Graduate Level 5

Required Achievement: Warrior Level, adapting solutions to changes in attacker's actions.

A. Switch Kicks

1. Two knees in a switch
2. Two regular kicks in a switch
3. Switching: a regular (front) kick and a roundhouse kick
4. Side kick and a defensive back kick with a spin and switch

B. Additional Defenses against Kicks

1. Bursting forward with a high knee, shin at a diagonal, landing a knee strike on attacker's thigh
2. Diagonal shin kick upwards against a low/medium roundhouse kick
3. Against regular Kicks
   2.1. Switching heels and attack with regular kick to the groin
   2.2. Side step with straight punch, follow with regular kick with rear leg

C. Advanced Defenses against Pistol Threats

1. Pistol aimed at back or side – assailant at a distance
2. Pistol aimed at the side – assailant at very close range: turn and use a C-grip to wrist
3. Pistol aimed at the back – assailant at very close range: turn and grab the elbow

D. Attack, Defend, Attack (phase 1)

Trainee (warrior) – attacks as first action;
Opponent (enemy) – responds with an appropriate, specific technique including **counter**.
Trainee – reacts with defenses and counters as needed;

Trainee Executes →	Front (regular) kick to groin	High roundhouse kick	Side kick	Right punch
Opponent Reacts →	Outside defense (to either side)	Two forearm/s defense	Stop kick to thigh / pelvis	Inside (palm) defense
Trainee Responds →	Inside def. & counter	Hand def. & counter	Scoop def. & counter	Defend & counter

Note: **Trainee** *should not use his first attack as a* ***fake****, but perform it fully.*

E. Attack, Defend, Attack (phase 2) - Opponent Reaches the Trainee's Dead Side:

Trainee (warrior) – attacks with a defensive kick fwd or a side-kick;
Opponent (enemy) – responds with an appropriate, specific technique, moves to the trainee's dead side and counterattacks appropriately.
Trainee - reacts as follows:

1. Use hammer fist or a kick backwards, according to the distance - head is kept low
2. Turns and attacks with a spinning hammer strike or a spinning-back kick

Note: Kick backwards can be regular or defensive, with or without a spin; keep the distance from the counterattacking ***opponent***; body is kept low.

F. Attack, Defend, Attack (phase 3)

1. Semi-free practice – initial attack (strike / kick) is **known** to the **opponent**, however opponent's reaction is **unknown** to the ***trainee***
2. Free practice – initial attack is unknown to the ***opponent*** who should respond appropriately. **Trainee** should respond to the reaction of the **opponent**

Note: **Trainee** - initiates an attack (at first a known one and later an unknown one). This training simulates a fraction of a fight. Free practice should be done only after the trainee has practiced and obtained proficiency in all of the preceding exercises and principles.

G. Releasing Caught Kicking Leg

1. Leap forward pulling caught leg; grab opponent, and counter with a strike and/or a knee kick.

H. Close Range Techniques / In-Fighting. Dealing with an in-fight situation:

1. Retreat diagonally backward, executing counterattacks with punches and kicks
2. Grab or trap attacker to limit his movement and counterattack
3. Throw attacker with previously learned techniques
4. Practice slow fighting while emphasizing in-fight situations

I. Dealing with a Continuing Attacker During Releases / Attacks on the Ground

1. Attacker launches additional attacks during the defender's **releases and counteraction**

J. Mental Training and **Visualization**

1. Focus and concentrate on a point (min of 10 minutes, distance 2.5 - 3 mtrs.)
2. From defeat to success – visualizing a self-defense/fighting situation. In 5-10 steps, progress from defeat to a winning outcome. Visualize additional successful solutions.

K. Simulations of Real-Life Situations/Scenarios (G5) –
The essence of changing a solution according to changing action

L. Fighting Drills

1. Four-Against-One - Fighting Drills, at least two opponents are armed with sticks or knives
2. Mental training – improving and deepening the line of courage and determination.
3. Slow fighting and light fighting exercises.
4. Elements of CQB.
5. Simulated "real" fighting with protective gear
6. Students will be tested in **three** rounds of fighting.

Additional Material (Country-Specific)

Additional G5 Curriculum for the Country of _____ (this is an integral part of the test)

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

Extra Training Curriculum (NOT for the Test)

1. Various Punches and Kicks

a. Swinger punch (long roundhouse punch, thumb is downward)
b. Whip back fist strike - with the knuckles (sideways or backwards)
c. Roundhouse punch with the joint of the index finger
d. Roundhouse kick that starts vertically (the knee is initially brought straight up)
e. Backwards sweep kick - low heel kick (back-roundhouse kick)
f. Spinning back sweep kick - low spinning heel kick

2. Releasing Caught Kicking Leg

a. Drop to the ground (fall or use a hand support) and kick the opponent. This may also be done with a spin depending on the way the leg is caught.

3. Takedowns and Throws

a. Head throw - secure an arm around the opponent's neck, turn and throw

4. Ground Fighting

a. Choking with the legs, figure-four type technique (starts from guard position – bottom)