**GRADUATE LEVEL 2 WORKBOOK**

**G2 Technical Checklist (tested at the Technical Checkoff)**

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| **Technique** | **Notes** |
|  | **STRIKING** |
| Spinning back stomp kick |  |
| Spinning horizontal hammer strike |  |
| Spinning horizontal elbow |  |
|  | **GETTING UP FROM A CHAIR** |
| Getting up from a chair - bursting forward |  |
| Getting up from a chair - stand up in place |  |
| Getting up from a chair - spin and turn to sides or rear |  |
| Getting up from a chair - move behind the chair |  |
| Kicking from a chair - support with hands |  |
|  | **USING A CHAIR** |
| Using a chair as a shield type object |  |
| Using a chair as a barrier or to trip an aggressor |  |
| Dealing with the chair being grabbed (attack, or drop chair and continue) |  |
|  | **THROWS AND TAKEDOWNS** |
| Bearhug throw from front |  |
| Bearhug throw from rear |  |
| Bearhug throw from side |  |
| Machine gun throw |  |
| Double leg throw from front (send them left/right) |  |
|  | **ACTIVE SHOOTER SITUATIONS** |
| Shoulder push throw from rear |  |
| Machine gun throw from front/sides |  |
| Strong hit to A/O joint when unable to throw (eg heavy attacker) |  |
|  | **CONTROLS AND RESTRAINTS** |
| Straight arm push down - using forearm, chest or c-grip |  |
| Underhook elbow lock - press and takedown |  |
|  | **FOREARM DEFENCES AGAINST SIDE KICKS** |
| Sweeping low outside defence - with back hand |  |
| Sweeping low outside defence - with front hand (double pivot) |  |
| Sweeping high inside defence with front hand |  |
| Outside defence number 4 with low side kick |  |
|  | **DEFENDING AGAINST KNIFE ATTACKS FROM SIDE/REAR** |
| Parallel side circular stabs from sides (high or low) - turn and 360 |  |
| Oriental high stab or slash from side, in front of arm (fwd 360) |  |
| Oriental low stab or slash from side, in front of arm (fwd 360) |  |
| Against stab from the rear - make distance and turn (retreat out of channel and kick) |  |
| Against stab from the rear - turn and counter simultaneously, defend ASAP (advance out of channel) |  |
|  | **DEFENDING AGAINST CIRCULAR STABS FROM THE SIDE - CROSS SIDE** |
| Icepick from medium range cross side - defend defend attack |  |
| Icepick from short range cross side - block and catch (wrist hook), knee continue |  |
| Oriental stab low behind the arm - defend defend attack |  |
|  | **DEFENDING STRAIGHT STABS FROM THE SIDE** |
| High straight stab live side - outside 1 “stabbing defence” with forearm control |  |
| High straight stab dead side - defend defend attack |  |
| Low straight stab live side - scooping defence with double pivot |  |
| Low straight stab dead side - defend defend attack |  |
|  | **KICKING DEFENCES AGAINST STRAIGHT STABS FROM SIDES** |
| High straight stab - outside def 4 and kick (stay in channel) |  |
| High straight or ice pick stab - outside def 3, step out of channel and kick |  |
| Low straight stab - outside def, step out of channel and kick |  |
|  | **STABBING DEFENCE AGAINST OVERHEAD MACHETE SWING** |
| Stabbing def vs overhead machete swing (with extra palm defence) |  |
|  | **USING AN ATTACKER’S CLOTHING AGAINST THEM** |
| 1 handed trapping - inside or outside with punch or kick |  |
| 2 handed trapping - inside or outside with kick or headbutt |  |
| Lifting their shirt to cover their eyes |  |
| Pulling their jacket over their head |  |
|  | **BREAKFALLS FROM HEIGHT** |
| Front hard breakfall from height |  |
| Side breakfall from height (arm close to 90°) |  |
| Rear breakfall from height (arms close to 90°) |  |
|  | **WRIST GRABS ON THE GROUND** |
| Circle and bridge against wrist grab OTG |  |
| Grab their wrist and bridge against wrist grab OTG (above your head) |  |
| Arms pinned - slide up, circle and bridge |  |
|  | **SIDE MOUNT ESCAPE VARIATIONS** |
| Side mount escape - testicular press |  |
| Side mount escape - 2 arms caught low (bridge and push past head) |  |
| Side mount escape - 1 arm caught low (bridge and push past head) |  |
| Side mount escape - neck leverage into leg (like side headlock) |  |
|  | **RELEASING ADVANCED REAR HEADLOCKS OTG** |
| Rear naked headlock seated OTG (leverage fingers) |  |
| Triangle headlock seated OTG (fight out of it, fingers to eyes, throat pinch etc) |  |
|  | **THIRD PARTY PROTECTION AGAINST KICKS** |
| Stop kicks against kicks |  |
| Deflecting regular or front stomp kicks |  |
| Blocking roundhouses with legs and/or forearms |  |
| Jamming side kicks with double or triple block |  |
|  | **RELEASING THIRD PARTY FROM NECK GRABS** |
| Choke release (peel the thumb, leverage their head) |  |
| Def vs choke and threat to strike (deal with the threat) |  |
| Rear headlock release (relieve pressure, open arms, push head to escape) |  |
| Side headlock release (same principles, but with weight down on knot) |  |
| Guillotine headlock (same principles as side headlock) |  |
|  | **ADDITIONAL NOTES** |
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**G2 Tactical Sheet (tested at the Grading)**

