



KMSD (NW)

GP2



General Practitioner Level 2

(1)Punches

Low punches – to body

Punches (as in GP1) to all angles, directions, heights and distances. Hitting targets and marking on partner

(2)Kicks With Movement

Sliding, skipping and crossing movement techniques with all kicks in GP1, namely

Regular kick, Roundhouse kick, Defensive kick forward, Defensive kick backward, Side-kick

Practice from passive and fighting stance with front and/or back leg.

(3)Combinations of Learned Attacks

Combinations of learned attacks with continuous motion forward and backward– minimum 8 attacks (punches, elbows, kicks, knees)

(4)Outside Defences Against Punches

Fighting/outlet stance for outside defences.

Defence vs. hook punch

Extended; with a diagonal forearm outward blocking with side or back of forearm, head tucked between shoulders, burst forward & counter attack and **follow with continuous counters**

Closed; raising elbow high so palm protects small brain, head tucked between shoulders, show either simultaneous or 1 1/2 rhythm initial counter attack and then **follow with continuous counters**

(5)Inside Defence (with palm or forearm) Vs Straight Punches

(Fighting/outlet stance)

Defence (with palm) and inside counter-attack simultaneously with other hand and continue

Inside defence with lean back and kick (with the front leg) and continue

Inside defence with the forearm, sidestep & counter-attack with other hand. (The initial attack can be made to different targets / heights)

Left against left – Palm/Forearm defence and counter with hammer punch sideways.

Note: Remember to add the small movements of the head/body-defences in these techs.

Terminology: *In this learning stage the defender is in outlet stance for inside defences. For*

clarity in our explanations, both the attacker and the defender are with the left foot forward.

Defend with left hand against right hand and vice-versa, unless otherwise stated.

(6)Hand Defences Vs Front / Regular Kicks

Inside defence with the back of the hand/forearm - with a body defence (turn), from passive stance, when from outlet stance do only with forward hand. (3 counters)

Outside defence - Scoop from passive stance (hands in x) & counter-attack. When from outlet stance, only with rear hand.

Inside defence with forearm vs. high defensive-kick or high front kick & counter.

Notes: Advanced training will include defence Vs front kick and straight punch that follows.

Techniques 2 and 3 can be used effectively together, against a kick of unknown height.

(7)Leg Defences Against Kicks - from passive and outlet stances

Stomp kick

With the heel directed to the inside or outside vs. regular kick. From passive stance performed with either leg, From fighting/outlet stance use forward leg only.

Inside/ outside defences:

Inside defence (deflection) and outside defence (block) vs. regular kick. From passive stance performed with either leg, From fighting/outlet stance use forward leg only.
Outside defence (block) vs. low roundhouse kick. From passive stance performed with either leg, From fighting/outlet stance use forward leg only.

Defending with the shin and forearm together – Vs. a regular or roundhouse kick unknown height.

(8)Defending an Opponent Attacking From Different Angles

Inside or outside defences against punches (circular or straight) sent from various directions. Defender stands in his place, start by looking forward, while attacker is moving in half a circle in front. Defend, counter and also move away as needed.

(9)Defending Against Knife Attacks

Knife held in upwards (oriental) and downward (icepick) holds, all angles outside attacks
Fast retreat to rear (as in GP1)
Fast retreat to dead side (Block, counter, escape)
Fast retreat to live side (UBA, counter, escape)

(10)Knife Skills - Tapping and Countering

Drills (Passive stance with side movement)
High rollover knife on knife tapping to inside. (fingers high, thumb in)
Straight stab knife on knife to mid section inside tapping (fingers extended, thumb high)
Straight stab knife on knife to mid section outside scooping (heel of hand, thumb tucked)
Note- Also completed with one student hands free slapping and tapping against all angles of knife attack while applying body defences, quick counters and movement away out of knife reach

(11)Defences Against Knife Threat

Basic from the front medium range deflect & grab, initial counter-attack and then continue and retreat.

(12)Defences Against Gun Threat

Basic from the front, medium range,
Deflect & grab gun, A single quick counter to vulnerable parts of body such as eyes, throat, groin. Disarm and move away
Variation; Deflect & grab gun, quick counter with kick to groin, disarm and move away
Note: Students must understand principles of distance, negotiation, distraction and also except weapon retention possibilities exist. See extra curriculum below

(13)Release from Chokes

Techniques 1, 2 and 3 as in GP1 from front and side. Focus on moving into the attacker, applying continuous counter attacks (6 minimum) and then retreat

(14)Releases From Bear Hugs Arm Free

Release from bear hug from the front – Push to nose or eyes.
Release from bear hug from the back; Elbow strikes to head, With lock on finger.

(15)Counter Attacking While on Ground

From GP1 Single and double leg stomp kicks to all heights, all distances
Side kicks from side position
Round house kick turning from one side to the other

(16)Releases While On Ground

Attacker in mount position delivering outside punches, Block, hook (draw balance) counter and bridge
Choke from the side, assailant is kneeling by side of defender, Pluck, push, and insert knee, push take into arm bar

(17)Dealing With Falls

Forward break fall (from kneeling)

Backward break fall (from sitting/squatting)

Roll forward (from kneeling)

Roll backwards (from sitting)

Note: For adults, It is recommended/possible that this subject be tested in a higher level

(18)Slow Fighting

Emphasis on continuous movement and self control

(19)Use of Common Objects

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 chain type

(20)Fighting Games, 4 vs. 1

Against punches

Against kicks

Against chokes

Against knife attacks

Extra Curriculum – Training but NOT for the test

Punching and Combinations -:

Low punches – differentiating between straight left or right in attack or in defence.

With one hand/arm - combinations of punches (Two consecutive punches)

Defences – Body Defences - Avoiding Attacks

Duck and weave - bending the knees & waist; ideally this will be done while counter attacking with low punches.

Move in different directions in order to get out of the line of attack or the range of the attack.

Attacker attacks with punch or kick. Body turn to move aside from the line of a straight attack.

Looking watching and changing behaviour according to the actions of opponent.

Watch what attacker does during a long series of attacks, attacker repeats every sequence.

As above, & now trainee imagines defending these attacks.

Practices a series of attacks and combinations which one is comfortable with. Practice hitting targets at various distances, heights, directions and angles.

Basics of concentration and self-control exercises.

Relaxation; breathing control; standing with no movement.

Dealing with firearms – Know and except the 7 principles of disarming

- Field of fire (not line of fire, consider type of weapon)
- Mechanism (state of weapon)
- Situation awareness (need to do disarm, trained attacker/retention!)
- Surroundings (3rd parties, buildings etc)
- Technique to use considering
 - Retention
 - Correct Positioning
 - Distractions/timing
 - Speed
 - Point of balance
 - Control the gun/fighting
- Post conflict
- Luck