Graduate Level 1

Required Achievement: Fighter Level. Emphasizing finishing modes and not stopping if failure happens.

A. Dealing with Falls

1. Hard break-fall forward (when needed, trainee will be tested falling from the knees)
2. Sideways roll

B. Attacks

1. Head-butt – forward, backward & sideways
2. Elbow strike against a group of attackers

C. Kicks

1. Sliding kicks – using a sliding advance for: regular front, defensive front, side, round-house and defensive back kicks. From any chosen stance, kick with front or back leg

D. Takedowns and Throws

1. Big sweep - from the outside
2. Machine gun takedown - from the side (head to back of the opponent)

E. Defenses against Medium and High Side Kicks

***Note**: Stop kicks can be used effectively against sidekicks (as done in P-Level-2)*

1. Retreat and lift the front leg, defend with front hand (does low scooping outside defense)
2. Low sweeping outside defense (with forearm), against sidekicks of medium height
   - 2.1. With the front hand, advance diagonally fwd with the back leg
   - 2.2. With the back hand, advance diagonally fwd with the front leg
3. Against a high side kick - sweeping inside defense with the front forearm
4. Against a high side kick from the side - outside defense upward leaning the upper body away, countering with a low side kick

F. Releases from Wrist Grabs While on the Ground (attacker has mounted the defender)

1. Slide /circle one hand, bridge and counterattack
2. Grab one hand overhead, bridge to the grabbed side and counterattack

G. Escaping from Headlocks and Chokes While on the Ground

1. Escape from choke (or head slam) while attacker is sitting on faced-down defender –
   - 1.1. Use a pluck and turn
   - 1.2. Use the upper arm and turn
2. Escaping a headlock from behind - starting from a sitting position - free a leg and turn
3. Escaping a headlock from behind while the face-down attacker is sitting on defender

H. Defending against a Standing Opponent when the Defender is on the Ground

1. Attacker delivers a regular kick to the head / upper body – outside forearm defense
2. Attacker delivers a stomping kick to the upper body – inside forearm defense
3. Attacker jumps high on the defender and stomps with one or two legs - clam-like
4. "Free work" - against combinations of attacks – includes relevant tactical moves.

I. Defenses against Overhand (Regular) Stab

0. Kick defenses, as in previous P-level-3 section J.
1. 360° defense - hook and catch the attacking arm to prevent further stabs. Option to end with disarming the assailant
2. When attacked from the side (left/right) –
   - 2.1 Defend (block) and counterattack, control (grab) as early as possible or move away
   - 2.2 Defend lean away and kick

J. Defenses against Underhand (Oriental) Stab

1. For medium range attacks - defend with diagonal forearm, end with disarm.
2. For close range attacks - use 360° defense with multiple counterattacks. Deal with: strong upwards attack; repeated attacks; retreating attacker and groggy (wrap attacker's forearm).
3. Against attacks from the side, **in-front of the arm** - defend with the closest forearm while moving to the live side; switch hands and counterattack - against attack with same hand.
4. Against attacks from the side, **behind the arm** – defend with the closest forearm and switch hands, while moving to the blind (dead) side - against attack with same hand

Note: wrapping of the attacker's forearm is part of a finishing mode, after counterattacks and should not be done automatically

K. Defense against a Handgun Threat from the Front

1. Defense against a pistol threat from the front
2. Variations - gun held at various heights, angles and distances, in either or both hands.

L. Defenses against Previously Unknown Attacks from a Variety of Angles

1. Defend against an attack previously unknown to the defender. The trainee is encouraged to use a technique as close as possible to what has been practiced

M. Dealing with a Continuing Attacker – *Whilst releasing from previously learnt Chokes and/or Headlocks*

Attacker launches a second attack *(*as a grab, strike or kick*)* during the counteraction that the defender is doing against the first one

N. Simulations of Real Life Situations/Scenarios (G1)

Simulation near an ATM. Different situations and ranges

O. KM Sparring, Fighting Games and Determination Drills

1. Attacking targets - both stationary and moving - at different angles, distances, heights and positions. Beginning from various positions and stances, the student should practice an explosive series of attacks and reach maximum speed and power.
2. Determination and perseverance drills
   - 2.1. Passing through crowd – circle drills
   - 2.2. Chasing games
3. **Four-Against-One** fighting games
4. KM Sparring - Students will be tested on one round of 2 min. fighting
   - 4.1. Slow fighting
   - 4.2. Light fighting with protective safety gear

Note: *Protective safety gear includes: groin protector, mouth guard, boxing/MMA gloves and leg protection. Helmet and hand bandages (wraps) are also strongly recommended.*
MMA gloves - *should be leather and adequately padded.* ***One should practice with care with such gloves; Boxing gloves*** *- should be of leather and adequately padded. Type of gloves needed is determined by person's weight: less than 50 kg - 10 oz boxing gloves; 50 kg up to 65 kg - 12 oz gloves; 65 kg up to 80 kg - 14 oz; over 80 kg - 16 oz. The instructor is responsible for ensuring that these safety guidelines are followed*

Additional Material (Country-Specific)

Additional G1 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

a. **Attacking while on the ground – from every position mount, guard, cross-mount**
   Trainee will practice attacks while on or under the assailant. Finish standing.
b. **Defending Horizontal (Swing) Stick Attack to the Legs -**
   b.1. Burst forward
   b.2. Defend with the shin
   b.3. Defend with a stop kick to the stick/palm
c. **Defending an overhead knife attack** – kick to the groin at initial stage of lifting the arm