



KMSD (NW)

GP4



General Practitioner Level 4

(1)Stops

Educational and Deadly stops

(2)Kick combinations

The student will demonstrate good combinations of all known (GP1,GP2,GP3) straight and circular kicks with movement from all angles to all angles and to all possible heights. First in dry fashion and then against strike shields.

(3)Body Defences - Duck and Dive

Duck left and right and rearwards from outlet stance. Add attacks

(4)Combinations of Learned Attacks (Retzef)

Student apply a continuous series of movement forward, backwards and turning to left and right so as to go from a traditional to southpaw fighting stance whilst applying all previous learned attacks including, straight, circular punches, elbows, knees and straight, circular kicks

(5)Outside Defences Against Punches

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

#4 Outside defence with stabbing motion (longer defence; stab, straightening the elbow with #1 – thumb out) and simultaneous counter-attack and continuation

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

(6)Inside Defence Against Punches

Students will demonstrate inside defence against straight punches using, palm, forearm and scoop defences with initial counters and then continuation.

(7)Defence Against High Circular Kicks

#1 Strong single handed block.

#2 Double handed defence.

#4 Stab Defence.

NOTE: Test either from standing or sitting position

(8)Defence Against Punches from 180°

The student will demonstrate outside and inside hand defences and counter attacks against all hands strikes from 180°, counter attacking with either kicks, hammer strikes and/or other punches with emphasis on nearest “weapons”. Defender stands in thier place, start by looking forward using peripheral vision, while attacker is moving in half a circle in front. Defend, look counter and also move away as needed.

(9)Knife Skills

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

1) Angles of attacks

2) Slap and tap drills

3) Blocking, countering & striping knife; block and counter, apply roll over knife disarm and continue.

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.

(10)Defences Against Knife Attacks (fast, continuous, long distance)

Knife V Hands Free (block, deflect, tap/slap, scoop and counters)

From long distance (2 yards). Applying block, tap, slap, scoop defences etc against fast continuous knife attack. (Slap/tap, move, counter with eye strikes and other quick attacks to vulnerable points and joints; de-fang the snake)

(11)Release from Chokes

Apply the principles of plucking and countering techniques for chokes

Very close range to front

Very close range to side

Very close range to rear

Train pinned against walls

(12)Defences Against Knife Threat

Knife to front of throat, attacker at the side

Knife to Back – Medium Range with or without attacker holding

Recap GP1, GP2, GP3

(13)Gun Skills

Stance, point aiming skills and shooting

(14)Defence Against Gun Threat

Gun to side, in-front of arm

Gun to side of head

Gun to side of head – Attacker very close, unable to use nearest hand

Recap GP1, GP2, GP3

(15)On-coming Attacker Avoidance Technique

Against front low rugby style attack.

(16)Releases From Bear Hugs Open Hands

From Front Grabbed Low Around Waist

Option 1; Attacking

Option 2; Neck Leverage

From Side Grabbed Low Around Waist

Head to front

Head to rear

From Behind Grabbed Low Around Waist

Option 1; Neck Leverage

Option 2; Finger leverage

(17)Releases While On Ground

Attacker sitting on defender applying outside punches

(18)Use of Common Objects - Defence With a Short Stick

Inside and outside defences apply. The short stick is seen as an extension to the arm, another forearm if you will.

Defending 360 and inside attacks with short stick and counter attacking with other hand

Defending 360 and inside attacks with short stick and counter attacking with stick

Straight stab defence, out reaching the attacker

NOTE: Test against knife and punches

(19) Dealing With Falls

Forward fall-break from standing to standing

Backward fall-break from standing to standing

Sideways fall-break from standing to standing

Forward roll from standing into break-fall and shrimping

Backwards roll from standing

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

(20) Fighting Games - 4 vs.1

Against all inside attacks

Against all outside attacks

Against bear hugs

Against gun threats

Extra Curriculum – Training but NOT for the test

Train your awareness and releases from previously known grabs from grades GP1, GP2 and GP3. Training techniques such as chokes, bear-hugs, headlocks etc back to back from different directions and with the element of surprise.

Understanding the Principles of attacks

- Distance – Long, medium, close
- Angle of attack – left, right, diagonal up/down, straight, high, low
Also consider own position, lying, sitting down, facing away
- Tool – Selecting the correct attack; arm or leg, kick or punch (open handed/closed fist)
- Technique – Selecting the correct technique; inside/outside
- Tactics – Movement, feints
- Type – Impact, break, leverage, lethal, non-lethal

Understanding families and associated techniques I.e.

- Family of circular attacks
 - Round house punches
 - Round house kicks
 - Crescent kicks
 - Hammer punches
 - Elbows
 - Etc
- Family of grabs
 - Chokes
 - Headlocks
 - Bearhugs
 - Shirt
 - Hair
 - Etc
- Family of directional attacks
 - To front
 - To side
 - To rear
- Long range distance attacks
- Etc