

BLACK WHITE STRIPE



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

REQUIREMENTS FOR RANK

Core Techniques		
Two Hand Lapel (5)	Belt Grab Palm Up (3-4)	
Hostile Handshakes (3-4)	Head Locks (1-4)	
Full Nelson (3-5)	Bear hugs back arms out (1-2)	
Hair Gra	abs (1-4)	

(Not Required for Belt Advancement)

Additiona	l Program
Ground Su <mark>rvival LV</mark> -4	TTP LV-4

Weapons train	ing Disarming
Knife (5)	Handgun (4)

CORE TECHNIQUES

Two Hand Lapel/Garment (1) Belt Grabs Palm Up (2)

CORE TECHNIQUES

Hostile Handshakes (2)

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CORE TECHNIQUES

Defense Against Head Locks (1-4)

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CORE TECHNIQUES

Full Nelson Defenses (3)

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CORE TECHNIQUES

Rear Bear hug escapes arms out (2)

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CORE TECHNIQUES

Escape Hair Grabs (4)

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KNIFE DISARMING (5)

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HANDGUN DISARMING (5)

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