

A SYSTEM BUILT FOR REAL STREET CONDITIONS

BLACK FORCE KRAV MAGA

THE COMPLETE TRAINING GUIDE

WEAPON DEFENSE



CHOKES



**514
TECHNIQUES**

GRAPPLING



KNIFE DEFENSE



**STICK
DEFENSE**



**GROUND
FIGHTING**



STRIKING



TAKEDOWN



EMRE B. ARGUNŞAH

FOUNDER AND HEAD INSTRUCTOR OF THE BLACK FORCE KRAV MAGA SYSTEM

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A SYSTEM BUILT FOR REAL STREET
CONDITIONS

BLACK FORCE

KRAV MAGA

The Complete Training Guide

514 Techniques · 9 Levels · One System

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The Complete Training Guide · A System Built for Real Street Conditions

Written by Emre B. Argunşah

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This book is the official training guide of the Black Force Krav Maga (BFKM) System and covers all 514 technique headings in the P1–P5, Graduate 1–2, Assistant Instructor and Expert Instructor levels; in addition, it contains four special modules outside the level structure (Vital Points, Kubotan and Metal Pen, Defense with Everyday Objects, Counter-Surveillance and Personal Safety). The level and instructor certificates mentioned in this book are BFKM's internal competency certificates; they do not replace an official athlete license or coaching certificate.

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Printing information, ISBN and publisher information:

izmirkravmagaclub.com.tr

*To all my students who walked into the gym
afraid for the first time, and one day
learned to protect others.*

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PART I

FOUNDATIONS



*Krav Maga, self-defense and the reality of the street:
what you need to know before the techniques.*

FOREWORD

Foreword

For years I have been teaching people how to protect themselves. In that time all kinds of people have walked into the gym: a nurse who realized they were being followed on the way home from a night shift, a high school student who was being bullied at school, a businessperson who noticed their hands and legs shaking in the middle of an argument, a mother who had never done any sport but said, “I never want to feel helpless again.” They all had one sentence in common: “I didn’t know what to do.”

Most people freeze not because they don’t know techniques, but because they don’t know what to do. When the brain faces an unexpected threat, it gets stuck for a few seconds on the question “what is this?” Those few seconds can decide how an incident ends. The real purpose of this book and of the Black Force Krav Maga System is to fill that gap.

This book describes 514 techniques, but the real issue is not the number of techniques. The issue is recognizing danger early, getting away without any contact if possible, defending briefly and effectively if you cannot get away, and reaching a safe place at the first opportunity. You can achieve this only with the right perspective and enough repetition. The book shows the map; you walk the road yourself, in the gym, stumbling and getting back up.

Next to every technique I have written where it is used, how it is applied, the most common mistake and how to practice it. Because knowing a movement by heart is one thing, and knowing when to use it is another. If the two do not go together, the technique gets lost in your memory at the moment of panic.

Finally, a note of honesty: no training can protect you one hundred percent. Be suspicious of anyone who says otherwise. What training can do is increase your chances and make you a calmer, more aware and better prepared person. I wrote this book with that intention.

— Emre B. Argunşah

YOUR GIFT

How This Book Reached You

You may have obtained this book in one of two ways: as a gift when enrolling at Black Force Krav Maga, or by buying it directly. Whichever way it came to you, the 514 techniques and the single system inside are the same.

514 techniques, 9 levels and one system: you can find every movement you practice in the gym here again, and read at any time where it is used and what the most common mistake is. This book does not replace the gym; it is there for you to reinforce what you have learned at home and on the go.

NOT ENROLLED YET?

- The first class is free.
- Every student who enrolls receives this book and a T-shirt as our gift.
- If you would like to get the book right away, you can buy it.
- We decide together at the trial class which level you will start from.
- WhatsApp: +90 555 200 5113 — just write “I would like information about the free trial class” or “I would like to buy the book.”

If you borrowed this book from a friend, you are welcome at our gym too: izmirkravmagaclub.com.tr — Black Force Krav Maga System

GETTING STARTED

How to Use This Book

This book can be read from cover to cover, or used as a reference. It consists of four parts.

Part I — Foundations covers what you need to know before the techniques: what Krav Maga is, how the Black Force system was built, how violence starts on the street, situational awareness, verbal de-escalation, how body and mind work under stress, the limits of self-defense, safe training, and what to do after an incident. Do not skip these chapters; the techniques make sense only within this framework.

Part II — Curriculum describes the nine levels of the system and all 514 techniques in order. Each level opens with an introduction, a goals box and a summary table showing the technique groups. Each group then opens with a short introduction, and the techniques are described one by one. Each level ends with an assessment list, a sample 8-week training plan and a personal checklist.

Part III — Special Modules covers four topics that fall outside the level exams but sit right at the heart of street reality: the vital points of the body and their scientific and legal dimensions (Module 1), pressure techniques with a kubotan and a metal pen (Module 2), defense with everyday objects around you (Module 3), and

recognizing that you are being followed, not becoming a target, and digital safety (Module 4 · Counter-Surveillance). The applications in these modules are not included in the 514 technique headings; they are additional work that complements the curriculum, and they are described solely for legitimate self-defense, as a last resort.

Part IV — Closing and Appendices contains the women's program, the path to becoming an instructor, the level assessment criteria, a glossary of terms, the drill library, the level summary, the sources, a training log, and an alphabetical technique index showing every technique with its code and page.

Technique Codes

Every technique has a code, such as **P1·07** or **G2·15**. The first part of the code indicates the level and the second part the sequence within that level. The levels are: P1–P5 (Practitioner), G1–G2 (Graduate), YE (Assistant Instructor) and UE (Expert Instructor). These codes provide a common language in the gym, on level certificates and in training plans. The applications in the special modules carry their own codes: **HN** (Vital Points), **KB** (Kubotan and Metal Pen) and **DS** (Improvised Defense: Defense with Everyday Objects); for example **KB·05**. The vital points are also numbered from 1 to 30 and are referred to in the book as “Point 20.”

The Headings of Each Technique

Every technique in the book is described with the same structure:

- **Starting position:** The position the technique starts from: passive stance, fighting stance, clinch, bottom position on the

ground and so on. It does not appear in principle, scenario and drill headings.

- **When to use:** The threat and environment the technique is designed for.
- **Danger:** Appears only in weapon threats; it states what makes that situation especially dangerous.
- **Execution:** The basic mechanics of the movement and the points to watch. In technique headings the steps are numbered, which makes it easier to follow the sequence in the gym or when reviewing.
- **Variations:** Sister techniques in the book against different forms of the same threat, with their codes.
- **Limits / Plan B:** Appears only in high-risk techniques (weapon defenses, chokes and locks, takedowns and throws, restraint and control, headbutts, falls from height). It states the conditions under which the technique is not applied and the next safe option if the technique breaks down.
- **Common mistake:** The mistake most often seen in the gym, and the one that can cost the most on the street.
- **Training note:** How to practice the technique with a partner or on your own.

Technique, Principle, Scenario and Drill

Not all of the 514 headings in the curriculum are the same kind of skill. A straight punch and “the first three seconds after hitting the ground,” or a hybrid scenario, are counted as the same unit but teach different things. To make this difference visible, some headings carry a small label:

- **Unlabeled headings are techniques:** a specific movement against a specific threat.

- **PRINCIPLE:** A rule of decision-making or behavior. Not a single movement, but the thinking behind many techniques.
- **SCENARIO:** A training setup in which several techniques are combined within a realistic situation. Scenarios do not copy real incidents exactly; they train decision-making.
- **DRILL:** A training format that has you repeat a specific skill under stress, fatigue or difficult conditions.
- **INSTRUCTOR SKILLS:** The skill of teaching, correcting and running a class.

Terms Specific to Black Force

Krav Maga has no universal standard of terminology; different schools may name or number the same movement differently. The following are specific to the Black Force system and are used in this sense in this book:

- **Level structure:** P1–P5, G1–G2, Assistant Instructor and Expert Instructor. Belt colors are not used.
- **Black Force Elbow Angle System:** The numbering from 1 to 14 of elbow strikes adapted from Silat and Kali (full table in G2).
- **Peek-a-boo-based punching mechanics:** A punching system built on a high, tight guard, constant head movement and explosive entries into short range (from P1 onward).
- **Black Force numbering of the 360° defense:** The order and names of the seven angles (diagram in P4).
- **The 5 basic angles of stick attacks:** An angle framework specific to the stick (diagram in P3).
- **Shield Stance:** A structure in which the arms close in front of the face and body, and strikes and the clinch are generated from this position (P4).

- **Defend, neutralize, get away:** The decision chain behind all the techniques of the system.

Using This Book Alongside Your Training

No technique in this book can be learned by reading alone. The book was written so that you can recall at home the technique you saw in class, prepare for the next class and understand why you do it that way.

CHAPTER 1

What Is Krav Maga

Throughout human history the need to defend oneself has never changed, but the methods have. Krav Maga is one of the modern answers the military world has given to this need. Its name means “contact combat.” Today it is part of military, law enforcement and security training programs in various countries, and in recent years it has also become one of the self-defense systems that is widespread among civilians. The reason is simple: it is not flashy, its basic techniques can be learned in a relatively short time [3], and it is built around real threats.

The Difference Between a Sport and a Defense System

In a combat sport the opponent is known, the setting is known and the rules are known. There are weight classes, a referee, a time limit; there are forbidden moves and a safe surface. In Krav Maga none of these exist. How many attackers there are, what they are holding, when and from where they will come, is unknown. The ground may be concrete, stairs or a slippery parking lot. You may be wearing a coat, holding a bag, or have your child beside you.

That is why the system is built to be practical, not sporting. Instead of eye-catching moves, it teaches responses simple enough to be remembered even in a moment of panic. The simpler a technique is, the more reliable it is under stress.

Let me explain this with an example. You can train in a combat sport for years and learn a very good combination. But when someone grabs you from behind on the street, that combination is of no use, because you were not prepared for that scenario. Krav Maga works the other way around: it first lists the most common threats, then builds the simplest and fastest-to-learn response to each one.

Core Principles

Although Krav Maga has different schools and systems, most share a few core principles:

- **Using natural reflexes.** Innate responses such as flinching, raising the hands to the face and moving away from danger are not suppressed; they are trained and turned into the first step of defense.
- **Simultaneous defense and counterattack.** Instead of defending first and striking afterward, the two are done at the same time whenever possible.
- **The shortest path.** You go to the target by the shortest and most direct path; unnecessary movements are avoided.
- **Vulnerable targets.** To close the strength gap, areas that are hard to protect, such as the eyes, throat, groin, back of the neck, temple and knee, are targeted. In most releases from grabs and chokes, the release and the strike to these targets are done together; a single strike is not relied on, and the counterattack continues in succession.

- **Environmental awareness.** Defense is considered not only against the attacker but together with the environment: exits, obstacles, other people.
- **Getting away.** The goal is not to win, but to stay safe.

Who It Is For

I have worked with many people who said, “I’m weak, I’m not strong.” That is exactly why Krav Maga exists. The system is built to work even at a moment when your physical strength is limited; it is about the right target, the right timing and the right decision, not strength. That is why it is a realistic option for women, young people, older people and those who have never done any sport.

It also has something to offer those who have practiced boxing, wrestling or another combat sport: on top of the discipline and reflexes from those sports, it adds a layer specific to real street scenarios. For those coming from the military, law enforcement and private security communities, it offers more advanced and comprehensive close-combat training.

Its Relationship to Other Disciplines

Boxing, Muay Thai, wrestling, Brazilian jiu-jitsu, karate, judo — all of them are valuable, long-established and well-built systems in their own fields. In this book and in the gym we belittle none of them; in fact, the Black Force system openly acknowledges the knowledge it has borrowed from many of these disciplines. The footwork and distance knowledge of boxing, the clinch and knee system of Muay Thai, the balance and takedown knowledge of wrestling, and the ground positions of jiu-jitsu all have a place within the system. In addition, Black Force has adapted into its

own structure the guard and punching mechanics of the peek-a-boo boxing style, the close-range elbow and knee work of Silat and Kali, and the joint lock, off-balancing and throwing knowledge of Japanese Jiu-jitsu and judo.

The difference is this: these disciplines are sports, and they have been perfected within their own rules. Krav Maga, on the other hand, is a defense system designed against a real threat that may be ruleless, involve several people and be armed. An athlete's skills are very valuable on the street; but the rules of the sport (a single opponent, forbidden targets, a safe surface) do not apply on the street. Many athletes turn to Krav Maga to make their skills reliable under street conditions as well.

CHAPTER 2

The Black Force Krav Maga System

Black Force Krav Maga (BFKM for short) is the name of the system in which we took the military-rooted approach of Krav Maga and turned it into our own independent training system. Over the years it has been shaped by the needs I saw in the gym: which technique really works, which exists only for show, and in what order a technique should be taught so that the student progresses faster and more safely.

Black Force started out as Krav Maga. Over the years, the needs of our students from the military, law enforcement and private security carried the system in a direction that departs from the classic Krav Maga curriculum: takedowns, grappling, ground fighting and elbow techniques gained more and more weight, and the striking system took on a structure of its own. Today Black Force continues on its path as **a hybrid system developed in Turkey as an alternative to Krav Maga, designed with a military close-combat and defense approach**. Its roots are in Krav Maga, and this book does not hide those roots; but the system as it stands today is an independent system shaped by its own decisions.

Why This System

You can find very different content under the name “Krav Maga” on the market; some of it very sporty, some very theoretical, and some full of unrealistic promises. When I built Black Force, I focused on a single question: when a student faces a real threat, will what they learned in the gym actually help them?

To be able to answer this question, I paid attention to three things. The first is sequencing: every technique is built on the one before it, and no technique is taught in a vacuum. The second is ground fighting: a significant share of real attacks end up in close contact or on the ground; that is why a large part of the curriculum is devoted to grabs, the clinch and ground fighting. The third is decision-making: technical knowledge is incomplete if you do not know when to use it and when to stop.

Where It Departs from Classic Krav Maga

The main points that distinguish Black Force from classic Krav Maga curricula are:

- **The neutralization principle.** Because Black Force was built with a military system mindset, it is hard-edged. The goal is not only to get free or escape, but to neutralize the threat: the priority is that you do not get hurt; the counterattack is delivered decisively, quickly and without interruption.
- **The weight given to ground work and grappling.** Of the 514 technique headings in the curriculum, 259 are devoted to grappling, the clinch and ground fighting. Takedowns, takedown defense, bottom and top control, escapes and the technical stand-up appear at every level of the system.

- **Peek-a-boo-based punching mechanics.** The punching system is based on the peek-a-boo boxing style: a high, tight guard, constant head movement (slipping, ducking and bobbing), explosive entries into short range, and short, hard punches that turn together with the body. This structure is clearly different from the straight, open-guard striking approach of classic Krav Maga.
- **An elbow system rooted in Silat and Kali.** The elbow strikes have been adapted from the close-range elbow and knee work of Silat and Kali and turned into the 14-angle Elbow Angle System specific to Black Force (P2 and G2).
- **A hybrid structure.** Techniques adapted from Japanese Jiu-jitsu, Silat, Kali, wrestling, judo and Brazilian jiu-jitsu in the areas of striking, close-range combat (grappling) and ground fighting have been combined by the founder of the system around a single decision chain (defend, neutralize, get away).
- **Military and law enforcement needs.** Control and restraint techniques, team tactics, third-party protection and legal awareness have been shaped by the needs of students from the military and law enforcement, and have become an integral part of the curriculum.

How the Curriculum Is Distributed

The 514 techniques and nine levels described in this book are the system's complete curriculum. Their distribution by topic is as follows: striking and movement 86; grappling, clinch and locks 108; ground fighting 137; defense against strikes 19; weapon and object defense 74; multiple attackers and team tactics 35; scenarios, decision-making and legal awareness 22; special situations and techniques for disadvantaged people 9. The same rule applies in every

category: defense and counterattack at the same time, without interruption until the threat ends; stop the moment the threat ends.

Nine Levels

The system consists of nine levels and does not use belt colors:

- **P1–P5 (Practitioner):** The basic path. From stance and basic defenses to firearm threats and application under stress.
- **G1–G2 (Graduate):** The advanced path. The chaos of the real world, the complete set of weapon and object defenses, team tactics, hybrid scenarios and legal awareness.
- **Assistant Instructor:** The transition from student to instructor. Teaching, control and third-party protection.
- **Expert Instructor:** The highest level of the system. Mastery, performance under difficult conditions and advanced lock defenses.

In total there are 514 technique headings. Of these, 259 are grappling, clinch and ground fighting headings, and 74 are weapon and object defenses. Most headings are techniques; some are principles, scenarios, drills or instructor skills, and are labeled separately in the book. Each level is completed with a level assessment, and a certificate with a registration number is issued in the name of BFKM.

The Backbone of the System: Defend, Neutralize, Get Away

Every technique, however different it may look, follows the same three steps.

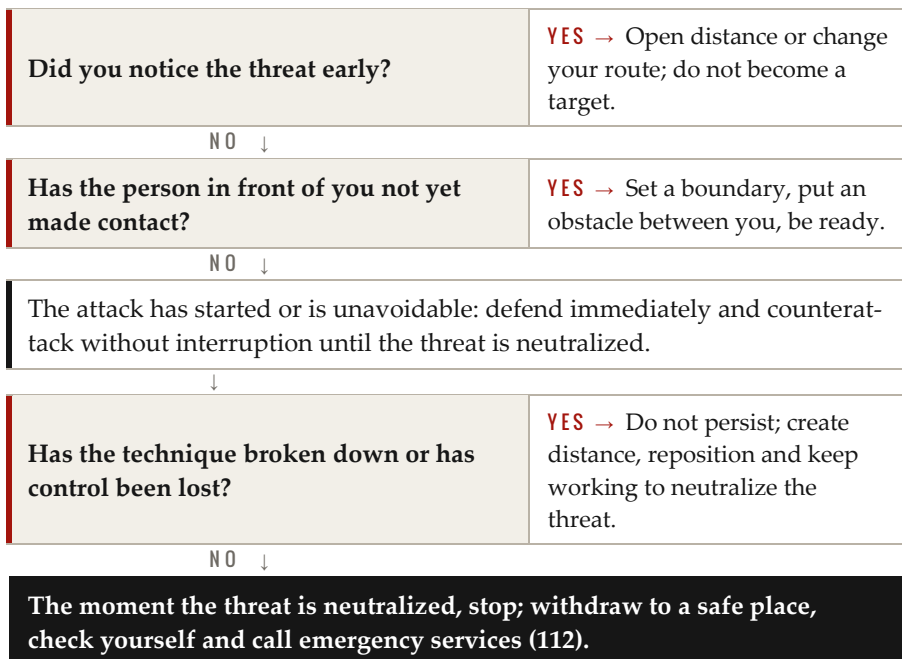
Defend. Your first task is to stop the threat. Deflect a punch, control the arm holding a knife, get out of a grab. Every second that passes without a defense works in the attacker's favor.

Neutralize. Most of the time the defense and the counterattack are part of the same movement. The goal is not to fend off the attacker for a moment, but to truly neutralize the threat; a counterattack left half done works in the attacker's favor. You continue without interruption until the threat is neutralized; the moment the threat ends, you stop.

Get away. Once the threat is neutralized, get out of there: withdraw to a safe place and call for help. Krav Maga is not a sport; there are no points or rules, and the goal is for you to come out safe and sound.

Even if you forget a technique, if you remember these three steps you will be heading in the right direction.

DECISION CHART · THE BLACK FORCE DECISION CHAIN



How We Teach

In Krav Maga, doing a technique correctly once is not enough. Under stress, the brain remembers only a movement that has been repeated enough. That is why every technique is taught in four stages:

- **Introduction:** The technique is demonstrated slowly, broken down into parts, and the reason it is done that way is explained.
- **Repetition:** The technique is repeated with a partner, without resistance, with correct mechanics.
- **Resistance:** The partner gradually adds resistance and speed; timing and adaptation are practiced.
- **Scenario:** The technique is applied within a realistic scenario with verbal tension, an unclear start, fatigue and environmental elements.

Weapons work is always done with training equipment, in a controlled environment and under instructor supervision. Heavy contact and sparring are added gradually, according to the student's level, and with protective equipment.

CHAPTER 3

The Nature of Street Violence

In the gym, an attack begins with the instructor's "go" command. On the street, an attack rarely "begins"; most of the time it develops through a series of small steps. Recognizing these steps can provide far more protection than any physical technique. This chapter explains how violence emerges on the street and which signs can be seen in advance.

Two Basic Types of Violence

We can roughly divide the violence encountered on the street into two groups.

Social violence usually arises from a dispute, from pride or from the effects of alcohol: an argument in traffic, a shoulder bump in a bar, someone cutting in line. This kind of violence has an "audience," and the attacker's real goal is often to show dominance. The good news is this: a significant share of social violence can be prevented by verbal de-escalation, an apology, a step back or leaving the setting.

This two-way division is a teaching tool; real incidents do not always fit neatly into these two poles. An incident that starts as an

argument can turn into a robbery, or a dispute with someone you know can escalate unexpectedly.

Predatory (asocial) violence is different: robbery, purse snatching, sexual assault, abduction. Here the attacker is after a gain and selects their victim. There is no argument; the attacker usually relies on surprise, isolation and speed. Verbal de-escalation has limited effect against this kind of violence; the real protection is not becoming a target and noticing early.

The Stages of an Attack

In a significant share of predatory attacks, a flow similar to the one below can be seen. This model is a teaching tool; not every incident follows this sequence, and some stages may be skipped:

- **Selection:** The attacker selects someone who looks distracted, alone, absent-minded or defenseless. Someone buried in their phone, wearing headphones or looking for directions is an easy target.
- **Approach and testing:** The attacker approaches and tests the victim's reaction. Asking the time, asking for a cigarette or directions, or saying "can you take a look for a second" are typical approaches. The aim at this stage is to close the distance and see how alert the victim is.
- **Positioning:** The attacker steers the victim toward a wall, a vehicle or a corner; if there is a second person, they move behind or to the side.
- **Attack:** It happens fast and usually by surprise.
- **Escape:** Once the attacker has taken what they wanted, they leave the scene.

It is possible to disrupt the attack at each of these stages. The earlier you intervene, the fewer physical techniques are needed. Awareness at the selection stage, setting a boundary at the approach stage and moving at the positioning stage often prevent the attack completely.

Warning Signs

The following signs alone do not show that an attack is coming; but if several of them appear together, you need to raise your alertness:

- Someone who keeps approaching you and tries to close the distance.
- Someone who hides their hands while talking, or moves them to their pocket or waist.
- Glances that scan the surroundings, checking whether there are witnesses.
- One person stalling in front of you while another moves behind you or to your side.
- Body language that does not match what is being said: calm words but tense shoulders, clenched fists.
- Sudden silence, a locked stare, weight shifted onto one foot, the chin lowered.

Distance, Time and Obstacles

In the face of a threat, three things work for you: distance, time and obstacles. Distance makes it harder for the attacker to reach you. Time lets you think, decide and call for help. An obstacle (a vehicle,

a table, a door) increases both distance and time. Physical techniques come into play at the point where these three run out.

KEEP IN MIND

- Most social violence can be prevented by setting the ego aside and leaving the setting.
- Against predatory violence, the real protection is not becoming a target and noticing early.
- Do not fight for belongings; a wallet, a phone or a car can be replaced.
- If the attacker is trying to take you somewhere else, the best moment to resist is usually the very first moment.

CHAPTER 4

Situational Awareness

The most effective self-defense technique is the one you never have to use. Someone who notices danger early often prevents an attack before it even starts, by changing their route, stepping into a shop or simply looking alert. Situational awareness is the name for this: knowing what is happening around you and noticing what is out of the ordinary.

Levels of Alertness

A simple model often used to explain awareness expresses levels of alertness with colors:

- **White — oblivious:** Unaware of the surroundings. Buried in a phone, wearing headphones, lost in thought. The state attackers prefer most.
- **Yellow — relaxed but aware:** Relaxed, but seeing the surroundings. Knowing who is where and where the exits are. This is the state to aim for in daily life; it is not tiring, it is a habit.

- **Orange — a specific suspicion:** A person or situation has caught your attention. You start planning: “If this person approaches, what will I do?”
- **Red — ready to act:** The threat has become clear. You have made your decision: get away, set a boundary or defend.

The goal is not to live constantly in red; that is both exhausting and unnecessary. The goal is to live in yellow and be able to move quickly to orange and red when needed.

Awareness Habits in Daily Life

- When you enter a place, notice at least two exits.
- Before entering a parking lot or an empty street, stop for a few seconds and scan the surroundings.
- Have your key ready as you approach your car; lock the doors as soon as you get in.
- If you need to use your phone while walking, stop and put your back against a wall.
- Use shop windows, car windows and reflections to see behind you.
- On walks at night, choose well-lit and busy routes, and do not turn up the volume on your headphones.
- Make brief but clear eye contact with someone coming toward you; this sends the message “I’ve seen you.”

Trusting Your Instinct

Many victims of assault say the same thing after the incident: “I had felt that something was wrong.” Your brain processes small signs you have not consciously noticed and produces a feeling of

unease. Do not suppress this feeling so as “not to seem rude” or “not to overreact.” Intuition alone is not proof of an attack and can sometimes be wrong; but it is reason enough to raise your alertness and take a small precaution. Not getting into the elevator, crossing the street, stepping into a shop or turning down a stranger’s offer of help costs you very little.

Awareness Exercises

Awareness is also a skill, and it can be trained. You can do these simple exercises in the gym and in daily life:

- **The exit game:** Count the exits in every place you enter.
- **The memory game:** After leaving a café, try to remember how many people were inside and what the person closest to you was wearing.
- **The reflection game:** While walking, follow the person behind you without turning around, using reflections only.
- **The plan game:** Plan in your mind where you would go if a threat appeared where you are.

CHAPTER 5

Verbal De-escalation and Setting Boundaries

A physical confrontation often begins with words, and can often be prevented with words. Verbal de-escalation is the communication skill used to keep an argument from turning into violence. Setting a boundary means giving the other person a clear message: “This far and no further.” These two skills complement each other, and both come before physical techniques.

Principles of De-escalation

- **Calm yourself down.** Before calming the other person, control your own breathing and tone of voice. A slow, deep breath reduces the trembling in your voice.
- **Lower your voice, slow your pace.** An angry person usually mirrors the tone of the person in front of them. As you lower your voice, they tend to lower theirs.
- **Protect their dignity.** People often fight not to be right, but to avoid losing face. Give them a way out: “You may be right; I wasn’t paying attention either.”

- **Drop the subject of the argument.** Who is right does not matter; what matters is that the situation calms down.
- **Keep your distance.** While talking, do not come closer than an arm's length; if the other person approaches, take a step back.

The Fence Stance

During the conversation your hands are open and in front of your chest, as if you were gesturing while you talk. This stance does not look aggressive; but at the same time it protects your face and lets you notice the other person closing the distance. Your hands form an invisible fence between you and them. When this fence is breached, that is, when the person keeps advancing despite your hands, their intention has become clear.

Boundary-Setting Phrases

When setting a boundary, short, clear sentences in the imperative are used. Long explanations and questions reduce your authority.

- "Stop. Stay there."
- "Don't come closer."
- "I don't want to talk to you. Go."
- "Back off."

These sentences are said loudly and with eye contact. If there are people around, your voice also draws their attention. Setting a boundary is not starting a fight; on the contrary, most predatory attackers give up on someone who draws attention and looks determined.

When De-escalation Does Not Work

Verbal de-escalation does not work in every situation. If the person in front of you is after a gain (robbery, abduction), is not in their right mind under the influence of a substance, or has already started the attack, continuing to talk wastes time. In these situations the priority is distance, escape and, if necessary, physical defense. De-escalation is always worth trying as a strategy, but it is not an obligation.

DE-ESCALATION CHECKLIST

- Have I controlled my breathing?
- Is my voice low and slow?
- Are my hands open and at chest level?
- Is there at least an arm's length between us?
- Have I left the other person a way out?
- Do I know my exits?

CHAPTER 6

Body and Mind Under Stress

To understand why you may not be able to do on the street a technique you do correctly in the gym, you need to know what stress does to the body. At the moment of a threat, the body activates a survival program thousands of years old. This program makes you faster and stronger, but it also temporarily takes away some of your abilities.

The Adrenaline Response

When a threat is perceived, the body releases stress hormones, adrenaline first among them. The heart rate rises, blood is directed to the large muscle groups, and the sensation of pain may decrease. Research shows that acute stress can impair attention and visual-motor performance; but the effects vary from person to person, from task to task and according to how the person perceives the situation [2]. Effects that can be seen in many people are:

- **Loss of fine motor skills:** Precise finger movements become difficult. Putting a key in a lock, unlocking a phone or pressing a small button becomes hard. That is why Krav Maga techniques rely on large muscle groups and simple movements.

- **Tunnel vision:** The field of vision narrows and you focus only on the threat. It becomes harder to see a second attacker or an escape route. That is why scanning by turning the head after every technique is taught.
- **Changes in hearing:** Sounds may seem muffled or as if they are coming from far away.
- **Distorted perception of time:** The incident may feel as if it is happening in slow motion or very fast.
- **Trembling and nausea:** Trembling, feeling sick to your stomach and weakness in the legs after the incident are normal.

These responses are not weakness; they are the body's natural way of working. Knowing them in advance keeps you from panicking when they happen.

The Freeze Response

There are three natural responses to a threat: fight, flight and freeze. Freezing is common, especially in unexpected and unfamiliar situations. When the brain cannot make sense of the situation it faces, it cannot decide what to do. This is one of the most important functions of training: giving the brain the information “in this situation, do this” in advance. Someone who has already seen a threat hundreds of times in the gym gives a familiar response instead of freezing when they face it on the street.

Breath Control

It is not possible to stop the stress response completely, but it can be managed to some extent with breathing. The simplest method is box breathing:

- Breathe in through the nose for 4 seconds.
- Hold for 4 seconds.
- Breathe out through the mouth for 4 seconds.
- Wait 4 seconds and repeat.

This breathing can help slow the heart rate and recover some capacity to think; it does not eliminate the stress response completely. It can be used before an incident (when a threat is noticed), after an incident (once you reach a safe place) and in training (after an intense block).

Stress Inoculation

In training, stress is added gradually and in a controlled way: noise, changes in lighting, verbal pressure, fatigue, unclear starts. This is called stress inoculation. The goal is not to frighten the student, but to make the body's stress response familiar and to be able to apply techniques in spite of that response. That is why scenario work gains weight from P5 onward.

Self-Defense and Proportionality

You have the right to protect yourself and others. The details differ from country to country, but the criminal laws of European countries share one core idea: force used to repel an unlawful attack is not punished when it is necessary and proportionate. At the European level, Article 2 of the European Convention on Human Rights allows force that is “no more than absolutely necessary” in defence of any person from unlawful violence [17]; national courts apply their own self-defense rules within that framework. As an example of a national rule, Article 25 of the Turkish Penal Code provides that no penalty is imposed on a person for acts committed to repel an unjust attack in a manner proportionate to the attack under the circumstances of the moment.

- **The attack must be unjust and ongoing or imminent.** A response to an attack that is already over is not considered self-defense.
- **Whether there is a duty to retreat depends on the country.** In Turkey, for example, the established case law of the Court of Cassation holds that a person who is attacked cannot be placed under a duty to flee [14]. Elsewhere, courts may take the possibility of escape into account when assessing necessity.

- **The defense must be proportionate.** The assessment considers the number of attackers, their superiority, their weapon and the setting together; courts may also consider whether it was possible to stop the attack by a lighter means (a Turkish example: [15]).
- **The defense ends the moment the threat ends.** Continuing to strike someone who has been neutralized crosses the line.

The System's Approach

Because Black Force was built with a military system mindset, it is hard-edged. The goal is not only to get free or escape, but to neutralize the threat: the priority is that you do not get hurt; the counterattack is delivered decisively, quickly and without interruption. The moment the threat is neutralized, you stop and withdraw to a safe place.

After the Incident

Once you reach a safe place, call emergency services (112 works across the European Union; elsewhere use your local emergency number), describe the incident briefly and accurately, and if there is an injury, obtain a medical report. If you have been through a real incident, get support from a lawyer. This chapter is general information, not legal advice; it combines general European principles with examples from Turkish law, and the law in your own country may differ.

CHAPTER 8

Principles of Safe Training

Krav Maga is a realistic system, but realism does not mean accepting injury. An injured student cannot train; a student who cannot train cannot improve. That is why safety is not a part of training, it is its foundation.

Gym Rules

- Before training, rings, earrings, watches and necklaces are removed; nails are kept short.
- In weapons work only training equipment is used; real knives or guns never enter the gym.
- The tap-out signal (tapping the partner or the floor twice, or saying “stop”) is recalled in every class and obeyed instantly.
- The instructor’s “stop” command takes precedence over everything.
- Partners are paired according to weight, experience and how they are feeling that day.
- If you are ill, injured or very tired, tell the instructor.

- Those under 18 practice the techniques only with parental consent and under instructor supervision.

Equipment

The basic equipment is: mouthguard, groin guard, gloves (light and well padded), shin guards, training knife and training gun, foam stick, pads and heavy bag. A chest protector is recommended for women. Headgear and marker knives can be used in stress drills.

Intensity Levels

Every drill in the gym is done at an intensity level, and the level is stated clearly in advance:

- **Level 1 — Technique:** No resistance, slow tempo, correct mechanics.
- **Level 2 — Flow:** Light resistance, medium tempo, transitions.
- **Level 3 — Resistance:** Realistic resistance, controlled contact, protective equipment.
- **Level 4 — Scenario:** Stress elements, unclear start, instructor supervision.

Only the instructor raises the intensity of a drill. If one of the partners raises the level on their own, the drill is stopped.

Head, Neck and Breathing Safety

Some technique groups carry a serious risk of injury in the gym as well. In these groups the following rules are not negotiable:

- **Chokes and neck techniques:** No choke is applied at full strength; the tap-out signal is obeyed instantly. No twisting or sudden pressure is applied to the neck.
- **Defenses against chokes with a rope, belt or cloth:** Only a soft cloth is used, and only the reflex of getting the hand between the neck and the cloth is practiced; no pressure is applied.
- **Control and restraint on the ground:** No prolonged weight is placed on the chest, back or neck; especially in the face-down position, the time is kept short and the partner's breathing is monitored (see P5, Breathing Safety Protocol).
- **Headbutts:** Practiced only on the pad, at low speed and under instructor supervision; never applied to a partner.
- **Strikes to the ears and eyes:** Not applied to a partner; an open-hand strike to the ear can damage the eardrum.
- **Takedowns and throws:** Done only on a thick mat, with a partner who knows how to breakfall, and with a controlled landing.

Warm-Up and Cool-Down

Every class begins with a warm-up that prepares the joints and raises the heart rate gradually: footwork, light shadowboxing, breakfall movements and dynamic stretching. The class ends with a cool-down that brings the breathing and heart rate back to normal. Skipping the warm-up significantly increases the risk of injury, especially in breakfall and ground work.

CHAPTER 9

Conditioning for Krav Maga

A real incident is usually short; most of the time under a minute. But that short time is when the body works at its highest intensity. That is why conditioning for Krav Maga relies less on a marathon runner's endurance and more on short, explosive efforts and the ability to recover after them. There is no separate fitness class in Black Force classes; conditioning is practiced together with technique within every class.

The Four Components of Conditioning

- **Explosive power:** Short, fast movements: a push, getting up, closing distance. Developed with jumping exercises, sprints and medicine ball throws.
- **Anaerobic endurance:** Being able to sustain high-intensity efforts of 30–90 seconds. Interval work (for example, 30 seconds on, 30 seconds rest) increases this capacity.
- **Muscular endurance and grip strength:** Keeping the arms and grip from tiring in the clinch and in ground fighting. Pulling movements, carries and partner drills.

- **Mobility:** Free movement of the hips, shoulders and spine; necessary for breakfalls, getting up and ground movements.

Sample Weekly Conditioning Block

A simple structure that can be applied at the end of classes or on days without class:

- **Monday:** 10 minutes of interval work (30 seconds on the heavy bag, 30 seconds rest).
- **Wednesday:** Strength circuit: push-ups, squats, plank, a pulling movement; 3 rounds.
- **Friday:** Mobility and ground movements: shrimping, technical stand-up, bridge; 15 minutes.
- **Weekend:** 20–30 minutes of easy-paced walking, running or cycling.

Conditioning and Technique Together

Doing technique while tired is a separate skill. That is why “conditioning + technique” blocks are often used in classes: 30 seconds of high-intensity effort, immediately followed by a defensive technique. This method does not copy a real incident exactly; but it tries to create conditions similar to applying technique under adrenaline and fatigue.

CHAPTER 10

Notes for Women and Disadvantaged People

All the techniques in this book apply to everyone. But some people face certain threats more often, and some situations require a special perspective. This chapter contains short notes for women, physically disadvantaged people and those responsible for protecting someone else.

Threat Profile

In violence against women, the perpetrator is often not a stranger but someone known to the victim; according to World Health Organization data, the most common perpetrators of violence against women are husbands, partners or former partners [6]. Some physical attacks may also begin as an attempt to hold, drag, pull the hair, cover the mouth or take the victim somewhere. That is why releases from grabs, ground defense and escape stand out in the curriculum; the “Techniques for Smaller or Disadvantaged People” group in P1 is designed precisely for these scenarios.

Closing the Strength Gap

When the strength gap is large, three things make the difference: target, timing and voice. The eyes, throat, groin and knee are strikes that rely on the right target, not on strength. For women and smaller people, these targets are not an extra option but the main way out: the move is built not on brute force, but on striking these points quickly and without hesitation. A single strike may not be enough; that is why, whenever possible, at least two separate targets are struck in succession (for example, the groin, then the face). Timing means catching the moment when the attacker is off balance or distracted. The voice both makes the attacker pause for a moment and draws the attention of the people around. The goal is always the same: not to win, but to create an opportunity to escape.

Support Lines

If you have experienced violence or are at risk of it, you are not alone. In emergencies you can call 112, which works across the European Union. Every country also has its own helplines and shelters for violence against women, so look up yours in advance. Across the EU, 116 006 is the number reserved for victim support helplines, although so far only some countries operate it [20]. In Turkey, for example, the KADES app, the ALO 183 Social Support Line and the Violence Prevention and Monitoring Centers (ŞÖNİM) are among the services you can turn to. Seeking support is not weakness; it is part of protecting yourself.

REMINDER

No training provides one hundred percent protection. Self-defense training increases your awareness, your self-confidence and your chances of responding correctly at the moment of a threat. The responsibility for an attack never lies with the victim.