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| **Subject** | **Notes** |
|  | **ANY KNIFE ATTACK, ANY ANGLE** |
| Any knife attack, any angle, continuing attacker |  |
|  | **CONSTRAINED STRIKING/COUNTERSTRIKING** |
| In limited spaces (close quarters, walls nearby etc) |  |
| With one hand occupied |  |
| While wearing restrictive clothing |  |
| On poor footing (stairs, slopes, slippery floors) |  |
| When seated free (chair or bench) |  |
| Striking when seated at a table (chair or bench) |  |
| When seated on the floor |  |
|  | **MULTIPLE AGGRESSORS** |
| Scenarios with 2 aggressors, one having already grabbed trainee, in different positions - second aggressor may be armed or unarmed |  |
| 1v4 attackers, 2 with weapons |  |
|  | **SUMMARIES AND APPLICATIONS** |
| Takedown/control and restraint against resisting opponent, start from any angle |  |
| Def when pinned or about to be pinned against a tall object (wall, van etc) |  |
| Def when pinned or about to be pinned against a half height object (table, car bonnet etc) |  |
| Dealing with unwanted contact in a low aggression situation |  |
| Eyes closed - ambush or escalation scenarios |  |
| Walking drills (circling, line, figure 8, course etc) |  |
| Start defending from carrying out various tasks |  |
| Soft solutions (incl control and restraint) to any (reasonable) problem |  |
| All done against an active (continuing) attacker |  |
|  | **FIGHTING SKILLS** |
| ADA live side, first attack and response - all known |  |
| ADA live side - first attack known to opponent |  |
| ADA live side - first attack unknown to opponent |  |
| 1v2 fighting |  |
| Various fighting drills (grappling, wall fighting, ground fighting etc) |  |
|  | **MENTAL SKILLS** |
| Increasing time in previous drills |  |
|  | **PHYSICAL PILLAR** |
| Pushups - 2x 25 reps |  |
| Squats - 2x 30 reps |  |
| Situps - 2x 40 reps |  |
| Plank - 2x 2.5min |  |
| Towel pullups - 2x 6 reps |  |
| Sprawl with jab cross - 2x (50 reps in 5mins) |  |
| Striking - 3x 2.5min, 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*

*ADA = attack, defend, attack*