Graduate Level 2

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping when failure happened. Getting acquainted with the requirements for the Warrior Level

A. Spinning Attacks, Strikes and Kicks

1. Spinning back elbow (horizontal)
2. Spinning back hammer strike (horizontal)
3. Spinning defensive back kick.
4. Spinning regular back kick.

B. Takedowns and Throws

1. Front sweep kick (low roundhouse kick)
2. Shoulder-push takedown (pull opponent's knees) - From the rear
3. Double leg takedown – from the front

C. Sliding Defense against a Straight Punch

1. Inside sliding defense that ends with a straight punch
2. Outside sliding defense that ends with a straight punch

***Note**: Both defenses are done with the front hand against the opposite hand (e.g. - left vs. right).*

D. Double Hand Defense against Kicks of an Unknown Height

1. **Back hand** executing a low outside defense; **front** hand is, executing a **high** inside defense with the palm or forearm.
2. **Back hand** executing a high inside defense; **front** hand is, executing a **low** outside defense with the palm or forearm (spin on balls of feet)

E. Escaping One-Handed Shirt Grabs

1. Prevention
2. Strong attacks with hands and/or legs – if required in a dangerous situation
3. Retreat and rotate using the upper arm
4. Retreat and rotate using the upper arm (as in no. 3) followed by leverage on the attacker's elbow. Done after **no. 2 has failed**.
5. Against a one-handed shirt grab or pull **from the rear** - lift arm to ear, step and turn

F. Escaping Two-Handed Shirt Grabs

1. Prevention – using of pre-emptive counter actions; deflection, block, counterattack
2. Step back, insert opposite elbow – if dangerous situation follow with counterattacks
3. Step back and return with leverage on attacker's wrist

G. Escaping Full Nelson Grab

1. Prevention – grab opposite hand, lock finger/s and counterattack
2. Scraping and creating leverage on finger/s, counterattack

H. Against Knife Attacks - Defending Straight Stabs

0. General solutions - using the three types of kicks – as in P-Level-3 section J
1. Inside forearm defense - from the outside
2. Inside sweeping defense - to the inside
3. Against low stab – including instinctive / reflexive defenses (at close range)
   3.1. Scooping outside defense, counterattack with leg and/or hand
   3.2. Inside palm defense and counterattack as possible.

Notes:

Practice techniques 0 and 3 from a passive and semi passive stances.
Start practicing techniques 1 and 2 from an appropriate ready stance. In the later stages, practice from a minimized ready stance.
Once out of the initial channel of attack, perform all techniques without returning to it.

I. Against Knife Attacks - Defending Slashes

0. General solutions - using the three types of kicks – as in P-Level-3 section J
1. For a close-range, surprise attack, defend against the first slash using 360 outside defense (head is kept low and protected) – high or low slash.
2. **Two high** forearm defense against high slashes - retreat and return
3. **Low and High** forearm defense against low slashes – retreat and return

J. Defending Against a Straight Stab or Thrust with a Stick

1. Inside defense against a low stab - to either side, grab and counterattacks
2. Inside defense, moving to the live side, send both forearms toward the **long** weapon
3. High inside forearms defense against a stab - stick held in a high hold
4. Defense against a horizontal straight thrust – both hands holding the stick

K. Dealing with a Continuing Attacker

Attacker launches a second attack during the counteraction that the defender is performing against the attacker's first attack

L. Simulations of Real-Life Situations/Scenarios (G2)

Multiple Opponents in a Confined Space

M. Fighting Drills

1. Courage, controlled aggression, perseverance and determination drills.
2. Slow and light fighting.
3. **Four-against-one** fighting drills
4. Simulated "real" fighting with protective gear
5. Test on two rounds of fighting

Note: *see G-1 for more information about protective and safety gear.*

Additional Material (Country-Specific)

Additional G2 Curriculum for the Country of _____ (this is an integral part of the test)

1. _ _ _ _ _ _ _ _ _ _ _ _ _ _
2. _ _ _ _ _ _ _ _ _ _ _ _ _ _
3. _ _ _ _ _ _ _ _ _ _ _ _ _ _

Extra Training Curriculum (NOT for the Test)

1. Kicks and Spinning Kicks

a Spinning back roundhouse kick (heel kick) - diagonally upward or horizontal
b **Variation**: a kick with a mix of the above and a sidekick.

Note: Practice spinning kicks in place, while advancing and while retreating.

2. Escaping Shirt Grabs

a. One-hand grab - use of leverage on the thumb – on the first or second joint
b. Two hand grab - Step back and return with a leg hook against strong resistance, create leverage on attacker's wrist or elbow
c. One or two hand grab - step back, insert opposite elbow, knuckles **hit or rub** opponent's back of hand