



GRADUATE
LEVEL G4
CURRICULUM

Version: Student - internal use

GRADUATE LEVEL 4

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.

4.1. Improving Skills, Experience and Knowledge of all P1-G3 Curriculum

4.2. Striking

1. Swinger strike
2. Regular scissor kick (in place; running)

4.3. Throws and Takedowns

1. Body lock takedown
 - a. Using a bearhug front/side
 - b. From rear - harness/seatbelt or bearhug

4.4. Control and Restraint - Standing Choke and Vascular Restraint (Strangle) Holds

1. Rear position
 - a. Forearm (rear naked) choke (strangle): hands joined; 'Triangle'
 - b. Strangle using jacket lapel/collar

2. Side position - Scarf Choke

3. Front - Guillotine

Safety: If your partner shows signs of distress, immediately cease pressure and control, keep holding, then place in recovery position.

At the earliest moment, when feeling the choke, the held partner must tap/give agreed signal.

When partner signals, immediately release the choke, but keep holding your partner.

4.5. Counter Striking - at Close Proximity or in Clinch *

1. Preemptive striking to groin, eyes and other vulnerable points
2. Vs uppercut or upwards elbow - inside forearm defense (keep the 90° principle)
3. Vs horizontal elbow - blocking, with single or double hand
4. Vs close range hook punch - sweeping action with forearm
5. Against various knee strikes (w/out grab or in clinch):
 - a. Block (jam) with the leg or hip
 - b. Body defense/move and pull opponent
 - c. Block with the forearm/s and counterattack

4.6. Escaping Various Grabs and Holds - Throw Attacker

1. Escaping a pushing bearhug from behind (attacker has slammed into the trainee):
 - a. Arms free
 - b. Arms trapped
2. Escaping a pushing, low bearhug from the front (arms free)
3. Escaping a headlock from the side, with a takedown attempt
 - a. Attacker spins and takes down - spinning
 - b. Attacker puts leverage on the neck - takedown backward

4.7. Weapons Counter - Defense against a Rifle/Long Gun Threat *

Perform to either the aggressor's live or dead sides.

1. Rifle threat from the front - C-grip
2. Rifle threat from behind - arm wrap
3. Rifle threat from the side, high - outside defenses and grab with both hands
4. Variation of the solutions - deal with threats at different: directions, distances, heights

4.8. Third Party Protection - Knife Threat from the Front *

1. Knife held close to/against neck or body
 - a. Use a C-grip or outward C-grip
 - b. Use wrist-hook/s and pulling (pluck)
2. Aggressor also has a hold of the third party by arm or clothing

TACTICAL PILLAR**4.9. Being Chased, Applying Surprise Attacks and Ambush**

1. Attack backwards
2. Anchor and spin

4.10. Fakes with Striking

1. Fake in speed
2. Building a basic fake

APPLICATIONS, DRILLS AND SIMULATIONS

Adapt previously learned KMG principles, core components, etc. See Applications description for G1.

4.11. Striking and Movement - Closing the Distance (especially against a taller opponent)

1. Using footwork and striking (including: bursting advance, bail-out, diagonal return)
2. Using counter striking

4.12. Close Range Techniques/In-fight Training

Combining skills from this grade and previous ones, including grabs; throws and takedowns; responsive striking; constrained striking and attached striking:

1. Attacking, defending, and countering at close range
2. Disengage (safely) to end the in-fighting
3. Grab, lock, or trap aggressor, or clothing, to restrict movement and allow counterattack
4. Drill in-fighting with attacks, defenses, counters, control, throws or takedowns

4.13. Control and Restraint - Standing Choke and Strangle Holds

1. For each positional hold in G4.4 execute against a non-compliant opponent - use grappling tools (and according to context, suitable attacks) then:
 - a. Move the person a short distance
 - b. Takedown to a ground control position when opponent is aggressive

4.14. Weapon Counters - Against Stone Like Objects

1. Against an overhead or diagonally downward attack - stabbing defense
2. Against a horizontal swing
 - a. Stabbing defense sideways
 - b. Two palm shock absorbing defenses
3. Against a straight attack from the front - inside sweeping defense; stabbing defense
4. Against a throw - turn, lower the head, kick back (look from below) *

4.15. Weapons on the Ground - Counter Knife Threats and Attacks *

1. Variations on defending knife threats
 - a. Aggressor is threatening while holding the knife in different holds
 - b. Aggressor is in other places/positions, including from the side and between the legs of trainee
2. Variations on defending knife attacks - at the three ranges
 - a. Aggressor applies different ways of using the knife with slashes or stabs
 - b. Aggressor is in other place/position and attacks to different areas

4.16. Multiple Attackers - vs Knife Threat, and a Second Aggressor

1. Possibilities, considerations, and solutions
 - a. Various second threats may be applied at different ranges and positions
 - b. Consider the common situation when the second aggressor is not seen yet, or hiding
 - c. Reposition before, during or after counter as appropriate so not to be vulnerable to a nearby second danger
 - d. Use tactical compliance and fake compliance
 - e. Perform counter knife threat from previous grades (different angles, distance & knife positioning)
 - f. If possible and according to context, in the defense action, use knife against second aggressor
2. Additional actions or different finishing modes for different contexts:
 - a. Reposition so one aggressor acts as shield to second threat
 - b. Shove one aggressor into the second threat (if safe) to allow escape
 - c. Get past the second threat to escape behind them
 - d. As needed, destroy abilities of second aggressor
 - e. Disarm attacker to have the weapon vs aggressors (to threat/attack), or just to prevent its re-use

4.17. 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-G4 combination strikes 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 all attacks *
3. Low force counters to all attacks if work situation, being watched/filmed
4. Performing and/or countering series of attacks; including when constrained
5. Against a continuing attacker
6. Execute as a flow of control and takedown techniques (chaining movements)
7. Various summary drills
8. Dealing with multiple attackers, as in G1 - 1 vs 4, when weapons are involved

4.18. 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 8-12 rounds of different lengths and level of impact.

1. Slow fight
2. Slow and light fighting against 2 opponents
3. Using grappling tools to get to partner's back and lift
4. Wall fighting - one partner pinning, striking, grappling with the other against the wall
5. Infighting drills (see G4.12)
6. Ground - competing on gaining and striking in the top position of mount and side-control
7. Power fight to legs and torso - with MMA gloves & protection gear - including ground fighting
8. Medium power to most targets - with MMA gloves & protection gear - including ground fighting

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

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

4.19. Simulations and Scenarios

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

MENTAL PILLAR

4.20. Increasing time in the different drills**4.21. Enhancing the focus and concentration abilities, using ultra-slow KMG techniques**

PHYSICAL PILLAR

4.22. Strength Drills - Two (2) Rounds of:

- **Push-up** - 30 repetitions each round (with striking/defending)
- **Squat** - 40 repetitions each round (with striking/defending)
- **Sit-up** - 50 repetitions each round (with striking/defending)
- **Plank** - 3 minutes each round
- **Pull-up with towel** - 7 repetitions each round
- **Sprawl jab/cross** - 60 repetitions in 5 minutes each round

4.23. 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

Confidence and Self-efficacy; Striving to improve; Resources concentration and distribution; Improvisation; Body moves and dynamic defenses; Move to exploit the environment; Depth of action and reserve (avoid overcommitment); Endurance of impact (damage); Preemptive striking; Disengaging; Fakes and Traps; Operating in restrictive conditions.

ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.
Additional G4 Curriculum to be used as part of the grading for the following country:

1. _____
2. _____
3. _____