CHAPTER 11

After the Incident: The First Hours and Beyond

When a physical incident is over, the last step of the system begins. The principle of “get away” covers not only leaving the scene but also what to do afterward. The right steps after an incident protect both your health and your legal position.

The First Minutes

- **Reach a safe place:** A busy, well-lit area, a shop, a security point.
- **Check yourself:** Adrenaline suppresses pain; you may not have noticed a cut or a blow. Check your hands, neck, torso and legs.
- **Call emergency services (112):** Briefly and clearly state where you are, what happened, the attacker’s description and the direction they went.
- **Note the witnesses:** Get the names and phone numbers of the people who saw the incident.

The First Hours

- If you are injured, go to a medical facility and get a report; even if there is no visible injury, having a checkup is a good idea.
- Write down the incident while your memory is fresh: the time, the place, the people, what was said, what was done.
- Note places where camera footage might be available (shops, parking lots).
- Try to calm down before giving a statement; if necessary, talk to a lawyer.

Psychological Effects

After an attack you may experience sleeplessness, the incident re-playing in your mind again and again, being easily startled, anger or a sense of guilt. These are normal reactions of the body and mind to an abnormal event, and they usually fade over time. If these reactions last for weeks or make your daily life difficult, get support from a mental health professional. Returning to the gym can also be part of recovery; but do it at your own pace.

Our Role as a Gym

When one of Black Force's students goes through an incident, the instructors are responsible for providing both technical and human support. Listening to the student without judgment, referring them onward if needed and offering an environment where they feel safe are among the invisible but most important parts of being an instructor.

PART II

CURRICULUM



*Nine levels, 514 techniques: the complete Black Force
Krav Maga System, from P1 to Expert Instructor, tech-
nique by technique.*

P1

P1 · Basic Stances and First Defenses

60 techniques · 12 of them ground fighting · The first step on the Practitioner path

Everything starts here. P1 is the foundation on which the rest of the system is built, which is why the most “ordinary-looking” topics — how you stand, how you step, where you look — are treated most seriously at this level. Someone walking into the gym for the first time usually wants to see knife defenses or grappling on the ground right away. Yet every experienced instructor knows that no technique built on a broken stance survives under stress.

The second major axis of P1 is the three threats most often met on the street: a punch, a grab and a fall. Statistics vary from country to country, but the great majority of physical assaults begin with one of these three. The attacker tries either to hit you, to grab and pull you, or to push you to the ground. A student who completes P1 knows what to do in each of these situations — not perfectly, but without freezing.

The third axis is specific to this level: moments when you are at a physical disadvantage. If the difference in strength is large, if you are holding a child or a bag, or if you are trapped in a narrow cubicle, classic techniques may not work as taught. We deliberately placed this group at the very beginning, because a large share of the people who need the system are exactly the people in these situations.

Throughout P1 the training pace is slow. The goal is accuracy, not speed. Each technique is repeated first step by step, then fluidly, and finally under light pressure. There is no heavy contact, hard sparring or weapons work at this level.

GOALS OF THIS LEVEL

- Switch from a passive stance to a fighting stance as a reflex, and manage distance with footwork.
- Deliver the basic strikes (straight punch, palm heel, hammer fist, elbow, knee, front kick) with correct mechanics and in short combinations.
- Perform inside and outside defenses against a straight punch simultaneously with a counterattack.
- Know the basic releases from wrist, collar, hair and choke grabs.
- Make safe breakfalls, the ground stance and the technical stand-up automatic.
- Make it a habit to complete the “defend, neutralize, get away” chain at the end of every technique.

TECHNIQUE GROUP	COUNT	AREA
Stance and Movement	6	Standing
Strikes	11	Standing
Defense Against Punches	8	Standing

TECHNIQUE GROUP	COUNT	AREA
Releases from Grabs, Chokes and Bear Hugs	7	Standing
Ground Fighting	12	Ground
Techniques for Smaller or Disadvantaged People	8	Standing
Supplementary Basic Techniques	6	Standing
Black Force Entries (Basic)	2	Standing
TOTAL	60	12 ground

GROUP 1 · 6 TECHNIQUES

Stance and Movement

Stance and movement carry not one technique but all of them. A correct stance gives you two things: balance and time. A balanced person can both strike and retreat; a person with time can make decisions. The six topics in this group build the basic habits that will be repeated every day for the rest of P1.

P1-01 Passive Stance and Fighting Stance

STARTING POSITION Natural standing position

WHEN TO USE In everyday life you are always in a passive stance; the moment you sense a threat, you shift into a fighting stance. Someone walking toward you in a parking lot, an argument turning hostile, or a group blocking your way are typical moments for this transition.

EXECUTION

1. In the passive stance the hands are low and the body is relaxed, but the eyes scan the surroundings.
2. In the fighting stance the strong-side foot is half a step back, the feet are shoulder-width apart, the knees slightly bent and the weight evenly distributed on both feet.
3. The hands come up to chest–face level with open palms; this both protects you and sends the other person the message “calm down.” The chin is slightly tucked and the shoulders are kept loose.

COMMON MISTAKE Raising the hands too late, or clenching the fists and looking like a boxer ready to fight. The first leaves you defenseless; the second escalates the incident and can make you look like the aggressor in the eyes of witnesses.

TRAINING NOTE On your partner’s random “now” command, shift from the passive stance to the fighting stance; on each repetition, check in a mirror or on video that your hands are open and your chin is tucked.

P1-02 Forward, Backward, Lateral and Diagonal Footwork

STARTING POSITION Fighting stance

WHEN TO USE Footwork is the basic tool for keeping distance, getting off the line of an attack and keeping your escape route open. On a narrow sidewalk, at a crowded exit or against someone closing in on you fast, your first response is often a small step; a verbal boundary, an obstacle or a nearby door is used together with that step.

EXECUTION

1. The foot closest to the direction you want to go moves first, and the other foot follows it with a short step.
2. Moving forward, the front foot leads; moving backward, the rear foot; moving right, the right foot.
3. Steps are short and close to the ground; at the end of every step you are back in a fighting stance.

COMMON MISTAKE Crossing the feet or bringing them close together. The moment the feet line up, balance is lost and even a light push can put you on the ground.

TRAINING NOTE Mark four directions on the floor; your partner calls out a direction and you slide there in a single step while keeping your stance. Check your foot spacing at the end of each set.

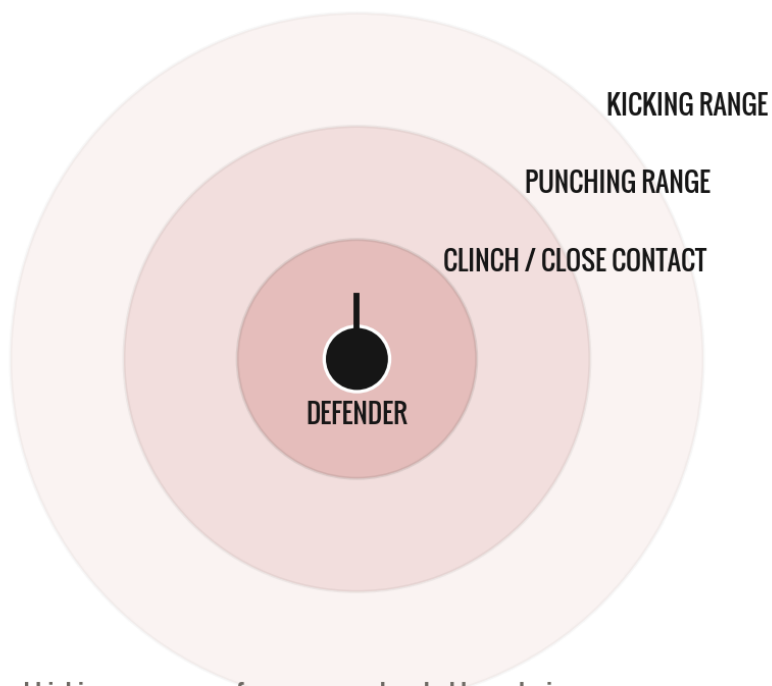
P1-03 **PRINCIPLE** **Distance Management: Opening and Closing**

WHEN TO USE Sometimes you need to move away; sometimes you need to close in to smother the attacker's strike. A kick or a stick swing is most dangerous at full range; getting out of that range — or inside it — breaks its power.

EXECUTION Recognize three ranges: kicking range, punching range and close-contact (clinch) range. Facing a threat, you either step back into a longer range or step in to close range, where the attacker cannot generate power. Which one you choose depends on the environment, your escape route and what the attacker is holding.

COMMON MISTAKE Standing still at the attacker's full striking range. The worst distance is the one that is "neither far nor close."

TRAINING NOTE As your partner moves in and out holding a pad, try to keep a constant distance from them; then practice sudden distance closing on command.



Beyond kicking range: zone for escape and verbal boundaries

Distance bands (top view). Beyond kicking range is the zone for verbal boundaries and escape; as the distance closes, the striking options change.

P1-04 Turning and Changing Direction *Pivoting*

STARTING POSITION Fighting stance

WHEN TO USE Used when the attacker tries to corner you or get behind you, in multiple-attacker situations, and at moments when your escape route is to your side.

EXECUTION 1. On the ball of the front foot, you swing the rear foot in an arc; the hips and shoulders turn together with the feet.
2. At the end of the turn you are facing the threat again and your stance is intact.
3. Small turns (45 degrees) take you off the line of attack; large turns (90–180 degrees) turn you toward a threat coming from behind.

COMMON MISTAKE Turning the head and eyes after the body. Look first, then turn; turning toward a direction you cannot see can carry you into new danger.

TRAINING NOTE Wait with your eyes closed; when your partner touches your shoulder, open your eyes, turn toward the side that was touched and take your stance.

P1-05 Breakfall Basics: Back and Side Falls, Rolling *Breakfalls*

STARTING POSITION Standing, knees slightly bent

WHEN TO USE When you are pushed, tripped, or lose your balance on a slippery floor or on stairs, the aim is to reach the ground with a lower risk of injury. No breakfall technique can guarantee the outcome on hard ground or on stairs; the aim is to reduce damage. The head striking hard ground is one of the most serious injury risks in street incidents.

- EXECUTION**
1. Falling backward, press the chin to the chest, bend the knees to bring the hips close to the ground and fall with a rounded back; the arms slap the ground at an angle of about 45 degrees to spread the impact.
 2. In a side fall the same principle is applied to one side.
 3. In a roll, you travel along a diagonal line running from the shoulder to the opposite hip.

VARIATIONS Forward rolling breakfall (P2-55), falling on your back and rolling to the side (P2-61).

COMMON MISTAKE Reflexively reaching back with the hands and landing on the palms. This is the most common cause of wrist and elbow fractures; the technique exists to replace that reflex with a new one.

TRAINING NOTE Practice falls first from a squatting position, then standing, and finally from a light push by your partner. After every fall, go straight into the ground stance.

P1-06 **PRINCIPLE** **Target Areas: Eyes, Throat, Jaw, Groin, Back of the Neck, Knee** *Vital Targets*

WHEN TO USE In every situation where you are at a physical disadvantage. When muscle strength is not enough, the right target improves your chances and can stop even a large attacker for a short time. The effect is not guaranteed: accuracy, clothing, the attacker's pain tolerance, alcohol and adrenaline all change the outcome.

EXECUTION Targets fall into three groups: the upper line of the body (eyes, temple, nose, jaw, throat), the rear line (back of the neck) and the lower line (groin, knee, shin, instep). Upper-line targets disrupt the attacker's vision and balance, while lower-line targets restrict their movement; the back of the neck is struck only when the attacker is bent forward, with an elbow or the palm. Each strike is matched with the weapon best suited to that target: fingers to the eyes, palm heel or the outer edge of the hand to the throat, palm heel to the chin, palm, knee or kick to the groin, stomp kick to the knee. Do not rely on a single strike: people protect the groin by reflex and clothing can cover the target, so move on to a second target whenever possible. Where the strength gap is large, especially for women and smaller people, these targets are the main means of escape.

COMMON MISTAKE Striking strong but protected areas (forehead, chest), or swinging at random without choosing a target.

TRAINING NOTE Strike the small pads your partner holds, matching each strike to the target the instructor names; pairing the target with the weapon must become a reflex.

GROUP 2 · 11 TECHNIQUES

Strikes

In Krav Maga a strike is delivered not to score a point, but to stop a threat and buy time to escape. That is why our strikes must be simple, short and repeatable. The eleven topics below are the

building blocks of all the striking combinations used in the rest of the system. In Black Force, punching mechanics are based on the peek-a-boo boxing style: the hands are held in a high, tight guard and the chin is tucked; the head moves constantly, and the punch is thrown with a short entry, drawing its power from the rotation of the body. As the levels progress, this guard connects naturally to the Shield Stance (P4) and to clinch work.

P1-07 Straight Punch (Left and Right)

STARTING POSITION Fighting stance, target in front

WHEN TO USE The strike that reaches a target at range the fastest. Used to stop the attacker the moment they step forward, or to counter immediately after a defense.

EXECUTION

1. The fist leaves from the chin and travels to the target along a straight line; as it is thrown, the shoulder rises to protect the chin and the other hand stays at the face.
2. Power is generated by a slight pivot of the rear foot and by turning the hip toward the target.
3. On impact the wrist is straight and the first two knuckles lead; the fist is pulled back quickly along the same line.

COMMON MISTAKE Dropping the other hand or leaving the shoulder open while punching. You open your entire defense for a single punch.

TRAINING NOTE On the heavy bag, in 3-minute rounds, focus on returning the hand to the chin after every punch; increase speed only once the technique is solid.

P1-08 Palm Heel Strike

STARTING POSITION Fighting stance or fence stance

WHEN TO USE A close-range strike to the face, especially the jaw and the nose. Because it puts the bones of the hand at less risk than a punch, it is one of the options most often recommended when teaching people with no punching training.

EXECUTION

1. The hand is open, the fingers slightly bent and pulled back; the strike lands with the hard area at the base of the palm.
2. The movement travels on the same line as the straight punch; the only difference is that the wrist is bent back so that the heel of the palm leads.
3. It is applied upward to the jaw and straight to the nose, while the throat is struck short and sharp with the outer edge of the hand or the fingertips; the same palm can also strike the groin.

COMMON MISTAKE Leaving the fingers stiff and spread. The fingers can catch on the target and get sprained.

TRAINING NOTE Strike the pad first one at a time, then in left–right pairs; on every strike check that the wrist is bent back.

P1-09 Power Slap

STARTING POSITION Fence stance, close range

WHEN TO USE Used at very close range to distract the attacker and disrupt their reaction. It is especially useful while escaping from a grab or when you need to buy time for your next move.

EXECUTION

1. The hand is held open, loose and slightly cupped; the strike swings sideways into the ear and cheek area.
2. Power comes from the shoulder and the rotation of the hips, and the hand lands on the target like a whip.
3. An open-hand strike to the ear can cause brief disorientation and loss of balance.

COMMON MISTAKE Striking with the arm alone; if the body does not turn, the effect is lost completely.

TRAINING NOTE Work with both hands on the heavy bag, together with the body turn; then apply it immediately after a release from a grab.

P1-10 Hammer Fist (High, Side and Low Angles)

STARTING POSITION Fighting stance, close range

WHEN TO USE Used against a target to the side, behind you or below you. It is safer than a punch when you want to protect your hands, and it is the movement closest to people's natural "striking" reflex.

EXECUTION

1. The fist is clenched, but the contact area is not the knuckles; it is the fleshy part at the bottom of the fist.
2. At the high angle it comes down from above like a hammer; at the side angle it swings horizontally with the body turn; at the low angle it is applied to a target below you (the groin, a bent-over back).
3. It can also be applied to a target behind you without turning.

COMMON MISTAKE Striking with a locked elbow. The arm should stay slightly bent; otherwise the elbow is strained.

TRAINING NOTE Work the three angles in turn on the pad; then, when your partner touches you from behind, respond with a side hammer fist without turning.

P1-11 Elbow Strikes (Horizontal and Vertical, Angles 1-4) *Elbow Strikes 1-4*

STARTING POSITION Fighting stance, very close range

WHEN TO USE At very close range, when someone is holding you or when you cannot fully extend your hand, the elbow is your strongest weapon. The elbow comes into play in most clinch work and releases from grabs.

EXECUTION 1. The first angle is horizontal, forward; the second is horizontal, to the side; the third goes from below upward; the fourth goes from above downward.

2. In each one the hand is loose, the arm fully bent, and the strike lands with the hard area near the tip of the elbow.

3. Power comes from the hips and the shoulder rotating together.

VARIATIONS Angles 5-7 (P2-03), angles 8-14 (G2-17-G2-23).

COMMON MISTAKE Opening the elbow and extending the arm. At elbow range, the more closed the arm is, the harder and better protected the strike.

TRAINING NOTE Apply the four angles in order on the wall pad, then at random according to the number the instructor calls. The angle numbers follow the Black Force Elbow Angle System; the full table, from 1 to 14, is in G2.

P1-12 Straight Knee

STARTING POSITION Close range, attacker's shoulders or head under control

WHEN TO USE Used when someone grabs you, wraps their arms around you or is at clinch range. The groin and the thigh are the most suitable targets.

EXECUTION

1. The hands grip the attacker's shoulders or the back of their neck and pull them toward you; at the same time the knee of the rear leg drives upward and forward.
2. The hips push forward and the heel of the supporting foot rises slightly.
3. As the knee strikes, the hands keep pulling, so the two forces add up.

COMMON MISTAKE Lifting the knee while leaving the hips behind. If the hips do not go forward, the knee only "touches."

TRAINING NOTE Your partner holds a knee pad in front of their body; work single knees first, then left-right series.

P1-13 Groin Kick and Push Kick *Front Kick / Push Kick*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE Used to open distance, stop someone who is approaching, or push an attacker back to gain time to escape. Because the legs are longer than the arms, first contact is often made with a kick.

EXECUTION 1. This heading teaches two kicks with different mechanics together.

2. In the groin kick, the knee comes up first, then the lower leg swings upward and the top of the foot or the shin strikes the groin; the aim is to hit.

3. In the push kick, the knee is pulled to the chest, then the sole of the foot pushes straight forward; the target is the abdomen or the hips and the aim is to open distance.

4. In both kicks the foot is pulled back quickly and you return to your stance.

COMMON MISTAKE Dropping the foot to the ground after the kick and losing balance. The kicking foot must come back along the path it went out.

TRAINING NOTE On the pad, do slow repetitions focused on balance first, then practice stopping an approaching partner with a push kick.

P1-14 Basic Two- and Three-Strike Combinations *Basic Combinations*

STARTING POSITION Fighting stance

WHEN TO USE Assuming that a single strike will stop the attacker is risky. Combinations make sure the second and third blows land before the attacker can recover.

- EXECUTION**
1. The most basic combinations are: left–right straight punch; straight punch and rear-hand palm heel; punch, punch and groin kick.
 2. Each strike draws power from the rotation of the previous one; the hips turn as the right punch is thrown and turn back for the left.
 3. At the end of the combination you return to your stance and scan your surroundings.

COMMON MISTAKE “Counting” the combination: stopping between strikes to think about the next one. The combination must flow like a single movement.

TRAINING NOTE Repeat the combination the instructor calls for 10 seconds, rest 10 seconds; 6 rounds.

P1-15 Punch-Elbow-Knee Transition

STARTING POSITION Fighting stance, punching range

WHEN TO USE As the distance closes, the type of strike must change. When the attacker steps inside your punch you have the elbow; when they come even closer, you have the knee.

- EXECUTION**
1. You start with a straight punch; if the attacker closes in, you use the elbow of the same arm at a horizontal angle; then you place your hands on their neck or shoulders and strike with the knee.
 2. At each transition the feet adjust the distance with a small step.

COMMON MISTAKE Still trying to punch at close range. At close range the punch gets jammed and loses its power.

TRAINING NOTE As your partner walks forward with a pad, adapt to them with punches, elbows and knees in that order.

P1-16 Rapid Palm Heel and Hammer Fist Strikes (Burst)

STARTING POSITION Fighting stance or fence stance, close range

WHEN TO USE Used at a moment of panic to overwhelm the attacker with many strikes in a short time and take the initiative. It creates a “stopping” effect especially when you are caught unprepared.

- EXECUTION**
1. The two hands go forward alternately and very quickly; the palm heel goes to the face and the hammer fist comes down on the side or the head.
 2. The strikes are short-range, non-circular movements.
 3. At the same time you walk forward with small steps; the aim is to force the attacker to step back.

COMMON MISTAKE Trying to burst while stepping backward. A burst works while moving forward.

TRAINING NOTE While the pad holder walks backward, work intense 5-second burst sets.

P1-17 Striking on the Move

STARTING POSITION Fighting stance, on the move

WHEN TO USE Standing still makes you an easy target. Striking while sliding to the side lets you both get off the attacker's line and add power to your strike.

EXECUTION 1. You strike at the same moment as you leave the line of the attack with a lateral or diagonal step; the end of the step and the contact of the strike happen at the same instant.

2. As the attacker's weight goes to waste, you reach their exposed side.

COMMON MISTAKE Stepping first and striking afterward. If the two movements are done separately, the attacker has time to re-orient.

TRAINING NOTE As your partner makes straight attacks with the pad, slide to the side and strike the pad at the same moment; do equal repetitions to both sides.

GROUP 3 · 8 TECHNIQUES

Defense Against Punches

Most street fights start with a punch. What the defenses in this group have in common is this: you deflect the punch first and counter not afterward but at the same time. Every half second between the defense and the counter is an opportunity for the attacker to throw a second punch.

P1·18 Inside Defense Against a Straight Punch

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Used when the other person's straight punch is coming at your face, especially at moments when your hands are already up.

EXECUTION 1. The open hand deflects the incoming punch with a short movement from the inside outward; at the same time the head slips slightly to the side, off the line of the punch.

2. Before the deflection is finished, the other hand strikes back.

3. The deflection is small, short and close to the face; the arm is not extended to "go looking" for the punch.

VARIATIONS Outside defense (P1·19), straight punch to the body (P2·69).

COMMON MISTAKE Making the deflection too big. A big movement is slow and leaves you open to the second punch.

TRAINING NOTE Your partner throws slow punches; do not increase the tempo until the deflection and the counter arrive at the same time.

P1-19 Outside Defense Against a Straight Punch

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Used when the attacker's punch comes from the outside or when you want to move to their outside. Moving to the outside makes it harder for the attacker to reach you with their second hand.

EXECUTION 1. The outer surface of the forearm or the open hand deflects the punch from the outside inward; at the same time the body slides toward the attacker's outside.

2. The counter goes to the attacker's exposed ribs or face.

3. The advantage of this position is that the attacker's second hand is behind and far away.

VARIATIONS Inside defense (P1-18).

COMMON MISTAKE Pushing the punch straight in front of you while deflecting, which leaves it on your own line.

TRAINING NOTE Practice inside and outside defenses mixed, on the instructor's verbal command; then without commands, choosing according to the angle of your partner's punch.

P1-20 360° Defense: The First Three Angles *360° Defense (Angles 1–3)*

STARTING POSITION Passive stance, attacker in front

WHEN TO USE A basic reflex system against non-straight attacks coming from above, from the side or diagonally. It is the foundation both for circular strikes and, later, for attacks with edged weapons.

- EXECUTION**
1. The arms make a short blocking movement toward the angle the attack is coming from: the first angle meets attacks from above, the second and third angles meet attacks from the upper sides.
 2. The block is made with the muscular outer area of the forearm, not the bone, and at the same time the body moves forward.
 3. The first three angles are taught in P1; the complete system and its diagram are in P4.
 4. The numbering of the angles is specific to Black Force; different Krav Maga schools may use different numbers.

COMMON MISTAKE Staying in place after the block. In the 360 defense, the block always comes together with forward movement and a counter.

TRAINING NOTE The instructor calls an angle number; you make the block together with a forward step. First slowly, then at reflex speed.

P1-21 **PRINCIPLE** **Simultaneous Defense and Attack**

WHEN TO USE This is less a technique than the principle behind all defensive techniques. Striking while defending, instead of defending and waiting, leaves the attacker no time for a second attack.

EXECUTION While one hand defends, the other hand goes to the target at the same time; ideally the deflection and the contact of the strike fall at the same instant. At first this feels like combining two separate movements; with repetition it becomes a single movement.

COMMON MISTAKE Holding on to the idea of “defend first, then strike.” This approach is slow and predictable.

TRAINING NOTE Practice the simultaneity of defense and strike against punches arriving at a steady, metronome-like tempo; then make the tempo irregular.

P1-22 **PRINCIPLE** **Disengaging Safely After Neutralizing** *Disengage and Escape*

WHEN TO USE The last step of every defense. Staying put after striking leaves the door open to a new attack or to intervention by other people nearby.

EXECUTION After the counter, you back off two or three steps while still facing the attacker, then quickly scan your surroundings and head for the nearest safe place. A safe place can be a crowded, well-lit area, a shop or your car. Before turning your back on the attacker as you leave, see whether they are going to come at you again.

COMMON MISTAKE Seeing the attacker go down, thinking “it’s over,” and waiting nearby.

TRAINING NOTE At the end of every technique repetition, always complete these three steps (back off, scan, get away); if this habit is not built in the gym, it will not appear on the street.

P1-23 Defending Left and Right Straight Punches: The Differences *Left /*

Right Punch Defense

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Telling which hand the attacker is striking with lets you choose the correct side to defend. On the street, most attackers strike with their strong hand and from the rear hand.

- EXECUTION**
1. Against a punch coming from the attacker's right hand, you generally deflect with your left hand and slide to the outside; against the left hand you do the opposite.
 2. Depending on your stance, a same-side defense is faster in some cases.
 3. This drill aims for the eye to recognize the punch early and choose the correct hand automatically.

COMMON MISTAKE Defending both punches with the same hand in the same direction.

TRAINING NOTE Your partner uses the left or right hand at random; you deflect with the correct hand and counter. Record your error rate.

P1-24 Head Cover and Advancing Counter *Head Cover and Advance*

STARTING POSITION Passive stance, caught unprepared

WHEN TO USE Used at moments when you are caught unprepared and have no time to make a full defense. A sudden barrage of punches, an attack coming in a crowd or situations where your vision is restricted are examples.

EXECUTION 1. Both arms come up to the two sides of the head, the elbows point forward and the chin is buried in the chest; in this position most strikes land on the arms and elbows.
2. Instead of waiting in the cover, you walk into the attacker; when the distance closes, the arms open and you move on to elbow and knee counters.

COMMON MISTAKE Covering up and standing still. The cover is not a shelter; it is a shield for moving forward.

TRAINING NOTE While your partner delivers controlled, light strikes with pads, cover up and advance, then switch to a counter combination after 3 seconds.

P1-25 Responding to a Sudden Close-Range Punch *Close-Range Flinch Response*

Response

STARTING POSITION Passive stance, very close range

WHEN TO USE Against a punch that comes suddenly when there is no distance at all and someone is very close to you. There is no time for a classic deflection; however, the natural flinch reflex can be trained.

EXECUTION

1. With the flinch reflex the open hands shoot up in front of the face and the head moves back and slightly to the side; this reflex is not suppressed but directed.
2. The moment the hands touch the threat coming at the face, they turn it into control or a counter.
3. This drill turns your reflex movement into the first step of your defense.

COMMON MISTAKE Trying to suppress the flinch. The brain responds to danger by flinching; the goal is not to beat this but to use it.

TRAINING NOTE With your eyes closed, your partner brings a pad close to your face; the moment you open your eyes, respond with the hands and a head movement.

GROUP 4 · 7 TECHNIQUES

Releases from Grabs, Chokes and Bear Hugs

Many attacks begin not with a strike but with a grab: someone gripping your wrist, pulling your collar or wrapping their arms around you from behind. The purpose of the grab is usually to take you somewhere, to control you, or to hold you still in order to hit you. The common principle of the releases in this group is to find the weakest point of the grab and link the release immediately to a counter.

P1·26 Releases from Wrist Grabs *Wrist Release*

STARTING POSITION Passive stance, wrist grabbed

WHEN TO USE One of the most common forms of grabbing on the street. When someone wants to pull you or drag you into a vehicle or an isolated place, the first thing they do is grip your wrist.

EXECUTION

1. The weakest point of the grab is the gap where the other person's thumb meets their other fingers.
2. You rotate your wrist toward this gap and, bringing your elbow toward the attacker's elbow, pull out with a short, sharp movement.
3. The same principle applies to one-hand, two-hand, same-side and cross grabs; only the angle changes.

VARIATIONS With finger locks (P4·31), with vital point pressure (HN·05), with a kubotan or pen (KB·05).

COMMON MISTAKE Pulling the arm straight back, toward the side where the four fingers are closed. A strong grip cannot be beaten with brute force.

TRAINING NOTE Have your partner make their grip a little stronger on every repetition; always add a counter (palm heel, kick) and an escape after the release.

P1-27 Releases from Collar and Shirt Grabs *Collar Grab Release*

STARTING POSITION Passive stance, grabbed by the collar

WHEN TO USE One of the first movements seen when an argument escalates into physical contact. The person gripping your collar is usually getting ready to strike with the other hand.

- EXECUTION**
1. First you control the threatening hand (the one that will strike) or take it off its line.
 2. While pressing the hand that holds your collar against your chest, you take a step to the side or back; at the same time you counter: a hammer fist, the outer edge of the hand or the elbow, followed by the knee.
 3. When the grip loosens, you seize the hand and turn it outward to complete the release.

VARIATIONS With elbow nerve pressure (HN-06), with kubotan or pen pressure on the forearm (KB-06).

COMMON MISTAKE Focusing on freeing the collar itself and forgetting the attacker's free hand.

TRAINING NOTE Your partner grips your collar and makes a slow striking motion with the other hand; practice meeting the threat first and then breaking the grip.

P1-28 Release from a Front Choke *Front Choke Release (Pluck & Strike)*

STARTING POSITION Passive stance, attacker choking from the front

WHEN TO USE Used when the throat is squeezed with both hands from the front. Because strangulation can lead to dizziness and loss of consciousness within a few seconds, this technique is a priority and is fast.

EXECUTION

1. Bending both hands like hooks, you pluck the attacker's hands off your throat from behind their thumbs with a sharp, short downward movement.
2. At the same time the chin is tucked and you can take a step to the side.
3. The moment the hands leave the throat, the counter comes: knee, palm heel or groin kick.

VARIATIONS From the side (P2-18), pinned against a wall (P2-19), from behind (P1-29), pushed to the ground (P3-24).

COMMON MISTAKE Grabbing the attacker's wrists and trying to push them forward. The arms are long levers; winning at the wrists is almost impossible.

TRAINING NOTE Your partner starts with a light, controlled grip; focus on shortening the time between the release and the counter.

P1·29 Release from a Rear Choke *Rear Choke Release (Pluck & Turn)*

STARTING POSITION Passive stance, attacker choking from behind

WHEN TO USE When the throat is squeezed with both hands from behind. Because you cannot see the attacker, the risk of panic is higher; this is why the movement must be simple and go in one direction.

EXECUTION 1. Making hooks with your hands, you pluck the attacker's hands off your throat while tucking your chin.
2. Then you step back with one foot and turn to face the attacker; the elbow or hammer fist counter comes with the turn.
3. The turn brings the attacker back into your field of vision.

VARIATIONS From the front (P1·28), Hook & Strip against a rear choke with a pull (P3·22), attacker jumping on your back (P2·27).

COMMON MISTAKE Trying to escape forward. The attacker follows you and can keep choking.

TRAINING NOTE Practice against grabs from behind with your eyes closed; complete the release–turn–counter chain in a single movement.

P1-30 Release from Hair Grabs (Front and Rear) *Hair Grab Release*

STARTING POSITION Passive stance, hair grabbed from the front or behind

WHEN TO USE Common especially in attacks on women. Pulling the hair both causes pain and is used to steer your head, and with it your whole body.

EXECUTION 1. With both hands, you pin the attacker's hand against your head; this reduces the pain of the pull.

2. Then, by moving your head and body in the direction of the pull, you close in on the attacker and counter.

3. In a frontal attack a kick to the groin or a palm heel strike is suitable; in an attack from the side, a palm strike to the groin and an elbow to the face or body; in an attack from behind, turning and striking the groin with the hand.

COMMON MISTAKE Trying to escape in the direction opposite the pull. This both increases the pain and injures the scalp.

TRAINING NOTE Your partner grabs your hair, or a beanie or cap, in a controlled way; build the reflex of pinning and advancing.

P1-31 Releases from Shoulder and Arm Grabs *Shoulder and Arm Grab Release*

STARTING POSITION Passive stance, shoulder or arm grabbed

WHEN TO USE Used when someone grips you by the shoulder or upper arm and tries to pull you, turn you or take you somewhere.

- EXECUTION**
1. You circle the arm on the grabbed side over the attacker's arm and press it down; this movement breaks the grip and bends the attacker forward.
 2. At the same time you counter with your other hand.
 3. If the grip does not loosen, you can apply pressure to the inside of the arm with the elbow.

COMMON MISTAKE Pulling the grabbed shoulder back and getting into a contest of strength with the attacker.

TRAINING NOTE Your partner pulls you from different angles; make the circular movement and the counter automatic in every direction.

P1-32 Striking and Escaping After a Hair Grab Release *Post-Release Strike and Escape*

STARTING POSITION Hair grab just released, attacker nearby

WHEN TO USE For situations where the release alone is not enough. When an attacker pulling your hair loses their grip, they often try to grab again.

- EXECUTION**
1. The moment the release is complete, you deliver at least two strong counters; then you back away while still facing the attacker and head for a safe area.
 2. This is less a technique than a chain: release, strike, strike, back off, scan, get away.

COMMON MISTAKE Relaxing and pausing after you get free.

TRAINING NOTE Repeat all P1 release techniques so that they end with this chain; do not leave any release "half done" until the chain becomes automatic.

GROUP 5 · 12 TECHNIQUES · GROUND FIGHTING

Ground Fighting

Going to the ground is not the end of the fight; but for someone who does not know what to do on the ground, it really can be the end. The twelve ground techniques in P1 do not aim to make you a ground fighter; they aim to help you survive on the ground and get back on your feet. The weight the system gives to ground fighting will increase in the later levels, but all those techniques are built on the foundations laid here.

DECISION CHART · WHEN YOU GO DOWN

Is the attacker far away, or not coming at you?	YES → Do a technical stand-up, scan your surroundings and get away.
NO ↓	
Is the attacker standing and approaching you?	YES → Take the ground stance, turn your feet toward them, open distance with kicks and get up at the first opening.
NO ↓	
The attacker is on top of you: protect your head, build a frame and start escaping from the bottom position with a bridge or a hip escape.	
↓	
Is there a second person nearby?	YES → Abandon the ground fight; choose a direction to stand up that is away from the second person.
NO ↓	
In every case the goal is the same: do not stay on the ground; get up, scan and get away.	

P1-33 Ground Stance and Pivoting to Face the Attacker

STARTING POSITION On the ground, attacker standing

WHEN TO USE Used when you are on the ground, on your back or on your side, and the attacker is standing. It makes it harder for the attacker to approach you and to kick.

EXECUTION

1. One hip and one elbow rest on the ground, and the top leg, bent at the knee, points toward the attacker; the hands protect the face.
2. If the attacker circles around you, you pivot on your hip and keep your feet pointed toward them at all times.
3. Your head is off the floor and your eyes never leave the attacker.

COMMON MISTAKE Lying flat on your back with your head on the floor, or losing sight of the attacker.

TRAINING NOTE As your partner slowly circles around you, keep your feet pointed at them; then increase the tempo.

P1-34 Technical Stand-Up

STARTING POSITION Sitting or lying on your back on the ground

WHEN TO USE Used when you are on the ground and the attacker moves a little away from you, or when an opportunity to get up appears. An ordinary way of getting up leaves you defenseless; the technical stand-up does not.

EXECUTION

1. From the ground stance, one hand and the opposite foot are planted on the floor; the hips are lifted off the ground and the free leg sweeps back underneath the body.
2. When you are up, you are facing the attacker, in a fighting stance and one step back.
3. Throughout the movement the free hand protects the face and the eyes stay on the attacker.

COMMON MISTAKE Coming up onto the knees first and then standing. At that moment your head is low and exactly in line with the attacker's knee.

TRAINING NOTE 10 repetitions from each side, then a scenario in which your partner approaches slowly and you open distance and stand up.

P1-35 Distance Control with Kicks on the Ground *Ground Kicks for Distance*

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE When you are in no position to stand up, this is the only way to keep the attacker away.

- EXECUTION**
1. From the ground stance, you use the top leg to kick the knee, shin or groin of an attacker trying to approach, with your heel.
 2. After the kick the leg is pulled back quickly and returns to the ready position.
 3. The aim is not to beat the attacker but to create the distance you need to stand up.

COMMON MISTAKE Extending the leg and leaving it in the air; the attacker can catch it.

TRAINING NOTE Your partner, holding a pad, approaches from different angles; try to keep the distance by pivoting and kicking.

P1-36 Protecting the Head and Spine When Falling *Protecting Head and Spine*

STARTING POSITION Standing, off balance

WHEN TO USE At the moment you are pushed, tripped or dragged. The head striking the ground is one of the causes of the most severe injuries in street incidents.

EXECUTION

1. In the first instant of the fall, the chin is pressed to the chest, the back is rounded and the fall is directed onto one hip or shoulder.
2. The arms either protect the two sides of the head or slap the ground using the breakfall technique to spread the impact.
3. On surfaces such as stairs, the arms wrap around the head.

COMMON MISTAKE Throwing the head back while falling; this almost guarantees that the head will hit the ground.

TRAINING NOTE On every repetition of your breakfall practice, have your partner check that your chin is pressed to your chest.

P1-37 First Defenses Against Punches and Kicks on the Ground *Basic*

Ground Defense

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE Used when the attacker is on top of you, or when you are on the ground and they are trying to strike you from standing.

EXECUTION 1. Against a standing attacker, your feet and knees are your first shield; kicks are met with the legs.

2. Against an attacker on top of you, the arms close at the two sides of the head, the elbows are kept in and you try to control the attacker's arms.

3. In both cases the aim is to move on to the next step (escape or standing up) without getting hurt.

COMMON MISTAKE Opening the arms and trying to push the attacker's chest; this leaves the face completely exposed.

TRAINING NOTE Your partner attacks from on top and from standing with controlled pad strikes; practice the correct cover and the correct use of the legs.

