**LEVEL 3 UNARMED**

Improve upon all previous requirements

**Principles**

* “during” and “before” timing.
* timing in general, in the flow of combat.
* fakes, setups.
* 5 ways of attack: -single direct attack. -attack by combination. -progressive indirect attack. -trap and attack. -attack by drawing.

**Drills, exercises**

* footwork:
	+ combined triangles, diamond, kilat, other combinations. sidestep, sidestep w pivot. pendulum.
	+ turn or pivot to face new opponent. turn with backstep.
	+ foot switch drill.
	+ staircase sapu forward, biset back, optionally w forward and side levers.. cartwheel.
	+ side lever, forward lever
	+ the shot
* hubad variations. “hubad” as an idea for training
* mitt/pad and heavy bag work.
* blocks / defenses vs. power
* progressive sparring, all ranges, including transition ranges and defense vs. weapons.
* attack and defense progressive drills all ranges and technique types (e.g. takedowns, submissions).
* “do something”. “123”. “enter”. “clinch”. “ground”.

**Kickboxing**

attacks

* hook, uppercut, overhor, bolo (wide swing), forearms, hammerfist, elbow angles, spear knee.
* side kick, back kick, hook kick, axe kick, crescent kicks
* round kick to groin
* switch foot kicks.
* headbutts
* shoulder, back, hip bump, knee bump.
* back fist/hammer/forearm/elbow/shoulder/hip
* spin and/or jump versions of arm and leg attack techniques
* targets: liver, kidneys, knockout points on head, groin, etc.
* developing core and advanced combinations. 2 to 4 count.
	+ e.g. sullivan 3 count boxing combos, thai boxing 4 count combos, classic kickboxing combinations, combos with transition to clinch/takedown.
* core panantukan series:
1. dive entry (wide cover). e-e-k
2. shield. eye flick. 2-1.
	1. shield the jab. shield the cross, hook. p-p.
3. parry / split entry. 2-1-lrk.
	1. trap to u-2-1
	2. vs. jc, jch.
4. double inside or outside entry w eye jab > o > bh > hh.
5. trap their guard. headbutt. knee to groin. shoulder.
6. from trap range. knee. sweep. overhand
7. headbutt. u-o
8. split or double outside to knee. e-e.
9. outside gunting entry to elbow. knee bump. k-u-o.
10. inside gunting to elbow. e-e-k.
11. swing guard trap to e-e-k.
12. parry, wide cover to double trap. swing-e-e-k
13. wedge. wedge. (or hammer. hammer). bolo follow ups
14. destruction w elbow. eye jab (or claw). p-p-k.
15. defend. defend. groin kick. p-p
16. inward destruction. backhand destruction. grab-palm-bolo-o
17. parry > w.cover > slap to double thumb gouge-shoulder-elbow-knee.
* panantukan kick defenses.
	+ vs. round kick. entry and kick stop to overhook and check > attack
	+ vs. front kick. scoop or shelf. to counterstrikes or throw.
* fakes, set ups
* eye jab, backhand eye flick, throat shot. + go under shredding instructions.
* parry-scoop-check-headbutt.

defenses

* head movement, body movement, feet movement
	+ vs. multiple
	+ with counters
* close timing on opponents counter: head movement. guard hand parry. hubad sweep hands. all “simultaneous” timing defenses, below, are also applicable.
* simultaneous timing defenses: head movement. shoulder cover. lift elbow cover + tuck chin (also wide cover). lift elbow + rotate. flower.
* roll/ride with the strike. various examples and practice
* entries:
	+ using all newly learned defenses.
	+ parry crash. shoot. flower.
	+ panantukan entries covered in panantukan series.
	+ groin attack on entry
* menghoyah active defense (“before” or “during timing”)
* catch, scoop

