



## **P2A Circular Punches**

**P2A1** Hook Punch.

**P2A2** Uppercut.

## **P2B Elbow Strikes: Vertical Elbow Strikes**

**P2B1** Upwards.

**P2B2** Downwards.

**P2B3** To the Rear.

**P2B4** Rear and Up.

## **P2C Punches with directional movement**

**P2C1** Straight punch in advance.

**P2C2** Straight punch and retreat.

**Note:** starting position semi-passive and fighting stance.

## **P2D Kicks**

**P2D1** Stomp Downward.

**P2D2** Defensive Kick Forward.

**P2D3** Roundhouse Kick.

**P2D3.1** Horizontal.

**P2D3.2** Diagonal.

## **P2E Inside Defense (with palm or forearm) against Straight punches**

**P2E1** Simultaneous Counterattack.

**P2E2** With leaning Back.

**P2E3** Front left against front Left.

**P2E4** Front forearm defense Vs. a straight punch to body.

## **P2F Outside Defenses against Punches**

**P2F1** Defense Vs. hook punch.

**P2F2** Outside defense Vs. straight punches (short distance: 1,2,3).

**P2F3** Outside defense Vs. straight punches (long stabbing distance: 1,2,3).

**P2F4** Outside defense Vs. straight punches (upward and forward with diagonal forearm: 4).

**Note:** starting position: fighting stance with crossed arms (low hands).

## **P2G Leg Defenses against Kicks**

**P2G1** Stop kick with heel outwards.

**P2G2** Stop kick with heel inwards.

**P2G3** Deflection: Inside defense with the shin Vs. regular kick.

**P2G4** Blocking defense with shin Vs. low roundhouse kick.



## **P2H Defenses against Knife Threat**

- P2H1** From the Front - at medium range.
- P2H2** From the Back - at medium range.
- P2H3** From the Side - at medium range (in front and behind arm).
- P2H4** From Side or Back - high (above the shoulder).

## **P2I Release from Headlocks from the Rear**

- P2I1** Arm-bar to front of throat (pressure on the Windpipe).
- P2I2** Arm-bar to both sides of the neck (Carotid artery pressure).
- P2I3** Release from hand covering mouth from the Rear.

## **P2J Dealing with falls**

- P2J1** Forward soft break-fall to the floor.
- P2J2** Backward break-fall.
- P2J3** Forward Roll.
- P2J4** Backward Roll.

## **P2K Release while on the ground**

- P2K1** Release from chokes where the attacker is sitting on the defender (mount position).

## **P2L Using Common Objects**

- P2L1** Using stick type objects for self defense.

## **P2M Simulation and Tactics**

- P2M1** Defense Vs. 2 attackers circling and performing all learned attacks.
- P2M2** Striking combinations Vs. 2 attackers holding a Punch pad.
- P2M3** Slow Fighting.

## **EXTRA CURRICULUM - NOT TO BE TESTED**

Tactical behavior for P1

- 1. Preventing:**  
Prevent the attacker from performing chokes and side headlocks by kicking.
- 2. Defending:**  
Implementing the principles of inside & outside defense against 1 attacker, coming to either choke or grab defender in a side headlock.
- 3. Releasing:**  
Release from side headlock by sliding backwards.
- 4. Late Release:**  
Late release from a choke while lying down. Starting position for the exercise: Both standing in front of each other, then attacker chokes from either front or side and pushes defender to the ground.

### **Different finish modes for learned material**

- 1. Getting up from guard position**  
(One knee still on the ground)