P1-38 **PRINCIPLE** **Scanning and Escaping While Getting Up** *Situational Scan*

While Rising

WHEN TO USE The moment you get back on your feet is not the moment the incident is over. There may be a second attacker, an obstacle or an escape route nearby.

EXECUTION As soon as you complete the technical stand-up, you turn your head and scan first the attacker, then right and left, then behind you. The scan is done with eye and head movement; looking with the eyes alone is not enough under stress. You identify the escape route and act immediately.

COMMON MISTAKE Focusing only on the first attacker after getting up.

TRAINING NOTE After the stand-up, your partner stands somewhere holding cards showing a number from 1 to 5; when you get up, you have to see the card and call out the number.

P1-39 Kicking Defense on the Ground: Groin, Knee, Shin *Ground Kicks to Targets*

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE When the attacker is standing and you are on the ground, these three are the most effective targets. They are the areas a standing person finds hardest to protect.

EXECUTION 1. A straight heel kick to the kneecap, a stomp kick to the shin and ankle, and an upward kick to the groin of an approaching attacker are applied.

2. The kicks draw their power from the hips; the supporting elbow and hip stay solid.

COMMON MISTAKE Swinging kicks at random, without a target.

TRAINING NOTE From a lying position, kick the three targets in order on a low pad held by your partner.

P1-40 Standing Up by Turning to the Side *Side Stand-Up*

STARTING POSITION On your back on the ground

WHEN TO USE A variation of the technical stand-up. It may be more suitable on a slippery floor, in a narrow space or in restrictive clothing.

EXECUTION 1. From lying on your side, while the bottom elbow and hand push against the floor, the top foot steps forward; then the hips rise and the body turns to the side and comes up to standing.

2. Throughout the movement the free hand protects the face.

COMMON MISTAKE Bending the head forward while getting up and losing sight of the attacker.

TRAINING NOTE Repeat from both sides; then try it on different surfaces (mat, grass, a hard surface similar to concrete — with care).

P1-41 Opening Distance by Sliding Back on the Hips *Shrimping (Hip Escape)*

STARTING POSITION On your back on the ground, attacker approaching

WHEN TO USE When the attacker is trying to get on top of you or you need to correct your position on the ground, this is the fastest way to put distance between you. It is one of the most fundamental movements of ground fighting.

EXECUTION 1. Lying on your back, one foot is planted on the floor, the hips lift off the ground and slide to the side; at the same time the shoulders are pulled in the opposite direction and the body takes a “C” shape.

2. The hands push the attacker or build a frame.

3. By repeating the movement in succession, you can travel along the ground.

COMMON MISTAKE Trying to slide with the shoulders only, without lifting the hips.

TRAINING NOTE Shrimp back and forth along the mat; then open distance with a single shrimp under your partner’s pressure.

P1-42 Standing Up with One-Hand Support *One-Hand Stand-Up*

STARTING POSITION Seated position on the ground

WHEN TO USE Used when you need to get up while one of your hands is busy (for example, holding the attacker’s arm or holding an object).

EXECUTION 1. It is the same as the technical stand-up, but support comes only from one hand and the opposite foot.

2. The hand that is not free is kept close to the body; balance comes from positioning the hips correctly.

COMMON MISTAKE Fearing loss of balance and putting the occupied hand on the ground as well; this means letting go of what you are holding.

TRAINING NOTE Practice standing up from both sides while holding a pad in one hand.

P1-43 Palm Heel and Elbow Strikes on the Ground *Ground Strikes*

STARTING POSITION On the ground, attacker bent over or nearby

WHEN TO USE When the attacker is on top of you or very close, you cannot strike as hard as you can standing; but with the right strikes you can still be effective.

- EXECUTION**
1. The palm heel is driven upward into the jaw, and the elbow is applied at close range to the face and the side of the head.
 2. Power is increased by lifting the hips slightly off the ground and turning the shoulder.

COMMON MISTAKE Trying to punch on the ground; at short range the punch loses its power and the hand is put at risk.

TRAINING NOTE Your partner holds a pad on top of you; practice palm heel and elbow strikes supported by hip movement.

P1-44 **PRINCIPLE** **The First Three Seconds on the Ground**

WHEN TO USE This is not a technique but a mindset, and perhaps the most important lesson in P1. The three seconds after you hit the ground largely determine how the incident will continue.

EXECUTION First second: orient — lift your head and find the attacker. Second second: protect — take the ground stance and turn your feet toward the attacker. Third second: decide — can you get up, or do you need to open distance first? These three steps put a plan in place of panic. “Three seconds” is not a physiological threshold but a time frame used for teaching; in a real incident these steps may happen faster or slower.

COMMON MISTAKE Freezing after the fall, or blindly springing straight back up.

TRAINING NOTE At the end of every breakfall and push drill, add the “orient–protect–decide” steps out loud.

GROUP 6 · 8 TECHNIQUES

Techniques for Smaller or Disadvantaged People

This group is the most honest part of the system. In the gym we train under equal conditions; on the street, conditions are never equal. The attacker may be bigger than you, you may be holding a child or a heavy bag, you may be trapped in a narrow cubicle or inside a car. These eight headings are built not on “winning” but on “getting out.”

P1-45 Verbal Command and Strike Combination

STARTING POSITION Passive stance, attacker approaching

WHEN TO USE Used when the strength gap is large, when there are people around, or when you need to startle the attacker. Your voice both regulates your breathing and breaks the attacker’s focus.

EXECUTION

1. At the same moment as the strike, you shout “STOP!” or “BACK!” with a short, sharp sound coming from the belly.
2. The voice adds power to the strike, makes the attacker pause for a moment and draws the attention of the people around.
3. The shout must be in a commanding tone, not a scream of panic.

COMMON MISTAKE Using the voice before the strike and giving the attacker time to prepare.

TRAINING NOTE Strike the pad with a short command on every hit; make sure the sound comes from the belly together with the breath.

P1-46 Defending in High Heels *Defending in Heels***STARTING POSITION** Standing in high heels**WHEN TO USE** In any setting where you are wearing high heels, such as a night out, the workplace or a special event. Balance is limited, but the shoe is also a tool.

- EXECUTION**
1. In the stance, less weight is put on the front foot and the knees are bent a little more.
 2. The stomp kick is applied with the heel to the instep or the shin; high kicks are avoided.
 3. If you need to run and there is time, the shoes can be taken off.

COMMON MISTAKE Trying to throw high, wide kicks as you would in ordinary shoes.**TRAINING NOTE** In the gym (on the mat, carefully), practice stance, footwork and low kicks in high heels.**P1-47 Defending While Holding a Bag** *Defending with a Bag***STARTING POSITION** Passive stance, bag in hand**WHEN TO USE** If you are attacked while holding a bag, on your way back from shopping, on your way to work or while traveling.

- EXECUTION**
1. If the bag is in your hand, it can be brought up in front of the face and body like a shield, or used to put distance between you and the attacker.
 2. What matters is you, not the belongings: if the attacker's goal is the bag, dropping it or throwing it far away is often the safest option.

COMMON MISTAKE Leaving yourself defenseless while trying to protect the bag.**TRAINING NOTE** Practice blocking and pushing with bags of different weights; add the decision "drop the bag and get away" to the scenarios as well.

P1-48 Defending from a Seated Position (Car, Bench) *Seated Defense*

STARTING POSITION Seated position (vehicle, bench, chair)

WHEN TO USE When you are attacked while sitting on public transport, in a car, on a bench or in a restaurant.

EXECUTION

1. Trying to stand up from a seated position takes you to your most defenseless moment.
2. First you raise your hands and protect yourself; then, from where you are sitting, you counter with a kick (groin, knee), an elbow or a palm heel.
3. When the opportunity arises, you stand up while still facing the attacker.

COMMON MISTAKE Springing to your feet immediately in the face of a threat; while standing up you lose both balance and protection.

TRAINING NOTE Sitting on a chair, practice against grabs from the front and from the side; leave standing up until after the counter.

P1-49 Defending from a Lying Position (Bed, Sofa)

STARTING POSITION Lying position (bed, sofa)

WHEN TO USE For the situations in which people feel most defenseless, such as being attacked at home, in a hotel room or while asleep.

EXECUTION

1. The basic priority is to get your legs between you and the attacker.
2. A soft surface reduces the power of kicks; that is why push kicks and hip escapes are more effective.
3. If the attacker has got on top of you, the basic escapes of ground fighting are applied.

COMMON MISTAKE Trying to get up on a soft surface the same way as on a hard one.

TRAINING NOTE Put a thick cushion on the mat and repeat your ground defense on that surface.

P1-50 Defending Inside a Narrow Restroom or Cubicle *Confined Space**Defense***STARTING POSITION** Standing in a confined space**WHEN TO USE** In public restrooms, changing cubicles, elevators and similar narrow spaces.

- EXECUTION**
1. Because there is almost no room to move, it is impossible to gain distance; close-range weapons come to the fore: elbow, knee, palm heel and head movements.
 2. The wall is used as a support for you and an obstacle for the attacker.
 3. Always know which way the door is.

COMMON MISTAKE Trying to make wide movements; an arm or foot hitting the wall will hurt you.**TRAINING NOTE** Set up a narrow corridor between two screens or walls and practice close-range techniques there.**P1-51 One-Handed Defense While Holding a Baby or Child** *One-Handed**Defense While Carrying a Child***STARTING POSITION** Passive stance, one arm occupied**WHEN TO USE** When you have a child in your arms, a stroller in your hand or someone beside you who needs protecting.

- EXECUTION**
1. The priority is always the person being protected: the child is held in the arm on the side away from the attacker and close to your body.
 2. The free hand and the legs do the defending; kicks and pushes are especially valuable.
 3. At the first opportunity, the goal is not to stop the attacker but to get away together with the child.

COMMON MISTAKE Putting the child down and switching to a two-handed defense.**TRAINING NOTE** Holding a weighted pad or a toy doll in your arms, practice one-handed blocks, pushes and kicks.

P1-52 **PRINCIPLE** **Creating an Escape Opportunity When the Strength Gap Is Large** *Creating an Escape Window*

WHEN TO USE When the attacker is much bigger and stronger than you, when there is more than one person, or when you are injured. In this situation, trying to win is not realistic.

EXECUTION The aim is to create a moment of surprise and escape through that window. Fingers to the eyes, a kick to the groin, shouting and a sudden movement are combined; at the first opening you get away without stopping. This technique is the shortest form of the “defend, neutralize, get away” chain.

COMMON MISTAKE Trying to “finish” the attacker when they are shaken, and missing the opportunity.

TRAINING NOTE In the scenario, the instructor gives you only a 3-second opportunity; within that time you must reach the escape direction.

GROUP 7 · 6 TECHNIQUES

Supplementary Basic Techniques

These six techniques have been added so that no gaps are left in the basic curriculum. All of them are simple, easy to learn and frequently needed movements.

P1-53 Stomp Kick, Downward *Downward Stomp*

STARTING POSITION Standing, attacker on the ground or bent over

WHEN TO USE To the foot, shin or knee of an attacker who is on the ground or bent over. Even if you are not strong, it produces an effective blow with your body weight.

EXECUTION 1. The knee is pulled up and the heel is driven down together with your body weight.
2. The movement is short and vertical; after the impact the foot settles on the ground immediately and balance is maintained.

COMMON MISTAKE Stamping with the toes instead of the heel.

TRAINING NOTE Repeat with both feet on a pad on the floor; then use it within a release from a grab.

P1-54 Stomp Kick, Backward *Rear Stomp Kick*

STARTING POSITION Grabbed from behind

WHEN TO USE Against someone approaching from behind or holding you from behind; it can be applied even without looking.

EXECUTION 1. The knee is pulled up and the heel is driven backward into the attacker's knee or shin.
2. In bear hugs from behind, it can be used together with a stomp to the instep.

COMMON MISTAKE Leaning forward and losing balance while kicking backward.

TRAINING NOTE Your partner holds a pad behind you; repeat first while looking, then without looking.

P1-55 Palm Strike to the Groin

STARTING POSITION Very close range, attacker in front

WHEN TO USE At very close range, when you have no time to make a fist, or while the attacker has their arms wrapped around you.

EXECUTION 1. The open palm strikes the groin from below upward; the strike is small and fast, because big movements are protected against by reflex.

2. If clothing covers the target, the strike is directed to the inner thigh or lower abdomen.

3. Another counter or a release follows immediately.

COMMON MISTAKE Showing the strike and pulling it back; it must be short and decisive.

TRAINING NOTE Controlled repetitions inside a bear-hug scenario, with your partner wearing protective equipment.

P1-56 Backhand Strike to the Groin

STARTING POSITION Very close range, attacker in front or behind

WHEN TO USE An alternative strike used in contact coming from the side or when the attacker is beside you.

EXECUTION 1. The arm, kept loose, swings to the side and downward; the back of the hand or the outer part of the fist hits the target.

2. The movement is strengthened by a small turn of the hips.

COMMON MISTAKE Keeping the arm tense; a loose arm is faster and more effective.

TRAINING NOTE Swinging strikes with both hands to a low pad held at your side.

P1-57 Release from a Tight, Hostile Handshake *Hostile Handshake Release***STARTING POSITION** Handshake**WHEN TO USE** When someone squeezes your hand and will not let go, pulls you toward them or turns the handshake into a means of control.

- EXECUTION**
1. You rotate your thumb and wrist toward the other person's thumb and pull your hand out while bringing your elbow in.
 2. If necessary, you push their wrist with your free hand or create distance.
 3. In most situations a clear verbal boundary ("Let go.") is used together with the movement.

COMMON MISTAKE Pulling your hand straight back; this strengthens the other person's grip.**TRAINING NOTE** Your partner makes the handshake progressively harder; practice the release and setting a verbal boundary together.**P1-58 Creating a Distraction by Throwing a Small Object** *Distraction Throw***STARTING POSITION** Passive stance, small object in hand**WHEN TO USE** Keys, coins, a phone or a drink within reach can be used to create a moment of surprise.

- EXECUTION**
1. The object is thrown toward the attacker's face; the eyes and head move by reflex.
 2. This brief moment is used for a strike or an escape.
 3. There must be no pause at all between the throw and your next movement.

COMMON MISTAKE Waiting to watch the effect of the throw.**TRAINING NOTE** While your partner wears face protection, throw a soft ball at them and immediately follow with an escape step.

GROUP 8 · 2 TECHNIQUES

Black Force Entries (Basic)

This group contains two basic entries that combine defense against a punch with a counter delivered while moving forward. The aim is to close the distance, counter and then get away, all while meeting the attack. Because the dive entry does not require fine timing, it can also be applied in dim light and against a surprise attack.

P1-59 Dive Entry with a Forearm Strike to the Chest *Dive Entry with Forearm Strike*

STARTING POSITION Passive stance, attacker lunging at you

WHEN TO USE When the attacker comes at you with a swinging punch, an elbow, or an object such as a bottle or stick in their hand; even at moments when you cannot clearly see the incoming strike.

EXECUTION

1. The chin is pulled to the chest; both arms, with the elbows slightly bent and the forearms at a diagonal upward angle, are extended in front of the head.
2. At the same time, in a forward-leaning lever stance (torso tilted forward, weight on the front foot), you take an explosive step toward the attacker; the incoming strike slides off the forearms.
3. On contact, the inner arm bends and the forearm or elbow strikes the attacker's breastbone.
4. The elbows stay low, braced against the attacker's upper chest; this stops their forward movement and keeps them in front of you.
5. From here you move on to the knee, the clinch or escaping.

LIMITS / PLAN B If the forearms are held horizontal, they slide over the attacker's shoulder and the attacker can grab you around the body. If the entry does not hold, do not try to pull back; stay in the Shield Stance and establish a clinch, or step out to the side. If the attacker has a knife in their hand, this entry is not applied; the edged-weapon defenses (P3) apply.

COMMON MISTAKE Lifting the head to look at the attacker and opening the chin.

TRAINING NOTE The pad-holding partner makes controlled swinging strikes; on each strike the student enters the pad with the dive entry. With headgear and gloves, at a slow tempo at first.

P1-60 Parrying a Straight Punch and Striking at the Same Time *Parry and Strike*

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE When the person in front of you comes forward with a straight punch, a push or an attempt to grab.

- EXECUTION**
1. The lead hand strikes the outer surface of the incoming straight punch with a short, sharp slapping movement and takes it off its line.
 2. At the same time the other hand is sent to the attacker's face with a straight punch or palm heel.
 3. The parry and the strike are done in a single beat; there is no waiting in between.
 4. After the strike, the attacker's other arm is controlled, or you step out to the side with a diagonal step.

COMMON MISTAKE Parrying first and striking afterward; a two-beat movement gives the attacker the chance to throw a second punch.

TRAINING NOTE Your partner throws straight punches at half speed; the speed is increased over time. This technique requires good timing; against a surprise attack, the dive entry is more reliable.

Level Assessment

The P1 level assessment is built on technical accuracy and decision-making. Speed and power are not yet a priority. The instructor asks the student to demonstrate the following topics both one by one and within short scenarios.

- The transition from the passive stance to the fighting stance, and footwork in four directions.
- The basic strikes (straight punch, palm heel, hammer fist, elbows 1–4, knee, front kick) applied on the pad with correct mechanics.

- Inside and outside defense against a straight punch, simultaneous with a counter.
- Releases from wrist grabs, collar grabs, front and rear chokes, and hair grabs.
- Back and side breakfalls, the ground stance and the technical stand-up.
- Completing every technique with the “defend, neutralize, get away” chain.
- A short scenario: verbal tension, followed by a grab or a punch, an appropriate response and a safe escape.

Sample 8-Week Training Plan

The plan below is designed for a pace of two classes a week. Each class consists of a warm-up, technical work and application, and ends with a short conditioning session.

- **Weeks 1–2:** Stance, footwork, distance; straight punch and palm heel; back and side breakfalls.
- **Week 3:** Hammer fist, elbows 1–4, knee; inside and outside defense.
- **Week 4:** Kicks and basic combinations; wrist and collar releases.
- **Week 5:** Choke and hair grab releases; ground stance.
- **Week 6:** Technical stand-up, shrimping, ground kicks; the first three seconds.
- **Week 7:** Techniques for disadvantaged people and supplementary techniques.
- **Week 8:** General review, short scenarios and level assessment.

P1 CHECKLIST

- ☐ I can take my fighting stance on command, with open hands.
- ☐ I do not cross my feet when doing footwork in four directions.
- ☐ I can apply the basic strikes on the pad with correct mechanics.
- ☐ I perform inside and outside defenses against a straight punch together with a counter.
- ☐ I can release myself from wrist, collar, choke and hair grabs.
- ☐ I protect my head and wrists in back and side breakfalls.
- ☐ I can take the ground stance and do a technical stand-up.
- ☐ After every technique, I back off and scan my surroundings.

P2

P2 · Combinations, Kick Defense and Grabs

74 techniques · 17 of them ground fighting · From single movements to flow

In P1 you learned each movement on its own. In P2 these movements begin to link together. A single punch becomes a combination, a single defense becomes a defense-counter flow. The central question of this level is: what do you do if the attacker does not stop after their first move? In a real incident an attacker rarely settles for a single strike; that is why P2 teaches continuity.

The second axis is non-straight attacks. On the street you see swinging, circular and “untidy” strikes far more often than straight punches; kicks must also be taken into account. P2 extends the defensive reflexes from P1 to these forms of attack.

The third axis is close range. Bear hugs, headlocks, chokes against a wall and the clinch enter the system at this level. On the ground you now learn not only to get up, but to keep control from

the bottom and to escape from the basic positions. The level is completed with advanced breakfalls and “last resort” weapons such as the headbutt.

The training pace increases compared with P1. Partner resistance rises from light to medium, combinations are done in timed rounds and short conditioning blocks are added to class.

GOALS OF THIS LEVEL

- Link punches, elbows and knees in fluid combinations that change with distance.
- Defend and counter against hooks, uppercuts and kicks.
- Escape from side chokes, chokes against a wall, bear hugs and headlocks.
- Enter and safely exit the clinch; use the headbutt safely.
- Know the basic escapes from guard, mount and side control.
- Apply advanced breakfalls and recovery after a fall.

TECHNIQUE GROUP	COUNT	AREA
Striking Combinations	8	Standing
Defense Against Circular Strikes and Kicks	9	Standing
Chokes, Bear Hugs and Headlocks	10	Standing
Clinch and Close Range	4	Standing
Headbutt Series	6	Standing
Ground Fighting	17	Ground
Advanced Breakfalls and Recovery Techniques	10	Standing
Supplementary Techniques	5	Standing
Black Force Entries and Clinch Additions	5	Standing

TECHNIQUE GROUP	COUNT	AREA
TOTAL	74	17 ground

GROUP 1 · 8 TECHNIQUES

Striking Combinations

Combinations make strikes flow like a “sentence.” In a good combination every strike sets up the next: the punch drives the attacker’s head back and opens distance for the knee; the knee bends them forward and exposes the target for the elbow. All the work in this group is timed and rhythmic.

P2-01 High-Volume Striking Combinations *High-Volume Strikes*

STARTING POSITION Fighting stance

WHEN TO USE At moments when the attacker is about to take the initiative and you have no time for a single powerful strike. It is easier to apply in a moment of panic than searching for a precise target.

EXECUTION 1. Short straight punches or palm heels are thrown very fast and without interruption; not every strike is at full power, but the overall effect pushes the attacker onto the defensive.

2. The feet walk forward in small steps and the hands never leave the line of the face.

COMMON MISTAKE Neglecting the return of the hands for the sake of speed and leaving the chin open.

TRAINING NOTE 10-second high-frequency sets on the pad, with 20 seconds of rest in between; 8 rounds.

P2-02 Punch, Elbow and Knee Combinations *Punch–Elbow–Knee*

Combinations

STARTING POSITION Fighting stance, punching range

WHEN TO USE In a real confrontation where the distance keeps changing. As the attacker comes forward or as you move in on them, the type of strike must change too.

- EXECUTION**
1. Punch at long range, elbow at medium range, knee up close.
 2. A typical flow: left–right straight punch, right horizontal elbow, two-handed control of the back of the neck and knee.
 3. At each transition the feet adjust the distance.

COMMON MISTAKE Applying the combination as if memorized, without looking at the attacker's actual distance.

TRAINING NOTE Your partner approaches or moves away at random with a pad; choose the strike suited to the distance at that moment.

P2-03 Elbow Strikes: The 1-7 Angle Series *Elbow Strikes 1-7*

STARTING POSITION Fighting stance, very close range

WHEN TO USE In the clinch and at very close range, to find a suitable elbow whichever direction the attacker is in. Three more angles are added to the four from P1.

EXECUTION 1. The fifth angle is applied to the side and backward, the sixth straight backward, and the seventh backward and upward; these angles are especially for threats coming from behind and from the side.

2. With every elbow the hips and shoulder turn together and the head looks at the target.

VARIATIONS Angles 1-4 (P1-11), angles 8-14 (G2-17-G2-23).

COMMON MISTAKE Swinging a rear elbow at random without looking; look first, then elbow.

TRAINING NOTE The instructor calls a random number from 1 to 7; apply the corresponding angle on the pad. The numbers follow the Black Force Elbow Angle System (full table in G2).

P2-04 Low Roundhouse Kick and Instep Kick *Low Roundhouse / Instep Kick*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE To target the attacker's leg, unbalance them and slow their advance. Especially effective against a tall attacker or one advancing quickly.

EXECUTION

1. In the low roundhouse kick the hip turns and the shin strikes the outer or inner thigh.
2. In the instep kick a short, low strike is made with the instep.
3. Neither kick is thrown high; the target is above or below the knee.

COMMON MISTAKE Throwing a roundhouse kick at the knee itself; this is risky for both your shin and the attacker's.

TRAINING NOTE Slow repetitions focused on the hip turn on a thick leg pad; then add it to the end of a combination.

P2-05 Striking on the Move: Advancing and Retreating *Striking While Moving*

STARTING POSITION Fighting stance, on the move

WHEN TO USE So as not to be a stationary target. Striking while moving forward builds pressure; striking while moving back stops pursuit.

EXECUTION

1. When advancing, the step with the front foot and the strike with the lead hand are simultaneous.
2. When retreating, the rear foot moves first and the strike is timed to the moment the attacker comes forward.
3. In both cases the stance stays intact.

COMMON MISTAKE Doing the step and the strike separately.

TRAINING NOTE Strike the pad while moving forward and back across the gym; change direction every 10 steps.

P2-06 Upward and Downward Elbow Series *Upward and Downward Elbows*

STARTING POSITION Fighting stance, very close range

WHEN TO USE At close range when the attacker bends over (downward elbow) or when their head is up (upward elbow). Often needed in the clinch.

EXECUTION 1. In the upward elbow the bent arm comes from below upward toward the chin; in the downward elbow the elbow comes down on a bent-over back or the back of the neck.

2. The two movements can be applied in succession: the upward elbow straightens the attacker up, the downward elbow bends them over again.

COMMON MISTAKE Applying the downward elbow to the back of the neck and the spine without control; in the gym these targets are practiced only on a pad.

TRAINING NOTE Downward elbow on a pad held on the back of a bent-over partner, upward elbow on a chest pad; slow and controlled.

P2-07 Integrated Knee, Elbow and Hammer Fist Series *Knee-Elbow-Hammer Fist Flow*

Hammer Fist Flow

STARTING POSITION Clinch or very close range

WHEN TO USE The drill closest to the chaotic tempo of a confrontation. Starting from clinch range, it teaches you to change the strike as the attacker's position changes.

EXECUTION 1. The knee is delivered from control of the back of the neck; if the attacker bends over, a downward elbow follows; if they try to turn, a side hammer fist.
2. The combination is shaped by the attacker's reaction; there is no fixed order.

COMMON MISTAKE Memorizing the order and ignoring the attacker's reaction.

TRAINING NOTE Your partner, wearing a protective vest, reacts slowly (bending over, turning, backing off); choose the strike suited to the reaction.

P2-08 Counterstriking While Retreating *Counter on Retreat*

STARTING POSITION Fighting stance, attacker advancing

WHEN TO USE If your escape route is open, getting away is always the priority and a legitimate option. This technique is for moments when the attacker is about to catch you as you retreat: a short counter while backing off can slow the pursuit and buy time to escape.

EXECUTION 1. As you step back, the lead hand cuts off the attacker's advance with a straight punch or a push kick.
2. The step and the strike are simultaneous; after the strike you take one more step back.

COMMON MISTAKE Lifting the chin and putting your weight on your heels while retreating.

TRAINING NOTE As your partner walks forward with a pad, retreat while delivering a counterstrike every third step.

GROUP 2 · 9 TECHNIQUES

Defense Against Circular Strikes and Kicks

The straight punch is what gets taught; the swinging punch is the attack that actually happens. The great majority of untrained attackers throw wide, circular strikes; these are slow but powerful and usually go to the jaw or the temple. Kicks are seen less often but are dangerous because of their long reach.

P2-09 Defense Against a Hook *Hook Defense*

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Against wide or short circular punches coming from the side. Someone prepared for a straight punch often sees a strike from the side too late.

- EXECUTION**
1. The arm on the side the punch is coming from rises beside the head, elbow up and forearm vertical; the muscular outer area of the forearm meets the blow.
 2. At the same time the body moves forward and the other hand counters with a straight punch.
 3. Extending the arm slightly forward instead of pinning it to the head cuts the blow off earlier.

VARIATIONS Inside defense and counter (P2-17), 360° defense (P1-20).

COMMON MISTAKE Just pinning the arm to the ear and waiting in place; the blow is transmitted through the arm to the head.

TRAINING NOTE Your partner throws slow, wide hooks; do not increase the tempo until the block and the counter arrive at the same time.

P2-10 Defense Against Low and Wild Punches *Defending Low and Wild Punches*

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Against strikes with unclear angles and “untidy” form that are common in street fights.

EXECUTION 1. Against strikes from below, the forearm drops and the elbow protects the body; against strikes from the side, the hook defense is applied.

2. At unclear angles the safest option is to cover with both arms and drive forward, breaking the power of the strike.

COMMON MISTAKE Looking for a separate technique for every different angle; the reflex must stay simple.

TRAINING NOTE Your partner attacks with soft gloves, mixing the angles; use only one of three responses: inside defense, hook block, cover and enter.

P2-11 Defense Against a Front Kick *Front Kick Defense*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE Against front kicks aimed at the groin or abdomen. Because the front kick has long reach, it is often the first contact.

EXECUTION 1. The body slides slightly to the side, off the line of the kick; the lead hand or forearm sweeps the kick aside.

2. As the kick misses, the attacker is off balance; this moment is used for the counter.

3. Alternatively, the distance can be closed to break the power of the kick.

COMMON MISTAKE Trying to catch the kick with the hands; the front kick is fast and the hands leave the face exposed.

TRAINING NOTE Your partner throws slow front kicks; practice the slide and the sweep, then the counter combination.

P2-12 Defense Against Low and Mid Roundhouse Kicks *Roundhouse Kick Defense*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE Against kicks coming from the side to the leg or the body.

EXECUTION 1. Against the low kick, the lead leg is lifted and the kick is checked with the shin, or the weight is shifted to the rear leg and the leg is pulled out of the kick's path.
2. Against the mid kick, the forearm and elbow protect the body, and at the same time you drive forward to break the kick at its strongest point.

COMMON MISTAKE Backing away into open space as the kick comes in; this means stepping into the strongest part of the kick.

TRAINING NOTE With thick protectors, at a slow tempo: first block only, then block and counter.

P2-13 Defense Against Punch Combinations *Defending Combinations*

STARTING POSITION Fighting stance

WHEN TO USE When the attacker comes not with a single punch but with strikes in succession. Defending one by one against a combination often cannot keep up.

EXECUTION 1. The first strike is met; before the second strike you either open distance or go inside.
2. Going inside is safer in most situations: cover, step forward and counter combination.
3. Opening distance is preferred only when the escape route is open.

COMMON MISTAKE Trying to block every strike one by one and standing still counting.

TRAINING NOTE Your partner throws 3-strike combinations; carry out your decision (in / out) before the second strike.

P2-14 **PRINCIPLE** **Choosing Between Counter and Escape Direction***Choosing Counter or Escape*

WHEN TO USE After every defense there are two options: continue or get away. This technique trains the speed and accuracy of the decision.

EXECUTION If the attacker is still a threat after the defense and the escape route is closed, you continue the counter; if the escape route is open and the attacker is shaken, you get away. The decision is never made without scanning the surroundings.

COMMON MISTAKE Making the same decision in every situation — always running, or always striking.

TRAINING NOTE In the scenario, after the defense the instructor shows the direction of the door as open or closed; decide accordingly.

P2-15 **Defense Against an Uppercut** *Uppercut Defense*

STARTING POSITION Fighting stance, close range

WHEN TO USE Against a strike that comes from below at short range and is hard to notice. Usually seen during the clinch or a shoving match.

EXECUTION 1. The lead arm drops and presses the punch down with the forearm, or the palm pushes the punch down; the chin is kept tucked.

2. At the same time the other hand counters, or distance is opened.

COMMON MISTAKE Throwing the head back against an uppercut; this breaks your balance and leaves you open to the second strike.

TRAINING NOTE Pressing down and countering against slow uppercuts at short range.

P2-16 Defense Against Punch Combinations Following a Kick *Kick-to-Punch Transition Defense*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE When the attacker first closes the distance with a kick and then follows up with punches.

EXECUTION 1. After the kick defense, the hands return to the face immediately; the moment the attacker enters punching range, the cover or the inside defense is applied.

2. Keeping the body balanced during the kick defense keeps you ready for the second threat.

COMMON MISTAKE Leaving the hands low after defending the kick.

TRAINING NOTE Your partner applies a kick followed by a two-punch combination; meet each stage.

P2-17 Inside Defense and Counter Against Circular Strikes *Inside Defense Against Hooks*

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE A second option against the hook. Preferred when the attacker swings wide and it is possible to go inside.

EXECUTION 1. You move inside the swinging arm; the forearm blocks from inside the attacker's arm while the other hand strikes the face at the same time.

2. The wider the arc, the easier it is to go inside.

COMMON MISTAKE Trying to go inside against a short, tight hook; this option is for wide swings.

TRAINING NOTE Your partner mixes wide and short hooks; practice choosing which defense to use against which.

GROUP 3 · 10 TECHNIQUES

Chokes, Bear Hugs and Headlocks

This group covers situations in which the attacker tries to take control of your body. The common principle: first secure the vital threat (the airway, the head), then break the balance, then counter. Leverage and angles are used instead of entering a contest of strength.

P2·18 Release from a Side Choke *Side Choke Release*

STARTING POSITION Passive stance, attacker choking from the side

WHEN TO USE When the attacker squeezes your throat with both hands from your side.

- EXECUTION**
1. Your hand on the side away from the attacker hooks and plucks their hands off your throat; at the same time you lean slightly forward and strike the attacker's groin with your near hand (palm or hammer fist), then the elbow of the same arm rises to the chin.
 2. Then you turn to face the attacker and complete the combination with a hammer fist and a knee.

VARIATIONS From the front (P1·28), from behind (P1·29), pinned against a wall (P2·19).

COMMON MISTAKE Wasting time trying to pluck their hands before turning toward the attacker; the pluck and the strike must come at the same time.

TRAINING NOTE From both sides, first slowly, then repeated at reflex speed.

P2-19 Release from a Choke Against a Wall

STARTING POSITION Back against the wall, attacker choking from the front

WHEN TO USE When you are choked with your back against a wall, a vehicle or a door. Because there is no room to back off, the classic releases are not enough.

EXECUTION 1. First the hands hook and free the throat; at the same time one shoulder turns forward and the body slides sideways along the wall.
2. This movement wastes the attacker's push and separates you from the wall.
3. Then come the counter and the escape.

VARIATIONS Front choke without a wall (P1-28).

COMMON MISTAKE Leaning harder against the wall and trying to push the attacker away.

TRAINING NOTE Your partner presses you lightly against a soft wall pad; practice the turning and sliding movement.

P2-20 Bear Hug with Arms Free, from the Front and Behind *Bear Hug, Arms Free*

STARTING POSITION Passive stance, arms free, bear hug from the front or behind

WHEN TO USE When the attacker has wrapped you around the body but your arms are free. This is the type of bear hug from which it is easiest to escape, because you can strike.

- EXECUTION**
1. In a bear hug from the front, the hips are pulled back to keep balance and the hands target the face, especially the ears and eyes (pushing with the nose or thumb, pulling the hair, leverage on the chin); then the knee comes to the groin.
 2. If the attacker has grabbed you low, the elbow comes down on the back of the neck and the knee to the groin.
 3. In a bear hug from behind, the hips drop, the torso leans forward, the elbows swing to the face and a stomp on the foot is added; then you turn and kick the groin.
 4. When the hug loosens, you turn and counter.

VARIATIONS Bear hug with arms pinned (P2-21), bear hug lifting you off the ground (P2-26), with vital point pressure (HN-01).

COMMON MISTAKE Trying to pry the bear hug open with the arms while the arms are free; strike first, and it will open.

TRAINING NOTE Your partner hugs in a controlled way; aim to deliver at least two counters and turn within the first three seconds.

P2·21 Bear Hug with Arms Pinned, from the Front and Behind *Bear Hug, Arms Pinned*

STARTING POSITION Passive stance, arms trapped, bear hug from the front or behind

WHEN TO USE When the attacker wraps you up together with your arms. Since the hands cannot strike in this situation, the lower body and the head come into play.

EXECUTION

1. The first movement is to drop the hips and lower your weight; this makes it harder to lift you.
2. In a bear hug from the front, a knee or a hand strike to the groin is used; in a bear hug from behind, a stomp on the foot, a hand strike to the groin and sliding the hips sideways to open space.
3. When space opens, the arms come free and the elbows come into play.

VARIATIONS Bear hug with arms free (P2·20), bear hug lifting you off the ground (P2·26), with lower-line strikes (HN·12).

COMMON MISTAKE Standing upright and using brute force with the arms.

TRAINING NOTE Progressive resistance: dropping the hips and opening space against first a light, then a medium-strength bear hug.

P2-22 Escaping Headlocks (from the Side and from Behind) *Headlock*

Escape

STARTING POSITION Head locked from the side or behind

WHEN TO USE A common position in street fights; your head is trapped under the attacker's arm.

- EXECUTION**
1. First the chin is turned toward the attacker's arm to protect the airway.
 2. Your near hand strikes the attacker's groin with the palm; your far hand comes around their back to reach their face, grips a sensitive point (eye, nose, hair, beard) and applies pressure to push their head back.
 3. As their head goes back, yours comes free.

VARIATIONS With vital point pressure (P3-60), side headlock on the ground (P3-48).

COMMON MISTAKE Trying to pull the head out; the lock tightens.

TRAINING NOTE Your partner slowly applies the lock; practice the order of chin protection first, then the counter and pushing back.

P2-23 Defense Against a Standing Guillotine Choke *Standing Guillotine**Defense*

STARTING POSITION Standing, head bent forward, neck under the attacker's arm

WHEN TO USE When the neck is locked from the front under the attacker's arm. Because there is a risk of losing consciousness within seconds, the response must be fast and decisive.

EXECUTION 1. The hands immediately hook onto the attacker's choking arm and pull it down, opening space for the airway.

2. At the same time the shoulder presses into the attacker's chest and a palm strike is delivered to the groin; if the eyes can be reached, they are struck with the fingers.

3. As space opens, the head is pulled out toward the outside of the attacker's arm.

VARIATIONS Guillotine on the ground (P4-39).

COMMON MISTAKE Keeping the head upright and trying to pull back; the lock tightens.

TRAINING NOTE Very slow and controlled, at a tempo where your partner never fully tightens the lock; the tap-out signal is agreed in advance.

P2-24 Defense Against Being Dragged After a Hair or Collar Grab *Anti-*

Drag Defense

STARTING POSITION Hair or collar grabbed, being dragged

WHEN TO USE When someone grabs you by the hair or collar and tries to drag you toward a vehicle, a corner or an isolated place.

EXECUTION 1. Instead of resisting the direction of the drag, you go in that direction and close in on the attacker; at the same time you pin the gripping hand against your head or chest.

2. When you are close, the knee to the groin and a strike to the face follow.

COMMON MISTAKE Leaning back and pulling against them; the attacker takes you wherever they want while you are off balance.

TRAINING NOTE Your partner pulls you slowly; practice changing direction, closing in and countering.

P2-25 Escaping a Rear Arm Lock and a Grab on the Back of the Neck *Rear*

Arm Lock and Neck Grab Escape

STARTING POSITION Arm locked behind the back or back of the neck grabbed

WHEN TO USE A situation in which someone is trying to take control of you; it can often be the start of a robbery or an abduction attempt.

