



**GRADUATE**  
**LEVEL G1**  
**CURRICULUM**

Version: Student - internal use

# GRADUATE LEVEL 1

## TECHNICAL PILLAR

*Technical Pillar skills marked with \* must be in grading test. Others optional as determined by Examiner. For grading you may be asked to state the key KMG System and Operational Principles applicable to the technical action and tactical decisions you are taking in any situation.*

### 1.1. Demonstration of Excellence of All P1-5 Curriculum Material Through: \*

1. Focus on summary, simulation and fighting drills, and scenario work
2. Incorporation of focus or Thai pads for striking and counter striking into the above

### 1.2. Basics \*

1. Principles of rhythms and the 5 types: unconnected, natural, broken, shattered, simultaneous

### 1.3. Striking - Sliding Kicks

1. Start with a kick then slide and advance with the base leg (see more in G1.13.4)
  - a. Regular kick with sliding (kick with the back leg)
  - b. Side kick with sliding (kick with the close/front leg)

### 1.4. Throws and Takedowns

1. Leg trip from the clinch
2. Shoulder-push throw/takedown, from behind
3. Grounded, applying a knee lock (or kick) on a standing aggressor
  - a. With the feet
  - b. With the shin and thigh

### 1.5. Control and Restraint \*

1. Arm control escort - C-grip control upper-arm controls
2. Bearhug and move the aggressor away

### 1.6. Defending Strikes

1. Double forearm defense against straight attacks ~90° between trainee's arms \*
  - a. Back hand executes the low outside defense (step with front leg)
  - b. Back hand executes the high inside defense (pivot on front leg)
2. Counters to side kicks
  - a. Retreat, lifting the knee with low active defense
  - b. Double or triple block forward, with the shin and one/two forearms

### 1.7. Escaping Choke from Behind

1. Preventing and escaping choke from behind - double or single hand pluck
  - a. With a step diagonally backwards and counterattack
  - b. With a step and turn of 180° - strike or lock the wrist

### 1.8. Ground - Against a Stomp by a Standing Attacker \*

1. Inside forearm defense to the inside
2. Outside forearm defense
3. Against a jumping aggressor - clam and (double) kick upwards

## 1.9. Ground - Counter Grappling

1. Prevent (early) or counter (late) aggressor getting ground top control position. End up standing
  - a. Attacks should focus on the most vulnerable targets, as: eyes, neck (front, side, back), groin
  - b. Aggressor got one leg between trainee's legs (in half guard), attack appropriately and:
    - i. Push/kick/strike opponent away
    - ii. Bridge to gain top position
    - iii. Take out head and take their back
  - c. Aggressor sitting high on trainee's chest (high mount), attack appropriately and:
    - i. Bridge with knee kick to back
    - ii. Push with elbows and slide up, then bridge
  - d. Aggressor in side-control (cross mount) - attack appropriately, insert frames and push away

## 1.10. Weapon Counters - Dealing with Knife Attacks \*

1. Against an attempt to draw or obtain a knife (from nearby)
  - a. Preemptive attack
  - b. Grab (with any C-grip) or block the weapon hand and counterattack
2. Against a straight stab
  - a. Inside deflecting (sliding) forearm defense
  - b. Inside sweeping forearm defense
3. Against low straight stab
  - a. Inside palm defense
  - b. Outside forearm defense (scooping)
4. Defending slashing attacks
  - a. Retreat and return with high double-forearm defense
  - b. Retreat and return with low/high double-forearm defenses
  - c. Blocking the first slash (inward or outward, single or double, high or low)
5. Disarming the knife from the four holds - regular, oriental, straight and slash
  - a. Wrist lock and scrape
  - b. Reverse wrist lock and scrape (aggressor's elbow points up)

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## TACTICAL PILLAR

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### 1.11. Third Party Protection and Consideration - Protector Instructs Third Party to:

