**LEVEL 2 WEAPONS**

All previous, developed further.

**Hits**.

* 14 angles. squat when attacking leg.
* figure 8’s.
* jab, slash, circle (move leg back so you don’t hit it)
* keeping edge true

**Exercises/Drills**:

* 5 count sumbrada, long. close.
	+ 3 count as needed.
* hubad. basic pass to control. 1, 2, 5mid, high
* knife: tapping/passing w empty hand vs angle 1, 2
* sinawali: pai pai, x’s, entry three
* combine offensive and defensive weapon motions with footwork. (basic shadowboxing)
* footwork: asterisk plus angle, circle, lunge
* evasion drill: avoid, hit hand. avoid, hit core
* begin alternate blocks for known angles. apply to all L1 and 2 requirements.

**Power**

* block angle 5 middle, 5 high, 8. return thrust. return cut.
* crash, block + control. crash. pass + control
* evade > return

**Long**

* (projectile.) situational awareness --> available throwing weapons.
* straight thrust knowledge points.
* straight thrust defense: -evade (+ slash). -parry (+slash). -parry + hook thrust.
* feint/set-up :
	+ concepts - hand, l-r, high-low, beat-hit
	+ -high to hand. open or closed side. -hand to head (in to out, or out to in). -weapon hand to open hand.
* defending head attacks: -evade > return to hand. -evade + hit hand. -either of the previous with head/neck as target.

**Mid**

* block > return > range and guard
* block > trap, > close range.
* attack > range
* attack > block and crash/control
* when to defang vs. block

**Close**

* single grab:
	+ 2 more escape techniques
	+ enter to overhook.
* double grab: learn 3 techniques from...
	+ (cut forearm, upper arm, opposite arm, disarm, hit, stab down, duck under)
* pommel hit, drag cut.
* demonstrate inside and outside high bind point techniques slowly.
	+ vs. pushing energy, drawing back, changing elevation.
* develop techniques vs. collar grab push, pull, hockey grab, head grab.

**Ground**

* core concepts for 4 ground scenarios (opponent grounded, you grounded, opponent top ground position, you top ground position).
	+ develop ground mobility
	+ control opponents weapon or ability to attack.
	+ use of feet/legs for attacks, freeing your own weapon, off balancing, initiative.
	+ keep your weapon free.
* intro to specific maneuvers - scissors sweep, body triangle, triangle, omo plata

**Miscellaneous**

* multiple opponents drills.
	+ line up initial opponent
	+ hit incoming opponent
* situational awareness.
* close/enclosed spaces.
* backed up.
* low light, terrain, weather.
* improvised weapons development.
* train both ways of holding the knife: hammer, icepick grips.