EXECUTION 1. You bring the locked arm close to your body and turn toward the attacker, breaking the leverage; with the turn you throw an elbow with your free arm.

2. Against a grab on the back of the neck, the head is kept upright without bending forward and the turn is done on the same principle.

COMMON MISTAKE Pulling the locked arm against the direction of the lock; this strains the joint and leads to injury.

TRAINING NOTE Turning practice with a partner, slowly, at a tempo where the lock is never forced.

P2-26 Escaping Bear Hugs That Try to Lift You Off the Ground *Anti-Lift**Defense***STARTING POSITION** Bear hug, feet about to be lifted off the ground**WHEN TO USE** When someone tries to lift you off the ground and carry you, or take you to a vehicle. A critical technique in abduction scenarios.

- EXECUTION**
1. The hips drop quickly, the weight is lowered and one leg hooks around the attacker's leg; this makes lifting difficult.
 2. If the hands are free, they strike the head and face; if not, in a bear hug from the front you strike the groin with the knee, and in one from behind with a backward and upward kick.
 3. When you are back on the ground, you immediately turn and open distance.

COMMON MISTAKE Flailing the legs in the air and scattering your weight.**TRAINING NOTE** Your partner tries to lift you lightly; practice lowering the weight and the leg hook.

P2-27 Defense Against an Attacker Jumping on Your Back and Choking

Jump-on-Back Choke Defense

STARTING POSITION Attacker on your back, arm around your neck

WHEN TO USE An unexpected attack from behind and above; the attacker climbs onto your back and tries to choke you.

- EXECUTION**
1. First the chin is pressed down and the hands pull the choking arm down.
 2. Then, instead of falling backward, you lean forward and turn to the side to shift the attacker's weight, or direct yourself in a controlled way toward a wall or the ground.
 3. When the attacker falls, you get away immediately.

COMMON MISTAKE Falling backward and ending up underneath the attacker.

TRAINING NOTE On a soft mat, at a very slow tempo, with your partner climbing on in a controlled way.

GROUP 4 · 4 TECHNIQUES

Clinch and Close Range

The clinch is the position in which two people hold each other at close range, pushing and pulling. A significant part of street incidents takes place at this distance. The clinch is not a permanent position; you get out of it either by striking or by opening distance.

P2-28 Entering the Clinch: Head and Arm Control *Clinch Entry*

STARTING POSITION Close range, face to face

WHEN TO USE To take control when the distance has closed completely and the pushing and grabbing have begun.

EXECUTION 1. One hand goes to the back of the attacker's neck, the other to the elbow on the same side; your head rests beside the attacker's head.

2. This position limits their striking options and lets you use knees and elbows.

COMMON MISTAKE Burying your head in the attacker's chest in the clinch; this leaves the back of your neck and your face exposed.

TRAINING NOTE Clinch entry and holding the position against light resistance; 30-second rounds.

P2-29 Over-Under Grip

STARTING POSITION Clinch

WHEN TO USE To control the attacker's arms and break their balance in the clinch.

EXECUTION 1. One of your arms goes over the attacker's arm and the other under it; the underhook settles on their back.

2. This grip neutralizes both of their arms and lets you change direction and pull them.

COMMON MISTAKE Putting both arms over the attacker's arms and letting them get underneath to your hips.

TRAINING NOTE Starting from the over-under with a partner, practice changing direction and pushing.

P2-30 Knee Strikes from the Clinch *Knees from the Clinch*

STARTING POSITION Clinch, attacker's head under control

WHEN TO USE In the clinch your hands may be busy, but your knees are free; they are your most reliable source of strikes.

- EXECUTION**
1. With control of the back of the neck, the attacker is pulled slightly forward and the knee is driven into the thigh or the body.
 2. Knees can be thrown in succession, alternating both legs.
 3. After every knee the balance is re-established.

COMMON MISTAKE Letting go of the neck control while kneeing.

TRAINING NOTE Your partner stays in the clinch wearing a chest pad; practice controlled knee series.

P2-31 Exiting the Clinch Safely *Clinch Exit*

STARTING POSITION Clinch

WHEN TO USE When you do not want to stay in the clinch, especially if there are other threats around.

- EXECUTION**
1. While pushing the attacker's chest or face with both hands, you take a step back; a strike (a push kick or a straight punch) is added together with the push.
 2. At the end of the exit, the hands return to the face immediately.

COMMON MISTAKE Leaving the hands low as you exit the clinch; the moment of the exit is when a counterstrike comes most easily.

TRAINING NOTE Stay in the clinch for 10 seconds, then exit on command; add a counter on every exit.

GROUP 5 · 6 TECHNIQUES

Headbutt Series

The headbutt is the last weapon left to you at very close range when your hands are busy. It is simple and easy to learn; but it is the only technique group that can also hurt you if applied incorrectly. That is why special attention is paid to the correct contact area (the upper part of the forehead) and the correct target (the nose and the center line of the face). In the gym the headbutt is practiced only on a pad and in a controlled way.

P2-32 Forward Headbutt (to the Line of the Nose)

STARTING POSITION Very close range, attacker in front

WHEN TO USE When the attacker is right in front of you, very close, and your hands are held.

- EXECUTION**
1. Contact is made with the hard upper area of the forehead; the target is the attacker's nose or the center line of the face.
 2. The power comes not from the neck but from driving the legs and the torso forward.
 3. The chin is tucked and the neck muscles are tense.

LIMITS / PLAN B Practiced on the pad only; never applied to a partner with real contact.

COMMON MISTAKE Making contact with the front of the forehead or with your face; you will injure yourself.

TRAINING NOTE Very light, controlled contact on a soft pad fixed to the wall, only to learn the correct area.

P2-33 Headbutt from the Clinch

STARTING POSITION Clinch

WHEN TO USE In the clinch the head is already at close range; as an additional option to the knee and the elbow.

EXECUTION 1. With control of the back of the neck, the attacker's head is pulled slightly down and the forehead goes to their face with a short movement.

2. A knee or an elbow follows immediately.

LIMITS / PLAN B The headbutt in the clinch is practiced only under instructor supervision and with controlled contact.

COMMON MISTAKE Leaving the headbutt on its own; it must be part of a combination.

TRAINING NOTE A slow combination inside the clinch with a pad: knee, head, elbow.

P2-34 Rear Headbutt When Grabbed from Behind

STARTING POSITION Grabbed from behind

WHEN TO USE When you are grabbed in a bear hug from behind or your arms are held from behind, your head is the only weapon that can reach the attacker behind you.

EXECUTION 1. A short, powerful movement is made with the back of the head toward the attacker's face; the neck is kept tense.

2. It is usually used together with a stomp on the foot or a hand strike to the groin.

LIMITS / PLAN B The rear headbutt is practiced with the correct point and angle rather than power; it is not applied to a partner.

COMMON MISTAKE Leaving the neck loose and swinging the head.

TRAINING NOTE Controlled contact on a soft pad held behind you; then the turn and the counter.

P2-35 Forward Headbutt While Being Choked *Headbutt During a Choke*

STARTING POSITION Being choked from the front

WHEN TO USE As an additional counter while you are freeing your throat with your hands during a front choke.

EXECUTION 1. As the hands hook and pluck the choking hands away, the torso goes forward and the forehead goes toward the attacker's face.

2. This makes the release and the counter arrive at the same time.

LIMITS / PLAN B The headbutt while being choked is done on the pad only; the priority is always getting the hands off the throat.

COMMON MISTAKE Focusing on the headbutt before the throat is freed; the airway comes first.

TRAINING NOTE Repeat the front choke release with a controlled headbutt added to it.

P2-36 Defense Against a Headbutt *Headbutt Defense*

STARTING POSITION Clinch or very close range

WHEN TO USE When the attacker, in the clinch, during a collar grab or at very close range, pulls their head back and prepares to swing it forward. The headbutt often comes together with a grab and is hard to notice.

- EXECUTION**
1. The head being pulled back is the most important warning sign.
 2. The chin is tucked, the head turns slightly to the side and the forearm or palm comes between you and the attacker's face; at the same time distance is opened, or the attacker's head is pushed to the side and off the line.
 3. The counter and the escape follow immediately.

COMMON MISTAKE Keeping the head straight and upright and taking the blow in the middle of the face.

TRAINING NOTE Your partner, wearing soft protective headgear, only slowly shows the "pulling the head back" movement; you recognize the warning sign and get your forearm in between. No real headbutt is delivered.

P2-37 Escaping Immediately After a Headbutt *Headbutt and Disengage*

STARTING POSITION Headbutt just delivered, close range

WHEN TO USE A headbutt often stuns the attacker for a moment; this moment is the best opportunity to get away.

EXECUTION After the strike, the attacker's arms are pushed away to open distance, you take two steps back, scan your surroundings and head in a safe direction.

LIMITS / PLAN B After the strike, check your own head as well; hard contact can stun you too.

COMMON MISTAKE Staying at the scene without noticing that your own head has also taken a blow; after a blow to the head, check yourself too.

TRAINING NOTE Add the escape steps to the end of every combination that includes a headbutt.

GROUP 6 · 17 TECHNIQUES · GROUND FIGHTING**Ground Fighting**

In P2, ground fighting expands considerably. You are now not just trying to get up from the bottom; you recognize the positions and know the way out of each one. The techniques in this group combine the positional knowledge of wrestling and ground fighting disciplines with the realities of the street (strikes, a second attacker, hard ground).

P2-38 Defending from Guard: Attacker on Top *Guard Defense*

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE When you are on your back on the ground with the attacker between your legs (the guard position) and trying to strike.

- EXECUTION**
1. The legs wrap around the attacker's waist or press against their hips; the hands control their arms or head and pull them close to you, closing the striking distance.
 2. An attacker held close cannot strike hard.
 3. While one arm and the head are controlled, strikes are delivered with fingers to the eyes, punches, palm heels, elbows or heels.

COMMON MISTAKE Trying to push the attacker away; you hand them full striking distance as a gift.

TRAINING NOTE Your partner, carrying a pad, tries to strike from inside your guard; close the distance and control the arms.

P2-39 Strikes and Creating Space from Guard *Strikes and Space from Guard*

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE To show that the bottom position is not helplessness. You can strike from inside the guard and create space to stand up.

- EXECUTION**
1. The heel is applied to the attacker's hip or groin, the palm heel and elbow to their face.
 2. One foot presses against the hip and pushes to open distance, and you move into the technical stand-up.

COMMON MISTAKE Waiting without getting up once distance has been opened.

TRAINING NOTE Repeat the chain of striking from guard, opening distance and the technical stand-up without a break.

P2-40 Mount Escape: Bridge and Roll

STARTING POSITION On the ground, bottom position, attacker in mount
WHEN TO USE When the attacker is fully on top of you, sitting on your chest. This is one of the worst positions on the ground.

EXECUTION 1. You trap one of the attacker's arms and the foot on the same side; then you lift your hips hard and high (the bridge) and turn toward the side you have trapped.
 2. Because the attacker has no support on that side, they roll over and you come out on top.

VARIATIONS Elbow escape (P2-41), bridge with arm control (P2-51), under striking pressure (P3-31), with the arms locked (P4-37).

COMMON MISTAKE Bridging without trapping the arm or the foot; the attacker keeps their balance.

TRAINING NOTE First slowly, then with light resistance from your partner, repeated to both sides.

P2-41 Mount Escape: Elbow Escape

STARTING POSITION On the ground, bottom position, attacker in mount
WHEN TO USE In situations where the bridge and roll is not possible (the attacker has shifted their weight back or keeps their arms wide).

EXECUTION 1. The hips slide to the side (shrimp) and the elbow pushes toward the attacker's knee to open a gap; by inserting your own knee into this gap, you free one of your legs.
 2. The movement is then repeated for the other side and you move to guard.

VARIATIONS Bridge and roll (P2-40), with the arms locked (P4-37).

COMMON MISTAKE Extending the hands to the attacker's chest and pushing; the arms are left exposed and can be locked.

TRAINING NOTE Alternating both sides, with your partner's weight progressively increased.

P2-42 Side Control Escape (Basic)

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE When the attacker is beside you, pinning you with weight on your chest.

EXECUTION 1. The forearms frame against the attacker's neck and hips; the hips slide in the opposite direction (shrimp) and the knee is inserted into the gap that opens.
2. When the knee is in, you return to guard or come up onto your knees.

VARIATIONS Knee and elbow escape (P2-50), changing direction and bridging (P3-30), escape chains (P4-36).

COMMON MISTAKE Hugging the attacker and keeping them on top of you.

TRAINING NOTE Your partner holds side control; repeat the frame–shrimp–knee chain.

P2-43 Escaping a Choke from on Top on the Ground *Ground Choke Escape*

STARTING POSITION On the ground, bottom position, attacker choking from on top

WHEN TO USE When the attacker is on top of you and squeezes your throat with both hands.

EXECUTION 1. The hands hook and pluck the choking hands away; at the same time the hips rise into a bridge and the attacker is unbalanced forward.
2. Alternatively, one of the choking hands is plucked away and the fingers of the other hand strike the eyes.
3. Then you move into the bridge and roll or a counter.

COMMON MISTAKE Trying to escape with the arms alone; without hip movement, the attacker's weight crushes you.

TRAINING NOTE Release and roll against a controlled choke from mount.

P2-44 Escaping Hair Pulls and Wrist Grabs on the Ground *Ground Grab**Releases*

STARTING POSITION On the ground, bottom position, hair or wrist grabbed

WHEN TO USE The ground counterpart of the standing grabs; the balance situation is different.

- EXECUTION**
1. Against a hair pull, the hand is pinned to the head and the head is moved in the direction of the pull; against a wrist grab, you turn toward the thumb.
 2. Since body weight cannot be used on the ground, hip movement supports the release.

COMMON MISTAKE Trying to pull with the arm as you would standing.

TRAINING NOTE Repeat against grabs from on your back and on your side.

P2-45 Punch Defense on the Ground *Ground Punch Defense*

STARTING POSITION On the ground, bottom position, attacker punching

WHEN TO USE When the attacker is on top of you and trying to strike your face.

- EXECUTION**
1. The arms close at the two sides of the head and the elbows are kept in; at the same time the attacker is pulled down onto your chest, or tipped forward with a hip bridge.
 2. The arm the attacker draws back to strike is an opportunity to escape.

COMMON MISTAKE Extending the arms and trying to catch the punches.

TRAINING NOTE Your partner delivers slow strikes with padded gloves; cover up and break their balance with a bridge.

P2-46 Protecting Yourself from the Attacker While Getting Up *Protected*

Stand-Up

STARTING POSITION Getting up from the ground, attacker nearby

WHEN TO USE The moment of getting up is the most defenseless moment on the ground; the attacker can strike or push at exactly this moment.

EXECUTION 1. During the technical stand-up, the free hand is in front of the face and the supporting hand is on the side away from the attacker, not the near side.

2. If the attacker approaches, the stand-up is stopped and distance is opened with a kick.

COMMON MISTAKE Putting both hands on the ground while getting up.

TRAINING NOTE Your partner pushes lightly with a pad during the stand-up; practice getting up while staying protected.

P2-47 Escaping a Closed Guard: Breaking the Guard and Creating Distance

Breaking a Closed Guard

STARTING POSITION On the ground, inside the attacker's closed guard

WHEN TO USE When the attacker is on the bottom and locks you with their legs. On the street, staying in this position leaves you defenseless against a second attacker.

EXECUTION 1. The posture is straightened and the hands are placed on the attacker's hips or chest; while one knee moves toward the attacker's tailbone, the hips are pushed back and the leg lock opens.

2. From the opened lock you stand up and get away.

COMMON MISTAKE Leaning forward and letting the attacker reach your neck or arm.

TRAINING NOTE Your partner closes their guard; practice the upright posture and guard-opening chain.

P2-48 Defense Against Collar and Hair Grabs in the Guard *Defending Grabs in Guard*

STARTING POSITION On the ground, bottom position, attacker in your guard holding collar or hair

WHEN TO USE Even when you are on the bottom, the person on top may grab your hair or collar and try to slam your head into the ground.

EXECUTION 1. The gripping hand is pinned to the head or chest; the legs control the attacker and their balance is broken with hip movement.
2. The head is lifted off the ground and the chin kept tucked.

COMMON MISTAKE Leaving the head loose on the ground.

TRAINING NOTE Pinning and off-balancing against grabs in the guard.

P2-49 Defense Against a Choke in the Guard *Choke Defense from Guard*

STARTING POSITION On the ground, bottom position, attacker in your guard choking

WHEN TO USE When you are in the bottom position and the attacker tries to choke you.

EXECUTION 1. While the hands pluck the choking hands away, the legs push the attacker's hips and drive them away; this stretches their arms and weakens their grip.
2. Then strikes from guard or the stand-up follow.

COMMON MISTAKE Trying to escape with the hands alone, without using the legs.

TRAINING NOTE Leg push and release against a controlled choke in the guard.

P2-50 Side Control: Knee and Elbow Escape

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE Another way out of side control; more effective when the attacker's weight shifts toward your head.

EXECUTION 1. The near elbow is inserted under the attacker's hip, the far arm builds a frame; the hips slide and the knee enters the gap opened by the elbow.

2. From here you move to guard or onto your knees.

COMMON MISTAKE Leaving the elbow away from the body; the leverage is lost.

TRAINING NOTE Repeat alternating with the basic side control escape.

P2-51 Bridging While Controlling the Arm from Mount *Trap and Bridge Under Strikes*

STARTING POSITION On the ground, bottom position, attacker in mount

WHEN TO USE Applying the bridge and roll while the attacker is trying to strike from mount.

EXECUTION 1. When the attacker extends their arm to strike, the arm is caught and pulled to the chest; the foot on the same side is also trapped and you bridge.

2. Because the striking movement has already disturbed the attacker's balance, the roll becomes easier.

COMMON MISTAKE Trying to bridge at random before the strike comes.

TRAINING NOTE Your partner strikes slowly; practice the moment of catching the arm.

P2-52 Managing Distance by Framing on the Ground

STARTING POSITION On the ground, bottom position, attacker coming on top of you

WHEN TO USE To keep the attacker's weight off you. This frame is the basis of many ground techniques.

EXECUTION 1. The forearms form a frame as hard as bone: one against the attacker's neck or shoulder, the other against their hips.
2. The frame is not for pushing but for holding space; the main movement is made with the hips.

COMMON MISTAKE Using the arms to push and tiring yourself out; the frame works through its structure, not through muscle strength.

TRAINING NOTE As your partner tries to put their weight on you, practice the frame and the hip slide.

P2-53 Escaping While Controlling the Attacker's Punches on the Ground

Escaping While Controlling Strikes

STARTING POSITION On the ground, bottom position, attacker punching

WHEN TO USE To advance your escape route while you are being struck at the same time.

EXECUTION While one arm meets the strikes, the other arm and the hips continue the escape movement; instead of waiting to stop the strikes completely, you advance one step between each strike.

COMMON MISTAKE Trying first to stop the strikes completely and never starting the escape.

TRAINING NOTE Complete the escape chain while your partner delivers light strikes at regular intervals.

P2-54 Changing Direction Against a Second Attacker's Kick on the Ground

Reorienting Against a Second Attacker

STARTING POSITION On the ground, second attacker standing

WHEN TO USE When a second person approaches to kick while you are dealing with an attacker on the ground.

- EXECUTION**
1. Pivoting on the hip, the feet are turned toward the new threat and you try to keep both attackers in your field of vision at the same time.
 2. You aim to stand up at the first possible moment; staying on the ground is the most dangerous situation against two attackers.

COMMON MISTAKE Continuing to wrestle with the first attacker and not noticing the second.

TRAINING NOTE With two partners: one applies pressure on the ground while the other approaches with a pad; orient and try to get up.

GROUP 7 · 10 TECHNIQUES

Advanced Breakfalls and Recovery Techniques

More demanding and realistic falling scenarios are added on top of the breakfall basics from P1. These techniques are meant to reduce the risk of injury on hard ground and let you return to defense immediately after the fall. All practice is done on a thick mat and progressively.

P2-55 Forward Rolling Breakfall

STARTING POSITION Standing, balance broken forward

WHEN TO USE When you are pushed forward or stumble, instead of falling flat on your face.

EXECUTION 1. One arm curves like a bow and approaches the ground; the roll travels along the diagonal line running from the shoulder to the opposite hip.

2. The head is kept tucked and at the end of the roll you come to your feet or into the ground stance.

VARIATIONS Back and side falls (P1-05), falling while turning (P2-57).

COMMON MISTAKE Rolling straight over the head; the neck is strained.

TRAINING NOTE A progressive transition from a kneeling start to a standing roll.

P2-56 High Breakfall (Advanced Level)

STARTING POSITION Standing, lunging forward fast

WHEN TO USE To try to reduce the risk of injury in a forced fall from stairs, a curb or a high place. As height increases, the outcome becomes unpredictable; this technique is not a guarantee but an attempt to limit damage.

EXECUTION 1. The principles of the breakfall are the same, but the impact is greater; that is why a wider surface of the body contacts the ground at the same time and the arms spread the impact.

2. Practiced only on a thick mat and under instructor supervision.

LIMITS / PLAN B As height increases, the outcome becomes unpredictable; practiced only on a thick mat and progressively.

COMMON MISTAKE Moving on to high breakfalls before the basic breakfalls are solid.

TRAINING NOTE Progressive height: first from a squat, then standing, and finally from a low platform.

P2-57 Rolling Fall and Immediate Stand-Up *Roll and Recover*

STARTING POSITION Standing, falling while turning

WHEN TO USE Being able to get back on your feet immediately after a fall is as important as the fall itself.

EXECUTION At the end of the rolling movement, the momentum is used to come straight to your feet or onto your knees; the hands protect the face and the eyes look for the threat.

COMMON MISTAKE Staying on your back after the roll and losing the momentum.

TRAINING NOTE Coming to your feet and taking a stance after the roll; looking in a different direction on each repetition.

P2-58 Protecting Yourself When Falling Down Stairs *Stair Fall Protection*

STARTING POSITION On stairs

WHEN TO USE When you are pushed or lose your balance on a stepped surface. Falls on stairs can cause serious injuries.

EXECUTION 1. The priority is the head and spine: the arms wrap around the head, the chin is pressed to the chest and the body turns to the side, directing the fall onto a hip and shoulder.

2. If possible, a handrail or the wall is grabbed.

LIMITS / PLAN B If a fall on stairs is uncontrolled, prioritize grabbing the handrail; the technique is not a guarantee.

COMMON MISTAKE Trying to stop the fall with the hands and hitting the wrist on a step.

TRAINING NOTE On soft blocks shaped like steps, very slowly and in a controlled way.

P2-59 Turning to Face the Threat When You Slip and Fall *Slip-and-Fall**Orientation***STARTING POSITION** Standing on a slippery surface**WHEN TO USE** When you lose your balance on a slippery surface, to stay facing the attacker even as you fall.**EXECUTION** At the start of the fall the body is turned toward the threat and you land using the breakfall technique; as soon as you land, you take the ground stance.**COMMON MISTAKE** Turning your back to the threat throughout the fall.**TRAINING NOTE** Your partner stands to the side carrying a pad; on every fall, orient toward them.**P2-60 Recovering Balance After Being Pushed** *Recovering Balance from a**Push***STARTING POSITION** Standing, pushed**WHEN TO USE** Not every push has to end in a fall; this technique attempts to regain balance before falling.**EXECUTION** 1. The moment you are pushed, the feet are brought back under the body with small, fast steps; the knees bend and the arms help the balance.
2. As soon as balance is restored, you move into a fighting stance.**COMMON MISTAKE** Trying to recover balance with a single big step.**TRAINING NOTE** Your partner makes controlled pushes from different directions; practice recovering without falling.

P2-61 Falling on Your Back and Turning to the Side Immediately *Back Fall*

and Turn to the Side

STARTING POSITION Standing, falling backward

WHEN TO USE Lying on your back is the most defenseless position; turning to the side immediately gives you a better angle against the attacker.

EXECUTION At the end of the backward fall, the body turns immediately to one side and takes the ground stance; the top leg points toward the attacker.

COMMON MISTAKE Staying on your back for a long time after the fall.

TRAINING NOTE Finish every backward fall by turning to one side; the instructor decides the direction.

P2-62 Breaking a Fall with One Arm When the Other Hand Is Occupied

One-Arm Breakfall

STARTING POSITION Standing, one hand occupied

WHEN TO USE When you fall while holding an object or another person.

EXECUTION 1. The occupied hand is kept close to the body and the fall is taken by the other arm and the side of the body.

2. Head protection is the same.

COMMON MISTAKE Reflexively opening the occupied hand to let go.

TRAINING NOTE Back and side falls while holding a pad in one hand.

P2-63 Protecting Yourself When Falling in a Crowd

STARTING POSITION Standing in a crowd

WHEN TO USE Falling in a crowd carries the risk of being crushed; concerts, stadiums and mass exits are dangerous in this respect.

- EXECUTION**
1. As soon as you fall, the body tucks up: the knees are pulled to the stomach, the arms protect the head, and at the first possible moment you roll to one side and stand up.
 2. You move with the direction of the crowd's flow, not against it.

LIMITS / PLAN B If you fall in a crowd, tuck up and focus on getting up; do not try to control your surroundings.

COMMON MISTAKE Staying stretched out on the ground.

TRAINING NOTE Falling and getting up in a setting where several partners walk slowly around you.

P2-64 Breath Recovery Reflex After a Fall *Breath Recovery After a Fall*

STARTING POSITION On the ground right after a fall

WHEN TO USE A hard fall can knock the wind out of you; thrashing around in panic costs you both energy and time.

- EXECUTION**
1. After the fall, a short exhalation is followed by a controlled inhalation through the nose; this eases the spasm of the diaphragm.
 2. While the breath recovers, the body stays in the ground stance.

COMMON MISTAKE Opening the mouth and trying to take rapid breaths in succession when winded.

TRAINING NOTE Add falls and breath recovery to your conditioning work.

Supplementary Techniques

These five techniques fill the gaps in P2's striking and defensive repertoire.

P2-65 Throwing an Uppercut

STARTING POSITION Fighting stance, close range

WHEN TO USE At short range, at moments when the attacker bends forward or lowers their head. Also effective when exiting the clinch.

EXECUTION 1. The knees bend slightly, the hips turn and the fist travels in a short arc from below upward toward the chin.
2. The elbow stays close to the body; once the fist reaches the target, it returns to the face immediately.

COMMON MISTAKE Dropping the fist and making a wide wind-up; you show your intention to the attacker.

TRAINING NOTE Close-range uppercuts on the pad, followed by a knee in combination.

P2-66 Straight Finger Strike to the Eyes or Throat *Finger Jab*

STARTING POSITION Fighting stance or fence stance, close range

WHEN TO USE A precise target strike that requires no strength and leaves little margin for error; when the strength gap is large, it can create an opportunity to escape. If it does not land, its effect is next to nothing.

- EXECUTION**
1. The fingers are kept slightly bent and close together; the hand shoots forward toward the eyes.
 2. Contact is brief and is followed immediately by an escape or another counter.
 3. The strike to the throat is applied briefly with the palm or the side of the fingers.

COMMON MISTAKE Keeping the fingers stiff and straight; if they hit a hard surface, the fingers get injured.

TRAINING NOTE Speed and accuracy work only, on a soft target pad; never real contact with a partner.

P2-67 Slipping Under a Strike and Countering at the Same Time *Slip and Counter*

STARTING POSITION Fighting stance, attacker punching

WHEN TO USE To pass under an incoming punch or circular strike and counter at the same time.

- EXECUTION**
1. Bending the knees, the head drops below the line of the strike; during the duck a short counter is delivered to the body and you return to your stance immediately.
 2. The eyes never leave the attacker.

COMMON MISTAKE Bending at the waist and looking down; this leads to being met with a knee.

TRAINING NOTE Your partner throws slow hooks; duck and counter to the body.

P2-68 Side Kick (with the Heel) to Open Distance

STARTING POSITION Fighting stance, attacker advancing

WHEN TO USE To push the attacker straight back and put a safe distance between you; especially against someone approaching from the side.

EXECUTION 1. The knee is pulled to the chest, the hips turn and the heel is driven straight into the attacker's abdomen, hip or knee.

2. After the kick the foot is pulled back quickly and you take your stance.

COMMON MISTAKE Trying to throw the kick high, at chest or head level.

TRAINING NOTE Side kick on a wall pad; then stopping an approaching partner.

P2-69 Defense Against a Straight Punch to the Body (Ribs) *Body Punch*

Defense

STARTING POSITION Fighting stance, attacker in front

WHEN TO USE Against punches aimed not at the face but at the body; these punches knock the wind out of you and set up the attacks that follow.

EXECUTION 1. The elbow drops to protect the ribs and the torso turns slightly; the lead arm can sweep the punch outward.

2. Then a counter is delivered to the line of the face.

COMMON MISTAKE Dropping the hands to protect the body and leaving the face exposed.

TRAINING NOTE Your partner mixes punches to the face and to the body; choose the appropriate defense for each.

GROUP 9 · 5 TECHNIQUES

Black Force Entries and Clinch Additions

This group covers entering by covering up or blocking against punch combinations and swinging strikes, turning a caught kick into a takedown, and clinch control against a larger attacker. All of them are a continuation of the dive entry from P1.

P2-70 Entering with the Ram's Horn Cover into the Clinch or a Headbutt

Ram's Horn Entry

STARTING POSITION Fighting stance, attacker throwing a combination

WHEN TO USE When the attacker starts a barrage of punches and you have no room to back off.

- EXECUTION**
1. Both hands cover the head at the two sides, with the elbows coming forward; the chin is kept tucked.
 2. Bending slightly, you enter the attacker in a forward-leaning lever stance; your elbows come to the attacker's chest and your head under their chin.
 3. The strikes are smothered on the cover.
 4. From here you establish a clinch, deliver a forward headbutt (P2-32) or move into a takedown.

LIMITS / PLAN B The cover provides protection only while you are moving in; standing still and covering up makes you a target. The headbutt is applied only during an ongoing attack.

COMMON MISTAKE Covering up and backing off.

TRAINING NOTE A gloved partner throws light combinations; the student covers up, enters and establishes a clinch.

P2-71 Thai Cover and Knee Counter *Thai Cover to Knee*

STARTING POSITION Fighting stance, punching range

WHEN TO USE When a swinging punch or an elbow is coming at your head and you cannot close the distance completely.

- EXECUTION**
1. The lead hand is placed behind the back of the neck; the side of the head is covered with the forearm pressed against the ear and the elbow in front of the face.
 2. The other arm is extended with the palm open and the fingers up, forming a distance bar against the attacker's chest.
 3. As the strike glances off the cover, your extended hand fixes the attacker and the rear knee strikes the body or the thigh.
 4. Then distance is opened.

COMMON MISTAKE Opening the elbow of the covering arm outward; a straight punch gets in through this gap.

TRAINING NOTE Your partner makes swinging strikes from both sides with two pads; the student covers and knees the other pad.

P2-72 Simultaneous Block and Palm Heel Against a Hook *Flower Entry***STARTING POSITION** Fighting stance, attacker in front**WHEN TO USE** When a swinging (circular) punch is coming toward your head.

- EXECUTION**
1. The forearm on the side of the incoming arm opens upward and outward to meet the punch; at the moment of contact the forearm rotates slightly outward, which increases the power of the block.
 2. At the same time the other hand is sent to the attacker's chin or face with a palm heel.
 3. The block and the strike finish at the same time.
 4. Then a clinch is established or you get away.

COMMON MISTAKE Making the block away from the body with the arm straight.**TRAINING NOTE** Your partner throws slow swinging punches with gloves; the student does the block and the palm heel on the pad together.

P2-73 Sweeping the Supporting Leg After Catching a Kick *Kick Catch to Sweep*

STARTING POSITION Fighting stance, kicking range

WHEN TO USE When you catch the attacker's kick to your body.

- EXECUTION**
1. A mid-level roundhouse kick is caught by wrapping the arm over it; a straight kick is caught by gripping the ankle with both hands.
 2. The moment the attacker is left standing on one foot, the supporting leg is swept from behind at calf level; the attacker falls on their back.
 3. If the sweep is not possible, the caught leg is lifted and you walk forward, and the attacker loses their balance.
 4. Distance is opened immediately after the fall.

LIMITS / PLAN B The catch should not last longer than a few seconds; the attacker may regain their balance and strike or grab you. If there is more than one attacker, lift the leg and move toward your escape direction.

COMMON MISTAKE Catching the kick and waiting.

TRAINING NOTE Your partner kicks slowly; the catch and the sweep are practiced on a soft mat, with the partner's fall controlled.

P2-74 Double Biceps Grip and Knee Counter *Double-Biceps Grip***STARTING POSITION** Close range or clinch**WHEN TO USE** When you get into close range or fall into the clinch with someone bigger than you.

- EXECUTION**
1. Both hands grip the attacker's biceps close to the elbows; the thumbs press into the inside of the arm.
 2. The body is in a forward-leaning lever stance and your head rests on the attacker's upper chest; this both protects you from a headbutt and keeps both arms under control.
 3. While putting your weight on the attacker's arms, you strike the body or the thigh with the knee.
 4. When the attacker tries to free their arms, you step out to the side or get away.

COMMON MISTAKE Gripping the arms close to the shoulder; the attacker stays strong and can grab you.**TRAINING NOTE** Within clinch practice, first only the grip and holding the position, then knees on the knee pad.

Level Assessment

In the P2 assessment, fluency and continuity are evaluated in addition to technical accuracy. The student is expected to transition between movements without pausing.

- A 30-second striking combination: transitions between punch, elbow and knee, with choices suited to the distance.
- Defense and counter against the hook, uppercut, front kick and roundhouse kick.
- Releases from the side choke and choke against a wall, the bear hug (two types), the headlock and the guillotine.
- Entering the clinch, knees from the clinch and a safe exit.

- Guard, mount and side control escapes; standing up from guard.
- Forward roll and recovery after a fall.
- A short scenario: verbal tension, an attack coming in a combination, an appropriate response and getting away.

Sample 8-Week Training Plan

- **Week 1:** Striking combinations, elbows 5–7, striking on the move.
- **Week 2:** Defense against hooks and low strikes; throwing and defending the uppercut.
- **Week 3:** Front and roundhouse kick defenses; combination defenses.
- **Week 4:** Choke and bear hug releases; headlock and guillotine.
- **Week 5:** Clinch and the headbutt group.
- **Week 6:** Guard and mount escapes; framing.
- **Week 7:** Side control escapes, second-attacker awareness; advanced breakfalls.
- **Week 8:** General review, flow scenarios and level assessment.

P2 CHECKLIST

- ☐ I can switch my strikes between punch, elbow and knee according to the distance.
- ☐ I defend against the hook and the uppercut together with a counter.
- ☐ I know the defenses against the front and roundhouse kicks.
- ☐ I can escape from a bear hug, a headlock and a guillotine.
- ☐ I can enter the clinch and exit it safely.
- ☐ I can escape from mount and side control in at least two ways.
- ☐ I can do the forward roll and stand up after a fall.
- ☐ I know the correct contact area for the headbutt.

P3

P3 · Stick, Knife and an Introduction to Multiple Attackers

75 techniques · 31 of them ground fighting · The level where armed threats begin

P3 is the system's threshold of seriousness. From this level on, the attacker may be holding something: a knife, a stick, a bottle. At the same time, there may no longer be just one person in front of you. These two variables change the order of priority of everything you learned in the earlier levels.

In the face of an armed threat, the first rule does not change: if possible, get away without any contact. There is no "perfect defense" against a knife; the purpose of edged-weapon training is not to turn you into a knife fighter, but to increase your chances of survival at a moment when you cannot escape. That is why every weapon technique in P3 is taught together with the option of taking distance and escaping.

Multiple attackers, on the other hand, change the mindset. Many things that work well against one person — going to the ground, staying in the clinch for a long time, focusing on one person — are dangerous against two. P3 takes the first steps toward managing this risk through positioning and movement.

Ground fighting takes a big leap at this level. Bottom-control techniques rooted in wrestling and ground fighting are added on top of the basic escapes; takedown defense also enters the curriculum for the first time. All weapons work is done with a training knife and a soft stick, with protective eyewear and under instructor supervision.

GOALS OF THIS LEVEL

- Recognize the four basic knife attack angles and apply the first defense against each.
- Always keep the option of taking distance and using the environment in first place against a knife or a stick.
- Apply the principle of positioning and lining up (funneling) against two attackers.
- Stay on your feet against single- and double-leg takedown attempts with the sprawl.
- Escape from bottom positions such as the turtle, half guard and scarf hold.

TECHNIQUE GROUP	COUNT	AREA
Edged Weapon Defense (Basic)	9	Standing
Defense Against Sticks and Hard Objects	6	Standing
Multiple Attackers (Introduction)	6	Standing
Advanced Grab and Choke Defense	3	Standing
Takedown Defense	4	Standing

TECHNIQUE GROUP	COUNT	AREA
Ground Fighting (Basic)	17	Ground
Ground Fighting — Bottom Control and Escapes	14	Ground
Supplementary Techniques	3	Standing
Close-Range Trapping and Sweeps	7	Standing
Black Force Trapping, Sweeps and Close Range	6	Standing
TOTAL	75	31 ground

GROUP 1 · 9 TECHNIQUES

Edged Weapon Defense (Basic)

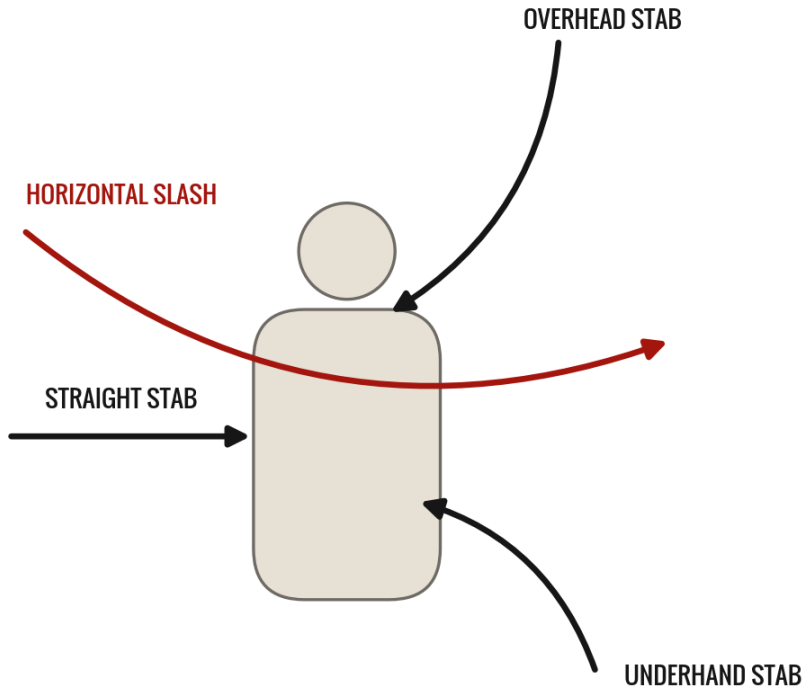
The knife is one of the weapons most often encountered on the street because it is easy to carry and conceal. A knife is often noticed only after the attack has begun, and a knife movement from close range can be completed in less time than human reaction time [1]. That is why training first teaches distance and escape, then recognizing the incoming movement and controlling the weapon arm. None of the techniques in this group are practiced with a real knife.

