**PRACTITIONER LEVEL 1 WORKBOOK**

**P1 Technical Checklist (tested at the Technical Check-Off)**

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| **Technique** | **Notes** |
|  | **STANCES AND MOVEMENT** |
| Passive stance |  |
| Semi-passive stance |  |
| General outlet stance |  |
| Non-aggressive ready stance - palms forward |  |
| Star drill - stepping |  |
| Star drill - head defence |  |
| Star drill - combined head and stepping |  |
| Pivoting and turning on the front or back leg |  |
|  | **STRIKING: VULNERABLE POINTS** |
| List the vulnerable points of the human body, classified according to height level |  |
|  | **HAND/ARM STRIKES** |
| Double hand shove - to chin or chest |  |
| Straight palm strikes |  |
| Straight punches (including how to make a fist) |  |
| Straight strike with fingers |  |
| Hammer strikes forward |  |
| Hammer strikes downward |  |
| Horizontal elbow inwards |  |
| Educational stop |  |
|  | **KICKS** |
| Knee strike upwards |  |
| Regular kick to groin – 3 tools |  |
| Front stomp kick to knee |  |
|  | **COMBINATIONS** |
| Combinations long-short (front) |  |
| Combinations short-long (front) |  |
|  | **BODY DEFENCES** |
| Blading the chest |  |
| Blading the body while advancing diagonally (both sides) |  |
| Head defence against straight punch (slip) |  |
| Body defence against haymaker (bob and weave) |  |
|  | **DEFENDING AGAINST HAND STRIKES** |
| 360 vs circular attack with hands |  |
| Inside def vs straight punch - palm |  |
| Inside def vs straight punch - forearm |  |
| Inside palm def – lean back and kick |  |
| Diamond defence |  |
|  | **ACTIVE SHIELDING** |
| Active shield forward 2 arms |  |
| Active shield forward 1 arm |  |
| Active shield sideways vs hook strike |  |
| Active shield sideways vs straight punch from the side |  |
|  | **DEFENDING AGAINST KICKS** |
| Inside def shin vs regular kick |  |
|  | **DEFENDING AGAINST SHIRT GRABS** |
| 1 handed shirt grab - dangerous - with straight or circular punch |  |
| 1 handed shirt grab - dangerous - with threat to punch |  |
| 2 handed shirt grab - dangerous pushing (“batman”) |  |
| 2 handed shirt grab - dangerous pulling (burst and jam) |  |
| 1 handed shirt grab – non-dangerous - 3 stages |  |
| 2 handed shirt grab – non-dangerous - 3 stages |  |
| Any non-dangerous - inside defence to elbow (shoulder leverage) |  |
|  | **DEFENDING AGAINST KNIFE STABS** |
| 360 vs icepick stab |  |
| 360 vs oriental stab |  |
| 360 vs strong, centred oriental stab (heavy oriental) |  |
| 360 vs oriental stab to neck |  |
| Regular kick vs advancing knife attack |  |
| Against a knife draw - push or pre-emptive attack |  |
|  | **GROUND - BREAKFALLS, KICKING AND GETTING UP** |
| Soft breakfall forwards |  |
| Hard breakfall backwards |  |
| Ground defensive position |  |
| OTG - stomp kick (3 methods) |  |
| OTG - side stomp kick (laying or in 3 point position) |  |
| Get up in advance |  |
| Get up in place |  |
| Get up in retreat |  |
|  | **GROUND - GRAPPLING** |
| Trap and bridge under the mount |  |
|  | **USING COMMON OBJECTS** |
| Using shield type object against any attack (especially knife and stick) |  |
|  | **THIRD PARTY PROTECTION** |
| 3P: double handed shove to create space - from side |  |
| 3P: attack the attacker - from side |  |
| 3P: c-grip above elbow to evacuate |  |
|  | **TACTICS AND THEORY** |
| Timeline - awareness: 4 colours of awareness, looking down to increase peripheral vision |  |
| Timeline: avoidance |  |
| Timeline: de-escalation/negotiation theory (soothing, assertive, deterrence) |  |
| Timeline: pre-emptive striking theory (TAINP) |  |
|  | **ADDITIONAL NOTES** |
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**P1 Tactical Sheet (tested at the Grading)**

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| **Subject** | **Notes** |
|  | **SUMMARIES AND APPLICATIONS** |
| Defending against a combination of attacks |  |
| Defending against a returning attacker |  |
| Eyes closed - ambush scenarios |  |
| Eyes closed - escalation scenarios |  |
|  | **MULTIPLE ATTACKERS** |
| Multiple attackers: 1v4 with hand strikes and bystanders |  |
| Multiple attackers: 1v2 with kickshields |  |
|  | **FIGHTING SKILLS** |
| Push fighting |  |
| Grappling for mount OTG |  |
| Kick vs circular knife attacks drill |  |
|  | **MENTAL SKILLS** |
| CM - aggressive series of attacks with growl and predator visualisation |  |
| CM - chasing drills |  |
| CM - ADT drill 1x1min |  |
| Power posture |  |
| Focus: abdominal breathing - 3mins |  |
| Relaxation - prone position - 3mins |  |
|  | **PHYSICAL PILLAR** |
| Pushups - 10 reps |  |
| Squats - 15 reps |  |
| Situps - 20 reps |  |
| Plank - 30sec |  |
| Towel pullups - 2 reps |  |
| Sprawl with jab cross - 15 reps in 3mins |  |
| Striking - 2x 30sec, 1min rest between |  |
|  | **ADDITIONAL NOTES** |
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*Shorthand Terminology:*

*Def = defence*

*OTG = on the ground*

*3P = third party*

*CM = combat mindset*

*ADT = attacker, disturber, target*