



**GRADUATE**  
**LEVEL G2**  
**CURRICULUM**

Version: Student - internal use

# GRADUATE LEVEL 2

## 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.

### 2.1. Improving Skills, Experience and Knowledge of P1-G1 Curriculum

#### 2.2. Basics - Chair and Movement

1. Getting up from a chair
  - a. Burst forward
  - b. Stand up in place
  - c. Backwards: diagonal steps backwards to reach behind the chair; spin backwards and move away
  - d. Variations - to any direction

#### 2.3. Striking - Spinning Back Attacks

1. Spinning back defensive back kick
2. Spinning back horizontal hammer-fist strike
3. Spinning back horizontal elbow strike

#### 2.4. Throws and Takedowns \*

1. Bearhug takedown from behind
2. Bearhug throw - from behind
3. Machine-gun takedown/throw
4. Double leg takedown/throw

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

#### 2.5. Control and Restraint \*

1. Straight arm push down - leverage on the elbow, with body/forearm/C-grip  
From under hook - press the elbow and takedown

#### 2.6. Counter Striking - Forearm Defenses Against Side Kicks

1. Against mid-level side kick, sweeping low outside defense: with front hand; with back hand
2. Against high side kick
  - a. Sweeping high inside defense, with front hand
  - b. Turn and lean away - with upwards hand defense

#### 2.7. Ground - Preventing/Escaping Wrist Grabs

1. Circle one arm and bridge
2. Grab hand (or clothing) above head and bridge

#### 2.8. Weapon Counters - Against Knife Attacks, Aggressor at the Side (right vs right) \*

1. Against oriental grip/stab - in front of arm (diagonal step backwards)
2. Against oriental grip/stab - behind the arm (pivot 180 degrees)
3. Against a regular (icepick) stab (stepping diagonally forwards)
4. Against a high straight stab ('stabbing defense' and trapping of hand)

*Note: Attacker always attacks repeatedly, using recoil or fluid actions.*

## TACTICAL PILLAR

### 2.9. Grappling - Break Alignment to allow Throw, Takedown, Control or Attack

### 2.10. Fighting Tactics - Grabbing the Clothing and Attacking

1. Grab one or two sleeves - using inward or outward grip (related to G1.12)
2. Grab part of the sweatshirt or jacket lift and push to disturb the vision and put off balance
3. Pull the jacket or hoodie to lower the head and body

## APPLICATIONS, DRILLS AND SIMULATIONS

See Applications description for G1 for the aim and description of this section.

### 2.11. Striking - Constrained Striking (use focus pads)

1. Adapt striking (changing striking action, target or range to target) when:
  - a. Limited space/object to rear or side
  - b. One hand is occupied
  - c. Wearing restrictive clothing
  - d. On slippery or uneven floor/ground/surface
2. Adapt striking to the constraints, when:
  - a. Seated on a bench; in a chair (or line of chairs); seated at a table, etc.
  - b. Seated on the ground

### 2.12. Throws and Takedowns (Guidance for G1-G5 Techniques, See G1.14)

*When out of contact, approach, gain control and takedown or throw, from any starting position relative to aggressor.*

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

1. Apply above guidance to takedown techniques from P levels, G1.4 and G2.4 above

### 2.13. Counter Striking - Constrained Counter Striking \*

1. Adapt counter striking action (hands and legs) with aggressor in various positions:
  - a. No space to one side or both or behind
  - b. One hand is occupied with holding an object, injured, shielding someone, etc.
  - c. Wearing restrictive clothing
  - d. On slippery; on uneven floor/ground/surface
2. Adapt counter striking action (countering punches and kicks), with aggressor in various positions.
 

Start from sitting, then improve position while:

  - a. Seated on a bench; in a chair (or line of chairs); next to a table, etc.
  - b. Seated on the ground

### 2.14. Counter Grab/Unwanted Contact - Low Aggression Situation

1. Deal with the contact
2. Deal with the person

### 2.15. Counter any Standing Grabs in a Position of Disadvantage

1. Pinned or about to be pinned against a tall object such as a wall, corner, car, tall furniture, etc.
2. Pinned or about to be pinned against a 'half height' object

### 2.16. Ground - Breakfalling

1. Break falling from height – to the front, soft or hard; side and back, arm/s more away from body

## 2.17. Ground - Side-Control (Cross Mount) and Half Guard

1. Striking from the side-control (top & bottom) to aggressor's vital points, including headbutting, biting, shouting, fingers lock, etc.
2. Against an aggressor in the side-control (top) - defend any strike and counterattack
3. Against an aggressor with one leg between your legs (half guard, top) - defend any strike and counterattack