DECISION NOTE - EDGED WEAPONS

- If escape, distance, an obstacle or handing over the demanded item is possible, these take priority; physical intervention is an exceptional last resort.
- There is no perfect defense against a knife. These techniques are meant to increase your chances of survival at a moment when you cannot escape.
- If control of the weapon arm cannot be established or is lost, do not struggle to catch it again; create distance and head for the exit line.
- After the incident, always check your own body; adrenaline can keep you from noticing a cut.
- Prerequisite: the P1–P2 defenses and the first three angles of the 360 defense.

THE LIVE SIDE AND THE DEAD SIDE

- **Dead side:** The outside of the attacker's weapon arm; the side close to their back and the elbow of the weapon arm. When you are here, the attacker's other hand and the weapon have difficulty turning toward you. In weapon defenses, this is the direction to aim for whenever possible.
- **Live side:** The attacker's chest and face side, the inside of the weapon arm. When you are here, the attacker can use both hands, pull the weapon back and attack again, and counter with a knee or the other hand.
- You cannot always move to the dead side; the direction of the attack and the distance sometimes force you to stay on the live side. In that case, control of the weapon arm and the counter must be much faster.
- The same principle applies to stick defenses (P3–P4) and to firearm threats (P5).



The four basic teaching patterns of a knife attack. Real attacks are often a mix of these patterns.

DECISION CHART · KNIFE THREAT

Is the escape route open?	YES → Get away without any contact and call for help.
NO ↓	
Does the attacker only want an item?	YES → Hand over the item or throw it away; open distance and get away.
NO ↓	
Can you put an obstacle between you?	YES → Put a table, a vehicle, a door or a chair between you; move toward the exit while keeping the obstacle between you.
NO ↓	

Contact is unavoidable: get off the line, control the weapon arm and counter.



Has control broken down?

YES → Do not struggle to catch it again; create distance and head for the exit line.

NO ↓

The moment an opportunity arises, get away, call emergency services (112) and check your own body.

P3-01 **PRINCIPLE** Knife Attack Angles: Straight, Overhead, Underhand, Horizontal Slash

WHEN TO USE Before learning the defense, you need to recognize the attack. These four patterns are the basic framework used for teaching; real attacks are often a mix of them and may include feints, repeated stabs, switching hands or unexpected changes of direction.

EXECUTION The straight stab comes forward to the body; the overhead stab (icepick) comes down from above; the underhand stab rises from below; the horizontal slash swings to the side. In training these angles are demonstrated slowly with a training knife, and the student learns to recognize each angle by name.

LIMITS / PLAN B These four patterns are a teaching framework; if the attack comes mixed, take distance according to the closest pattern and focus on the weapon arm.

COMMON MISTAKE Preparing only for the best-known angle (overhead) and neglecting the others.

TRAINING NOTE The instructor demonstrates the angles at random; say the name of each angle and step back.

P3-02 Defense and Control Against a Straight Stab *Straight Stab Defense*

STARTING POSITION Fighting stance, attacker with a knife in front

WHEN TO USE A forward stab to the body is the most common form of knife attack.

- EXECUTION**
1. As the body slides to the side, off the line of attack, the forearm or hand deflects the knife arm outward; the deflecting hand immediately grips the wrist and forearm.
 2. The other hand counters to the face at the same time.
 3. Once control is established, either the weapon arm is pinned, or distance is opened and you escape.

VARIATIONS Mixed stabs and slashes (P5-10), knife attack on the ground (P5-24, G1-25).

LIMITS / PLAN B If the weapon arm cannot be controlled, do not force the counter; back off and look for an obstacle.

COMMON MISTAKE Looking at the knife itself or its blade and not tracking the arm. The eyes follow the arm holding the knife.

TRAINING NOTE With a training knife, at a very slow tempo, the slide-deflect-grip chain.

P3-03 Defense Against an Overhead Stab *Overhead Stab Defense*

STARTING POSITION Fighting stance, attacker with a knife in front

WHEN TO USE Against stabs coming down from above, usually aimed at the chest, neck or shoulder.

EXECUTION 1. The forearm rises vertically and meets the attacker's wrist or forearm; this block is the upper angle of the 360 defense.

2. At the same time you move in and counter, then control the weapon arm.

VARIATIONS Underhand stab (P4-02).

LIMITS / PLAN B If the block is late, do not try to grab the arm; slide to the side and open distance.

COMMON MISTAKE Blocking late and letting the knife come down as far as the arm; the block must be made while the arm is at the beginning of its path.

TRAINING NOTE Your partner comes slowly from above; make the block together with a forward step.

P3-04 Defense Against a Horizontal Slash *Slash Defense*

STARTING POSITION Fighting stance, attacker with a knife in front

WHEN TO USE Against attacks in which the knife is swung to cut your body from the side.

- EXECUTION**
1. The slashing movement travels in an arc; the safest option is to step out of the arc with a short step back.
 2. If you have to go in, the attacker's arm is stopped with both forearms while the arc is just beginning, and control is established immediately.
 3. Going in in the middle of the arc is the riskiest option.

LIMITS / PLAN B If you could not get inside in the middle of the slash, back off and wait for a new opportunity.

COMMON MISTAKE Reaching out with the hands in the middle of the slash and trying to catch the knife.

TRAINING NOTE Your partner draws slow arcs; practice first the timing of backing off, then the timing of going in early.

P3-05 **PRINCIPLE** **Escaping and Retreating by Creating Distance** *Distance**and Retreat from a Knife*

WHEN TO USE Against a knife, the safest option is often to get away without any contact. This technique teaches it not as a preference but as the first option.

EXECUTION The moment the knife is seen, distance is opened with backward and diagonal steps, the hands are kept in front of the face and body, and you look for an escape route without taking your eyes off the attacker. If escape is possible, you get away without stopping and call for help.

LIMITS / PLAN B If the escape route closes, this technique gives way to using an obstacle or complying with the verbal demand.

COMMON MISTAKE Moving forward out of a sense of heroism when you see the knife.

TRAINING NOTE In the scenario, when the training knife is shown, the first response is backing off and finding the escape route.

P3-06 **PRINCIPLE** **Creating Distance Using Obstacles in the Environment**

WHEN TO USE When the escape route is far away or closed; a table, a car, a door or a chair can come between you and the attacker.

EXECUTION Instead of being caught between the obstacle and the attacker, you move so as to put the obstacle between you. A portable object such as a chair or a bag can be held out in front as a shield against the knife. The aim is to force the attacker to go around to reach you.

COMMON MISTAKE Hiding behind the obstacle and getting trapped between it and a wall.

TRAINING NOTE Set up a simple obstacle course with gym equipment and practice “circling around it” with a partner.

P3-07 **PRINCIPLE** **First Response to a Static Knife Threat**

WHEN TO USE If the attacker has not moved yet, has only shown the knife and is demanding something (for example, a wallet).

DANGER The knife is not moving yet, but the distance is very short; a sudden, unprepared movement can trigger the attack.

EXECUTION Instead of a sudden movement, a calm tone of voice and open hands are shown; if the demand is for a material item and there is no escape route, complying with the demand may be the safest option. Throwing the item to the side or forward, instead of handing it to the attacker, distracts them and creates distance. Physical intervention is considered only if it is clear that the threat will turn into action.

LIMITS / PLAN B If the attacker moves suddenly, get straight off the line and move to controlling the weapon arm.

COMMON MISTAKE Getting into a physical struggle over a wallet.

TRAINING NOTE Scenario: verbal demand, throwing the item and getting away. Discuss the decision points with the instructor.

P3-08 **PRINCIPLE** **Reading the Direction of the Edged Weapon: Right- and Left-Handed Attackers** *Reading the Knife Hand*

WHEN TO USE Your defense changes according to which hand the attacker is using; noticing this early is vital.

EXECUTION Whichever hand holds the knife, the outside of that arm is generally the safer zone; the defensive sidestep is made in that direction. The visual cues are: one hand constantly hidden or kept behind the body, the shoulder on that side held back, the hand repeatedly going to and from the pocket or waist, a glint of metal. In training the attacker takes the knife in one hand at random and the student says at first glance which hand it is.

LIMITS / PLAN B If you could not read the hand correctly, position yourself in the center, ready for either side.

COMMON MISTAKE Watching the face, not the hand, after seeing the knife.

TRAINING NOTE Your partner turns their back, takes the knife in one hand and turns around; immediately say the hand and the direction of the slide.

P3-09 **PRINCIPLE** Counter and Escape Protocol After a Knife Defense *Post-Knife Defense Protocol*

WHEN TO USE After the defense, never stand there and “assess the situation.” This protocol teaches an automatic exit.

EXECUTION After control of the weapon arm, strong counters are delivered; when the opportunity arises, distance is opened, the surroundings are scanned and you get away. After getting away, check your own body: because of adrenaline, you may not have noticed a cut.

LIMITS / PLAN B If the attacker is still on their feet after the counter, do not seek contact again; open distance and get away.

COMMON MISTAKE Thinking the incident is over and not checking your own injuries.

TRAINING NOTE Add the “check yourself” step to the end of every knife scenario: hands, neck, torso, legs.

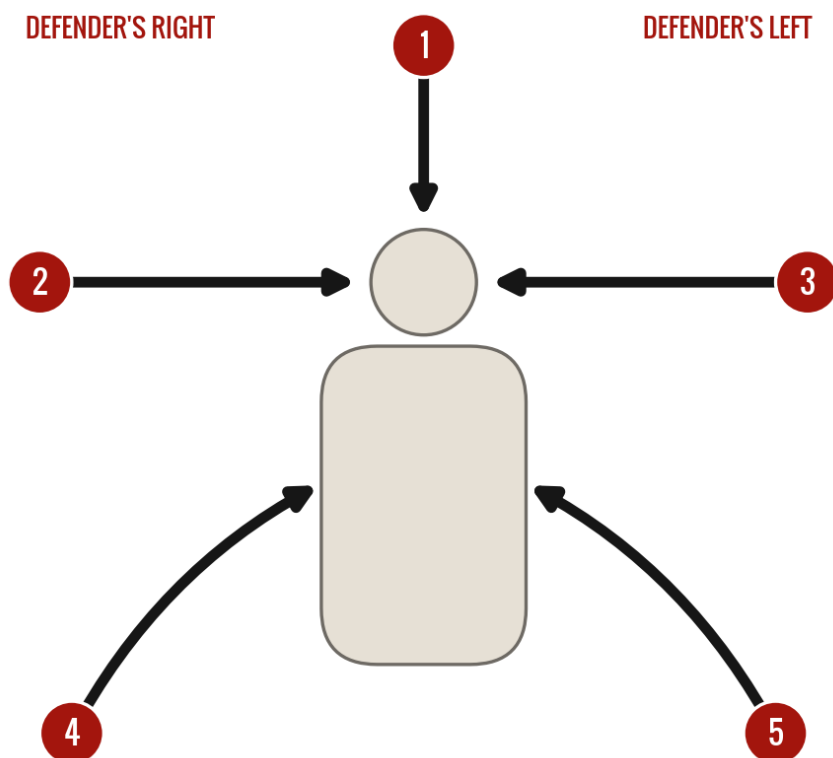
GROUP 2 · 6 TECHNIQUES

Defense Against Sticks and Hard Objects

Sticks, crowbars, bottles and similar hard objects carry a different danger from the knife: they have long reach and the strongest point of the blow is the tip. That is why the basic principle of stick defense is either to get completely out of range, or to get into the area close to the handle where the stick cannot generate power. Which one to choose depends on the length of the stick, whether it is held with one or two hands, what the attacker’s other hand is doing and whether the escape route is open.

DECISION NOTE - STICKS AND HARD OBJECTS

- If you can get out of range and get away, that is always the first option.
- The entry is made the moment the stick is raised, and decisively; stopping halfway is the most dangerous option.
- If the timing of the entry is missed, do not force a second entry; get out of range and look for an obstacle.
- A stick you have taken is held as an obstacle or dropped far away; it is not used to continue the attack.



The five basic angles of stick attacks (Black Force numbering). Right and left are the defender's own right and left.

P3·10 Defense Against an Overhead Stick Attack *Overhead Stick Defense*

STARTING POSITION Fighting stance, attacker with a stick in front

WHEN TO USE Against attacks in which the stick is brought down from above, aimed at the head or shoulder.

EXECUTION 1. The moment the stick is raised in the air, you lunge forward; the forearms strike the attacker's arm holding the stick, in the area close to the handle.

2. This way the tip of the stick ends up behind you and the blow loses its power.

3. A counter and control of the stick follow immediately.

VARIATIONS Horizontal stick (P3·11), diagonal and low stick (P4·12).

LIMITS / PLAN B If your entry is late, do not stay in the middle of the stick's descent; back off and get out of range.

COMMON MISTAKE Retreating and meeting the very tip of the stick, or blocking at the tip of the stick.

TRAINING NOTE With a foam stick, very slowly, first only the timing of the forward entry.

P3-11 Defense Against a Horizontal Stick Attack *Horizontal Stick Defense*

STARTING POSITION Fighting stance, attacker with a stick in front

WHEN TO USE Against attacks in which the stick is swung sideways toward the body or the head.

EXECUTION 1. When the swing begins, you either back off completely out of the arc or move inside the arm holding the stick.
2. The entry is made with both forearms striking the attacker's arm together; then come wrapping, arm control and the counter.

VARIATIONS Overhead stick (P3-10), diagonal and low stick (P4-12).

LIMITS / PLAN B If you could not get inside, try to get outside the arc; staying at half distance is the riskiest option.

COMMON MISTAKE Standing still in the middle of the arc.

TRAINING NOTE Against slow swings with a foam stick, practice the entry and exit options mixed.

P3-12 Neutralizing by Closing to Short Range *Closing the Distance on a Stick*

STARTING POSITION Fighting stance, attacker with a stick entering arm's reach

WHEN TO USE The stick is a long weapon; the most effective defense is often to close to a range where its power is broken.

EXECUTION As the attacker prepares the stick (raising it back), the distance is closed with an explosive step; the hands control the weapon arm, the head is kept close to the attacker's chest and the knee counters begin.

LIMITS / PLAN B If the timing of the entry is missed, do not force it a second time; open distance and reassess.

COMMON MISTAKE Slowing down or stopping halfway while closing the distance.

TRAINING NOTE Timing drill: give an audible signal when your partner raises the stick, and enter.

P3-13 Controlling the Stick and Escaping Safely *Stick Control and Safe Exit*

STARTING POSITION After a stick defense, close range

WHEN TO USE How to reduce the risk to zero after taking or controlling the stick.

- EXECUTION**
1. The handle of the stick and the attacker's wrist are gripped together, and the stick is twisted and pulled out of their hand.
 2. Once the stick is taken, distance is opened; if necessary the stick is held as an obstacle between you and the attacker, and if not, it is dropped far away.
 3. Continuing the attack with a weapon you have taken can have serious legal consequences.

LIMITS / PLAN B If the stick gets out of control, do not try to take it; let go and open distance.

COMMON MISTAKE Setting out to punish the attacker after taking the stick.

TRAINING NOTE The control–take–open distance chain; on every repetition, say the decision “drop it or keep it.”

P3-14 Defense Against an Overhead Strike with a Bottle or Similar Hard Object *Bottle Strike Defense*

STARTING POSITION Fighting stance, attacker with a bottle in front

WHEN TO USE A common scenario in bar fights and crowded places.

EXECUTION 1. The same principle as the overhead stick defense applies; however, the bottle is shorter and comes down faster.
 2. The forearm block is made to the attacker's wrist, followed immediately by arm control and the counter.
 3. The face is protected in case the bottle breaks.

LIMITS / PLAN B Broken glass or a bottle increases the risk; distance and obstacles take priority over contact.

COMMON MISTAKE Staying at close range for a long time against a broken bottle; a broken bottle is an edged weapon.

TRAINING NOTE Block and control at a slow tempo with a plastic bottle.

P3-15 Managing Distance by Retreating from a Stick Attack

STARTING POSITION Fighting stance, attacker with a stick advancing

WHEN TO USE In situations where closing in is risky (if the attacker is not very close, if the stick is very long or if the escape route is open).

EXECUTION 1. You get out of the range of the swing with backward and diagonal steps; when the attacker swings and misses, you either get away or go in at that instant of opening.
 2. Staying out of range requires correctly estimating the length of the stick.

LIMITS / PLAN B If your backing-off range is not enough, look for an obstacle instead of distance.

COMMON MISTAKE Standing right at the edge of the range.

TRAINING NOTE Your partner swings foam sticks of different lengths; read the distance and get out.

GROUP 3 · 6 TECHNIQUES

Multiple Attackers (Introduction)

Two attackers carry far more than twice the risk of one attacker. Every moment you focus on one, the other is free. The techniques in this group aim not to “control” the attackers, but to reduce the risk you are exposed to through movement and positioning and to create an escape line. The basic rule: keep moving, do not get caught in between, do not go to the ground.

DECISION CHART · MORE THAN ONE ATTACKER

Is the escape route open?	YES → Get away without making contact; head for a busy, well-lit area.
NO ↓	
Are the attackers still talking and at a distance?	YES → Set a verbal boundary, reposition toward your escape direction, do not get caught in between.
NO ↓	
Contact has begun: stay on the outer edge, try to line the attackers up, keep contacts short.	
↓	
Have you gone to the ground?	YES → Do not engage in the ground fight; get up at the first opening and choose a direction to get up away from the attackers.
NO ↓	
At the first opening, get away without stopping and call for help.	

P3-16 **PRINCIPLE** **Positioning Against Two Attackers**

WHEN TO USE When two people approach you at the same time, or when one is in front of you and the other beside you.

EXECUTION You stand at an angle from which you can see both at the same time; ideally both are on the same side of you, one behind the other. Being caught in between (one in front, one behind) is the most dangerous position; you get out of it immediately by moving to the side.

COMMON MISTAKE Getting caught between the two and turning toward one.

TRAINING NOTE Two partners approach slowly; keep both in the same field of vision by moving constantly.

P3-17 **Lining Up the Attackers (Funneling)**

STARTING POSITION Fighting stance, two attackers in front

WHEN TO USE When there are two or more attackers, to deal with them one after the other rather than at the same time.

- EXECUTION**
1. Through movement, you try to bring one of the attackers in front of the other; the person in front partly blocks the path of the one behind.
 2. The aim is to reduce the number of people you are in contact with at the same time and to open an escape line; the attackers' movement cannot always be directed.
 3. The movement is made toward the outside of the outermost attacker.

COMMON MISTAKE Moving toward the middle of the attackers.

TRAINING NOTE Two partners approach from different directions; keep them lined up by constantly moving outward.

P3-18 Escaping by Redirecting *Redirecting to Escape*

STARTING POSITION Fighting stance, two attackers

WHEN TO USE To push or spin one of the attackers into the other and get out through the gap that opens.

EXECUTION The nearest attacker is gripped by the shoulder or arm and pushed toward the other; the moment the two get tangled, you get out in the direction left open.

COMMON MISTAKE Waiting after the push to watch what happens to the two of them.

TRAINING NOTE Three-person drill: push one, run; do not decide the escape direction in advance.

P3-19 **PRINCIPLE** **Moving in a Crowded Environment** *Moving Through a Crowd*

WHEN TO USE When you are attacked in a crowded environment or need to move through a threat; the crowd offers both an opportunity to hide and to ask for help.

EXECUTION In a crowd the shoulders are angled slightly forward, the hands kept at chest level, and you pass between people by turning sideways. If the threat is following you, putting the crowd between you slows them down. When asking for help, calling out to a specific person is more effective than shouting in general.

LIMITS / PLAN B If the crowd blocks your view, stop moving and scan your surroundings again.

COMMON MISTAKE Pushing your way forward against the flow of the crowd.

TRAINING NOTE Pass sideways through a crowd formed by partners and get away from a pursuer.

P3-20 **PRINCIPLE** **Watching the Second Attacker While Focusing on One***Peripheral Awareness*

WHEN TO USE Not losing sight of the other completely while dealing with one is the most critical principle against multiple attackers.

EXECUTION Although the eyes are on the first attacker, the head turns at regular intervals to check the position of the second. Contact with the first attacker is kept short; a long clinch or going to the ground is avoided.

COMMON MISTAKE Wrestling with the first attacker for a long time.

TRAINING NOTE While you do pad work with one partner, a second partner quietly changes position; say where they are every 5 seconds.

P3-21 **Reacting When a Second Attacker Steps In** *Reacting to a Second**Attacker*

STARTING POSITION In contact with one attacker, a second approaching

WHEN TO USE When a second person joins in at an unexpected moment.

EXECUTION 1. Contact with the first attacker is broken immediately: distance is opened with a push or a counter.

2. Then you move to the side so as to bring both into the same field of vision.

3. The priority is finding the escape route again.

COMMON MISTAKE Continuing to deal with the first attacker even after noticing the second.

TRAINING NOTE Scenario: a second person joins, unannounced, a drill that started with a single attacker.

GROUP 4 · 3 TECHNIQUES**Advanced Grab and Choke Defense**

The basic choke releases from P1 and P2 may not be enough against a stronger and more resistant attacker. This group forms a

second layer for situations where the release fails at the first attempt.

P3-22 Release from a Rear Choke: Hook and Strip *Rear Choke Release: Hook and Strip*

STARTING POSITION Passive stance, attacker choking from behind

WHEN TO USE When you are choked from behind with a strong arm, or when the basic release has not worked.

EXECUTION

1. The chin is turned into the crook of the elbow of the choking arm to protect the airway.
2. Both hands hook onto the forearm of the choking arm and pull it down; at the same time the hips slide to the side and space opens for the turn.
3. Turning toward the freed side, you counter with a hand strike to the groin, an elbow to the chin and a low kick or knee.

LIMITS / PLAN B If the release does not work, change the angle of the hips and the turn instead of adding force.

COMMON MISTAKE Trying to push the arm upward; pulling it down is much more effective.

TRAINING NOTE With controlled pressure, with the tap-out signal agreed in advance.

P3-23 Escaping Arm-and-Neck Control *Arm-and-Neck Control Escape***STARTING POSITION** Arm or neck grabbed**WHEN TO USE** When the attacker tries to control both your neck and one of your arms at the same time; usually in order to steer you somewhere.**EXECUTION** 1. First the pressure on the neck is reduced with the chin and the free hand; then the held arm is pulled toward the body to break the leverage and you turn toward the attacker.

2. The counter comes with the turn.

LIMITS / PLAN B If the lock is tightening, do not resist; reduce the pressure with a small movement in the direction of the lock.**COMMON MISTAKE** Focusing on freeing the arm and neglecting the pressure on the neck.**TRAINING NOTE** Slowly with a partner, at a tempo where the lock is never forced.

P3-24 Escaping Chokes After Being Taken to the Ground *Choke Escape After a Takedown*

STARTING POSITION On the ground, bottom position, attacker choking

WHEN TO USE When the attacker takes you to the ground and keeps choking; the standing technique is not enough, a solution that continues on the ground is needed.

EXECUTION 1. The hands pluck the choking hands away; if possible, the fingers of the free hand strike the eyes; the hips rise into a bridge to break the attacker's balance, and the turning or escape movement begins.

2. Because the attacker has the weight on the ground, escaping without hip movement is almost impossible.

LIMITS / PLAN B If the release on the ground is slow, do not waste your energy; wait for the right moment and move in one go.

COMMON MISTAKE Struggling with the arms alone.

TRAINING NOTE A scenario in which a choke that starts standing is carried to the ground in a controlled way.

GROUP 5 · 4 TECHNIQUES

Takedown Defense

Going to the ground is not always bad; but an attacker taking you down at a moment and in a way of their own choosing usually is. The techniques in this group teach you to stay on your feet against takedown attempts aimed at your waist or legs.

P3-25 Sprawl and Keeping Balance

STARTING POSITION Fighting stance, attacker shooting for the legs

WHEN TO USE The first defense for staying on your feet when someone tries to bring you down by wrapping around your waist or diving at your legs.

EXECUTION

1. The legs are shot back quickly, the hips are pressed toward the ground and the chest puts weight on the attacker's back or shoulders.
2. The hands push the attacker's head and shoulders down.
3. Once the attacker is stopped, you stand up immediately and open distance.

VARIATIONS Single-leg defense (P3-26), double-leg defense (P3-27).

COMMON MISTAKE Leaving the hips up and using only the hands.

TRAINING NOTE Your partner makes slow shots; practice the sprawl and stand-up chain.

P3-26 Single-Leg Defense

STARTING POSITION Fighting stance, one of your legs being grabbed

WHEN TO USE When the attacker grabs one of your legs and tries to lift it.

EXECUTION

1. The grabbed leg is brought down between the attacker's legs and the hips are pushed forward; this makes lifting difficult.
2. The hands press the attacker's head down while the free leg keeps your balance.
3. When the opportunity arises, you counter to the head and back.

VARIATIONS Double-leg defense (P3-27), sprawl (P3-25).

COMMON MISTAKE Hopping on one foot trying to keep your balance.

TRAINING NOTE Your partner holds your leg; practice the release with hip and head control.

P3-27 Double-Leg Defense

STARTING POSITION Fighting stance, both of your legs being grabbed

WHEN TO USE A stronger takedown attempt; against a wrestler-style attack.

EXECUTION 1. Together with the sprawl, the forearms settle on the attacker's shoulders or neck and push them down; the hips are pulled all the way back.

2. When the attacker hits the ground, you turn to their side and stand up.

VARIATIONS Single-leg defense (P3-26), sprawl (P3-25).

COMMON MISTAKE Standing upright and taking the attacker's impact with the chest.

TRAINING NOTE Progressive speed: from slow shots to medium speed.

P3-28 Controlling the Position While Falling with the Attacker *Controlling the Fall*

STARTING POSITION Standing, falling together with the attacker

WHEN TO USE Even if falling is unavoidable, you can control the position you fall into; whether you end up on top or on the bottom makes a big difference.

EXECUTION 1. During the fall, the attacker's arm or neck is gripped and the body is turned so that you land on top of them or beside them.

2. If you are falling underneath, you immediately establish guard or a frame.

COMMON MISTAKE Letting go of control during the fall and falling completely passively.

TRAINING NOTE Practice turning in controlled falls on a soft mat.

GROUP 6 · 17 TECHNIQUES · GROUND FIGHTING

Ground Fighting (Basic)

These 17 techniques cover versions of the P2 escapes adapted to more resistant attackers, and new dangerous positions such as back control.

P3-29 Variations of Standing Up from Guard

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE Versions of the basic exit from P2 adapted to the attacker's different reactions.

EXECUTION 1. If the attacker is pulling you toward them, distance is kept with a frame; if they are pushing, that push is used to stand up; if they are pulling back, distance is opened with a kick.

2. The end of every variation is the technical stand-up.

COMMON MISTAKE Forcing a single way of standing up onto every situation.

TRAINING NOTE Your partner reacts at random; choose the appropriate variation.

P3-30 Side Control Escape: Changing Direction and Bridging *Side Control:*

Bridge and Turn

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE A second option when the basic escape does not work.

EXECUTION 1. You bridge against the attacker's weight; at the top of the bridge the body turns toward the attacker and you come up onto your knees.

2. From here you stand up or escape.

COMMON MISTAKE Doing half a bridge; if the hips do not rise fully, the attacker does not lose their balance.

TRAINING NOTE Practice the two side control escapes as a chain.

P3-31 Escaping Mount Under Striking Pressure *Mount Escape Under Strikes*

STARTING POSITION On the ground, bottom position, attacker striking from mount

WHEN TO USE If the attacker on top of you is both holding you and striking; you need to stop the strikes first, then escape.

EXECUTION The arms close to protect the head, the attacker is pulled down onto the chest to narrow the striking distance; then the bridge and roll or the elbow escape is applied.

COMMON MISTAKE Trying to escape while the strikes are still coming.

TRAINING NOTE Your partner delivers slow strikes with padded gloves; first cover up, then escape.

P3-32 Defense Against Kicks and Stomps from Above While on the Ground

Defending Stomps and Kicks on the Ground

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE When a standing attacker tries to kick or stomp on you while you are on the ground.

EXECUTION 1. The feet and knees point at the attacker like a shield; the arms protect the head.

2. When the attacker approaches, you kick their knee or shin.

3. The head and stomach are kept on the side away from the attacker.

COMMON MISTAKE Trying to catch the kicks with the arms.

TRAINING NOTE Your partner approaches from above with a soft pad; orient on the ground and meet them with a kick.

P3-33 Standing Up While Controlling the Attacker's Legs

Controlling the Legs to Stand

STARTING POSITION On the ground, attacker standing and nearby

WHEN TO USE To keep the attacker from pulling you back down to the ground as you get up.

EXECUTION While on the ground, one of the attacker's legs or a knee is controlled with the hand; you stand up while this control continues, and once on your feet you push the leg to open distance.

COMMON MISTAKE Letting go of the control before standing up.

TRAINING NOTE Your partner, sitting on the ground, tries to pull you down; stand up with leg control.

P3-34 Escaping the Back Position: Basic *Back Control Escape*

STARTING POSITION On the ground, attacker on your back

WHEN TO USE When the attacker gets behind you and controls your back; one of the most dangerous positions, because the threat of a choke is present at every moment.

- EXECUTION**
1. The first priority is protecting the neck: chin tucked, hands close to the neck.
 2. Then the back is slid toward the ground and one of the attacker's legs is pushed so that you turn in that direction.
 3. The aim is to bring your back to the ground and your face toward the attacker.

VARIATIONS Arm defense and turning escape (P3-42), defense against a choke from the back (P4-45).

COMMON MISTAKE Letting go of neck protection and trying to get up first.

TRAINING NOTE Escape from back control at a slow tempo.

P3-35 **PRINCIPLE** **Awareness of a Second Attacker While on the Ground**

Ground Awareness of a Second Attacker

WHEN TO USE The habit of never stopping following your surroundings, even on the ground.

EXECUTION With every change of position, the head is lifted and the surroundings are checked. When a second attacker is noticed, the ground fight is abandoned and standing up becomes the priority.

COMMON MISTAKE Going into a "tunnel" on the ground and forgetting the surroundings.

TRAINING NOTE During ground work the instructor occasionally approaches with a pad; call it out when you notice.

P3-36 Managing Distance Against a Standing Attacker While on the Ground *Ground vs. Standing Distance Management*

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE To manage the distance between you and the standing person while you are on the ground.

EXECUTION In the ground stance, you pivot on your hip to turn your feet toward the attacker; when they approach, you kick, and when they move away, you do the technical stand-up.

COMMON MISTAKE Putting off getting up when the attacker moves away.

TRAINING NOTE Your partner tests you by moving away and approaching.

P3-37 Defense Against an Attacker Trying to Get into Your Guard

Preventing Guard Entry

STARTING POSITION On your back on the ground, attacker trying to get between your legs

WHEN TO USE When the attacker, standing or on their knees, tries to get past your legs and on top of you.

EXECUTION The feet press against the attacker's hips and knees, keeping them away; the hips keep moving to keep the feet pointed at them.

COMMON MISTAKE Putting the feet down on the ground.

TRAINING NOTE Your partner tries to get past your legs; keep control with your feet.

P3-38 Guard Pass Defense

STARTING POSITION On the ground, bottom position, attacker trying to pass your legs

WHEN TO USE When the attacker tries to pass between your legs into a more dominant position (side control, mount).

EXECUTION The hips slide in the direction the attacker is passing, the knee is inserted and a frame is built; this way the guard is re-established.

COMMON MISTAKE Lying flat on your back during the pass.

TRAINING NOTE Your partner makes slow passes; re-establish your guard on each one.

P3-39 Escaping from Half Guard and Similar Positions *Half Guard Escape*

STARTING POSITION On the ground, bottom position, attacker controlling one of your legs

WHEN TO USE In the position where the attacker controls one of your legs and your other leg is free.

EXECUTION 1. Pressing the free leg against the attacker's hip, you slide your hips; the controlled leg is pulled back and you move to full guard or stand up.

2. Lying on your side is safer than lying flat.

COMMON MISTAKE Staying flat on your back.

TRAINING NOTE Practice escaping half guard in both directions.

P3-40 Defense Against Neck and Arm Lock Attempts in Side Control*Defending Locks in Side Control*

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE Side control carries not only pressure but also the risk of a lock; the attacker may target your arm or neck.

EXECUTION 1. The arms are kept close to the body and the elbows in; if the arm is targeted, the hand is locked onto your own collar or chest.
2. Under neck pressure, the chin is tucked and the escape is started with hip movement.

COMMON MISTAKE Reaching an arm around the attacker's neck; this is an invitation to a lock.

TRAINING NOTE Your partner slowly attempts a lock; notice it early and hide your arm.

P3-41 Rolling from Mount by Trapping the Arms (Trap and Roll)

STARTING POSITION On the ground, bottom position, attacker in mount

WHEN TO USE A more advanced variation of escaping mount than the one in P2.

EXECUTION 1. The attacker's arm is pulled tightly to the chest and the foot on the same side is trapped; the bridge is made not straight up but diagonally, and the roll is completed.
2. Trapping the arm keeps the attacker from posting their hand on the ground.

COMMON MISTAKE Holding the arm loosely.

TRAINING NOTE In both directions, with increasing resistance.

P3-42 Arm Protection and Turning Escape in Back Control *Back Control:*

Arm Defense and Turn

STARTING POSITION On the ground, attacker on your back

WHEN TO USE The first defense against the risk of being choked while your back is controlled. It is the basic back escape from P3-34 at the moment the choke attempt begins; advanced defenses against an active choke, practiced with a resisting partner, are in P4 (P4-34 and P4-41).

EXECUTION The attacker's arm trying to choke is pulled down with both hands; at the same time the shoulders slide toward the ground and you turn to the side of the attacker's choking arm.

COMMON MISTAKE Turning to the wrong side and tightening the choke.

TRAINING NOTE Repeat at a slow tempo to learn the correct turning direction.

P3-43 Defense Against Being Dragged by the Hair While on the Ground

Ground Drag Defense

STARTING POSITION On the ground, hair grabbed, being dragged

WHEN TO USE When the attacker tries to drag you by the hair while you are on the ground.

EXECUTION The gripping hand is pinned to the head, the body is turned in the direction of the drag and the feet point at the attacker's legs; the grip is broken with a kick and you stand up.

COMMON MISTAKE Letting yourself be dragged on your back.

TRAINING NOTE Your partner pulls you in a controlled way; turn and counter with a kick.

P3-44 Standing Up by Catching the Kick of a Standing Attacker *Catching a Kick to Stand*

STARTING POSITION On your back on the ground, attacker standing and kicking

WHEN TO USE To stop an incoming kick and turn it into an opportunity to stand up at the same time.

EXECUTION The kick is met with the legs and arms and the ankle is wrapped against the body; then you kick the attacker's supporting leg to break their balance and stand up.

COMMON MISTAKE Staying on the ground after catching the kick.

TRAINING NOTE Your partner throws slow kicks; practice catching and standing up.

P3-45 Creating Distance by Controlling the Attacker's Ankle on the Ground *Ankle Control for Distance*

STARTING POSITION On your back on the ground, attacker standing

WHEN TO USE Another way to keep a standing attacker away while you are on the ground.

EXECUTION The attacker's ankle is gripped with one hand, the other foot presses against their knee or hip and pushes; as the attacker falls back off balance, you stand up.

COMMON MISTAKE Gripping the ankle and holding on without pushing.

TRAINING NOTE Timing of ankle control and the push as your partner approaches.

GROUP 7 · 14 TECHNIQUES · GROUND FIGHTING

Ground Fighting - Bottom Control and Escapes

With positional knowledge from wrestling and ground fighting disciplines, your escape options from the bottom expand here.

These techniques are the clearest example of the weight Black Force gives to ground fighting.

P3·46 Turtle Escape

STARTING POSITION On the ground in the turtle position

WHEN TO USE When you are curled up on your knees and elbows (turtle) to protect yourself and the attacker comes on top of you or beside you.

EXECUTION 1. Protection of the head and neck is maintained as the priority; then you either roll over one shoulder back to guard, or step one foot forward and stand up.
2. Staying in turtle for a long time exposes your back to the attacker.

VARIATIONS Escape with the sit-out (P3·47), sweep from turtle (G1·68).

COMMON MISTAKE Waiting motionless in turtle.

TRAINING NOTE Your partner applies pressure from your side; get out with a roll or by standing up.

P3·47 Escaping from Behind with the Sit-Out

STARTING POSITION On the ground in the turtle position, attacker behind

WHEN TO USE When the attacker is behind you, while you are on your knees or in the turtle position.

EXECUTION 1. One foot is extended forward and the hips turn into a sitting position; this turn brings the attacker beside or in front of you.
2. Then you stand up or face them.

COMMON MISTAKE Turning slowly and letting the attacker climb onto your back.

TRAINING NOTE Sit-out repetitions from turtle and from your knees.

P3-48 Scarf Hold (Side Headlock) Escape *Scarf Hold Escape*

STARTING POSITION On the ground, bottom position, attacker at your side locking your head

WHEN TO USE When the attacker sits beside you and locks your head and one arm from the side.

EXECUTION 1. The free hand pushes against the attacker's face or chin, the hips slide away from the attacker and the locked arm is pulled out from behind the head.

2. Then you turn to the attacker's back or stand up.

COMMON MISTAKE Pulling the head toward the attacker.

TRAINING NOTE Slow escapes from the scarf hold in both directions.

P3-49 Basic Escape from the Knee-on-Belly Position *Knee-on-Belly Escape (Basic)*

STARTING POSITION On the ground, bottom position, attacker's knee on your stomach

WHEN TO USE The basic way to escape the pressure of a knee on the stomach. Because the pressure makes breathing difficult, a fast response is needed; a second way, for situations where this escape does not work, is taught in P4.

