



KMSD (NW)

GP1



General Practitioner Level 1

(1) Outlet Stances and Movements

The meaning of "outlet-stance" and starting position

General outlet-stance.

Techniques of moving to various directions from the general outlet-stance.

(2) Straight Punches

Heel of hand punch (first straight punch to be taught).

Straight left punch (to chin).

Straight right punch (to chin).

(3) Circular Punches

Left roundhouse punch (2 variations with the body / distance).

Right roundhouse punch.

Uppercut from passive stance and from regular stance with either hand.

Note: Basic studying of punches will be done from a small spread / passive stance. Later from a regular outlet stance and then punch to various directions, Later - to various heights, in retreat or advance, and also from other positions such as sitting or lying down

(4) Hammer Punches

Forwards

Down

Horizontal sideways

Horizontal backwards

(5) Elbow Strikes

Horizontal Elbow Strikes

Inward

Sideways

Backward

Vertical Elbow strikes

Upwards

Downwards

To the rear

Rear and up

(6) Other Various Punches

Finger strikes

(7) Kicks

Front / regular kick with ball of the foot.

Variation: Fast kick to groin (with instep).

Roundhouse kick - 2 ways: 1) horizontal, 2) diagonal. (Show one in test) (Possible-Hitting parts: ball of foot; instep; shin.)

(8) Defensive Kicks (stomp family)

Stomp vertical down

Defensive kick forward. (Hitting parts: heel; ball of foot; whole foot)

Defensive kick backward

Side-kick with the heel

Note: The kicks will be studied and exercised from the passive stance, the regular outlet stance and when relevant from a side stance.

(9)Knee Kicks

Straight up, diagonal / horizontal inwards (roundhouse)

(10)Combination With The Learned Attacks

Short combination – simple 2-4 attacks (punches / kicks)

Note: In all the attacks (especially straight punches and reg. kicks) emphasize the recoiling

(11)Outside Defenses

360 outside defenses (extended and closed) - from a passive stance. (Later - against defined punches).

360 block (extended and closed) with simultaneous counter attack.

(12)Defending Against Knife Attacks

Knife held in upwards (oriental) or downward holds. Simultaneous defense and counter attack, then fast retreat with kick.

(13)Inside Defenses vs. Straight Punches,

(Passive stance)

Inside defense (hands high) - sending palm of hand (vertical) diagonally forward, head movement to side.

Inside defense as above & lowering hand & counter-attack (1.5 rhythm)

Inside defence with lean back and kick.

(14)Various Defenses

Step / lean backwards, while kicking (with forward leg) to groin or to other vulnerable point.

Train vs. straight punches.

Closed block, turning away while delivering side kick to knee or other vulnerable point.

Train vs. circular punches.

(15)Release from Chokes

Preventing - Educational Block, Stopping the opponent before he reaches - (Kick or punch are also possible, it is another attitude / solution)

From The Front

Pluck with 2 hooked palms and counter-attack with knee/shin and/or punches.

From the Side

Pluck and counterattack (palm, elbow, or knee - as needed).

From Behind

Pluck - step diagonally backward, attack to groin and chin.

(16)Release From Headlock

Release from Headlock from the Side

Attack groin, pull/push a sensitive point of the opponent's head and finish

Release from Headlocks from the rear

A) Arm-bar to front of throat (windpipe)

B) Carotid pressure type of hold.

(17)Defences Against An Impending Knife Threat

Basic from the front - at long range - deflect and kick, while leaning away from the knife. Move away or deliver more kicks

Basic from the side / back - at long range - deflect and kick, while leaning away from the knife. Move away or deliver more kicks.

(18)Dealing with Falls

Forward Fall-break

backward Fall break

(19)Counter Attacking While on Ground

Stomp kicks to all heights, raise onto the shoulder blades and of the base of the spine
Double stomp kick high when the attacker is in very close
For all punches emphasize abdominal muscles

(20)Defending While On Ground

Shrimping, Spinning, turning and backing away.
Defending football style kicks to head and body.

(21)Standing From Ground Position

Figure 4 techniques, and also standing from the sitting position to all directions
Going into side guard position

(22)Releases While On Ground

Release from a choke from the side, assailant is kneeling by side of defender
Pluck, push, and insert knee, push & kick.

Release from chokes on ground, attacker sitting on defender
Pluck; strike, bridge, turn hips, counter attacks.

(1)Using Common Objects As Weapons For Self-Defense

The student will be able to identify the main categories/types of common objects, such as:
shield type, club type, stone type, blade type, small objects type, chain type and liquid /
aerosol type.

Student will train on using common objects of the shield type and small object such as keys or
coins applying the principles of distraction to create an opening for escape or counter
(defender throws objects at attackers face and follows immediately with: escape; or kicks and
other counterattacks.

NOTE: This is used primarily in situation before an actual attack is made, mainly in a threat or
in the early stage of an attack.

(23)Fighting Games - 4 vs. 1

Advance to grab and choke with straight arm (zombie), one “chock” every 2 seconds
Using 360° attacks, one attack every 2 seconds.

(24)Training - Watching, Awareness, Prevention

The student will train on looking at attacks being sent towards him/her, know real distance.
By lecturing, simulating and training, the students will get to know various problems that can
arise in real life and that can lead to physical conflict. The student will learn ways to avoid
conflict: Move away; Keep distance; Ignore verbal assault

Extra Curriculum – Training but NOT for the test

Attacks:

Practice attacks to different heights and directions.

Distance

Train correct distance for appropriate attacks such as elbows, circular punches, straight
punches and kicks and learn to move correctly between these distances

Defences:

Outside defence #1, #2, #3, against straight punches, with simultaneous counterattack (use
straight right punch). #1 - palm is up; #2 - palm directed inward; #3 - little finger

Outside stabbing defences #1, #2, #3

Inside defence - With left palm against left punch and counter with left punch (with vertical fist)
– or turned fist (palm up)

The trainee will practice outside and inside defences with counter attacks against an attacker
coming from various directions.

Releases:

Vs, chokes and headlocks from different direction, add the element of surprise.

Attacks in combination:

Trainee will practice combinations of attacks including double attacks with the same leg/hand.
Train on hitting targets/pads