



Level 5 curriculum

I. Punches

- A. Left Jab – Overhead right punch in combination

II. Kicks

- A. Front Kick/Round Kick with switching move
- B. Two front kicks with a switch
- C. Outside slap kick and front kick with a switch
- D. Two straight knees with a switch
- E. Two back kicks with a switch

III. Kick Defenses

- A. Defense against back kicks

IV. Throws/Holds

- A. “Machine-Gun Take-Down”
- B. One arm shoulder throw
- C. Hip roll
- D. Face to face with partner-falling back-one foot at their waist and throw over your head.

V. Headlock Defenses

- A. Throwing defenses against headlock from behind (attacker jumping on defender)
- B. Defense against headlock while being spun inwards
- C. Defense against side headlock with pressure lifting chin and weight being put down on neck

VI. Full Nelson Defenses

- A. Release using leverage on fingers
- B. Release using throw/flip forward
- C. Release using sweep

VII. Defending Against an Assailant Armed with an Edged Weapon

- A. Hand defense against a straight stab – dead side
- B. Hand defense against straight stab - live side
- C. Hand defense against upward stab – dead side
- D. Hand defense against upward stab – live side
- E. Reflexive defenses against straight, upward, and regular stabs
- F. Hand defenses against various slashing attacks
- G. Kick defenses against slashing attacks

VIII. Defending Against an Assailant Armed with a Blunt Object

- A. Defending long stick or bayonet in stabbing attack – dead side
- B. Defending long stick or bayonet in stabbing attack – live side



IX. Defending Against an Assailant Armed with a Handgun

- A. Defending against threat from the rear at a distance
- B. Basic defenses – front, side, rear – when gun is held off-center and/or with two hands

Next: KM BLACK BELT (By Invitation Only)