



KMSD (NW)

GP3



General Practitioner Level 3

(1) Straight Punches (Closed Fist)

Making a fist

Straight left punch (to chin). Hand leads, elbow low, clench fist, turn to 45, strike, recoil

Straight right punch (to chin). Hand leads, elbow low, clench fist, turn to 45, strike, recoil

Note: From both passive and outlet stances

(2) Circular Punches (Closed Fist; 2 variations)

Left roundhouse punch.

Right roundhouse punch.

Note: From both passive and outlet stances

(3) Elbow Strikes Diagonal/Cutting

Elbows directed in a vertical diagonal direction either vertically upwards or vertically downwards. The general explanation with the vertical upwards elbow is that the elbow travels in a direction which leads the hand to pass over the opposite shoulder

(4) Focus Mitts

Student will demonstrate closed fist straight, circular punch and elbow combinations against focus mitts with partners

(5) Defensive/Push Knee

Executed by raising the knee in a forward and upward motion striking the target with the lower/centre kneecap. The foot will rise in a linear motion upwards and then forwards into the attacker.

(6) Shin Kicks

A round house kick generally directed against the inside or outside of your opponents upper thighs or knee's striking with the shin. Also cutting shin kick

(7) Kicks with Movement

Switch step from outlet-stance

The front leg is drawn to the rear and then in one movement is sent forward offering a counter strike

(8) Combinations of Learned Attacks (Retzef)

Student applies a continuous series of movement forward, backwards, left and right whilst applying learned attacks including, straight, circular punches, elbows, knees and straight, circular kicks

(9) Inside Defence Against Punches

Inside forearm deflection with body turn/twist and counter

Used against left and right punches from outlet stance

(10)Outside Defences Against Punches

#3 Outside defence against straight punches, with simultaneous counter-attack (use defence little finger out, elbow bent.) and continuation

#4 Outside defence with stabbing motion (long defence; stab, straightening the elbow with #3 – little finger out) and simultaneous counter-attack and continuation

Note: In tech hand defends left or right punch, counter-attack simultaneously.

(11)Defending Against Knife Attacks

Knife held in upwards (oriental) or straight holds, all heights inside attacks

Defend with palm, fast retreat (escape) to rear, dead side and live side

Defend with forearm, fast retreat (escape) to rear, dead side and live side

Defend with scoop, fast retreat (escape) to rear, dead side and live side

(12)Knife Skills - Blocking and Countering

Drills (Passive stance with side movement, knife held oriental hand grip, attacking outside for all angles and heights)

Block and counter, defence performed only with empty arm and counter with knife

Note- Also completed with one student hands free blocking GP1 and simultaneous counter against all outside angles of knife attack while applying body defences and movement away out of knife reach,

(13)Defences Against Knife Threat

Knife to Front Body/Throat – Close Range, Awareness; deflect & grab, initial counter-attack and then continue and retreat.

Note: Also include trapping the arm option

(14)Gun Skills

Demonstrate make safe (unload) and load drills on pistol

(15)Defences Against Gun Threat

Recap basic gun from GP2 with negotiation skills to all angles 360

Gun to front, arms extended (long distance, with kick counter)

Gun to front – low/medium height (Itay Gil, Avi Nardia)

(16)On-coming Attacker Avoidance Technique

From front

Step to the side and strike the attacker with a forearm block to the side of their neck

Apply inside defence and slap groin as the attacker walks past

Forearm block/palm and lower to strike throat while stepping to the side (cloths line)

Side step and round house/side kick

From Side

Defensive Move and Strike

(17)Releases From Bear Hugs Arm Trapped

From Front Grabbed High or Low

From Behind Grabbed High Around Shoulders

From Behind Grabbed Low Around Waist

(18)Releases While On Ground

Release from chokes on ground, attacker sitting on defender

Option 2; Pluck with one hand and apply a rear hammer punch

Option 3; Head very close, nail to push away, around to eyes and inside to eyes

(19)Releases From Side Headlocks While On The Ground

(When 2 hands are under) Move, grab 2 eyes, roll to side.

Pull back sensitive point, wrap one leg around neck, take down roll and counter attack.
Variation - choke with legs.

(20) Dealing With Falls

Forward break-fall into shrimping
Backward break-fall into shrimping
Sideways fall-break into shrimping
Forward roll from standing to standing
Backwards roll from fall-break

(21) 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 Liquid and stone (heavy) types applying such principles as distraction to create an opening for pre-emptive attack and escape etc

(22) Fighting Games - 4 vs.1

Against inside all attacks
Against outside all attacks
Against gun threats
Against knife attacks

Extra Curriculum – Training but NOT for the test

Inside defence against uppercut punches moving to outside of attacker.

Releases from previously known grabs: exercise against: chokes & head-locks as attacker grabs from different directions and with the element of surprise.

Train with all previously graded knife and gun threats working awareness, distance and negotiation skill

Understanding the Principles of Defence

Defences with hands or legs

- Blocking – 360 defence, stop kicks
- Deflecting – Inside defence, redirection
- Stabbing – Overhead stick, regular kick
- Sliding (Similar to stabbing, taking power and slowing) – Inside or outside punches
- Circular – Gun to rear
- Sweeping – scooping, leg sweeps

Body Defences

- Direction of movement – 8; left, right, forward, backward, diagonals
- Up or down
- Turning (to redirect)