EXECUTION While both hands push the knee toward the hip, the hips slide in the opposite direction; the knee is inserted into the gap that opens, or you roll to the side out from under the knee pressure.

COMMON MISTAKE Trying to push the knee upward; pushing it to the side is easier.

TRAINING NOTE Your partner applies light knee pressure; practice the two escape methods alternately.

P3-50 North-South Escape

STARTING POSITION On the ground, bottom position, attacker above your head facing the opposite way

WHEN TO USE A rare but dangerous position in which the attacker is above your head, facing the opposite direction.

EXECUTION The forearms frame against the attacker's hips, the hips slide to the side and the body turns toward the attacker's legs; then you come up onto your knees.

COMMON MISTAKE Hugging the attacker and fixing the position.

TRAINING NOTE Slow turning and standing up from the north-south position.

P3-51 Recovering Full Guard from Half Guard *Guard Recovery*

STARTING POSITION On the ground, bottom position, half guard

WHEN TO USE To regain full control while one of your legs is being controlled.

EXECUTION The free leg presses against the attacker's hip, the controlled leg is pulled back by sliding the hips, and both legs wrap around the attacker's waist.

COMMON MISTAKE Leaving the free leg passive.

TRAINING NOTE Repeated transitions from half guard to full guard.

P3-52 Escaping a Leg Entanglement *Leg Entanglement Escape*

STARTING POSITION On the ground, legs entangled

WHEN TO USE When your legs become entangled and locked with the attacker's; this position can set up leg locks.

EXECUTION 1. First the knee and ankle are moved away from the attacker's hips; then the leg is turned and pulled back to get out of the entanglement.

2. The trapped foot is pulled outward, not toward the hip.

COMMON MISTAKE Pulling the leg at random in panic and straining the joint.

TRAINING NOTE Very slowly, under instructor supervision, position recognition and exit.

P3-53 Escaping Shoulder Pressure on the Ground *Shoulder Pressure Escape*

STARTING POSITION On the ground, bottom position, attacker's shoulder on your face

WHEN TO USE When the attacker pins you by pressing their shoulder into your face or neck.

EXECUTION The head is turned against the pressure to protect the airway; the forearm builds a frame and the hips slide to break the angle of the pressure.

COMMON MISTAKE Trying to keep the head upright against the pressure.

TRAINING NOTE Escape against controlled shoulder pressure from your partner.

P3-54 Escaping When Both Hands Are Held on the Ground *Both Wrists*

Pinned Escape

STARTING POSITION On the ground, bottom position, both wrists grabbed

WHEN TO USE When your hands are fully controlled; the solution is in the legs and hips.

EXECUTION 1. The hips rise into a bridge, unbalancing the attacker forward; the hands are pulled toward the body and freed.
2. If the bridge unbalances the attacker enough, you roll.

COMMON MISTAKE Trying to push the hands upward.

TRAINING NOTE Bridge and release from wrist control in mount.

P3-55 Early Defense Against an Ankle Lock on the Ground *Early Ankle Lock*

Defense

STARTING POSITION On the ground, your ankle grabbed

WHEN TO USE To notice and block the lock before it sets in.

EXECUTION 1. When the ankle is targeted, the toes are pulled up (flexing the ankle) and the foot is turned outward from under the attacker's armpit and pulled out.
2. If noticed early, the lock never forms.

LIMITS / PLAN B If the lock has started to set in, you are late; turn the leg outward and pull it free without straining the ankle.

COMMON MISTAKE Pulling the foot inward after noticing the lock.

TRAINING NOTE Very slowly and in a controlled way, with the tap-out signal agreed in advance.

P3-56 Chin Tuck Against Neck Compression on the Ground

STARTING POSITION On the ground, pressure on the neck beginning

WHEN TO USE The earliest defense against a choke attempt.

EXECUTION 1. The chin is pressed to the chest, the shoulders are raised and the neck muscles are tensed; this makes it harder for the attacker's arm to settle onto the neck.

2. At the same time the hands try to control the choking arm.

LIMITS / PLAN B If the pressure does not ease, do not give up the chin lock; seek support with hip movement.

COMMON MISTAKE Lifting the chin and exposing the neck.

TRAINING NOTE Make the chin position a habit in all your ground work.

P3-57 Crucifix Escape

STARTING POSITION On the ground, your arms locked between the attacker's leg and arm

WHEN TO USE An especially restrictive position in which both of your arms are controlled.

EXECUTION First the freest arm is pulled toward the body; then the attacker's weight is shifted with the hips and legs and you turn.

LIMITS / PLAN B Do not force one arm before the other is free; work in sequence and with hip support.

COMMON MISTAKE Staying motionless and waiting for the attacker to strike.

TRAINING NOTE Slow positional work under instructor supervision.

P3-58 Escaping a Double Leg Pin While on Your Back *Double Leg Pin Escape*

STARTING POSITION On your back on the ground, both of your legs controlled

WHEN TO USE When your legs are held and your movement is restricted.

EXECUTION Coming up to a sitting position, you apply pressure to the attacker's head and shoulders; once one leg is freed, the other is pulled out and you stand up.

COMMON MISTAKE Staying on your back and trying to pull the legs.

TRAINING NOTE Your partner holds your legs; practice sitting up and getting free.

P3-59 **PRINCIPLE** **Energy Management Under Prolonged Pressure on the Ground** *Energy Management Under Pressure*

WHEN TO USE As a struggle drags on, the real issue is not technique but saving your energy for the right moment.

EXECUTION Instead of pushing constantly and in panic, the position is held, the breathing is controlled, and you wait for the moment the attacker makes a mistake (the moment they shift their weight or rise up to strike). At that moment, all your energy goes into a single escape movement.

COMMON MISTAKE Spending all your energy in the first 30 seconds.

TRAINING NOTE 2-minute pressure rounds: only try to escape when you catch the right moment.

GROUP 8 · 3 TECHNIQUES

Supplementary Techniques

P3-60 Escaping a Headlock with Pressure on a Sensitive Point *Pressure**Point Headlock Escape***STARTING POSITION** Head locked**WHEN TO USE** An alternative to the basic headlock escape from P2, to be used when strength is not enough.

- EXECUTION** 1. The free hand reaches the attacker's face; the fingers apply pressure to the eye, under the nose or the soft area behind the ear, while the other hand strikes the groin and the head is pushed back.
2. The moment the pressure loosens the lock, the head is pulled out and you counter.

COMMON MISTAKE Applying the pressure briefly and indecisively.**TRAINING NOTE** With a partner, only point and direction work, with very light pressure.

P3-61 Release from a Hand Covering the Mouth from Behind *Mouth-Cover Release*

STARTING POSITION Mouth covered from behind

WHEN TO USE A contact that may be the first sign of an abduction attempt; a fast and far from silent response is needed.

- EXECUTION**
1. While both hands pull the hand covering the mouth down, the head turns to the side; at the same time the hips drop and you counter with a rear elbow and a stomp on the foot.
 2. As soon as the mouth is free, you shout.

COMMON MISTAKE Only trying to pull the hand away and not counter-ing.

TRAINING NOTE Your partner places their hand over your mouth in a controlled way; complete the release, counter and shout chain.

P3-62 **PRINCIPLE** **The 5 Basic Angles of Stick Attacks** *Five Stick Attack Angles*

WHEN TO USE A stick-specific framework similar to the angle system for the knife; it provides consistent recognition and response whatever angle the attack comes from.

EXECUTION The angles are: overhead, horizontal from the right, horizontal from the left, diagonal from lower right and diagonal from lower left. For each angle there is the option either to get out of range or to enter close to the handle; the student matches each angle with its name and its response.

COMMON MISTAKE Preparing only for attacks from above.

TRAINING NOTE With a foam stick, the instructor demonstrates the angles at random; name the angle and respond.

GROUP 9 · 7 TECHNIQUES

Close-Range Trapping and Sweeps

This group teaches you to temporarily control the attacker's arm (trapping) or break their balance (sweeping), and to turn the moment that opens into a counter. Trapping is not a solution on its own; the aim is to reduce the attacker's ability to interfere for a brief moment and create the opportunity for a direct counter or an escape.

P3-63 Opening a Strike with an Arm Trap *Arm Trap to Open a Strike*

STARTING POSITION Fighting stance, close range

WHEN TO USE The arm the attacker holds in front is the biggest obstacle to your counterstrike; pinning this obstacle briefly opens a clear target.

EXECUTION

1. While one hand presses the attacker's forearm near the wrist and pins it against their body, the other hand strikes through the line that opens at the same time.
2. The trap is held only for the duration of the strike; then it is released and the distance or counter continues.

COMMON MISTAKE Holding the trap longer than necessary and keeping both hands busy; this leaves you defenseless against the attacker's other hand or foot.

TRAINING NOTE Your partner holds one arm in front; repeat the short trap–strike–release chain.

P3-64 Cross-Arm Trap and Elbow Strike

STARTING POSITION Close range, attacker's arm extended

WHEN TO USE When the attacker comes forward with both arms, a single-arm trap is not enough; the cross trap temporarily takes both arms out of play at the same time.

EXECUTION The two arms are crossed over the attacker's two forearms and pressed down and inward; as soon as the arms are pinned, an elbow strike is delivered to the head or body.

COMMON MISTAKE Trying to apply the pressure with the arms alone instead of the body; the force is insufficient and the trap comes undone.

TRAINING NOTE Your partner stands with both arms in front; practice the cross trap and the elbow strike at a slow tempo.

P3-65 Off-Balancing with a Lead-Leg Sweep *Lead-Leg Sweep to Off-Balance*

STARTING POSITION Close range, attacker's weight on the front foot

WHEN TO USE At close range, a strike is sometimes not enough; breaking the attacker's balance at the feet multiplies the effect of the counter.

EXECUTION 1. At the same time as the counterstrike, the lead foot sweeps toward the outside of the attacker's lead foot; while the upper body pushes slightly, the lower body completes the sweep.

2. As soon as the balance is broken, distance is opened.

COMMON MISTAKE Attempting the sweep on its own, without upper-body support; this breaks your own balance too.

TRAINING NOTE Repeat the counterstrike and a light foot sweep together on the pad, at a slow tempo.

P3-66 Spinning Rear-Leg Sweep

STARTING POSITION Close range

WHEN TO USE When the attacker moves in and shifts their weight forward, a sweep from behind can take them all the way down.

EXECUTION 1. As the body turns to the attacker's side, the rear foot sweeps from behind the attacker's rear foot; at the same time the upper body pushes down and forward.

2. When the attacker falls, you get away immediately.

COMMON MISTAKE Leaving the turn half done and attempting the sweep from a weak angle.

TRAINING NOTE Practiced under instructor supervision, on a soft surface and at a very slow tempo.

P3-67 Arm Control with a Wrist Hook *Wrist Hook Control*

STARTING POSITION Close range, attacker's arm extended

WHEN TO USE Hooking the attacker's wrist instead of gripping it straight gives more control with less strength.

EXECUTION 1. The fingers hook from the inside of the attacker's wrist and pull down and outward; this naturally moves the arm away from the body and opens the other side.

2. Once control is established, you move into a counter or a trapping chain.

COMMON MISTAKE Trying to do the hook with finger strength alone; the movement must come from the wrist and the body.

TRAINING NOTE Your partner extends their wrist toward you; repeat the hooking and pulling movement.

P3-68 Sequential Double-Arm Trapping Chain

STARTING POSITION Close range

WHEN TO USE When the attacker escapes one trap and comes again with the other arm, you need to move to the second trap without breaking the chain.

EXECUTION As soon as the first hand releases its trap, the attacker's incoming second arm is met with the other hand and the same trap-strike pattern is repeated; the two hands trap in turn and are never both idle at the same time.

COMMON MISTAKE Panicking and backing off when the first trap comes undone; if the chain is broken, the attacker regains distance.

TRAINING NOTE Your partner comes with each arm in turn; practice the unbroken trapping chain at a slow tempo.

P3-69 Controlling a Knife-Wielding Attacker's Wrist with Both Hands and Breaking the Arm with the Elbow *Two-Hand Wrist Control with Elbow Break*

STARTING POSITION Knife-wielding attacker's arm at close range

WHEN TO USE When the weapon arm is firmly controlled with both hands, the elbow joint of the same arm is vulnerable to a counterforce from short range.

EXECUTION 1. Both hands grip and pin the wrist and forearm holding the weapon from both sides; at the same time the other arm or forearm applies pressure in the opposite direction over the attacker's elbow joint.

2. The moment the joint is strained, the knife drops or the attacker loses control of it; distance is opened immediately.

COMMON MISTAKE Controlling only the wrist and neglecting the elbow pressure; in that case the attacker can turn their wrist and redirect the knife.

TRAINING NOTE This technique is practiced only with a training knife, at a very slow tempo and under instructor supervision; real pressure is never applied.

GROUP 10 · 6 TECHNIQUES

Black Force Trapping, Sweeps and Close Range

This group contains ways of entering against an attacker with a closed guard, an advanced parry against a straight punch, a foot sweep made at the correct angle, and arm control in the clinch. The common rule does not change: if the movement does not produce a result within a second or two, you do not persist; distance is opened or you move to another technique.

P3-70 Double Trap and Elbow *Double Trap to Elbow*

STARTING POSITION Fighting stance, attacker's guard up

WHEN TO USE When the attacker holds their guard up in front of their face and the distance is close.

- EXECUTION**
1. Taking your head off the attacker's punching line, you step diagonally forward.
 2. Both hands grip both of the attacker's wrists and pull them down with a sharp, short movement; the guard opens.
 3. As a continuation of the same movement, a horizontal elbow is sent to the face or chest.
 4. Then comes the knee, a takedown or getting away.

COMMON MISTAKE Entering with the head left on the punching line; the attacker can strike at exactly that moment.

TRAINING NOTE With a partner holding their guard up, apply the trap and the elbow on the pad.

P3-71 Scoop Parry and Upward Elbow *Scoop to Upward Elbow***STARTING POSITION** Fighting stance, attacker in front**WHEN TO USE** Against a straight punch, in situations where you can read the attacker's movement.

- EXECUTION**
1. The rear hand strikes the top of the incoming punch with the wrist, then sweeps outward like a scoop from the inside of the arm with the fingers; the punch leaves its line.
 2. At the same time you step diagonally forward and control the attacker's rear arm with the other hand.
 3. With both arms off the line, you strike the chin with an upward elbow.

LIMITS / PLAN B This technique requires fine timing; against a surprise attack, simple entries such as the dive entry (P1-59) and the ram's horn (P2-70) take priority.**COMMON MISTAKE** Thinking the technique is easy because your partner's punch does not come all the way to the target.**TRAINING NOTE** With headgear and gloves; your partner really sends the punch all the way to the target.

P3-72 Outside Foot Sweep

STARTING POSITION Close range, attacker in a wide stance

WHEN TO USE When the attacker is standing in a wide stance or starting to take their weight off their lead foot.

- EXECUTION**
1. Timing: the sweep is not made while all the weight is on the foot to be swept; you wait for the moment the weight starts to come off.
 2. Angle: the sweep goes about 30 degrees outward from the line between the attacker's two feet, while their upper body is pushed or pulled in the opposite direction at the same time.
 3. Contact: the inner arch of your foot makes contact just below the calf; the sweep is made with a diagonal movement from below upward.
 4. When the attacker falls, distance is opened.

COMMON MISTAKE Striking the ankle or the foot; there is no sweep, and your own foot hurts.

TRAINING NOTE First angle and contact work without a partner, then a controlled sweep with a partner on the mat.

P3-73 Control by Wrapping the Arm (Snake) *Snake Arm Control*

STARTING POSITION Clinch

WHEN TO USE To control one of the attacker's arms in the clinch, or when you have blocked a swinging strike and moved inside.

EXECUTION

1. Your arm wraps over the attacker's upper arm and traps the arm against your body close to the elbow.
2. By lowering your weight, you make it hard for the attacker to stand upright.
3. The free hand holds the attacker's other wrist or biceps and controls it as well.
4. From here you move to a knee strike to the thigh, a headbutt or a takedown.

COMMON MISTAKE Wrapping the arm close to the shoulder; the attacker can get underneath you and control you.

TRAINING NOTE In the clinch, first slow positional work, then with light resistance.

P3-74 Two-Handed Single-Arm Control *Two-on-One Arm Control*

STARTING POSITION Passive stance, attacker pushing or grabbing

WHEN TO USE When the attacker tries to push you or grab your collar or neck.

- EXECUTION**
1. Both hands grip the same arm of the attacker from the outside: one on the triceps just above the elbow, the other on the wrist.
 2. The arm is pushed across in front of the attacker's body; for a moment the attacker turns sideways.
 3. In this brief moment you deliver a kick to the groin, a knee or take their back.
 4. The position does not last long; you counter immediately.

COMMON MISTAKE Holding the arm and waiting; the attacker immediately turns or pulls their arm away.

TRAINING NOTE Your partner attempts a push or a collar grab; the student grips with both hands and kicks the pad.

P3-75 Kicking and Standing Up from a Side-Sitting Position *Side-Sitting**Kick and Stand*

STARTING POSITION Side-sitting position on the ground, attacker standing

WHEN TO USE When a standing attacker comes at you while you are in a side-sitting position on the ground.

EXECUTION 1. One hand supports you on the ground, the other protects the face; the torso is kept facing the attacker.

2. The moment the attacker bends and approaches, the torso is pulled slightly to the side to get off the line, and a short, hard kick is delivered with the bottom leg to the groin or knee.

3. After the kick, the technical stand-up (P1-34) is done and you get away.

LIMITS / PLAN B The kick to the knee is considered only in a serious attack; it can cause ligament injury (Module 1, Point 26).

COMMON MISTAKE Staying on the ground after the kick.

TRAINING NOTE Repetitions of kicking a shield held by a standing partner and standing up.

Level Assessment

In the P3 assessment, decision-making comes to the fore. In every weapon scenario the student is expected to consider the escape option first.

- Recognizing the four knife angles and the first defense against each (with a training knife).
- The verbal response and the decision to get away in a static knife threat.
- Entry or exit against overhead and horizontal stick attacks.
- Positioning and funneling against two attackers.

- Sprawl, single- and double-leg defense.
- Escapes from back control, turtle, scarf hold and half guard.
- Scenario: a single armed attacker or two unarmed attackers; an appropriate response and getting away.

Sample 8-Week Training Plan

- **Week 1:** Knife angles, distance and escape; the static threat.
- **Week 2:** Straight, overhead and horizontal knife defenses; the protocol.
- **Week 3:** Stick and hard object defenses; the 5 angles.
- **Week 4:** Introduction to multiple attackers.
- **Week 5:** Advanced choke releases; takedown defense.
- **Week 6:** Basic ground fighting: back, mount, side control.
- **Week 7:** Bottom control and escapes: turtle, scarf, half guard, north-south.
- **Week 8:** General review, armed scenarios and level assessment.

P3 CHECKLIST

- ☐ I know that my first option against a knife is distance and escape.
- ☐ I can recognize the four knife angles and apply the first defense.
- ☐ Against a stick attack, I can choose to get out of range or to enter close to the handle.
- ☐ I can move without getting caught between two attackers.
- ☐ I can stop a takedown attempt with the sprawl.
- ☐ I can escape from back control while protecting my neck.
- ☐ I can get out of turtle, the scarf hold and half guard.
- ☐ I check my own body after every weapon scenario.

P4

P4 · Advanced Weapon Defense, Clinch and Ground

75 techniques · 18 of them ground fighting · The level of control

In P3 you were introduced to armed threats; in P4 that introduction becomes a system. Knife defense is no longer just a set of individual angles: a consistent 360-degree framework, methods of controlling the weapon arm and disarming are completed at this level. But one rule does not change: disarming is not a goal, it is a tool used when necessary. Getting away always stays on the table as the first option.

The second theme of P4 is control. The clinch deepens; you learn to manage the attacker's head, arms and balance. Joint locks enter the system for the first time, for defensive purposes: to secure a disarm or to escape a grab. On the ground, escapes become chains, and early defense against lock attempts is taught.

The last part of the level is the Shield Stance: the mature form of the head cover from P1. The Shield Stance is a structure that turns defense into attack, and at close range, especially at moments when you are caught unprepared, it is the system's most reliable refuge.

GOALS OF THIS LEVEL

- Complete the 360-degree defense framework and respond consistently to edged-weapon attacks from any angle.
- Control the weapon arm with the C-Grip and the V-Step, and disarm when necessary.
- Establish head control in the Thai clinch, exit the clinch with strikes and stop a takedown attempt.
- Apply basic wrist and elbow locks for defensive purposes.
- Apply ground escapes as chains, and defend early against rear chokes and arm lock attempts.
- Use the striking, clinch and exit options from the Shield Stance fluently.

TECHNIQUE GROUP	COUNT	AREA
Edged Weapon Defense (Advanced)	11	Standing
Stick and Crowbar Defense (Advanced)	3	Standing
Clinch and Takedown Defense	12	Standing
Joint Locks (Defensive Use)	6	Standing
Ground Fighting	18	Ground
Shield Stance and Close-Range Strikes	22	Standing
Black Force Entries and Throws (Advanced)	3	Standing
TOTAL	75	18 ground

GROUP 1 · 11 TECHNIQUES

Edged Weapon Defense (Advanced)

These eleven techniques turn knife defense into a system. The common principle is: control the knife arm, counter, open distance if

there is an opportunity; do not try to take the weapon before control is established.

DECISION NOTE - ADVANCED EDGED WEAPONS

- The decision note from P3 applies here as well: escape, distance, obstacles and handing over the demanded item always come first.
- Disarming is not a goal. It is considered if control has been established and escape is not possible; whenever possible, opening distance and getting away after control is preferred.
- If control is lost, contact is not sought again; distance is created, obstacles are used and you head for the exit.
- Prerequisite: the entire P3 edged-weapon group and the first three angles of the 360 defense.

DECISION CHART · AFTER THE WEAPON ARM IS CONTROLLED

Is the escape route open?	YES → Push the arm away to open distance and get away; do not try to take the weapon.
NO ↓	
Is control solid and the attacker off balance?	YES → Counter, then open distance; taking the weapon is considered only if getting away is not possible.
NO ↓	
Control is weakening: keep control with both hands and close to the body, and keep the tip of the knife away from you.	
↓	
Has control been lost completely?	YES → Do not try to catch it again; back off, look for an obstacle, head for the exit line.
NO ↓	
When the incident is over, reach a safe place, call emergency services (112) and check yourself.	

P4-01 **PRINCIPLE** **The Complete 360° Defense Framework** *Full 360° Defense*

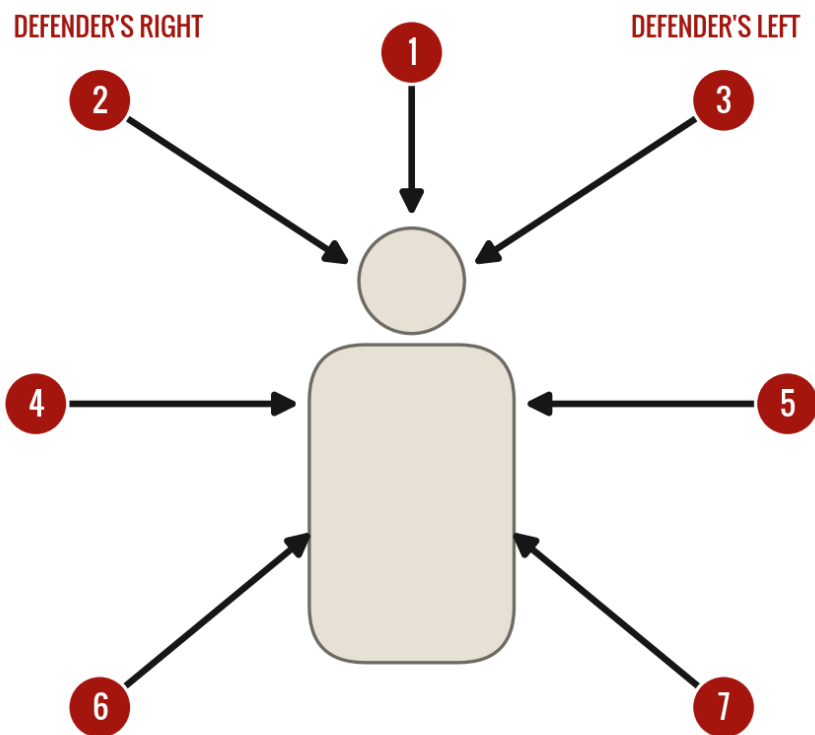
WHEN TO USE The system you started with three angles in P1 is completed here; a consistent response to every kind of circular attack coming from above, from the side, diagonally and from below.

EXECUTION In the Black Force numbering there are seven angles: 1 overhead; 2 upper right diagonal; 3 upper left diagonal; 4 right side; 5 left side; 6 lower right diagonal; 7 lower left diagonal. Right and left are the defender's own right and left. At each angle the forearm is placed perpendicular to the line of attack and the block is made together with a forward step. The block and the counter are simultaneous; the blocking arm immediately moves on to grip the weapon arm. Different Krav Maga schools may number these angles differently.

LIMITS / PLAN B If none of the seven angles works, back off and return to the 360 stance; do not force the defense.

COMMON MISTAKE Bending over at the low angles; the head drops and is left open to the second attack.

TRAINING NOTE The instructor calls an angle number; first with the hand, then with a training knife, and finally in random order.



The seven angles of the 360° defense (Black Force numbering). Right and left are the defender's own right and left; the drawing is shown from the front.

P4-02 Defense Against Low Stabs (Icepick and Underhand) *Low Stab*

Defense

STARTING POSITION Fighting stance, attacker with a knife in front

WHEN TO USE Against stabs coming from below upward or from low at the side; among the hardest attacks to notice.

EXECUTION 1. As the hips slide off the line of attack, the forearm drops and blocks the weapon arm; immediately after the block the hand grips the wrist.

2. At the same time the other hand counters to the face.

3. Against low stabs, pulling the hips back keeps the torso from being left exposed.

VARIATIONS Overhead stab (P3-03).

LIMITS / PLAN B If the block is late against a low stab, pull the hips back and open distance.

COMMON MISTAKE Leaning the torso forward to block.

TRAINING NOTE Timing of the slide and the block against slow low stabs.

P4-03 Knife Attack from Behind and from the Blind Spot *Blind-Side Knife Attack*

STARTING POSITION Passive stance, attacker behind or out of sight

WHEN TO USE An attack you cannot see; here, noticing the early warning signs (sound, contact, the reactions of people around you) is as important as the technique.

EXECUTION

1. When contact or a sound is noticed, you first get off the line forward and to the side, then turn to face the threat.
2. During the turn the arms are kept ready for the 360 block.
3. If you have been grabbed, you counter with an elbow and the turn.

LIMITS / PLAN B If contact comes before the turn is complete, close up into the Shield Stance and then orient.

COMMON MISTAKE Turning first and getting off the line afterward; the attack is completed during the turn.

TRAINING NOTE With your eyes closed, your partner touches your shoulder with a training knife; get off the line and turn.

P4-04 Knife Threat from the Front: Throat and Body *Frontal Knife Threat*

STARTING POSITION Passive stance, knife held to the throat or body from the front

WHEN TO USE When the knife has not yet been thrust but is being held against the throat or body as a threat.

DANGER The knife is already in contact; hesitation or a wrong movement can lead to a severe cut within seconds. The attacker may use the knife even after getting what they want.

EXECUTION

1. First you appear calm, both verbally and physically; the hands are open and up.
2. If it is clear the threat will turn into action, or if there is no escape, the hands push the knife arm to the side at the same time as the body gets off the line; the grip and the counter follow immediately.
3. Nothing is done before control of the wrist is established.

VARIATIONS Knife threat from the side and behind (P4-05), knife threat on the ground (P5-31).

LIMITS / PLAN B If the grip cannot be established, do not reach for the knife arm again; open distance and look for an obstacle.

COMMON MISTAKE Trying to grab the knife itself.

TRAINING NOTE With a training knife at a slow tempo: deflect, slide, grip; discuss the decision points with the instructor.

P4-05 Knife Threat from the Side and from Behind *Side and Rear Knife**Threat*

STARTING POSITION Passive stance, knife held from the side or behind

WHEN TO USE The version of the same threat in different positions; when the knife is held against the neck from the side or against the back from behind.

DANGER You cannot see the knife; it can be thrust at any moment while the attacker is steering you or trying to take you somewhere.

EXECUTION 1. In a threat from the side, the arm pushes the knife outward while the body turns inward; in a threat from behind, the arm sweeps the weapon arm with the turn and an elbow counter follows.

2. In both cases the first movement is getting off the line of the knife.

VARIATIONS Knife threat from the front (P4-04).

LIMITS / PLAN B If you guess the direction wrong, focus on covering up and opening distance instead of deflecting.

COMMON MISTAKE Not confirming where the knife is before turning.

TRAINING NOTE Determining the direction and responding by feeling the contact of the threat (by touch).

P4-06 Controlling the Weapon Arm (C-Grip, V-Step) *Weapon Arm Control*

STARTING POSITION Moment of contact with the knife arm

WHEN TO USE Two reliable methods of holding the arm that holds the knife; the transition to the disarm starts here.

- EXECUTION**
1. In the C-Grip, the hand forms a “C” shape with the thumb and fingers and grips the attacker’s wrist; the other hand supports the forearm.
 2. In the V-Step, the body moves to the attacker’s outside with a diagonal step and both arms lock the weapon arm close to the body.
 3. In both methods the tip of the knife is kept away from you.

LIMITS / PLAN B If the C-Grip or V-Step does not hold, do not move on to the disarm; keep your distance until control is re-established.

COMMON MISTAKE Holding the weapon arm away from the body during control; the arm can turn and the knife can be directed at you.

TRAINING NOTE First a static grip, then maintaining control against light resistance from your partner.

P4-07 Disarm and Takedown (Strip and Takedown)

STARTING POSITION Weapon arm under control

WHEN TO USE To take the knife out of the attacker's hand after controlling the arm and, if necessary, take the attacker to the ground.

- EXECUTION**
1. The controlled wrist is bent toward the attacker's thumb; the knife is taken by pulling it out in the direction of the thumb.
 2. If necessary, the attacker is taken to the ground with a wrist lock.
 3. Once the weapon is taken, distance is opened.

LIMITS / PLAN B If the wrist does not turn, do not force it; keep control and choose to open distance.

COMMON MISTAKE Trying to take the weapon before control is in place.

TRAINING NOTE At a very slow tempo, with a training knife, the control-take-distance chain.

P4-08 **PRINCIPLE** Distance Management and Escape Routes *Distance and Escape Routes*

WHEN TO USE Disarming is not always possible or necessary; this technique clarifies the decision "when to run, when to intervene."

EXECUTION As soon as you enter a setting, the exits are identified; when a threat appears, you move toward these exits. If the escape route is closed, obstacles are used; if it is open, you get away without stopping. Intervention is considered only in situations where escape is not possible or you need to protect someone else.

LIMITS / PLAN B If the distance and escape assessment is unfavorable, do not intervene; obstacles and waiting take priority.

COMMON MISTAKE Choosing to intervene while the escape route is open.

TRAINING NOTE In scenarios the instructor changes the exits; justify your decision each time.

P4-09 Redirecting the Knife Hand and Locking the Wrist *Redirect and Wrist*

Lock

STARTING POSITION Knife arm under control

WHEN TO USE The final step for taking full control; especially in situations where the attacker will not let go of the weapon.

EXECUTION 1. The wrist is turned outward and downward so that the attacker's elbow stays bent; this lock directs the tip of the knife away from you and unbalances the attacker.
2. With the lock, the weapon is taken or the attacker is taken to the ground.

LIMITS / PLAN B If the lock does not hold, do not try again; back off while keeping control.

COMMON MISTAKE Applying the lock fast and without control; in the gym, locks are applied slowly and according to the partner's tap-out signal.

TRAINING NOTE Slow application of the lock and immediate release at the tap-out signal.

P4-10 Knife Defense in Confined Spaces (Elevator, Corridor)

STARTING POSITION In a confined space, attacker with a knife nearby

WHEN TO USE Everything changes when you do not have the luxury of taking distance: elevators, narrow corridors, stairwells.

EXECUTION 1. First you assess whether there is a door, an obstacle or an opportunity to escape.

2. If there is truly no room to back off, the response goes forward and toward the weapon arm; the wall can be used to trap the attacker's arm.

3. Once control is established, the counter is delivered with close-range weapons (elbow, knee, head).

LIMITS / PLAN B If control is lost in a confined space, use the wall to try to create distance again.

COMMON MISTAKE Attempting wide movements; in a confined space, short and compact movements work.

TRAINING NOTE Slow scenarios with a training knife in a narrow corridor set up between two screens.

P4-11 Grab and Choke Attacks Combined with a Knife *Grab-and-Stab Attacks*

STARTING POSITION Attacker with a knife grabbing or choking

WHEN TO USE Real attacks are rarely “clean”; someone may use a knife with one hand while holding you with the other.

EXECUTION 1. The priority is always the knife: the grab or choke comes second.

2. First the knife arm is controlled, then you escape the grab.

3. Because the gripping hand fixes the attacker’s body in place, controlling the knife arm is actually easier.

LIMITS / PLAN B Do not try to break the grip first; until the knife arm is controlled, that is the priority.

COMMON MISTAKE Trying to escape the grab first and forgetting the knife.

TRAINING NOTE Your partner holds your collar with one hand and stabs slowly with the other; practice the order of priority.

GROUP 2 · 3 TECHNIQUES

Stick and Crowbar Defense (Advanced)

P4-12 Defense Against Diagonal and Low Stick Attacks *Diagonal and Low Stick Defense*

STARTING POSITION Fighting stance, attacker with a stick in front

WHEN TO USE Against lines of attack that fall outside the basic angles from P3 and are harder to predict.

EXECUTION

1. At the diagonal angle, both forearms go in together to the stick arm, in the area close to the handle.
2. Against a low swing (to the leg), either the leg is pulled back and you get out of range, or you go in to the upper body as the swing begins.
3. With heavy objects such as a crowbar, getting out of range is usually safer.

LIMITS / PLAN B If both arms cannot hold in the cross entry, back off and get out of range.

COMMON MISTAKE Bending over and trying to block a low swing with the hand.

TRAINING NOTE Mixed-angle swings with a foam stick.

P4-13 Control and Disarm After a Stick Defense *Stick Disarm*

STARTING POSITION After a stick defense, close range

WHEN TO USE Not just to defend but to take the stick.

EXECUTION 1. After the stick arm is controlled, one hand grips the end of the stick and the stick is bent toward the attacker's thumb and pulled out.
2. The stick you have taken is held as an obstacle or dropped far away.

LIMITS / PLAN B If the stick cannot be taken, prefer to maintain control and open distance.

COMMON MISTAKE Forgetting the attacker's free hand while taking the stick.

TRAINING NOTE Slow repetition of the control-bend-take chain.

P4-14 Stick Threat in a Crowd and in a Confined Space *Stick Threat in Crowds and Tight Spaces*

STARTING POSITION Crowd or confined space, attacker with a stick

WHEN TO USE To learn how stick defense changes when your room to move is restricted.

EXECUTION 1. In a confined space the stick cannot be swung fully either; this makes it easier to go in.
2. In a crowd, the priority is that bystanders are not hurt and narrowing the stick's swinging area.
3. Close-range control and short counters are preferred.

LIMITS / PLAN B In a crowd, if bystanders are at risk, prioritize changing direction and getting away instead of intervening.

COMMON MISTAKE Bumping into others while retreating in a crowd and losing your balance.

TRAINING NOTE A foam stick scenario in a confined space where several partners are standing.

GROUP 3 · 12 TECHNIQUES

Clinch and Takedown Defense

P4-15 Thai Clinch and Head Control

STARTING POSITION Close range, face to face

WHEN TO USE To leave the attacker off balance and make knee strikes easier by controlling their head; it serves both offense and defense.

EXECUTION

1. Both hands are placed one on top of the other behind the back of the attacker's neck (the fingers are not interlaced), and the elbows rest against their chest or collarbones.
2. The head is pulled down and the attacker is left off balance.
3. Knees and changes of direction are applied from this position.

COMMON MISTAKE Interlacing the fingers; a sudden movement can injure the fingers.

TRAINING NOTE Establishing and holding the clinch in 30-second rounds.

P4-16 Knee and Elbow Work in the Clinch *Knees and Elbows in the Clinch*

STARTING POSITION Thai clinch

WHEN TO USE The clinch is not a static position; it is a situation that constantly generates strikes.

EXECUTION The knee is applied from the Thai clinch, the elbow from one-handed control; while one hand keeps control, the other hand is released for the elbow and returns immediately.

COMMON MISTAKE Letting go with both hands for the elbow.

TRAINING NOTE Knee–elbow combinations inside the clinch with a pad vest.

P4-17 Escaping a Clinch Against a Wall *Escaping a Wall Clinch*

STARTING POSITION Back against the wall, in the clinch

WHEN TO USE When you are clinched with your back against a wall, the normal exits are not enough.

EXECUTION The hips are slipped under the attacker's hips to switch places and turn the attacker toward the wall; alternatively, an arm goes under the attacker's armpit to slide out to the side.

COMMON MISTAKE Leaning against the wall and trying to push the attacker away with the hands.

TRAINING NOTE Practice switching places against a soft wall pad.

P4-18 Exiting the Clinch and Transitioning to Strikes *Clinch Exit with Strikes*

STARTING POSITION Clinch

WHEN TO USE An exit supported by strikes, so as not to be left defenseless as you leave the clinch.

EXECUTION At the moment of the exit, the attacker's pursuit is blocked with an elbow, a push or a short punch; once distance opens, you take a fighting stance.

COMMON MISTAKE Dropping the hands during the exit.

TRAINING NOTE The clinch–exit–strike chain, with a different strike on each repetition.

P4-19 Recovering Balance Without Going to the Ground *Clinch Balance**Recovery*

STARTING POSITION Standing, off balance

WHEN TO USE The recovery reflex when you are pushed in the clinch and your balance is broken.

EXECUTION 1. The feet are brought quickly under the body, the hips drop and the arms hold onto the attacker to regain balance.

2. As soon as balance is restored, you counter.

COMMON MISTAKE Hanging completely on the attacker so as not to fall.

TRAINING NOTE Your partner makes controlled pushes in the clinch; recover.

P4-20 Breaking the Attacker's Balance in the Clinch *Off-Balancing in the Clinch**Clinch*

STARTING POSITION Clinch

WHEN TO USE Breaking the other person's balance increases your control.

