Graduate Level 4

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

A. Attacks

1. Roundhouse punch directed diagonally and downward.
2. Chop strikes: **inward** chop (palm up), **downward** chop, **outward** chop (palm down)

B. Defenses against Elbow Strikes

1. Against an horizontal elbow strike – block with forearm and palm
2. Against a vertical elbow strike – inside defense with forearm, elbow forward

C. Defenses against Attacks with a Stone

1. Against an overhead or diagonally downward attack - use stabbing defense
2. Against a horizontal swing
   - 2.1. Stabbing defense sideways
   - 2.2. Two palm defenses, moving diagonally forward
3. Against an attack from the front (straight) - inside sweeping defense

D. Escaping Various Grabs and Holds (Defender Throws Attacker)

1. Escaping a pushing bear hug from behind, arms free
2. Escaping a pushing bear hug from behind, arms trapped
3. Escaping a pushing, low bear hug from the front, arms free - roll backward
4. Escaping a headlock from the side - attacker takes down – spinning inward
5. Escaping a headlock from the side - attacker puts leverage on the neck – backward
6. Escaping an arm bent behind (leverage on shoulder) - bend, send opposite leg backward

***Note**: In techniques 1-3, the attacker has slammed into the defender*

E. Ground Fighting – Attacking while on the Ground (end in a standing position)
Required attacks and actions are: all relevant types of striking and kicking; locking fingers; grab and press; shouting; trapping and limiting hands of opponent. Finish by getting up.

1. Attacking from the mount (on top) position – when on or under.
2. Attacking from the cross-mount position – when on or under.
3. Attacking in the guard position – when in or under

F. Defense against a Rifle / Long Gun Threat (to either live or dead sides)

1. Rifle threat from the front – inside defense, grabs and lift weapon
2. Rifle threat from behind - trap with both hands
3. Rifle threat from the side, high – outside defenses and trap with both hands

Note: Apply variation of the solutions to deal with variations on the problems (direction, distance, height).

G. Defenses against Circular or Straight Knife Attacks - In a Seated Position

1. From long range – use the chair or kick (get up or support lifting body) - attacker can approach from all directions
2. Hand defenses - attacker can approach from all directions and use all basic knife attacks

H. Defense against *Knife Attacks on the Ground* - *Lying Down* (Face-Up)

1. Standing opponent, coming from the side, with a downward stab
   - 1.1 At long distance block with 2 feet
   - 1.2 At close distance use forearm defense
2. Opponent sitting on defender, attempting a downward stab

I. Rhythm and Pacing - as an Attacker, as a Defender - Including Fighting Drills

1. Rhythm with two or more attacks/moves - no connection, natural, broken, shattered and simultaneous. Practice in place and while advancing.
2. Practice defenses against combinations of attacks executed at different rhythms.
3. Practice fighting games and light fighting while alternating the rhythm

J. Dealing with a Continuous Attacker – Focusing on Previously learnt Knife Defenses
Attacker launches attack during counteraction that the defender is doing against the first one.

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 conditioning, combat mindset – improve and deepen courage and determination
2. Slow fighting and light fighting exercises
3. Elements of fighting in CQB – wall, corner (inside, outside), door, staircase
4. Simulated "real" fighting with protective gear
   4.1. Students will be tested in two rounds of fighting

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

M. Simulations of Real-Life Situations/Scenarios (G4)
1. After falling or being thrown or taken to the ground, dealing with a standing or a tight (controlling) attacker.
2. Two attackers approach a seated defender. Dealing with kicks and knife attacks

Additional Material (Country-Specific)

Additional G4 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

1. Defenses Against Back Kicks *(with or without a spin)*
a. Against a defensive back kick (with or without a spin)
   a.1. Stop kick to body
   a.2. Hand defenses as against side kick
b. Against a regular back kick (with or without a spin)
   b.1. Shin defense
   b.2. Stop kicks
c. Defense against a horizontal heel kick (backward roundhouse kick) (with or without a spin)
   c.1. Use the 3 basic forearm defenses against a front roundhouse kick
   c.2. Kick opponent's buttocks or thigh
   c.3. Burst forward with one arm down and the other hand up.

Note*: The above techniques, done with the proper adjustment, are based on those previously used to defend against regular, roundhouse defensive front and side kicks.*