## 2.18. Weapon Counters - Against Knife Attacks, Aggressor is on 180° Arc, or Behind \*

*Against the four knife attacks/grips done high or low, from the left and right sides. Aggressor is anywhere from one side to the other, within our peripheral vision. Aggressor always attacks repeatedly, using recoil or fluid actions.*

1. Use the following components and principles to compose best solutions:
  - a. Repositioning and moving in any direction; bailing out; pivoting on both balls-of-the-feet; Clearing the channel and other body defenses
  - b. Inside and outside active defenses (single); two simultaneous (double) active defenses; two sequential active defenses
  - c. Suitable, earliest, most efficient counterattacks, with any part of the body
  - d. Control options: C-grip; wrist hook; wrapping of the arm (over- or underhook; double control)
2. Against any knife attack from behind
  - a. Move diagonally away while defending and turning, counter ASAP
  - b. Get out of the channel and strike simultaneously, defend ASAP

## 2.19. Multiple Attackers - Counter Grabbing when a Second Threat is Present

*One aggressor managed to grab you and other/s may be close, in any direction and range. Second threat may be armed or unarmed, active or impending.*

*Train on different synchronizations and phases between the two kinds of attacks.*

1. For any chokes, headlocks, bearhugs, wrist or clothing grabs, etc., at any range and angle:
  - a. Compliance/fake compliance with the threat/situation (when the grab isn't dangerous)
  - b. First deal with the grab and first aggressor, then with the other/s
  - c. First deal with the other aggressor/s, defend and counterattack, then deal with the grab
  - d. Divide resources and simultaneously deal with the different aggressors. Commonly, prevent the initial grab from causing an immediate damage, while dealing with the second kind of threats
2. Complete with finishing modes most suitable for different contexts and situations

## 2.20. Third Party Protection - Counter Kicks and Grabs

1. Against kicks directed to the third party
2. Counter neck grabs
  - a. One or two-handed choke
  - b. One handed choke with threat to strike
  - c. Any standing headlock

## 2.21. Response to a Reaction - Attack-Defend-Attack (ADA) - To the Live Area

*Simulating a Fraction of a Fight. Keeping the opponent in the front.*

1. As a reaction to a known attack
2. Semi free drilling - initial technique/attack is known to the opponent
3. Free drilling- initial technique/attack is unknown to the opponent

## 2.22. Summary Drills - Optional Examples

1. All pre-fight and post-fight options, variations, and alternatives \* along the timeline (preemptive attack, early phase and late phase responses) for all attacks
2. Performing or countering series of attacks - as in G1 including when grabbed and/or constrained
  - a. Same, with pad holder also moving the focus pads, trainee has to adapt the strikes
3. Control and restraint \* - entry from different angles, control, escort and/or takedown
4. Against a continuing attacker
5. Various summary drills
6. Dealing with multiple attackers - as in G1 - 1 vs 4

## 2.23. 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 in confined space or with obstacles (stay slow for safety)
2. Grappling, get to partner's back and lift them
3. Next to wall fighting
4. Ground fighting drill
5. Power fight to legs and torso, with MMA gloves and protection
6. 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.

## 2.24. Simulations and Scenarios

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

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## MENTAL PILLAR

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

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## PHYSICAL PILLAR

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

- **Push-up** - 25 repetitions each round (with striking/defending)
- **Squat** - 30 repetitions each round (with striking/defending)
- **Sit-up** - 40 repetitions each round (with striking/defending)
- **Plank** - 2.5 minutes each round
- **Pull-up with towel** - 6 repetitions each round
- **Sprawl jab/cross** - 50 repetitions in 5 minutes

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

- **Powerful series of attacks & defenses** - 3 rounds of 2.5 minutes each with 1 minute rest

## **KMG SYSTEM AND OPERATIONAL PRINCIPLES**

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

Decisiveness and determination; Respect and gratitude; Simplicity; Flexibility (mental decisions); Defense in depth; Preemptive actions; Operating in restrictive conditions; Adaptability; Initiative; Immediate action (vs ambush/surprise attack); Unbalance; Tactical positioning; Always assume: another aggressor, every aggressor is armed and situation is watched/recorded; Never assume one strike will do the job.

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

The following material is added at a country level specific to localized threats.  
Additional G2 Curriculum to be used as part of the grading for the following country:

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