



## 1Aa – Theory (Lecture)

1Aa1 Principles of the Kalah System both practically and psychologically. Key technical elements including basics of defence and cornerstones of the system.

## 1Ab – Fundamentals

1Ab1 Basic stance and body position  
1Ab2 Vulnerable areas  
1Ab3 Striking (Knees/Kicks/Punches/Hammers/Elbows)

## HAND TO HAND

### Basic Movements around an aggressor

1Ac1 Control of an aggressor via headlock (Left and Right side)  
1Ac2 Control of an aggressor as above plus searching for weapon  
1Ac3 Switching control in response to a weapon being drawn

### Shirt Grabs

1Ad1 Shirt grab to the front (left and right)  
1Ad2 Shirt grab to the side (attacker to the left)  
1Ad3 Shirt grab to the side (attacker to the right)  
1Ad4 Shirt grab to the rear (left and right)

### Chokes

1Ba1 Choke from the front  
1Ba2 Choke from the side (performed both sides)  
1Ba3 Choke from the rear

### Windpipe/Blood Chokes

1Bb1 Windpipe/blood choke from the rear

### Punch/Kick Defence

1Ae1 Punch/Kick defence to front (left and right)  
1Ae2 Punch/Kick defence to side (attacker to left)  
1Ae3 Punch/Kick defence to side (attacker to right)

### Head-Butt Defence

1Bc1 Head-butt defence (left and right side)

### Bear Hugs

1Cb1 Arms free from the front

- 1Cb2 Arms free from the side
- 1Cb3 Arms free from the rear
- 1Cb4 Arms caught from the front
- 1Cb5 Arms caught from the side
- 1Cb6 Arms caught from the rear

### **Side Headlock**

- 1Ca1 Side headlock – static attack
- 1Ca2 Side headlock – attacker pulls student forward/down
- 1Ca3 Side headlock – attacker pulls upward on neck

### **KNIFE STABS**

#### **Straight Stab**

- 1Af1 Straight stab to front
- 1Af2 Straight stab to side (attacker to left)
- 1Af3 Straight stab to side (attacker to right)
- 1Af4 Straight stab to rear (attacker to signal)

#### **Ice-pick Attacks**

- 1Bd1 Ice-pick attack from the front (left & right handed)
- 1Bd2 Ice-pick attack from the side (perform both sides)
- 1Bd3 Ice-pick attack from the rear (attacker to signal)

#### **Slashing Attacks**

- 1Cd1 Slashing attack to front – burst and control early
- 1Cd2 Slashing attack to front – evade, move off line, control late
- 1Cd3 Slashing attack to side – one arm high, one arm low

### **KNIFE THREATS**

#### **Threats to body (Medium Range)**

- 1Ag1 Medium range knife threat to the body (front)
- 1Ag2 Medium range knife threat to the body (attacker to left)
- 1Ag3 Medium range knife threat to the body (attacker to right)
- 1Ag4 Medium range knife threat to the body (attacker to rear)

#### **Threats to the neck**

- 1Be1 Knife threat to neck (students left side) – control arm
- 1Be2 Knife threat to neck (students left side) – control arm & knife
- 1Be3 Knife threat to neck (students right side) – attack front
- 1Be4 Knife threat to neck (students right side) – attack right
- 1Be5 Knife threat to neck (students right side) – attack rear

### **GROUNDWORK**

#### **Mounted Punch Defence**

- 1Ah1 Defence against punches (attacker in mount)

## **Mounted Choke Defences**

- 1Ai1 Mounted choke defence (head high/arms locked)
- 1Ai2 Mounted choke defence (head medium/option 1Ai1 failed)
- 1Ai3 Mounted choke defence (head Low)

## **Break Fall (From trip or push)**

- 1Bf1 Falling from push or trip ending in correct body position

## **Kick defence (Whilst on ground)**

- 1Bg1 Kick defence – from the left
- 1Bg2 Kick defence – from the right

## **Ice-pick attack from the mount**

- 1Cg1 Ice-pick defence with attacker in mount

## **Knife threat to throat**

- 1Ch1 Knife threat to throat (students right side) attacker in mount

## **Choke from behind (Face Down)**

- 1Bh1 Choke from behind (student face down, attacker on back)

## **Pistol threat to head**

- 1Chi1 Pistol threat to head, attacker in mount – live side
- 1Chi2 Pistol threat to head, attacker in mount – dead side

## **Scarf-hold**

- 1Cf1 Defence against scarf-hold (arms free/arms caught)

## **STICK**

### **Stick Attacks**

- 1Cc1 Stick attack from the front (baseball bat, overhead, upwards)
- 1Cc2 Stick attack from the side (baseball bat, overhead, upwards)
- 1Cc3 Stick attack from the rear (baseball bat, overhead, upwards)

## **PISTOL**

### **Medium range threat to front**

- 1Ce1 Pistol disarm to front – medium range – live side
- 1Ce2 Pistol disarm to front – medium range – dead side

### **Medium Range Threat to Back and Side of Body**

- 2Ad1 Pistol disarm to back – medium range
- 2Ad2 Pistol disarm to side – medium range – both sides (Thick and Thin)

## Medium Range Threat to the Head

2Ae1 Medium range pistol threat to the head (360)