EXECUTION 1. While the attacker is pulled in one direction with head control, the feet step in the opposite direction; this way the attacker's weight ends up on one foot.

2. This moment is used for a knee strike or a takedown.

COMMON MISTAKE Pulling with strength; balance is broken through angles.

TRAINING NOTE Changing direction and off-balancing by circling in the clinch.

P4-21 Exiting the Clinch with Knees and Elbows *Exiting with Knees and Elbows*

STARTING POSITION Clinch

WHEN TO USE Another way of exiting by striking, in a different control situation.

EXECUTION When the attacker holds you tightly, you push their hips back with a series of knees; in the gap that opens, you turn their head with an elbow and get out.

COMMON MISTAKE Not establishing balance before starting the knee series.

TRAINING NOTE Knee–elbow–exit from a tight clinch.

P4-22 Taking the Back by Swinging the Arm Over the Head *Arm-Over-Head Back Take*

STARTING POSITION Clinch or close range, attacker's arm extended

WHEN TO USE When you are chest to chest with the attacker in the clinch, throwing one arm over their head and getting behind them takes you to the position where they are weakest.

EXECUTION 1. While one arm passes over the attacker's shoulder and wraps around their neck, the foot on the same side steps to the side and back; the body turns from the attacker's side to their back.

2. Contact is never broken until the transition is complete.

COMMON MISTAKE Pulling the body back while throwing the arm; this lets the attacker turn and come back in front.

TRAINING NOTE With a partner at a slow tempo, repeat throwing the arm and stepping behind together.

P4-23 Rear Naked Choke (Rear Neck Lock)

STARTING POSITION Behind the attacker

WHEN TO USE Once you have taken the back, the neck lock is the most reliable tool for briefly controlling both the attacker's movement and their breathing.

EXECUTION 1. The arm wrapping from behind goes around the neck so that the crook of the elbow comes to the neck; the other hand grips the first arm to close the lock, and the lock is tightened as the body pulls back and slightly to the side.

2. Once control is established, a takedown or getting away is considered.

LIMITS / PLAN B If the lock does not hold, do not strain the wrist; if you have lost control, open distance.

COMMON MISTAKE Squeezing the lock aggressively, suddenly and without control; this can be both ineffective and dangerous.

TRAINING NOTE This technique is practiced only under instructor supervision, with the tap-out signal and in a very controlled way.

P4-24 Takedown with Hip Pressure *Hip-Pressure Takedown*

STARTING POSITION Clinch, beside or in front of the attacker

WHEN TO USE When control from behind is established, pressing the attacker's lower back forward takes them to the ground off balance and defenseless.

EXECUTION 1. While the grip from behind is maintained, the hips are positioned close to the attacker's lower back and pressure is applied forward and down together with the body; the attacker's knees buckle and they go down.

2. The landing is controlled; a hard fall is not allowed.

LIMITS / PLAN B If the elbow does not straighten, do not increase the pressure; if the attacker does not come forward, release the lock and open distance.

COMMON MISTAKE Trying to apply the pressure with the arms alone; without hip and body support, the effect is reduced.

TRAINING NOTE Practice on a soft surface, guiding the fall slowly.

P4-25 Takedown by Pulling the Neck *Neck-Pull Takedown*

STARTING POSITION Clinch, attacker's neck under control

WHEN TO USE When hip pressure is not possible, pulling the neck back and down breaks the attacker's balance from another direction.

EXECUTION 1. The arm wrapped around the neck from behind pulls the attacker back and down; at the same time the hips slide slightly back and the attacker's back comes down to the ground.

2. The landing is guided without losing control.

LIMITS / PLAN B If the small-joint lever does not hold, do not resort to force; move to another control point.

COMMON MISTAKE Pulling only by the neck and letting go without supporting the body; this makes the fall uncontrolled.

TRAINING NOTE This technique is practiced only under instructor supervision, on a soft surface and at a very slow tempo; real pressure is never applied to the neck.

P4-26 Defense Against a Body-Lock Takedown Attempt *Body Lock Takedown Defense*

STARTING POSITION Fighting stance, attacker shooting for your waist

WHEN TO USE To stop a takedown attempt that comes during the clinch.

EXECUTION 1. The hips are pulled back, the forearms frame against the attacker's chest or neck and the feet are planted wide.

2. If the attacker's arms do not come undone, you counter to their head and ears.

LIMITS / PLAN B If the escape from the lock does not work, do not resist; reduce the pressure with a small movement in the direction of the lock.

COMMON MISTAKE Standing upright and keeping the hips close to the attacker.

TRAINING NOTE Your partner wraps around your waist and tries to lift you; resist with your hips and frame.

GROUP 4 · 6 TECHNIQUES

Joint Locks (Defensive Use)

In this system, joint locks are not a tool for winning but a tool for control. They are used to secure a disarm, to escape a grab or to control the attacker briefly. In the gym all locks are applied slowly and released instantly at the partner's tap-out signal.

P4-27 Wrist Locks: Gooseneck and Center Lock

STARTING POSITION Attacker's wrist or hand under control

WHEN TO USE To control the attacker through pain, especially after a disarm.

- EXECUTION**
1. In the gooseneck, the attacker's hand is bent inward at the wrist and their elbow is pressed down.
 2. In the center lock, the hand and wrist are locked in front of your body with the palm facing the attacker.
 3. In both locks the attacker's elbow is kept bent.

VARIATIONS Wrist lock takedown (YE-12), wrist turn and throw (P5-51).

LIMITS / PLAN B If the finger lock does not work, target another finger, not the whole hand.

COMMON MISTAKE Applying the lock suddenly.

TRAINING NOTE Slow lock, tap-out signal, release; both sides.

P4-28 Elbow Lock (Arm Bar) *Standing Arm Bar*

STARTING POSITION Attacker's arm extended or under control

WHEN TO USE To immobilize the attacker without taking them to the ground, by keeping the arm straight and locking the joint.

EXECUTION 1. The attacker's arm is gripped at the wrist and straightened; the other forearm applies pressure just above the elbow and the attacker bends forward.

2. The angle of pressure is against the elbow's natural direction of bending.

LIMITS / PLAN B If the counter-lock does not hold, do not prolong the struggle; choose to open distance and get away.

COMMON MISTAKE Applying the pressure to the shoulder instead of the elbow itself.

TRAINING NOTE Slowly with a partner, according to the tap-out signal.

P4-29 Small-Joint Levers *Small Joint Manipulation*

STARTING POSITION Attacker's finger or hand under control

WHEN TO USE Controls applied to small joints such as the fingers, requiring little strength but having high effect.

EXECUTION 1. A single finger or the thumb is gripped and turned against its natural direction of bending; this can break even a strong grip.

2. The grip is brief and is followed immediately by another movement.

COMMON MISTAKE Trying to grip the whole hand instead of a finger.

TRAINING NOTE Very light finger-lever work against your partner's grips.

P4-30 Escaping a Lock and Countering

STARTING POSITION About to be caught in a lock

WHEN TO USE To escape if you are caught in a lock.

EXECUTION 1. The locked joint is moved in the direction of the lock to reduce the pressure; at the same time you counter with the free hand or a foot.
2. When the lock pressure eases, the joint is pulled toward the body.

COMMON MISTAKE Resisting the lock and straining the joint.

TRAINING NOTE Your partner slowly applies a lock; move in the direction of the lock and get free.

P4-31 Breaking Grips with Finger Locks *Finger Locks to Break Grips*

STARTING POSITION Grabbed, attacker's fingers within reach

WHEN TO USE When someone has a firm grip on you, to make them let go with a finger lock even if your strength is not enough.

EXECUTION The little finger or the thumb of the gripping hand is caught and bent backward; when the grip loosens, the hand is pushed away and you counter.

COMMON MISTAKE Trying to open the whole grip; one finger is enough.

TRAINING NOTE Finger locks against different types of grip (wrist, collar, hair).

P4-32 Escaping a Wrist Lock and Locking Back *Counter-Lock*

STARTING POSITION Wrist lock being applied

WHEN TO USE To have the last word in a mutual struggle for control.

EXECUTION You escape the applied wrist lock by moving in the direction of the lock; the escape movement is used to catch the attacker's wrist and apply the same lock to them.

COMMON MISTAKE Pausing between the escape and the counter-lock.

TRAINING NOTE Back and forth with a partner, at a very slow tempo.

GROUP 5 · 18 TECHNIQUES · GROUND FIGHTING

Ground Fighting

P4-33 Defense Variations Inside the Closed Guard *Closed Guard Defense Variations*

STARTING POSITION On the ground, bottom position, closed guard

WHEN TO USE When the attacker is between your legs and you have locked them with your legs, according to the attacker's different behaviors.

EXECUTION 1. If the attacker is trying to strike, their head and arms are controlled and pulled to the chest; if they are trying to posture up, their balance is broken with hip movement; if they are trying to stand, the lock is opened and distance is created.

2. The closed guard is not a place to wait but a control position that sets up the next movement.

LIMITS / PLAN B If repeated bridges do not work, stop wasting strength and wait for the right moment.

COMMON MISTAKE Staying passive in the closed guard and letting the attacker rest.

TRAINING NOTE Your partner applies three different behaviors in turn; give the appropriate response to each.

P4-34 Defense Variations in the Open Guard *Open Guard Defense Variations*

STARTING POSITION On the ground, bottom position, open guard

WHEN TO USE When the attacker is standing or on their knees and has not been locked with your legs.

- EXECUTION**
1. The feet press against the attacker's hips, knees or shoulders, and distance is adjusted through these contacts.
 2. As the attacker approaches, the legs bend and get ready to push; as they move away, you watch for the opportunity to do the technical stand-up.
 3. The hips keep moving to keep the feet pointed at the attacker.

LIMITS / PLAN B If the choking arm cannot be pulled down, keep the chin firmly tucked and keep shifting the shoulders.

COMMON MISTAKE Losing the foot contacts and letting the attacker get inside the legs.

TRAINING NOTE Your partner approaches from different angles; manage the distance while keeping your foot contacts.

P4-35 Standing Up from Guard and Opening Distance *Advanced Stand-Up from Guard*

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE An advanced version of the exits from P2 and P3, against a more resistant attacker.

EXECUTION You wait for the moment the attacker puts their weight down; at that moment one foot presses against the hip, one hand posts on the ground, and with an explosive hip push distance is opened and the technical stand-up is done.

LIMITS / PLAN B If the head does not turn toward the closed side of the arm, do not force it; try to break the angle with the legs.

COMMON MISTAKE Trying to get up when the attacker is at their most balanced.

TRAINING NOTE Timing work against a resisting partner.

P4-36 Side Control: Escape Chains *Side Control Escape Chains*

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE Trying one after another when a single escape is not enough; if the first plan does not work, the second, then the third.

EXECUTION 1. If the frame–shrimp escape is blocked, the bridge–turn is applied; if that is blocked too, the elbow–knee escape.
2. Each attempt forces the attacker into a reaction, and that reaction opens the door to the next escape.

LIMITS / PLAN B If the arm could not be freed early, focus on closing the angle with a hip turn.

COMMON MISTAKE Repeating the failed escape exactly as before.

TRAINING NOTE Your partner blocks each escape once; move on to the next in the chain.

P4-37 Mount: Escaping with the Arms Pinned *Mount Escape with Arms*

Pinned

STARTING POSITION On the ground, bottom position, attacker in mount, your arms locked

WHEN TO USE When the attacker also controls your arms, the normal escapes become difficult.

EXECUTION 1. The hip bridge is used again and again to push the attacker forward; with each bridge the hands are pulled a little further toward the body.

2. When the arms come free, the roll or the elbow escape is applied.

COMMON MISTAKE Trying to solve everything with one big bridge.

TRAINING NOTE Bridge rhythm under wrist control in mount.

P4-38 Back Control (Back Mount) and Choke Defense *Back Mount Choke*

Defense

STARTING POSITION On the ground, attacker on your back

WHEN TO USE The continuation of the basic back escape from P3 (P3-34) and the early arm defense (P3-42): the escape chain when the choke attempt is active and the attacker is resisting.

EXECUTION 1. The choking arm is pulled down with both hands and the chin is tucked; the shoulders slide to the ground and you turn to the side of the choking arm, getting past the attacker's legs.

2. When your back touches the ground, you look for guard or the top position.

COMMON MISTAKE Pushing the arm up or turning to the wrong side.

TRAINING NOTE Against a controlled choke attempt, with the tap-out signal agreed in advance.

P4-39 Guillotine Defense on the Ground *Ground Guillotine Defense*

STARTING POSITION On the ground, attacker applying a guillotine

WHEN TO USE The ground version of the standing guillotine; it requires different body mechanics.

EXECUTION 1. The choking arm is pulled down, the shoulder presses into the attacker's chest and the head is turned toward the closed side of the arm.

2. The body passes over the attacker's legs, breaking the angle of the lock.

COMMON MISTAKE Pulling the head back; the lock tightens.

TRAINING NOTE Very slowly and in a controlled way, under instructor supervision.

P4-40 Defense Against Arm Lock Attempts on the Ground *Ground Arm*

Lock Defense

STARTING POSITION On the ground, your arm being locked

WHEN TO USE To notice early and block when the attacker tries to lock your arm.

EXECUTION When someone tries to extend the arm, the elbow is kept bent and the hands are clasped together; the hips turn toward the attacker to break the angle of the arm.

COMMON MISTAKE Trying to free the arm by pulling it.

TRAINING NOTE Your partner makes slow lock attempts; practice the early defense.

P4-41 Neutralizing the Attacker and Escaping from the Top Position *Top*

Position Disengagement

STARTING POSITION On the ground, top position

WHEN TO USE Even when you are on top, the goal is not to prolong the struggle but to break contact and leave.

EXECUTION 1. From the top position a short counter is delivered, then you stand up while one knee presses on the attacker's body, and distance is opened.

2. Watch the attacker's legs while getting up.

LIMITS / PLAN B If the hand break does not hold, do not let go of the choking arm; keep shifting the shoulders and turning.

COMMON MISTAKE Thinking you have "won" on top and staying there for a long time.

TRAINING NOTE Safe stand-up and getting away from the top position.

P4-42 Facing Two Attackers on the Ground

STARTING POSITION On the ground, two attackers

WHEN TO USE One of the most dangerous scenarios on the ground; the priority is always getting up and correcting your position.

EXECUTION 1. The attacker on the ground is driven off with a short counter, the feet are turned toward the standing attacker, and at the first opportunity you do the technical stand-up.

2. After getting up, you move according to the funneling principle.

COMMON MISTAKE Continuing to wrestle with the attacker on the ground.

TRAINING NOTE A controlled three-person scenario.

P4-43 Breaking the Closed Guard and Standing Up *Guard Break and Stand*

STARTING POSITION On the ground, inside the attacker's closed guard

WHEN TO USE To break the lock and stand up when you are locked with the legs.

EXECUTION 1. The posture is straightened and you stand up by planting one foot on the ground; while standing, the attacker's hips are pressed down and the leg lock opens under gravity.

2. You exit from the opened lock with a step back.

LIMITS / PLAN B If the arm stays open, the hand lock may be late; try to close the angle with a hip turn.

COMMON MISTAKE Leaning forward while standing up.

TRAINING NOTE Repetitions of opening the lock from the closed guard while standing.

P4-44 Defense Against Leg-Grabbing Attempts from the Open Guard

Defending Leg Attacks from Open Guard

STARTING POSITION On the ground, bottom position, open guard, attacker grabbing your legs

WHEN TO USE Moments when the attacker tries to lock your leg.

EXECUTION The grabbed leg is bent at the knee and the weight is shifted forward; the hips move away from the attacker and the leg is turned outward and pulled free.

COMMON MISTAKE Leaving the leg straight and tense.

TRAINING NOTE Early reaction against slow leg grabs.

P4-45 Defense Against a Rear Choke: Chin Protection and Hand Fighting

Rear Naked Choke Defense

STARTING POSITION On the ground, attacker on your back choking

WHEN TO USE Against one of the most dangerous chokes; there is a risk of losing consciousness within seconds. The most critical moment of the escape chain in P4-34, the moment the arm is about to settle onto the neck, is practiced here separately and in detail.

EXECUTION 1. The chin is immediately tucked and turned toward the crook of the elbow of the choking arm; both hands hook onto the wrist of the choking arm and pull it down.

2. Then the shoulders slide to the ground and you turn.

COMMON MISTAKE Starting to react after the choking arm has settled in; the defense starts the moment the arm approaches the neck.

TRAINING NOTE Very slowly and obeying the tap-out signal immediately; never applied fully.

P4-46 Escaping Knee Pressure: A Second Option *Knee-on-Belly Escape*

(Option 2)

STARTING POSITION On the ground, bottom position, attacker's knee on your stomach

WHEN TO USE The second route for situations where the basic escape from P3 (P3-49) does not work or the attacker increases the pressure; because it makes breathing difficult, a fast response is needed.

EXECUTION Both hands press against the knee and hip to shift the pressure; the hips slide in the opposite direction and you turn toward the attacker, establishing guard over the knee.

COMMON MISTAKE Trying to push the knee upward.

TRAINING NOTE Repetition of the two escape directions under light knee pressure.

P4-47 Defense Against Shoulder and Arm Lock Attempts (Americana, Kimura) *Americana and Kimura Defense*

STARTING POSITION On the ground, bottom position, your arm being caught in a shoulder lock

WHEN TO USE Early defense against two common, named shoulder locks.

EXECUTION 1. The arm is kept close to the body and the hand is locked onto your own collar or belt; the hips turn toward the attacker to close the shoulder angle.

2. If the lock attempt is noticed early, the arm never opens.

COMMON MISTAKE Leaving the arm open or letting go of the hand lock.

TRAINING NOTE Your partner makes slow lock attempts; practice the hand lock and the hip turn.

P4-48 Defense Against Leg Entanglements *Leg Entanglement Defense*

STARTING POSITION On the ground, legs entangled

WHEN TO USE Situations in which the attacker tries to restrict your movement by wrapping your legs.

EXECUTION The knee is kept bent and the ankle flexible; you turn against the attacker's leg lock, moving the foot away from the hip.

COMMON MISTAKE Keeping the leg straight and pulling.

TRAINING NOTE Very slow positional work under instructor supervision.

P4-49 Unbalancing the Attacker on Top and Reversing Positions (Reversal)

STARTING POSITION On the ground, bottom position, attacker on top

WHEN TO USE Being on the bottom is not the final word; reversing the position is taught here.

EXECUTION 1. When the attacker's weight shifts in one direction, that direction is blocked (arm and leg), the hips lift with a bridge and you roll.

2. Once on top, you immediately choose to stand up or to control.

COMMON MISTAKE Trying to force a reversal while the attacker is balanced.

TRAINING NOTE Your partner deliberately shifts their weight; catch the opportunity.

P4-50 Escaping When Cornered on the Ground (Wall and Furniture)

Escaping Against a Wall

STARTING POSITION On the ground, pinned against a wall or furniture

WHEN TO USE In real settings, space on the ground is not unlimited; when you are pinned against a wall or furniture, a special solution is needed.

EXECUTION 1. The wall is used as a support: pressing the back or a foot against the wall, the hips slide and you get up.

2. Furniture is placed between you and the attacker as an obstacle.

LIMITS / PLAN B Do not attempt the headbutt before the grip is established; control the shoulders first.

COMMON MISTAKE Getting pinned against the wall and staying motionless.

TRAINING NOTE Ground defense next to a wall and standing up off the wall.

GROUP 6 · 22 TECHNIQUES

Shield Stance and Close-Range Strikes

The Shield Stance is a structure in which both arms are held in front of the face and body, and strikes are delivered from this position at the same time. It is the natural continuation of the head cover from P1, and it is a system that turns defense into attack. It is placed in P4 because the clinch and close range are worked intensively at this level, and the Shield Stance works at exactly this distance.

P4-51 Entering the Shield Stance: Double-Arm Cover *Shield Stance Entry*

STARTING POSITION Passive stance or fighting stance

WHEN TO USE The first refuge against a sudden barrage of strikes; when the arms close, most of the blows land on the arms instead of the body.

EXECUTION The forearms are positioned vertically in front of the forehead, the elbows protect the body, the chin is buried in the chest; the feet are solid and the knees bent.

COMMON MISTAKE Pinning the arms to the face and letting the blow be transmitted through the arms to the head.

TRAINING NOTE Covering and holding the position while your partner delivers light pad strikes.

P4-52 Elbow Strike from the Shield Stance (Forward) *Forward Elbow from Shield*

STARTING POSITION Shield Stance

WHEN TO USE The first counter generated without leaving the closed position.

EXECUTION One of the arms in the shield becomes a horizontal elbow going forward together with the hip turn, and returns immediately to the shield.

COMMON MISTAKE Not returning the arm to the shield after the elbow.

TRAINING NOTE Shield–elbow–shield rhythm on the pad.

P4-53 Elbow Strike from the Shield Stance (to the Side) *Side Elbow from Shield*

STARTING POSITION Shield Stance

WHEN TO USE A different angle from the same stance against pressure coming from the side.

EXECUTION As the body turns to the side, the elbow swings sideways; the head and the other arm keep the shield.

COMMON MISTAKE Opening the chin during the turn.

TRAINING NOTE Elbow with a turn into a pad held at the side.

P4-54 Transitioning from the Shield Stance to a Headbutt *Headbutt from Shield*

STARTING POSITION Shield Stance, very close range

WHEN TO USE It combines naturally with the headbutt group from P2.

EXECUTION When the distance has closed completely, the arms grip the attacker's shoulders and the forehead goes forward; a knee series follows.

COMMON MISTAKE Trying to headbutt without gripping.

TRAINING NOTE Controlled contact on a soft pad.

P4-55 Advancing on the Attacker in the Shield Stance *Advancing Behind the Shield*

STARTING POSITION Shield Stance

WHEN TO USE A way of coming out of defense and taking the initiative; however, it is preferred only if retreating or escaping is not possible and staying in place under pressure is riskier.

EXECUTION While the shield is maintained, you move onto the attacker with small, fast steps; when the distance closes, you switch to elbows and knees.

COMMON MISTAKE Opening the shield while advancing.

TRAINING NOTE Your partner walks backward delivering light pad strikes; advance.

P4-56 Defending While Retreating in the Shield Stance *Retreating Behind the Shield*

STARTING POSITION Shield Stance, while backing off

WHEN TO USE If the pressure is too great, it is also possible to retreat in the same stance.

EXECUTION While the shield is maintained, the rear foot moves first; the retreat is made toward the escape direction and the surroundings are scanned.

COMMON MISTAKE Leaning back on the heels while retreating.

TRAINING NOTE Retreating and changing direction inside the shield.

P4-57 Transitioning from the Shield Stance to a Sudden Punch *Punch from Shield*

STARTING POSITION Shield Stance

WHEN TO USE To come out of the closed position and return to a normal strike.

EXECUTION In the gap within the attacker's combination, one arm comes out of the shield, throws a straight punch and returns immediately.

COMMON MISTAKE Opening the shield while the combination is still coming.

TRAINING NOTE Your partner throws 3-strike combinations; counter with a punch in the gap.

P4-58 360-Degree Scan with the Shield Stance (Back to the Wall) *Shield and Scan*

STARTING POSITION Shield Stance, back against the wall

WHEN TO USE To keep protecting yourself while seeing your surroundings in a situation with multiple attackers or an unclear threat.

EXECUTION While the shield is maintained, the head turns between the arms to scan the surroundings; if possible, the back is put to a wall to close off the rear direction.

COMMON MISTAKE Dropping the shield to scan.

TRAINING NOTE Scanning inside the shield; call out the number of fingers your partner holds up.

P4-59 Coming Out of the Shield Stance and Opening Distance *Exiting the Shield*

STARTING POSITION Shield Stance

WHEN TO USE The closed position is not permanent; you need to open up and create distance at the right moment.

EXECUTION When the attacker's combination ends or they pause for a moment, distance is opened with a two-handed push or a push kick and you move into a fighting stance.

COMMON MISTAKE Opening up in the middle of the combination.

TRAINING NOTE Timing of opening up after a combination.

P4-60 Assigning Different Roles to Each Hand in the Shield Stance *Split Shield*

STARTING POSITION Shield Stance

WHEN TO USE While one arm blocks, the other can generate a strike at the same time.

EXECUTION While one forearm stays as the shield, the other hand delivers a palm heel, a punch or an elbow; the tasks are constantly switched according to the direction of the attack.

COMMON MISTAKE Opening both arms at the same time.

TRAINING NOTE Block–strike simultaneity at a slow tempo.

P4-61 Responding to a Sudden Close-Range Attack with the Shield Stance

Shield Flinch Response

STARTING POSITION Passive stance, very close range

WHEN TO USE An automatic first response at moments when you are caught unprepared.

EXECUTION The flinch reflex is directed straight into the Shield Stance: the hands shoot up to the face, the elbows close and the body moves forward.

COMMON MISTAKE Flinching and falling backward.

TRAINING NOTE With your eyes closed, respond with the Shield to your partner's sudden approach with a pad.

P4-62 PRINCIPLE Transitioning from the Shield Stance to a Knee Strike

Knee from Shield

WHEN TO USE To switch from the arms to the knees as the distance closes.

EXECUTION The arms in the shield lock onto the back of the attacker's neck or their shoulders and the knee series begins.

COMMON MISTAKE Losing control while kneeing.

TRAINING NOTE The shield–grip–knee chain.

P4-63 Freeing One Arm from the Shield Stance to Escape a Grab *From*

Shield to Grab Release

STARTING POSITION Shield Stance, grabbed

WHEN TO USE The stance is not static; if the attacker grabs you, one arm can be released.

EXECUTION While the arm on the grabbed side moves into the release technique, the other arm stays as the shield; when the release is complete, both arms close again.

COMMON MISTAKE Opening both arms during the release.

TRAINING NOTE One-armed releases against grabs that come while you are inside the shield.

P4-64 Entering the Clinch from the Shield Stance *Shield to Clinch*

STARTING POSITION Shield Stance, very close range

WHEN TO USE A natural transition from the closed position to clinch control.

EXECUTION When the distance closes, the arms open to establish the Thai clinch; you move from the protection of the shield to a control position.

COMMON MISTAKE Opening the chin while establishing the clinch.

TRAINING NOTE Shield–clinch–knee flow.

P4-65 Pivoting Among Multiple Attackers with the Shield Stance *Shield*

Pivot Against Multiple Attackers

STARTING POSITION Shield Stance, multiple attackers

WHEN TO USE To provide continuous protection against blows coming from more than one direction.

EXECUTION While the shield is maintained, you turn with short pivots; on each turn you orient toward the nearest threat and look for the escape direction.

COMMON MISTAKE Locking onto a single attacker.

TRAINING NOTE Protecting yourself by turning between light pad strikes from two partners.

P4-66 Shield Elbow Series: A Sequential Elbow Chain at Changing Angles

Shield Elbow Chain

STARTING POSITION Shield Stance

WHEN TO USE A single elbow strike is sometimes not enough to stop the attacker; a chain coming in succession at changing angles gives a more reliable result.

- EXECUTION**
1. After the first elbow strike coming out of the Shield Stance, the same or the other arm generates a second and a third elbow strike in succession from a different angle (side, overhead, diagonal); the body turns slightly with each strike.
 2. The chain continues until the attacker retreats or distance opens.

COMMON MISTAKE Repeating the same strike from the same angle; the attacker can soon predict this pattern.

TRAINING NOTE With a pad, repeat a series of elbow strikes in succession from three different angles at a slow tempo.

P4-67 Transitioning to a Close-Range Punch After the Shield Elbow Series

Elbow Chain to Close-Range Punch

STARTING POSITION Within the Shield Elbow Series

WHEN TO USE When the elbow series drives the attacker back, the distance may briefly become suited to a punch; this transition must not be missed.

EXECUTION After the last strike of the elbow chain, the same-side or cross punch comes in according to the distance that has opened; right after the strike, either the counter continues or you move to the exit.

COMMON MISTAKE Finishing the elbow series and pausing; this pause gives the attacker a chance to recover.

TRAINING NOTE Practice the elbow chain – punch – exit sequence without a break, at a slow tempo.

P4-68 Double Elbow Combination from the Shield Stance (Down-Up)*Shield Double Elbow (Down-Up)***STARTING POSITION** Shield Stance

WHEN TO USE When the attacker bends forward and goes for your body, the downward elbow is more effective; when they pull back and go for your face, the upward elbow is. Linking the two adapts to different scenarios.

EXECUTION The first elbow comes down from above onto the body or the shoulder; depending on the attacker's reaction, the second elbow rises with the same arm from below upward to the chin or face.

COMMON MISTAKE Doing the two strikes as independent, separate movements; the combination must be a single flow.

TRAINING NOTE Your partner, with a pad, first bends forward and then pulls back; choose and apply the correct elbow for the situation.

P4-69 Takedown and Follow-Up Strikes After the Shield Elbow Series*Elbow Chain to Takedown and Follow-Up***STARTING POSITION** After the Shield Elbow Series

WHEN TO USE When the elbow series shakes the attacker and breaks their balance, turning this moment into a takedown completes the counter.

EXECUTION With the last strike of the chain, the attacker's upper body is pressed down and forward and they are taken to the ground with lead-foot support; while the attacker is on the ground, one or two short follow-up strikes are made and you get away immediately.

COMMON MISTAKE Staying on top of the attacker for a long time after the takedown; the aim is not to pin, but to create an opportunity to get away.

TRAINING NOTE Practiced on a soft surface, under instructor supervision and at a very controlled tempo.

P4-70 Elbow Series from a Lowered Shield Stance *Lowered-Stance Elbow Chain*

STARTING POSITION Shield Stance

WHEN TO USE If the attacker goes below the waist or you are cornered, lowering the Shield Stance slightly changes both the protection and the striking angle.

EXECUTION 1. As the knees bend slightly and the body lowers, the arms keep the Shield Stance; from this position the elbow strikes go to the lower body and the hips.
2. When the opportunity arises, you rise again and open distance.

COMMON MISTAKE Losing balance and falling forward while lowering; the lowering must be small and controlled.

TRAINING NOTE With your back to a wall, repeat the lower–elbow–rise chain at a slow tempo.

P4-71 Countering the Attacker's Grab During the Shield Elbow Series

Countering a Grab During the Elbow Chain

STARTING POSITION Shield Elbow Series, attacker grabbing

WHEN TO USE The attacker may try to cling to your arm or body during the chain; in this case, instead of stopping the chain, a continuation that also takes the grab into account is needed.

EXECUTION 1. As soon as you feel the grab, the arm on that side loosens it with a short elbow strike; the other arm continues the chain.
2. Even if the grab does not come completely undone, the counter does not stop.

COMMON MISTAKE Getting caught up in the grab and stopping the whole chain; this gives the attacker a second opportunity.

TRAINING NOTE Your partner tries a sudden grab during the chain; practice continuing without stopping.

P4-72 Escape Protocol at the End of the Shield Stance *Shield Exit Protocol*

STARTING POSITION Shield Stance

WHEN TO USE Like every Shield Stance sequence, this one always ends with an exit.

EXECUTION The sequence of opening up, pushing, backing off, scanning and getting away is applied.

COMMON MISTAKE Coming out of the shield and staying at the scene.

TRAINING NOTE Add the protocol to the end of every Shield drill.

GROUP 7 · 3 TECHNIQUES

Black Force Entries and Throws (Advanced)

This group covers entering while protecting the head at moments when vision is limited, taking the attacker down over the thigh in the clinch, and taking the attacker's back from the clinch. The supported cover works on the same logic as the Shield Stance.

P4-73 Supported Cover ("Helmet") and Rear Elbow *Full Cover to Rear Elbow*

STARTING POSITION Passive stance, caught unprepared or in dim light

WHEN TO USE To protect your head in dim light or against a surprise attack, at moments when you cannot clearly see the incoming strike.

- EXECUTION**
1. The lead arm covers the side of the head as in the Thai cover; the rear hand supports this arm with the inside of the wrist and covers the face, with the rear elbow down.
 2. With small adjustments, this structure meets most straight, circular and overhead strikes.
 3. Driving forward into the attacker, the strike is smothered and the rear elbow or the lead forearm is sent to the face or chest.

COMMON MISTAKE Covering up and standing still; you take the full power of the strike.

TRAINING NOTE Your partner makes light strikes from different angles and swings a foam stick; the student covers up and enters.

P4-74 Throw Over the Thigh by Pressing the Elbow into the Chest *Elbow**Compression Throw***STARTING POSITION** Clinch or kick caught**WHEN TO USE** In the clinch, or after catching the attacker's straight kick, while the attacker is standing on their lead leg.

- EXECUTION**
1. You move into a side lever stance and the rear leg steps deep behind the attacker's lead leg; your thigh presses against theirs.
 2. The arm on the same side is placed diagonally across the attacker's chest and the elbow presses into the chest.
 3. Turning the body back, the attacker is tipped backward over your thigh.
 4. After the fall, distance is opened.

LIMITS / PLAN B The fall is hard and uncontrolled; in the gym it is practiced only on a mat, very slowly and with the partner's fall controlled. If the attacker keeps their balance, do not persist with the throw; open distance and get away.

COMMON MISTAKE Leaning back and extending the leg; in that case you are the one who gets swept.

TRAINING NOTE Slow positioning and fall control on the mat.

P4-75 Taking the Back by Pushing the Triceps *Triceps Push to Back*

STARTING POSITION Clinch

WHEN TO USE When the attacker tries to slip their arm inside in the clinch or extends their arm.

EXECUTION

1. The lead hand, with the palm facing up, grips the attacker's triceps close to the elbow.
2. The arm is pushed sharply across in front of the attacker's body; the attacker turns.
3. Stepping to the side they turned toward, you get behind the attacker.
4. You control them from behind and get away, or choose a takedown.

COMMON MISTAKE Pushing and staying in place; the opening lasts only a few seconds.

TRAINING NOTE In clinch drills, taking the back according to your partner's reaction.

Level Assessment

- The seven angles of the 360-degree defense, with a training knife and in random order.
- Response and decision-making against knife threats from the front, side and behind.
- Weapon arm control with the C-Grip and the V-Step; a controlled disarm.
- Thai clinch, knee–elbow from the clinch and exiting a clinch against a wall.
- Wrist and elbow locks (slowly, obeying the tap-out signal).
- Side control escape chains, defenses against the rear choke and shoulder locks.

- Shield Stance scenario: a sudden barrage, covering up, advancing, countering and exiting.

Sample 8-Week Training Plan

- **Week 1:** The complete 360 framework; low stabs.
- **Week 2:** Knife threats (front, side, rear); blind-side attacks.
- **Week 3:** Weapon arm control, disarming, confined spaces.
- **Week 4:** Advanced stick; Thai clinch and takedown defense.
- **Week 5:** Joint locks and escaping locks.
- **Week 6:** Ground: guard variations, escape chains, the rear choke.
- **Week 7:** The entire Shield Stance group.
- **Week 8:** General review, armed scenarios and level assessment.

P4 CHECKLIST

- ☐ I can apply the seven angles of the 360 defense in random order.
- ☐ In a knife threat, I consider the escape option first.
- ☐ I do not try to take the weapon without controlling the weapon arm.
- ☐ I can establish a Thai clinch and exit the clinch with strikes.
- ☐ I can apply basic wrist and elbow locks in a controlled way.
- ☐ I can escape side control as a chain.
- ☐ I know the chin and hand defense against a rear choke attempt.
- ☐ I can advance and counter from the Shield Stance.

LEVEL 5 / 9

P5

P5 · Firearm Threats and Application Under Stress

66 techniques · 24 of them ground fighting · The last step on the Practitioner path

P5 is the last and hardest step on the Practitioner path. The highest-risk scenarios are practiced at this level: firearm threats, expert-level edged-weapon attacks and groups of two or three people. But what really makes P5 different is not so much the techniques themselves as the conditions under which they are applied. Fatigue, adrenaline, tunnel vision and uncertainty are deliberately brought into training at this level.

On firearm threats, it is necessary to be clear from the start. If a gun is pointed at you and the attacker wants an item, the right decision most of the time is to hand over what is demanded. The techniques at this level are for exceptional moments when it is clear that the threat will not be limited to an item, and escape and compliance will not work. This decision comes before technique and is emphasized again in every weapons section of this book.

Ground fighting changes direction in P5. Until now you have learned “escaping from the bottom”; at this level you also learn to keep control from the top, to hold an attacker without injuring them and to leave safely. Off-balancing, sweeps and throws also enter the curriculum systematically for the first time.

At the end of P5 there is a scenario-based level assessment. This assessment measures whether the student can apply everything learned over five levels under stress, while making decisions and safely.

GOALS OF THIS LEVEL

- Make the right decision between compliance and intervention in a firearm threat.
- Apply the principle of getting off the line of fire and taking control in handgun threats from the front, side and behind (with a training gun only).
- Move against two and three attackers and identify an escape route.
- Maintain technical quality under fatigue and stress.
- Keep control from the top position on the ground and leave safely.
- Apply basic off-balancing, sweeping and throwing techniques.

TECHNIQUE GROUP	COUNT	AREA
Defense Against Firearm Threats (Handguns)	9	Standing
Edged Weapons (Expert)	3	Standing
Multiple Attackers	6	Standing
Mixed Scenarios	4	Standing
Ground Fighting	12	Ground
Ground Fighting — Top Control	12	Ground
Off-Balancing, Sweeps and Throws	14	Standing

TECHNIQUE GROUP	COUNT	AREA
Black Force Takedowns	6	Standing
TOTAL	66	24 ground

GROUP 1 · 9 TECHNIQUES

Defense Against Firearm Threats (Handguns)

All work in this group is done only with a training gun (a plastic or rubber replica); a real gun, a blank-firing gun or a gun with an empty magazine never enters the gym. The common principle of the techniques: first get off the line of fire, control the weapon, counter and get away if there is an opportunity. But in front of every technique there is a decision: is this the moment to intervene? No technique in this group guarantees success; a real incident does not follow a neat sequence as in the gym. The principle of the live side and the dead side you learned in P3 applies here too: as you take the muzzle off your line, try whenever possible to move to the outside of the attacker’s weapon arm, that is, to the dead side.

DECISION CHART · FIREARM THREAT

Does the attacker want an item (wallet, phone, car)?	YES → Hand over the demanded item; do not make sudden movements, keep your hands visible.
NO ↓	
Is the gun at a distance (not within contact range)?	YES → Keep the verbal communication going; look for cover and an opportunity to escape, do not run toward the gun.
NO ↓	

Are there people around who need protecting or who could end up in the line of fire?

YES → Delay the decision to intervene even further; do not intervene unless the redirection can be made toward a direction where nobody is.