1. Order to move (as suitable) - escape; distance; hide behind protector
2. Order to warn of approaching aggressors
3. Instruct to assist as suitable to context and abilities

### 1.12. Fighting Tactics

1. Neutralize opponent's hands/arms that are up in any relevant stance, to clear the way for a striking or grappling attack
  - a. Trap one hand and strike
  - b. Trap two hands and strike
2. Flanking - to attack, control, or escape
  - a. Bail-out and attack
  - b. Bail-out and flank with two steps and a hand strike
  - c. Use grappling tools to get to side or back of the aggressor

## APPLICATIONS, DRILLS AND SIMULATIONS

Adapt previously learned, core components, techniques, and principles to solve the new situations and problems, **against non-compliant training partner/s**. Act according to the timeline, your perception of the situation, and your abilities, as if these were a real situation. Strive for tactical and technical accuracy, excellence, efficiency and effectiveness, less on the perceived picture-perfect solution.

### 1.13. Striking - Combinations of Strikes on Focus or Thai Pads

1. Combinations of 2-6 strikes \* - including: hands, legs elbows, knees, headbutts, footwork and scanning. Pads are held at different positions simulating different targets
2. High regular kick (to chin)
3. Switch stance kicks
4. Addition on kicking
  - a. Two kicks with the same leg, in broken rhythm: leg bounces from the floor; leg stays in the air
  - b. Different variations on sliding kicks, with different kind of kicks, with the front or the back leg

### 1.14. Takedowns and Throws - Guidance for G1-G5 Techniques

When out of contact, approach, gain control and takedown or throw, from any starting position relative to the aggressor. Use tactical positioning and learned grappling techniques to reach and gain control of aggressor's body/arm (non-cooperative partner), and then apply the throw/take down.

**Safety:** Control rate of descent and impact and allow the partner to breakfall.

1. Apply above guidance to takedown techniques from P levels and G1.4 above

### 1.15. Counter Striking - Against Side Kick and Back Kicks (Regular and Defensive)

1. Stop kicks as in P2 - stop hits aim to knee, thigh, or shin (perpendicular impact)

### 1.16. Escaping Grabs - Standing or on the Ground

1. Preventing and escaping standing guillotine
2. Preventing and escaping bearhugs with lifting - from all directions, arms may be free or trapped
3. Grounded, face down with mounted attacker - vs choke or head slam:
  - a. Pluck thumbs vs a choke from behind
  - b. Cross upper arms and turn, against a choke or head slam

### 1.17. Counter Striking - While Attached/Grabbed \*

Act simultaneously or sequentially, dealing with the more dangerous attack first.

1. Counter grab and strike attack against any grab and any strike from any direction
2. Same as above but aggressor is also pushing, or pulling (also shouting) while striking
3. As in above but include a control technique as part of the finishing mode

### 1.18. Ground - Rolling

1. Rolling for a distance and height, over a gap or an object

### 1.19. Common Objects - Short Impact Objects/Tools \* (about 25-40 cm/10-15 inches)

Integrate with empty hand techniques from previous P-levels. Using the object to: block or deflect, and inflict damage as appropriate.

1. Counter hand attacks (strikes or attempts to grab)
2. Counter kicking attacks (any kicks)
3. Counter weapon attacks (stick, knife threat and knife attack)
4. Ground - use short common object (EDC or nearby) to strike attacker who is in top position

## 1.20. Multiple Attackers - Breakout (Escape)

1. You are cornered or surrounded by multiple aggressors and must breakout:
  - a. Use previously learned grappling techniques and shoving to break out
  - b. Preemptively strike nearest aggressor/s, as you breakout to escape
  - c. Optionally, use one aggressor as a temporary shield or barrier to others
2. 1 vs 4 using these tools and tactics to move, fight, damage, and escape

## 1.21. Defending a Third Party

1. Against any attempt to grab or strike (the third party or the protector)
  - a. Use active and dynamic defenses, shielding and screening
  - b. Pull or push the aggressor, and counterattack as appropriate
  - c. Finishing mode should include moving the third party to safety
2. Vary level of force used against attacker according to context

