pre-emptive Striking):

- Grab and Punching
- Hammer Strikes



- Elbow Strikes
- Head-butting
- Kicking Drills
- Standard Knee Strikes
- Shadowboxing, bag work and Pad work
- Break-falls: Front, Side, and Back
- Getting Up from the Ground- Forward, Backward, Turn to sprint position
- Fighting from the Ground (using Punching, Hammer Fist, Elbowing (when on top), Kicking Drills)

Part 3: Takedown and if needed Weapon Search

- Head Control Drills: Takedown Techniques
- Clinch Position Knee Strikes
- Side Clinch Knee Strikes
- Over and Under Head Control Knee Strikes
- Controlling the subject using RNC
- Spinal Manipulation & Takedown
- Side Headlock Control & Takedown
- Ground Control and Positioning
- Searching for Hidden Weapons
- Reviewing and Practice Integration
- Continual Improvement and Scenario-Based Training with Role Play

Note: Each section will be taught progressively, with ample time for practice and mastery before moving to the next level. Regular review and reinforcement of techniques are essential for skill retention and effectiveness in real-world situations. These drills can be executed with the help of a partner or a friend as well.



Part 4: Self-Defense Techniques: Handling Multiple Attackers(We simulate this exact drill after you have learned a reactive approach, perhaps for handling chokes, punches, or encounters with people armed with weapons)

1. Engaging Multiple Attackers:

- Combine straight hand punches, hammer fists, and strikes to the groin to neutralize threats.
- Prioritize striking techniques to create openings for takedowns and escape.

2. Two-on-One Scenario:

- Utilize aggressive striking (open hand straight punches or slaps or hammer fists) and takedown techniques to neutralize multiple attackers.
- Target vital areas
- Flanking techniques

3. Dominant Position and Control

4. Aggressive Fighting Techniques:

- Implementing aggressive drills to build confidence and assertiveness in combat situations.
- Moving forward aggressively to control the pace of the encounter and gain the upper hand.

5. Preemptive Strikes and Control:

- Using preemptive strikes and burst movements to gain an advantage over attackers.
- Employing takedown techniques to swiftly incapacitate threats and maintain control.

6. Assertive Communication and Body Language:

- Learning to assertively communicate and use body language to deter potential attackers.
- Practicing assertive verbal commands and maintain a confident posture to establish authority.
- Practicing effective methods for breaking free and safely disengaging from the confrontation.



- Training progressively to develop proficiency in handling multiple attackers and aggressive situations.

- We also emphasize the importance of situational awareness, assertiveness, and effective use of techniques to ensure personal safety.

Part 5: In-fight (Worst Case Scenarios) Arm Control Drills and Striking Techniques: these drills are Suitable when you are in a confined space, or you have nowhere to run, or when you have attacked taken by surprise. Using the element of surprise is crucial. Plus if you can de-escalate the situation when the person is holding a weapon, and then use the element of surprise to your advantage. The whole objective is to go home in one piece!.

Arm Control Drills:

1. Two Underhooks Arm Control:

- Practicing controlling the attacker's arm with two underhooks.

- Moving around while maintaining control, adding resistance as needed.

2. Under and Over Arm Control:

- Learning to switch between underhand and overhand arm control techniques.

3. Under, Over, and Head Control:

- Mastering the transitions between under, over, and head control positions.

4. Switch Hand, Two Underhooks Control:

- Practicing transitioning between controlling with two underhooks using both hands.

5. Switch Hand, One Underhook and One Overhook Control:

- Learning to switch hand positions while maintaining control with one underhook and one overhook.

Part 6: Striking Drills with Arm Control

1. Underhook Striking Drill:

- Combining underhook arm control with striking techniques such as head-butts, knees, elbows, and hammer punches.



- Practicing targeting vital areas like the groin with kicks.

2. Switching Hand Striking Drill:

- Performing striking techniques from close distance while transitioning between hand positions.

- Incorporating head-butts, biting, and strikes to the groin.

3. Two Hands Control Striking Drill:

- Executing strikes while maintaining control with both hands.

- Focusing on inflicting damage and creating openings for takedowns.

Part 7: Takedown Techniques with Arm Control

1. Underhook Takedown:

- Using underhook arm control to set up and execute takedown techniques.

2. Underhook and Overhook Takedown:

- Combining underhook and overhook control to destabilize the attacker and execute takedowns.

- Emphasizing the importance of fluid transitions between arm control positions and striking techniques.

- Scenario-Based Training with Role Play is extremely important to use

Practicing scenarios that simulate real-world confrontations, integrating arm control, striking, and takedown techniques for various situations including:

- grab attacks- hair, arm, choke(one hand both hands),
- locks-Side headlock & rear headlock- windpipe,
- blood choke and
- RNC(very very difficult to get out of this hold),
- Punch & kick defense standing(from all four directions)/on ground,
- Takedown defense,
- Ground fighting-choke, punch, kick,
- Rape prevention(knife, gun or empty handed-choke or hand grabbing),



- Defense against weapon attacks like knife- oriental, ice pick and slashing attacks(From all four directions),
- Stick attacks(From all four directions), and
- Close and mid-range Knife and gun threat(From all four directions)
- Simulating Kidnapping scenario(empty handed, with knife or gun)
- Continuously refining and reinforcing skills through consistent training and scenario-based drills.

Part 8: Third Party Protection Scenarios

1. Close Protection Drills:

- Focus on defending loved ones in threatening situations.
- Practice drills to overcome aggressive attackers targeting your loved ones.

2. Aggressive Knife Attack Defense:

- Learning techniques to effectively neutralize knife-wielding assailants threatening your loved ones.
- Practicing defensive strategies to protect against stabbing and slashing attacks.

3. Punch Attack Defense:

- Developing skills to counter the punches aimed at your loved ones.
- Practicing quick response to minimize harm.

4. Grabbing Defense:

- Mastering methods to free loved ones from aggressive grabs and holds.
- Practicing escaping from various grips and restraining techniques.

5. Priority of Safeguarding Loved Ones:

- Understanding the principles of controlling and prioritizing the safety of your loved ones.
- Be prepared to sacrifice personal safety if necessary to protect those you care about.

Note: All drills are being trained very slowly in the beginning, later on if students wish to pressure test them, with consent from all parties, we simulate the drill with full speed(with



aggression and resistance. Reactive drills can be difficult at times, because of fatigue, weight/strength difference). We take all necessary precautions to keep the trainees safe.

Join our comprehensive self-defense course where we focus on mastering the fundamental techniques essential for handling aggressive attacks in worst-case scenarios. Our training covers a wide range of scenarios including grab attacks, punch defense, and knife attacks from any direction. Ground fighting, hand-to-hand combat, and defense against weapon attacks are all integral parts of our curriculum.

At our training sessions, we emphasize the importance of regular practice with punctuality and open-mindedness. Leave your ego at the door and embrace a supportive environment where we build each other up in mindset, physicality, fitness, and brotherhood. Role-playing is an essential aspect of our scenario-based training, allowing you to apply your skills in realistic situations.

