



Practitioner Level 3



United States

Punches	<i>Low Punches</i>
	<i>Combinations (All Angles, Directions, Heights, and Distances)</i>
Kicks	<i>Retreating</i>
	<i>In Place</i>
	<i>Advancing</i>
	<i>Stepping</i>
	<i>Skipping</i>
	<i>Crossing</i>
	<i>Sliding</i>
Hand Defense vs Kicks	<i>vs Kick to Groin</i>
	<i>Inside Defense (Reflexive)</i>
	<i>Outside Defense (Scooping)</i>
	<i>vs High Forward Kicks</i>
Releases from Bear Hugs	<i>Arms Free</i>
	<i>vs Front</i>
	<i>vs Side</i>
	<i>vs Rear (Elbow Strikes and Finger Lock)</i>
	<i>Arms Caught</i>
	<i>vs Front</i>
	<i>vs Side</i>
<i>vs Rear (Low and High Hold)</i>	
Releases from Hand/Wrist Grabs	<i>vs One Hand; Low and High, Straight and Diagonal</i>
	<i>vs Both Hands; Low, High, and from Rear</i>
	<i>vs Two Hands on One; Low and High</i>
	<i>Handshake Releases</i>
Falls	<i>Sideways Fallbreak</i>
	<i>Fall Backwards</i>
	<i>Forward High Roll</i>
Ground	<i>Releases from Side Headlock</i>
	<i>1 Hand Free</i>
	<i>Both Hands Under</i>
	<i>Attacker very Low</i>
Knife Defense	<i>vs Long Range (over 2m) Charge</i>
Improvised Defensive Weapons	<i>Employ Knife-type Objects</i>