## 1.22. Summary Drills - Optional Examples

*Instructors can choose other drills from KMG drill material, except where marked \*. Examiner may select from these or other drills for a grading.*

1. P1-G1 combination striking and counter striking \* (avoid, counter or shield) with footwork on focus pads, Thai pads, or gloves
2. All pre-fight and post-fight options, variations, and alternatives along the timeline \* (preemptive attack, early phase, and late phase responses) for any P1-G1 attack
3. Low force counters to any attacks P1-G1 if work/school/family situation \*
4. Performing and/or countering series of attacks, including while attached/grabbed
5. Against a continuing attacker
6. Various summary drills
7. Dealing with multiple attackers, 1 vs 4 using the different tools and learned techniques and tactics vs multiple aggressors, one can be armed with a knife or stick, one may be with a kick-shield

## 1.23. Fighting Drills - Optional Examples

*Instructors can choose other drills from KMG drill material.*

*Examiner may select from these or other drills for a grading.*

*Trainee should be tested on about 6-10 rounds of different lengths and level of impact.*

1. Slow fight - striking and grappling
  - a. Rounds of 3 minutes, changing partners each round
2. Grappling - Repositioning
  - a. Attacker continually advancing toward defender nonstop. Use frames, P and G1 grappling repositioning tools to get to attacker's side or rear
  - b. Same as a above but attacker will try to bearhug defender and can knock defender's hands away when they try to use repositioning tools
3. Escape bearhug from the front then the rear, arms free with grappling only (no striking)
  - a. Attacker aims to lift or take partner to ground. Two starting positions: front then rear.
4. Ground - prevent or counter grappling holds/attacks
  - a. Defender on their back, partner very close by, on their knees. Prevent partner attaining a dominant top position. If caught, then escape. If it fits, marking neutralizing attacks
5. Ground fighting drill - competing on gaining top position. If fit, marking neutralizing attacks
6. Power fight to legs and torso, with MMA gloves + protection - rounds of 3 minutes each - including ground fighting
7. Medium power to most targets, with MMA gloves & protection - including ground fighting

**Safety:** Most targets, i.e. - excluding eyes and neck.

**Level of contact & impact** should be suitable for trainees and protection gear.

### 1.24. Simulations and Scenarios

1. Simulation - sudden attacks - anti-social violence/incident
2. Simulation - social violence incident

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## MENTAL PILLAR

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### 1.25. Drilling previous material, increasing the time of practice

### 1.26. Classical Conditioning

- The theory and essence
- Creating two triggers: for combat-mindset; for relaxation

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## PHYSICAL PILLAR

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### 1.27. Strength Drills - Two (2) Rounds of:

- **Push-up** - 20 repetitions each round (with striking/defending)
- **Squat** - 25 repetitions each round (with striking/defending)
- **Sit-up** - 35 repetitions each round (with striking/defending)
- **Plank** - 2 minutes each round
- **Pull-up with towel** - 5 repetitions each round
- **Sprawl jab/cross** - 40 repetitions in 4 minutes each round

### 1.28. Striking Drill - Heavy Bag or Kick Shield

- **Powerful series of attacks & defenses** - 3 rounds of 2 minutes each with 1 minute rest

## **KMG SYSTEM AND OPERATIONAL PRINCIPLES**

### **To Focus on in this Grade**

Courage; Mental Toughness; Integrity; Situation awareness; Winning is the objective; Striving for an outcome suitable to context; Up to full use of means; Preemptive actions (early section in the timeline); Recruit people's attention/opinion/action; Rhythm; Flanking; Sweeping defense; Attack their structure and maintain yours.

### **ADDITIONAL MATERIAL (COUNTRY SPECIFIC)**

The following material is added at a country level specific to localized threats.  
Additional G1 Curriculum to be used as part of the grading for the following country:

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