**Clinch**

* positions:
	+ overhook and underhook development. krav clinch. supported throat grab. overhook double arm trap.
	+ body lock. keep head up. get back or side.
* takedowns:
	+ sapu forward, sapu backward, hooking sapu, kicking sapu, kenjit siko, kneebar, double leg, single leg, body lock to trip, body lock to lift and dump, double leg scoop from behind
	+ sweep versions biset/sapu.
	+ neck twist from clinch top.
	+ throws 8 directions as possible.
* all throw analysis: execute with your left leg, right leg. to his left leg, right leg. to outside, inside. throw forward, backward, lateral. using different parts of your body to execute (e.g. knee instead of foot. thigh instead ankle/calf, shoulder instead of hand, feet instead of hands, etc.)
* grip/position fighting:
	+ throat grab game
	+ defend overhook w deep underhook, underhook w overhook.
	+ grip and push down the underhook, body lock
	+ collar tie fighting
	+ using your head, shoulders, hips, anything.
	+ arm drag
	+ kali two on one
	+ russian two on one
	+ tricep cup. e.g. from push. from double bicep swim
	+ hubad as development for positioning in clinch
* posture / position defense
	+ dropping your weight / basing out.
	+ posturing up vs. collar tie or snap down. (but your throat, groin, et al exposed)
	+ push/pull. pressure and yielding: drills
	+ knowing or feeling the throw
	+ scramble up during / after takedown.
	+ understanding how some grabs make you vulnerable to weapons, and strikes.
	+ groin attack game
* striking: shredding!, uppercuts, tight hooks, shoulders, hips, elbow angles, elbow “jabs”, forearms, knees, hands or feet, foot stomps, knee stomps, knee bumps, forearms
* using hit or throw to setup, or combo, to another hit or throw.
* sds: develop alternates to all. multiple alternates. realistic attack with continuity
	+ working off wall: throat grab takedown counter, head twist escape, groin grab, kenjit kaki
* joint locks development. various applications of principles. following energy for jointlocks. joint lock “sparring”. transition from one lock to another. transition from locks to other classes of techniques.
	+ kote gaeshi, armbar lift, armbar drop, figure 4 armlock, pinky up wrist lock, behind the back keylock
	+ “winding” armbar on outside control, clinch.
	+ wristlock from loose collar grab.
	+ armbar, their hand on your shoulder, elbow up.
	+ armbar, from opp. grabbing your wrist.
	+ applications of locks to takedowns.
	+ applying locks in motion. in sparring and/or hubad.

**Ground**

* falls: jump falls. be able to adapt to new/unknown throws. rolls.
* one escape/reversal/sweep per stripe: scissors sweep, leg wrap and push thing when they’re on top, scarfhold/side.control reversal
* one submission application per stripe: basic 6, d’arce, anaconda, heel hook, knee bar, ankle lock, triangle armbar, americana, north-south choke, brabo, (any variant applications of known submissions)
* positions: turtle top and bottom, half guard, scarf hold, reverse scarf, crucifix, body triangle
* top control.
* defending known submissions.
* defending escapes/sweeps/reversals.
* wrestling rides for control and re-takedown.
	+ main positions
	+ tricks like ankle pick, wrist hold, etc.
	+ position 3 < stand.up > re-takedown.
		- add further ground work: control to strike, control to sub, etc.
		- he gets up, you don’t try to hold the ride/re-takedown long.. instead strike.
* posture and arm control for strike defense
* headbutts and shredding
* sparring experience
* scrambling (standing clinch to ground. ground vs. ground. games like stand up vs. keep down. take down vs. defend/or/stand.right.back.up.
* harimau: intro to mobility, kicks, sweeps, etc.
* position 1, position 3 striking.
* use of sawa or alternative transitory stance. position 4 to sawa > sawa to stand/or/position 2 attacks.
* striking from g4 position. include shredding.

**Other**

* situational awareness
* de-escalation
* present a story, a practice that you have been doing, a game for the class to do, or talk about key principles/points for each of the following:
	+ learning concepts.
	+ character development
	+ situational awareness.
	+ de-escalation.
	+ ethical and legal considerations.
	+ importance of spirit vs. technique.
	+ (pick at least one for each stripe and rank promotion)
* adverse environments
* mutiple opponents, live practice and additional techniques.
	+ using throws to line up and entangle opponents
	+ break the leader. break through the weakest. break through the farthest.
	+ (“before” or pre-empt attack)
	+ weapons, improvised weapons, environmental advantages, escape.
* vs. pistol from other positions. live practice 2-10. alternate techniques for all positions. sparring
* vs. knife: fighting measure, clinch, and ground. full development of techniques. knife tapping variations. sparring
* vs. impact weapon: develop all previous. sparring
	+ angle 2 entry
* use of strikes and throws in fighting armed opponents.
* sinking and rising energies. alternative power generation for strikes. settling/consolidating.
* learning
	+ training lots. visualizing. frequency. tricks to practice more.
	+ notes.
	+ inosanto learning triangle

**\*substitutions allowed on material, with instructor approval\***