



KMSD (NW)

GP5



General Practitioner Level 5

(1) Crescent Kicks

Inside and outside

(2) Combinations of Learned Attacks (Retzef)

Students apply a continuous series of movement with all trained attacks forwards, then backwards against an opponent who advances/retreats accordingly. No contact is made.

(3) Combinations of Learned Attacks (Retzef)

Against a free moving punch-bag; Students apply a continuous series of movement utilising all trained attacks in accordance with correct ranges

(4) Defence Against Knife Attacks From 180°

The student will demonstrate fast escape techniques (live side, dead side and rearwards) from all knife attacks (oriental, ice pick, straight and slash) utilising all outside and inside hand defences and counter strikes against all knife attacks from 180.

(5) Kicks Against Oncoming Knife Attacker

Against regular/overhead attack

(6) Defence Against All Attacks Whilst Seated

All outside & inside attacks

(7) Knife Skills Uba – Redirection;

Drills (Passive stance with side movement)

High Uba, knife on knife; Outside block with counter to wrist or body with back cut and movement to side and continuation.

Low Uba, knife on knife; Outside block with counter to wrist or body with back cut and movement to side and continuation.

Note- Also completed with one student hands free against knife and also against circular punches

(8) Defences Against Knife Threat

Straight on, knife to outside of throat, over the top control

Sideways - knife to outside of throat, under arm control

Crescent kicks against knife threats/attacks with counters or flee

(9) Defending Against Knees When Pulled Down

Forearm blocking and under counters to all angles

(10) Release from Guillotine Headlock

Option 1; Step back

Option 2; Step through

Recap all headlocks from GP1

(11) Release from Chokes

When pushed forward, backward and from side

(12)Releases While On Ground

Attacker sitting on defender applying inside punches

Attacker in guard position applying chokes

Option 1 Kick away (similar to attacker at side)

Option 2 Remove support. Leg in and kick away

Option 3 Rotational scissors with roundhouse kick

(13)Dealing With Falls

Forward roll

Over obstacle

Picking up object

Hands free

Backward roll from standing

Sideways roll from standing

Combinations of rolls and break-falls from standing to standing

(14)Defence from Forward Stick Attack

Attacker approaches with stick horizontal to the ground, holding it in both hands attacking the throat or upper chest area.

(15)Striking with a Long Barrelled Weapon

Straight stab, Round house (butt strike), Uppercuts (butt strike), Diagonal slashes and in combination

(16)Use of Common Objects - Defence With a Long Stick/Weapon

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 demonstrate basic attacks with along weapon as well as basic single and double handed blocking techniques against an attacker with a long stick/weapon

(17)Sparring

Attack, Defend, Attack

One student performs 6 continuous attacks which the other student attempts to block or absorbs. On six the defending student counters and continues,

(18)Awareness

Student will demonstrate awareness of attackers and combination of attacks with some stamina training

Student has partner to front and rear with strike shield. Distance expands and closes.

(19)Fighting Games - 4 vs.1

Against all hand and leg attacks

Against all knife attacks

Against all grabs and bear hugs

Against all gun threats

Extra Curriculum – Training but NOT for the test

Train your awareness and releases from previously known grabs from grades GP1, GP2, GP3, and GP4. Training techniques such as chokes, bearhugs, headlocks etc back to back from different directions and with the element of surprise.