

Practitioner Level 2

CRUCIBLE

The Goal of Practitioner Level 2 material is to deal with side and rear attacks, and be proficient performing series of attacks in all directions. We are starting to gain familiarity

Strikes

Circular Strikes:

- * Hook punches
- * Uppercuts

Elbows:

- * Vertical Upward
- * Vertical Downward
- * Straight Backward
- * Back and Upward

Striking with Fingers

Palm strike to groin

Back of hand to to groin

Advancing Straight punch

Retreating Left punch

Defensive Front Kick

Defensive Back Kick

Sidekick

Roundhouse Kick

Choke Defenses

Choke from side

Choke from rear - diag. step

Choke from rear - turn

Choke while Mounted

- * Attack is high
- * Attacker is low
- * Attacker is center

Choke while in Guard / Legs

Attacks

Series of attacks:

- * To front
- * To side
- * To rear
- * Different targets
- * Different heights
- * Different angles

From long to short

From short to long

Ground

Getting up:

- * Forward (with attacks)
- * Center (with attacks)
- * Backward (with attacks)
- * Retreating

Weapons

Knife threats:

- * From Front at long range with deflection and kick
- * Front the side or back with deflection and kicks
- * From front at close range

Defenses

Ready stance and starting positions for Inside Defense

Inside Defense with Palm:

- * Simultaneous
- * 1.5 rhythm
- * While leaning back

Forearm defense

- * different heights
- * different angles

Left vs Left

- * Sweeping defense
- * Horizontal counters

Head and Body defenses for all Outside Defenses

- * Forearm defense to hook
- * To straight punches
- * Upward and forward

Body Defenses

- * Duck under with counter

Defending from other angles

Leg Defenses:

- * Stop kicks front leg
- * Stop kicks back leg
- * Shin to low round kick
- * Shin and forearm together to high/low round kick
- * Shin and forearm together to high or low regular kicks

Key Concepts

Defending right hand attacks with left hand and vice-versa.

Overlapping hand and body movements where possible.

Attacks happen in timelines. The attack method + timeline + natural response will greatly influence your tactics.

Drilling under stress - you will fall back to your training in times of stress, the more you train the better your responses will be.