Graduate Level 3

Required Achievement: Fighter Level. Emphasizing finishing modes, not stopping if failure happens. Striving for the Warrior Level, adapting solutions to changes in situation.

A. Takedowns - Cavalier Leverage on the Wrist Joint

1. Backward - step diagonally backward while securing the attacker's hand.
2. Forward - advance forward against resistance/pull.
3. With an elbow strike and press - done as in #1 and #2.

B. Escaping Holds in a Sitting Position (using previous principles and techniques)

1. Methods for getting up from a chair – in place, forward, sideways, backward with a spin.
2. Falling backward from a chair
3. Escaping from chokes; four directions
4. Escaping a headlock from behind

C. Defending an Attempt to Throw (attacker is coming from the front or the side)

1. Attacker approaches to grab clothing or body, low or high – prevention of grab
2. Attacker grabbed and attempts to throw – appropriate push with one or two hands/forearms, lower center of gravity and counterattack.

D. Defending Stick attacks

1. Against a swing from below (cricket, golf)
   - 1.1 Stabbing defense
   - 1.2 Stop kicks to the stick (near the hold)
2. Against an overhead swing coming **from the side** – turn and step.
3. Against a horizontal swing **from the side** – 2 forearms (one high, the other high or low)

E. Defense against Knife Attacks from Various Angles

1. Against an attack from the rear – move diagonally fwd and to the side, turn, defend and counter so as not to get stabbed by the second attack
2. Against straight knife attack from the side – turn to the dead side (with a spin or a step)
   - 2.1. High forearm defense #1 against a high straight stab to neck
   - 2.2. Low forearm (chop) defense against straight stab to ribs
   - 2.3. Step forward and kick
3. Defense against an assailant attacking from various angles and ranges (including from behind) all main types of knife attacks – with elements of surprise

F. Defense against Handgun Threats

1. Gun at the side held against defender's side (ribs), behind arm
   - 1.1 Deflect, turn and wrap
   - 1.2 Deflect turn and grab a C-grip with back hand
2. Handgun held against defender's side (ribs), in front of arm
3. Gun threat from behind, held against the back - train defense for various heights (from lower back up to head level)
   - 3.1 Turn to either side – wrap of arm
   - 3.2 Turn to dead side – grab with back hand

G. Dealing with a Continuing Attacker

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

H. Correct Decision Making

1. Defend against (unknown) attacks, from a variety of angles, distances, directions, etc'
2. Responding to opponents reactions –
   - 2.1 Following with kicks (and strikes) an opponent that retreats or moves sideways
   - 2.2 Following with kicks and strikes, according to changes in distance and ranges against an opponent that moves to any direction

I. **Overcoming Disorientation Caused by an Attack (groggy)**
Problem: Defender is suffering pain and/or concussion resulting in inability to breath, maintain own balance or function. The defender's tendency is to remain in standup fighting.
Solution: Fall sideways, softly to the ground, with legs toward the opponent, counterattack
Advantage: Taking the initiative recuperates; improving position
Disadvantage: against more than one attacker; problematic terrain

J. **Simulations of Real-Life Situations/Scenarios (G3)**
Dealing with an attacker outside or while seated in a car.

K. **Four-Against-One - Fighting Drills**
Including at least one attacker that has a knife or a stick, and one that attempts to grab.

L. **Fighting Drills**
1. Mental training – improving and deepening
2. Slow fighting and light fighting exercises
3. **Elements of CQB** – fighting drills near wall, corner (inside, outside), door
4. Simulated "real" fighting with protective gear – in the tested two rounds of such fighting

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

Additional Material (Country-Specific)

Additional G3 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. **Ground Fighting – Transition Between Positions**
   a. From guard, mount cross-mount – get up
   b. In guard position (assailant between legs):
      i. Get head out and climb
      ii. Get foot or shin in and flip
   b. In a mounted/riding position (defender being mounted)
      i. Trap one side and roll
      ii. Get leg and head out and climb
   c. In cross-mount (assailant on defender)
      i. Get a leg in and move to guard
      ii. Get a hand in and slide under - bridge

   Note*: Finish by getting up into a standing position.*