NO ↓

Is it clear that the intent is lethal and escape is impossible?

YES → Exceptional last resort: get off the line of fire, control the gun with both hands and counter.

NO ↓

Has control broken down?

YES → Do not struggle to catch it again; move toward the first possible cover and exit.

NO ↓

After the incident: reach a safe place, call emergency services (112) and put down any gun you have taken without pointing it at anyone.

P5-01 Handgun Threat from the Front: Head and Chest Line *Frontal*

Handgun Threat

STARTING POSITION Passive stance, hands up, handgun to the head or chest from the front

WHEN TO USE When the gun is pointed at the head or chest from the front, and in exceptional situations where it is clear that the threat will not be limited to an item.

DANGER You are in the line of fire. Once the trigger is pulled, there is no chance of escape; the attacker's tension or a misunderstood movement can lead to the gun being fired.

EXECUTION 1. First the hands are kept open and up and the voice calm; the moment the attacker's attention wavers, in a single movement the body gets off the line of fire while the hand redirects the gun to the side and grips it.
2. The redirection and the grip come at the same time; then the counter and control of the gun follow.

VARIATIONS From the side (P5-02), from behind (P5-03), hands up (P5-07), on the ground (P5-34), long gun (G1-01).

LIMITS / PLAN B If escape or compliance is possible, do not intervene; this is an exceptional last resort.

COMMON MISTAKE Choosing to fight back over a wallet when only an item is being demanded.

TRAINING NOTE With a training gun at a very slow tempo, only the timing of the redirection and the grip; decision scenarios are discussed with the instructor.

P5-02 Handgun Threat from the Side: Contact and Distance *Side Handgun Threat*

STARTING POSITION Passive stance, handgun from the side

WHEN TO USE When the gun is pressed against the head or body from the side.

DANGER The muzzle is pointed at your body or head from the side; if you turn in the wrong direction, you cannot get off the line of fire.

EXECUTION 1. While the near arm sweeps the gun to the side with the inside of the elbow or with the hand, the body turns inward; then the gun is gripped and you counter.

2. Whether the gun is in contact or a few centimeters away determines the angle of the movement.

VARIATIONS From the front (P5-01), from behind (P5-03).

LIMITS / PLAN B If the moment for the redirection is missed, do not try again; stay calm and wait for a new opportunity.

COMMON MISTAKE Not redirecting the gun before turning; the turn is then made in front of the muzzle.

TRAINING NOTE Slow repetitions from both sides with a training gun.

P5-03 Handgun Threat from Behind *Rear Handgun Threat*

STARTING POSITION Passive stance, handgun from behind

WHEN TO USE A threat you cannot see; usually noticed by sound or contact.

DANGER You cannot see the gun; you can tell where the muzzle is only through contact or the attacker's voice. Turning in the wrong direction leaves the muzzle on the line of your body.

EXECUTION 1. The location of the gun is identified through contact; during the turn, the arm sweeps the weapon arm and the body gets off the line of fire.
2. When the turn is complete, the weapon arm is under control and the counter follows.

VARIATIONS From the front (P5-01), from the side (P5-02).

LIMITS / PLAN B If you guess the direction wrong, do not force the turn; re-establish direction through contact.

COMMON MISTAKE Moving on a guess from sound alone, without contact.

TRAINING NOTE With your eyes closed, identifying the direction through contact; training gun only.

P5-04 Redirecting the Line of Fire and Taking Control (Redirect and Control)

STARTING POSITION Under a handgun threat, muzzle within reach

WHEN TO USE The crucial step of all handgun defenses: above all, keeping the muzzle from targeting you.

EXECUTION 1. The redirection and the body getting off the line are simultaneous; once the gun is gripped, the muzzle is kept pointed at all times in a direction away from you and the people around you.

2. Control is achieved by gripping the body of the gun and the attacker's wrist together.

LIMITS / PLAN B If the line of the muzzle does not change, do not move to the counter; reposition without losing control.

COMMON MISTAKE Not tracking where the muzzle is pointing after redirecting the gun.

TRAINING NOTE Draw a line with tape on the barrel of the training gun and have your partner check the direction of the muzzle on every repetition.

P5-05 Counter and Disarm

STARTING POSITION Muzzle redirected, weapon under control

WHEN TO USE To take the gun or neutralize the attacker after the direction of the muzzle has been changed.

EXECUTION 1. Once control is established, strong counters are delivered; the gun is taken out of the attacker's hand by turning it toward their thumb.

2. After the gun is taken, distance is opened with a step back.

LIMITS / PLAN B If the weapon cannot be taken, do not force it; prefer to keep control and open distance.

COMMON MISTAKE Trying to pull the gun away without countering.

TRAINING NOTE The control-counter-take-distance chain at a slow tempo.

P5-06 **PRINCIPLE** Threats from Close and Long Range *Distance and Handgun Threats*

WHEN TO USE Whether the gun threat is in contact or comes from a few meters away changes the response greatly.

EXECUTION At contact range, a redirection is possible; trying to reach a gun a few steps away by running at it is usually not possible. At long range the options are verbal communication, looking for cover and moving in the direction of escape.

COMMON MISTAKE Running toward a gun at long range.

TRAINING NOTE Distance recognition drill: the instructor stands at different distances and you say which option is realistic.

P5-07 Defending from the Hands-Up Position Under a Handgun Threat*Hands-Up Position Defense*

STARTING POSITION Hands up, under a handgun threat

WHEN TO USE Even at a moment when you are told “hands up,” defense is still possible; this is a technique specific to that position.

DANGER With the hands up, your distance to the muzzle increases; the defensive movement takes longer and the attacker may notice it.

- EXECUTION**
1. With the hands up, the attacker expects you to stay still.
 2. The hands are kept at shoulder height and open; this height gives the shortest distance to the redirecting movement.
 3. The movement is made in one go, at the moment the attacker’s attention wavers.

LIMITS / PLAN B If the moment for the redirection is missed with the hands up, stay still and wait for a new opportunity.

COMMON MISTAKE Raising the hands too high and lengthening the distance to the redirection.

TRAINING NOTE Waiting with the hands up and redirecting on command; training gun only.

P5-08 Defense Variations by Handgun Contact Point *Contact Point**Variations*

STARTING POSITION Under a handgun threat

WHEN TO USE The point at which the gun touches the body (head, neck, chest, stomach, back) determines which technique is applied.

DANGER Whether the muzzle is at the head, chest, stomach or back changes the direction and timing of the defense; the wrong solution leaves the muzzle on a vital line.

EXECUTION In threats to the head and neck, the head also gets off the line; in threats to the body, the hip turn comes to the fore; in threats to the back, the direction of the turn is determined by the hand holding the gun.

LIMITS / PLAN B If the contact point changes, do not repeat the same movement; switch to the variation suited to that point.

COMMON MISTAKE Using the same movement for every contact point.

TRAINING NOTE The instructor changes the contact point; choose the appropriate variation.

P5-09 **PRINCIPLE** **Escaping and Keeping a Safe Distance After a Disarm***Post-Disarm Safety*

WHEN TO USE Even after taking the gun, the danger may not be over; the attacker may have a second weapon or an accomplice.

EXECUTION After the gun is taken, you back off, scan your surroundings and go to a safe place. If possible, the captured gun is put down and the authorities are informed; continuing to threaten the attacker with the gun can have serious legal consequences.

LIMITS / PLAN B After taking the weapon, assume there may be a second threat and stay alert.

COMMON MISTAKE Chasing the attacker after taking the gun.

TRAINING NOTE In the scenario, after the gun is taken the instructor shows a second threat; scan and get away.

GROUP 2 · 3 TECHNIQUES

Edged Weapons (Expert)

P5-10 Combination Attacks: Successive Slashes and Stabs *Combination*

Knife Attacks

STARTING POSITION Fighting stance, attacker with a knife in front

WHEN TO USE Against a mixed pattern of attack, where an experienced attacker does not settle for a single movement.

EXECUTION 1. Instead of defending individual angles, you go for control of the weapon arm as quickly as possible; if control cannot be established, distance is opened and obstacles are used.

2. Every defensive movement is made forward or off the line in a way that makes the next attack harder.

LIMITS / PLAN B Do not try to block the entire combination; if control cannot be established, open distance and get away.

COMMON MISTAKE Staying in place and trying to block every slash separately.

TRAINING NOTE The decision between control and distance against slow combinations with a training knife.

P5-11 Knife Attacks in Dim Light and from Ambush *Low-Light and Ambush*

Knife Attacks

STARTING POSITION In dim light, caught unprepared

WHEN TO USE To practice how reflexes change when visibility is poor, and responses based on touch and sound.

- EXECUTION**
1. In dim light the knife is usually not seen; the attack is noticed through contact.
 2. That is why on every contact the reflex of getting off the line first and the 360 block is practiced.
 3. In ambush scenarios the first goal is to create distance the moment you notice the attack.

LIMITS / PLAN B If visibility is poor and contact is uncertain, do not engage; get off the line first.

COMMON MISTAKE Assuming “just a punch” without seeing the knife.

TRAINING NOTE Controlled scenarios with a training knife with the gym lights dimmed; protective eyewear is mandatory.

P5-12 **DRILL** **Stress Drills with Rubber and Marker Knives** *Marker Knife*

Stress Drills

WHEN TO USE To practice with realistic but safe equipment, in conditions as close as possible to real stress.

EXECUTION The marker knife shows on the clothing where it made contact; at the end of the drill it is clearly visible how many times and where you were “cut.” This feedback breaks unrealistic confidence in knife defense and makes the importance of distance and escape concrete.

COMMON MISTAKE Ignoring the marks at the end of the drill and assuming the technique “worked.”

TRAINING NOTE A 30-second drill, followed by reviewing the marks together.

GROUP 3 · 6 TECHNIQUES

Multiple Attackers

P5-13 Positioning and Moving Against Two and Three Attackers *Moving*

Against Two or Three Attackers

STARTING POSITION Fighting stance, two or three attackers

WHEN TO USE An expanded version of the introduction from P3, with a larger number of attackers.

EXECUTION 1. You keep moving constantly and line up the attackers; you never stand in the middle.
2. Contacts are kept short: strike and move.
3. Against three attackers, moving toward the outside of the outermost person keeps the circle from closing.

COMMON MISTAKE Staying in place after making contact with an attacker.

TRAINING NOTE “Strike and move” drill at a slow tempo with three partners.

P5-14 Responding to an Attack from the Blind Spot (Blindside Retaliation)

STARTING POSITION Passive stance, attack from out of sight

WHEN TO USE To recover quickly and counter a sudden attack coming from a direction you had not noticed.

EXECUTION 1. At the moment of contact, the flinch reflex is directed into the Shield Stance, the head turns to the threat and you counter immediately.
2. Then you scan for the positions of the other attackers.

COMMON MISTAKE Focusing only on that person after an attack from the blind spot.

TRAINING NOTE With your eyes closed, responding to pad contacts and scanning.

P5-15 **PRINCIPLE** **Identifying an Escape Route** *Escape Route Planning*

WHEN TO USE The multiple-attacker version of the escape-route thinking learned in the knife context in P4-08. When there is more than one person, finding the answer to the question “where will I escape to” before the incident begins comes even before the techniques themselves.

EXECUTION As soon as you enter a setting, at least two exits are identified. When the threat begins, movements are planned toward these exits; every counter is used to come one step closer to the escape route.

COMMON MISTAKE Starting to look for the escape route only after the incident has begun.

TRAINING NOTE Different exits are marked inside the gym and scenarios are built around them.

P5-16 **Defending in a Crowd**

STARTING POSITION Standing in a crowd

WHEN TO USE To know how to move in a crowd that is both a threat and a potential source of help.

- EXECUTION**
1. In a crowd, not going to the ground is the first priority.
 2. The shoulders and elbows create space, the Shield Stance provides protection, and movement is made with the flow of the crowd.
 3. When asking for help, you call out directly to specific people.

COMMON MISTAKE Moving against the flow of the crowd.

TRAINING NOTE Being pushed and advancing with the Shield inside a crowd formed by partners.

P5-17 **PRINCIPLE** **Early Response to an Attacker Approaching from Behind***Early Response to Rear Approach*

WHEN TO USE Awareness is part of the technique; noticing early often leaves no need for physical technique at all.

EXECUTION Reflections (shop windows, car windows), sounds and the glances of people around you can signal someone approaching from behind. When noticed, you change direction, open distance or face them and set a boundary.

COMMON MISTAKE Cutting yourself off from your surroundings completely with headphones and a phone.

TRAINING NOTE Awareness games inside the gym in which a partner quietly approaches from behind.

P5-18 **Moving to Separate One Attacker from the Group** *Isolating an**Attacker*

STARTING POSITION Standing in a crowd, in contact with one attacker

WHEN TO USE To separate the main threat from within the group and deal with them while managing the others.

EXECUTION 1. The main threat (usually the most active person or the one giving directions) is identified; movement is made in the direction that separates them from the others.

2. A short, effective contact is made with this person, then you keep moving.

COMMON MISTAKE Going for the person in the group who looks weakest.

TRAINING NOTE A scenario in which one of three partners is designated as the “leader.”

GROUP 4 · 4 TECHNIQUES

Mixed Scenarios

P5-19 Striking, Clinch and Ground Transitions

STARTING POSITION Fighting stance

WHEN TO USE A real confrontation rarely stays in a single phase; this drill teaches fluid transitions between the three phases.

- EXECUTION** 1. A scenario that starts with striking on your feet is carried into the clinch, from there to the ground, and from the ground back to standing.
2. At every transition the priority is to establish the basic defense of that position immediately.

COMMON MISTAKE Pausing to “get ready” when moving from one phase to the next.

TRAINING NOTE 2-minute free-flow scenarios, at low intensity.

P5-20 **DRILL** Performing Technique Under Fatigue *Performing Under Fatigue*

WHEN TO USE Adrenaline and fatigue impair fine motor skills; you need to be able to apply techniques in that state too.

EXECUTION Technique is practiced immediately after a short, high-intensity conditioning block. As fatigue increases, the movements should become simpler and you should turn to techniques that rely on large muscle groups.

COMMON MISTAKE Attempting complex techniques while tired.

TRAINING NOTE 1 minute of burpees or jump rope, followed immediately by a defense scenario.

P5-21 **PRINCIPLE** **Scanning and Countering Under Tunnel Vision (Tactical Scanning and Retaliation)**

WHEN TO USE Under stress the field of vision narrows; it teaches you to keep consciously scanning your surroundings.

EXECUTION After every counter, the head turns right and left and you look behind you; scanning is done with the head, not the eyes. This habit is the most reliable way to notice a second threat.

COMMON MISTAKE Scanning with eye movement only.

TRAINING NOTE Calling out the number of fingers your partner shows during the scan.

P5-22 **SCENARIO** **Scenario-Based Level Assessment** *Scenario-Based Assessment*

WHEN TO USE Testing everything learned in a realistic scenario before completing P5.

EXECUTION The assessment is a scenario that includes verbal tension, an armed or unarmed attack, multiple attackers and ground phases. What is assessed is not the individual techniques, but correct decisions, safe application and getting away.

COMMON MISTAKE Seeing the assessment as a “fight.”

TRAINING NOTE At least two trial scenarios before the assessment.

Ground Fighting

P5-23 Stand-Up Chains from the Ground Against Multiple Attackers

Stand-Up Chains Against Multiple Attackers

STARTING POSITION On the ground, multiple attackers

WHEN TO USE If you are on the ground facing more than one person, the order of priority for standing up changes.

EXECUTION First the nearest threat is driven off with a kick, then you stand up; the direction of the stand-up is away from the second attacker.

COMMON MISTAKE Standing up toward the second attacker's side.

TRAINING NOTE A ground-stand-up scenario with two partners.

P5-24 Defense Against Stick and Knife Attacks on the Ground (Basic)

Ground Defense Against Weapons

STARTING POSITION On your back on the ground, attacker with a stick or knife standing

WHEN TO USE You may face an armed threat even on the ground; so as not to be unprepared for this possibility.

EXECUTION 1. The feet turn toward the threat and the armed attacker is kept away; if the attacker approaches, the legs target the weapon arm or the knees.

2. The moment an opportunity arises, stand up and take distance.

LIMITS / PLAN B If the weapon arm cannot be caught with the hands, keep controlling distance with the legs.

COMMON MISTAKE Trying to catch the weapon arm with the hand on the ground.

TRAINING NOTE Distance management on the ground with a foam stick and a training knife.

P5-25 **PRINCIPLE** **Finding an Escape Route and Using the Environment on the Ground** *Ground Escape Routes*

WHEN TO USE So as not to stay passive even on the ground, and to make use of the objects and spaces around you.

EXECUTION On the ground, the head is lifted and the surroundings are scanned; a wall can be used as support for standing up, and a vehicle or furniture as an obstacle.

COMMON MISTAKE Looking only at the attacker while on the ground.

TRAINING NOTE Scenarios of standing up from the ground in a setting built with gym equipment.

P5-26 **Standing Up Under Kicks and Pressure** *Standing Up Under Pressure*

STARTING POSITION On the ground, attacker kicking

WHEN TO USE Being struck at the same time as you try to stand up; a realistic and demanding scenario.

EXECUTION 1. If the stand-up is interrupted, you return to the ground stance, open distance with a kick and try again.

2. During the stand-up the free hand protects the face.

COMMON MISTAKE Insisting on standing up under pressure and being left unprotected.

TRAINING NOTE Stand-up attempts while your partner applies light pressure with a pad.

P5-27 Positional Transitions: Mount, Side Control and Guard Defense

Chains *Positional Escape Chains*

STARTING POSITION On the ground, bottom position

WHEN TO USE To link the defenses learned separately in earlier levels one after another, in a realistic flow.

EXECUTION 1. From mount to half guard with the elbow escape, from there to full guard, from there to standing up; or from side control to guard, from guard to standing up.
2. Each transition is chosen according to the attacker's reaction.

COMMON MISTAKE Applying the chain from memory.

TRAINING NOTE Your partner reacts differently at each transition; adapt the chain.

P5-28 Introduction to Defense Against Handgun Threats on the Ground

Introduction to Ground Handgun Threats

STARTING POSITION On the ground, under a handgun threat

WHEN TO USE The first ground version of the standing gun defense.

DANGER On the ground your room to move is restricted, and the muzzle is often pointed down at your body from above.

EXECUTION 1. When you are threatened on the ground, the first decision is still between compliance and intervention.
2. If intervention is necessary, getting off the line of fire is done with a hip turn and the gun is controlled with both hands.

LIMITS / PLAN B If you cannot get off the line of the muzzle, do not move to standing up; establish control first.

COMMON MISTAKE Trying to get up in front of the muzzle on the ground.

TRAINING NOTE Only with a training gun and at a very slow tempo.

P5-29 Two Attackers on the Ground: One on Top, One Standing *Ground*

Defense: One on Top, One Standing

STARTING POSITION On the ground, bottom position, one attacker on top, one standing

WHEN TO USE One of the most complex ground scenarios.

EXECUTION 1. While struggling with the attacker on top, the kicks of the standing attacker are blocked by using the attacker on top as a shield.

2. At the first opportunity you get free of the person on top and stand up.

COMMON MISTAKE Forgetting the standing attacker.

TRAINING NOTE A three-person, low-intensity scenario.

P5-30 Protection Against Kicks and Pressure While on the Ground in a Crowd *Ground Protection in a Crowd*

STARTING POSITION On the ground, in a crowd

WHEN TO USE The additional risk of going to the ground in a crowded setting.

EXECUTION The body tucks up, the arms protect the head and a direction is chosen for standing up; if possible, you move toward a wall or a fixed object and stand up with its support.

COMMON MISTAKE Lying stretched out on the ground and waiting for the crowd to pass.

TRAINING NOTE Tucking up and standing up in a setting where partners move slowly around you.

P5-31 Wrist Control Against a Knife Threat While on Your Back *Supine*

Knife Threat: Wrist Control

STARTING POSITION On your back on the ground, under a knife threat

WHEN TO USE Even in the most defenseless position there is a response to the knife.

DANGER On your back on the ground, you have very little chance of escaping or opening distance; the knife comes at the face, neck and body from short range.

EXECUTION 1. The knife arm is gripped with both hands and locked away from your chest; the legs control the attacker's hips.

2. Once control is established, you look for a turn or a way to stand up.

LIMITS / PLAN B If wrist control does not hold with one hand, use both hands.

COMMON MISTAKE Trying to control it with one hand.

TRAINING NOTE With a training knife, slowly and in a controlled way.

P5-32 Freeing Yourself When the Arms Are Locked *Escaping with Arms*

Trapped

STARTING POSITION Arms locked

WHEN TO USE To find a way out when both your arms and your position are restricted.

EXECUTION The hips and legs are the main tools: with bridging, hip sliding and turning movements, the attacker's balance is broken and the arms are freed one by one.

COMMON MISTAKE Applying brute force with the arms.

TRAINING NOTE Escaping with the hips alone from a position where your arms are controlled.

P5-33 **DRILL** **Standing Up from the Ground While Exhausted and Winded***Standing Up While Exhausted*

WHEN TO USE To be able to get up even when you are physically exhausted.

EXECUTION The breathing is controlled and the stand-up is simplified: the simplest form of the technical stand-up, using wall support if necessary.

COMMON MISTAKE Getting up hastily while tired and losing balance.

TRAINING NOTE Technical stand-up repetitions immediately after a conditioning block.

P5-34 **Redirecting the Muzzle Under a Handgun Threat While on the Ground** *Ground Muzzle Redirection*

STARTING POSITION On the ground, under a handgun threat

WHEN TO USE One of the highest-risk scenarios on the ground: an armed threat, and you are on the ground.

DANGER The muzzle is pointed at your body from above and you have no room to escape; while the muzzle is being redirected, your own legs or someone nearby may end up on its line.

EXECUTION 1. The muzzle is redirected away from your body with both hands and a hip turn; the muzzle is kept away from you and the people around you at all times.

2. Once control is established, the counter and the stand-up follow.

LIMITS / PLAN B If the direction of the muzzle does not change, do not try to get up; wait without losing control.

COMMON MISTAKE Trying to stand up without controlling the direction of the muzzle.

TRAINING NOTE Only with a training gun and under instructor supervision.

Ground Fighting - Top Control

The ground curriculum so far has mostly been about “escaping from the bottom.” This group adds the opposite: how to keep control when you yourself are on top. This skill is especially valuable for security personnel and instructor candidates; but for a civilian too, it means holding an attacker until help arrives without injuring them, or leaving safely. For a civilian, in most situations the right decision is to leave after a brief period of control.

BREATHING SAFETY PROTOCOL

- No prolonged weight is placed on the chest, back or neck. Pressure on the body, especially in the face-down position, can seriously impair breathing and circulation [4].
- The period of control is kept as short as possible; the goal is to wait until help arrives or to leave safely.
- Whether the person is breathing, whether they can speak and whether their face changes color are monitored continuously.
- The words “I can’t breathe,” sudden silence, confusion or a sudden end to resistance are reasons to let go immediately.
- The released person is turned onto their side (the recovery position), their breathing is checked and, if necessary, emergency services (112) are called.
- In the gym these rules apply in exactly the same way to partner work.

P5-35 Maintaining Control in Mount *Maintaining Mount*

STARTING POSITION On the ground, top position, mount

WHEN TO USE To keep the attacker from rolling you over when you are on top.

EXECUTION 1. The knees are raised toward the attacker's armpits, the weight is gathered in the hips and the hands post on the ground when necessary to keep balance.

2. When the attacker bridges, the weight is shifted against the bridge.

LIMITS / PLAN B If the attacker is resisting excessively, do not wrestle; apply the Breathing Safety Protocol and consider letting go.

COMMON MISTAKE Sitting upright and leaving balance to the knees alone.

TRAINING NOTE Holding the position for 30 seconds while your partner tries to escape.

P5-36 Maintaining Control in Side Control *Maintaining Side Control*

STARTING POSITION On the ground, top position, side control

WHEN TO USE To keep up the lateral pressure position even while the attacker is trying to escape.

EXECUTION The chest puts weight on the attacker's chest, one arm goes under the head and the other past the hips; the knees are kept close to the attacker's hips and shoulder to close the gaps.

LIMITS / PLAN B If control is lost, change position or let go rather than trying to re-establish it.

COMMON MISTAKE Keeping the knees away from the attacker; a gap opens at their hips.

TRAINING NOTE Holding the position while your partner tries escape chains.

P5-37 Applying Knee-on-Belly (Controlled, Without Injuring) *Controlled*

Knee-on-Belly

STARTING POSITION On the ground, top position, side control

WHEN TO USE To keep the situation under control while generating pressure, without causing unnecessary injury.

EXECUTION The knee is placed on the attacker's stomach or chest, but most of the weight is kept on the other foot; the pressure is adjusted according to the attacker's resistance.

LIMITS / PLAN B If the pressure is more than necessary, reduce it immediately; watch for changes in breathing and color.

COMMON MISTAKE Putting all your weight on the knee and injuring the abdominal area.

TRAINING NOTE Balance work with a partner, with very light pressure.

P5-38 Wrist Control from the Top *Wrist Control from Top*

STARTING POSITION On the ground, top position

WHEN TO USE To neutralize the attacker's hands and eliminate the possibility of them striking.

EXECUTION The attacker's wrists are gripped and held close to their chest or the ground; the arms are controlled bent, not straight, so that your balance is not broken by a bridge.

LIMITS / PLAN B If the wrists come free, do not force control to continue; re-establish the position or let go.

COMMON MISTAKE Trying to pin the wrists to the ground above the head; you will fall forward.

TRAINING NOTE Your partner's attempts to get free while wrist control is maintained in mount.

P5-39 Shoulder Pin from the Top

STARTING POSITION On the ground, top position

WHEN TO USE To make the attacker's attempts to get up harder by pinning the upper body.

EXECUTION The shoulder applies pressure beside the attacker's jaw or on their shoulder; this pressure makes it harder for them to turn their head and get up.

COMMON MISTAKE Applying the pressure to the throat.

TRAINING NOTE Shoulder pressure and holding the position in side control.

P5-40 Guard Pass: Opening the Guard

STARTING POSITION On the ground, inside the attacker's guard

WHEN TO USE To open the attacker's leg lock and move into a more dominant position.

EXECUTION The posture is straightened and the closed guard is opened by pushing the hips back; one leg is controlled, you move to the side and establish side control.

COMMON MISTAKE Leaning forward while opening the lock.

TRAINING NOTE Repetitions of opening and passing from the closed guard.

P5-41 Guard Pass by Standing Up *Standing Guard Pass*

STARTING POSITION On the ground, inside the attacker's guard

WHEN TO USE To reach the same goal by a different and faster route.

EXECUTION You stand up and the attacker's legs open under gravity; controlling the legs, you pass quickly to the side.

COMMON MISTAKE Trying to pass without controlling the legs while standing.

TRAINING NOTE Standing pass and establishing side control.

P5-42 Controlling a Person in the Turtle Position *Controlling the Turtle*

STARTING POSITION On the ground, top position, attacker in the turtle position

WHEN TO USE To keep an attacker who has gone into a self-protective position there.

EXECUTION The chest puts weight on the attacker's back, and the arms control their arm or waist; when the attacker wants to roll, the weight is shifted in that direction.

COMMON MISTAKE Trying to wrap around the attacker's neck and giving away your balance.

TRAINING NOTE Your partner tries to escape from turtle; keep control.

P5-43 **PRINCIPLE** **Controlling the Attacker from the Top Without Exhausting Yourself** *Energy-Efficient Top Control*

WHEN TO USE It is not necessary to strike in every situation; sometimes the goal is to maintain control until help arrives.

EXECUTION Position is used instead of strength: the weight in the right places, the breathing controlled, the movements small. Every escape attempt by the attacker is noticed early and met with small adjustments. The holding time is kept as short as possible and the Breathing Safety Protocol is applied at all times.

LIMITS / PLAN B If control drags on, focus on conserving your energy; if help is not coming, consider letting go and leaving.

COMMON MISTAKE Using all your strength and burning out within a few minutes.

TRAINING NOTE 3-minute control rounds focused on saving energy.

P5-44 Getting Up from the Top: Leaving Safely *Safe Disengagement from Top*

STARTING POSITION On the ground, top position

WHEN TO USE Even from the top, the moment of getting up is risky; this technique teaches a safe exit.

EXECUTION While one knee presses on the attacker's body, the other foot is planted on the ground; with the stand-up you take a step back and get out of the range of the attacker's legs.

COMMON MISTAKE Getting up within range of the attacker's legs and getting kicked.

TRAINING NOTE Leaving safely from mount and side control.

P5-45 **PRINCIPLE** **Noticing a Second Attacker While on Top** *Awareness from Top Position*

WHEN TO USE So as not to stop following your surroundings while maintaining control.

EXECUTION The head is lifted at regular intervals and the surroundings are scanned; when a second threat is noticed, control is released and you stand up.

COMMON MISTAKE Going into a "tunnel" during control.

TRAINING NOTE The instructor occasionally approaches during control work.

P5-46 Calming the Attacker with Control from the Top **(Family/Acquaintance Scenario)** *De-escalation from Top*

STARTING POSITION On the ground, top position, attacker is someone you know

WHEN TO USE Not every encounter is with a stranger; calming a drunk relative or an angry acquaintance without injuring them is a separate skill.

EXECUTION While the control position is maintained, you speak in a calm and clear tone of voice; as the attacker calms down, the pressure is reduced, and if they resist, the position is maintained but the force is not increased.

LIMITS / PLAN B If the person does not calm down, do not increase the pressure; keep control and call for help.

COMMON MISTAKE Shouting or provoking during control.

TRAINING NOTE Verbal calming and control through role-play.

GROUP 7 · 14 TECHNIQUES

Off-Balancing, Sweeps and Throws

P5-47 Front Foot Sweep

STARTING POSITION Close range, attacker's weight on the front foot

WHEN TO USE To break the attacker's balance by sweeping their front foot.

EXECUTION As the attacker is about to take their weight off their front foot, the outside of their foot is swept with the sole of your foot; at the same time their upper body is pulled in the opposite direction.

VARIATIONS Rear foot sweep (P5-48), cross-foot hook (P5-55).

COMMON MISTAKE Trying to sweep the foot that is carrying the full weight.

TRAINING NOTE Timing work while your partner walks slowly.

P5-48 Rear Foot Sweep

STARTING POSITION Close range

WHEN TO USE The same principle applied to the rear foot; the choice changes according to the stance.

EXECUTION The attacker's rear foot is swept as they step back or shift their weight forward; it is done together with upper-body control.

VARIATIONS Front foot sweep (P5-47).

COMMON MISTAKE Sweeping with the foot alone, without upper-body control.

TRAINING NOTE Rear foot sweep from the clinch.

P5-49 Off-Balancing with an Arm Drag *Arm Drag Off-Balance*

STARTING POSITION Close range, attacker's arm under control

WHEN TO USE To pull the attacker's arm and disrupt their center of gravity.

EXECUTION 1. The attacker's arm is gripped above the elbow and pulled diagonally and downward; at the same time you step to the side.
2. The attacker stumbles forward and their back is exposed.

COMMON MISTAKE Pulling the arm straight back.

TRAINING NOTE Slow arm drags and taking the back with a partner.

P5-50 Off-Balancing with a Shoulder Push *Shoulder Push Off-Balance*

STARTING POSITION Close range

WHEN TO USE Simple but effective: a push from the right angle can shake even a strong attacker.

EXECUTION The push is made outside the line formed by the attacker's feet, that is, toward their weakest direction; you step together with the push.

COMMON MISTAKE Pushing along the line of the attacker's feet.

TRAINING NOTE Drill for finding the weak direction according to your partner's stance.

P5-51 Wrist Turn and Throw *Wrist Throw*

STARTING POSITION Attacker's wrist under control

WHEN TO USE A technique that turns wrist control into a throw; especially after a disarm.

EXECUTION The attacker's wrist is turned outward and their elbow is kept bent; as your body turns, the wrist is directed downward and the attacker falls onto their side.

LIMITS / PLAN B If the wrist does not turn, do not force it; switch to control or opening distance instead of the throw.

COMMON MISTAKE Turning the wrist suddenly and without control.

TRAINING NOTE Slow repetitions on a soft mat, on the condition that your partner knows how to breakfall.

P5-52 Hip Throw in the Clinch

STARTING POSITION Clinch

WHEN TO USE To take the attacker to the ground using the hips in the clinch.

EXECUTION One arm wraps around the attacker's waist and the hips are placed in front of their hips; as the knees bend and straighten, the attacker is turned over the hip.

LIMITS / PLAN B If the hips are not fully in place, do not try to throw; maintain control in the clinch.

COMMON MISTAKE Trying to throw before the hips are fully in place in front of the attacker's hips.

TRAINING NOTE Slow entry work on a soft mat with a partner who knows how to breakfall.

P5-53 Arm Hook and Throw *Arm Hook Throw*

STARTING POSITION Close range, attacker's arm extended

WHEN TO USE To take the attacker's balance and take them to the ground by hooking the arm.

EXECUTION The attacker's arm is hooked from under the armpit and the body turns, pulling them forward and down; the foot is placed in front of the attacker's foot to trip them.

LIMITS / PLAN B If the hook does not hold, do not force it; return to off-balancing or opening distance.

COMMON MISTAKE Not getting close enough before hooking.

TRAINING NOTE Progressively, first only the entry, then the fall.

P5-54 Throwing Using the Attacker's Own Momentum *Using the Attacker's Momentum*

STARTING POSITION Attacker advancing on you

WHEN TO USE To turn the momentum of an attacker running at you or coming fast against them.

EXECUTION You step off the attacker's line to the side, grip their arm or shoulder and steer them in the direction they are coming from; the attacker loses their balance with their own speed.

LIMITS / PLAN B If the attacker's speed is not sufficient, do not force this technique; choose another off-balancing method.

COMMON MISTAKE Trying to stop the incoming attacker head-on.

TRAINING NOTE Your partner comes at a slow run; step to the side and redirect them.

P5-55 Cross-Foot Hook

STARTING POSITION Close range

WHEN TO USE Off-balancing from a different angle; especially effective in lateral movements.

EXECUTION As the attacker steps to the side, your foot hooks diagonally behind their foot and their upper body is pushed in the opposite direction.

COMMON MISTAKE Trying the hook while the attacker is standing still.

TRAINING NOTE Timing while your partner moves with lateral steps.

P5-56 Immediate Control After Off-Balancing

STARTING POSITION After off-balancing

WHEN TO USE If you need to keep an attacker who has gone to the ground there.

EXECUTION The moment the attacker falls, the top position or knee pressure is established; control is maintained according to the top-control principles of P5.

COMMON MISTAKE Standing and waiting beside the fallen attacker.

TRAINING NOTE The chain of off-balancing and establishing control immediately.

P5-57 Escaping Immediately After Off-Balancing *Escape After Off-Balancing*

STARTING POSITION After off-balancing

WHEN TO USE Or the opposite: to bring the attacker down and leave immediately.

EXECUTION The moment the attacker loses their balance, you step back, scan your surroundings and get away; you do not stay in the fallen attacker's range while they get up.

COMMON MISTAKE Waiting to watch the attacker fall.

TRAINING NOTE Off-balancing and moving immediately toward the escape direction.

P5-58 Dropping to the Knees with Both Hands on the Shoulders *Two-Hand*

Shoulder Drop

STARTING POSITION Behind or beside the attacker

WHEN TO USE To bring an attacker who is still standing under control quickly.

EXECUTION You move behind or beside the attacker and place both hands on their shoulders; while pressing down and back, light pressure is applied to the back of the knee.

COMMON MISTAKE Pressing forward; the attacker falls forward and control is lost.

TRAINING NOTE Controlled bringing to the knees with a partner.

P5-59 Continuous Off-Balancing by Tracking the Feet

STARTING POSITION Close range

WHEN TO USE Pressure applied in succession when a single off-balancing is not enough.

EXECUTION As the attacker recovers their balance, their feet are followed and the next sweep or push is applied; upper-body control is maintained.

COMMON MISTAKE Releasing the pressure after the first attempt.

TRAINING NOTE Continuous pressure while your partner tries to recover their balance.

P5-60 Turning to a Second Attacker After a Throw

STARTING POSITION After a throw, second attacker approaching

WHEN TO USE The speed with which you can turn to another attacker immediately after neutralizing one.

EXECUTION As soon as the throw is complete, the head is lifted, a scan is made and you orient toward the second threat; you do not keep dealing with the attacker you threw.

COMMON MISTAKE Leaning over the person you threw and trying to establish control.

TRAINING NOTE With two partners: a throw and a quick turn.

GROUP 8 · 6 TECHNIQUES

Black Force Takedowns

This group contains takedowns chosen according to the attacker's stance, and a fast entry against an attack from the side or behind. The basic rule in these techniques is: against an upright attacker, takedowns using the head and chin work; against an attacker bent forward, turning the head and arm works. All takedowns are applied only in an ongoing attack, and you get away after the fall. In the gym they are practiced on a mat, slowly and with the partner's fall controlled.

P5-61 Takedown by Tilting the Head Back *Head Tilt Takedown*

STARTING POSITION Close range, attacker in an upright stance

WHEN TO USE When the attacker is in an upright stance and you are at close range.

- EXECUTION**
1. One hand is placed on the back of the attacker's neck and the palm of the other hand on their forehead.
 2. The head is tilted back; the moment the back of the head points down, the pressure is applied downward, not backward.
 3. The attacker's waist or rear leg is blocked so they cannot step back.
 4. The attacker falls on their back; distance is opened.

LIMITS / PLAN B It puts load on the neck and spine; applied only in an ongoing, serious attack, with the fall controlled. In the gym it is practiced extremely slowly. If the attacker is bent forward, this takedown does not work; switch to another takedown such as the head and arm turn (P5-65).

COMMON MISTAKE Only pushing the head back; the attacker walks backward and recovers their balance.

TRAINING NOTE Very slowly on the mat, with your partner's fall caught by hand.

P5-62 Takedown Backward by Pushing the Chin *Chin Push Takedown*

STARTING POSITION Close range, attacker taller than you

WHEN TO USE Against an attacker taller than you, at close range.

EXECUTION 1. The palm is placed under the attacker's chin and pushed up and back; the attacker rises onto their toes.
2. The other hand blocks their waist or rear leg.
3. With forward pressure, the attacker topples backward.

LIMITS / PLAN B The pressure is applied to the chin, not the throat; the throat is a red zone (Module 1, Point 9). The fall is controlled.

COMMON MISTAKE Pushing straight back; it is easily countered.

TRAINING NOTE Slowly on the mat, with your partner's fall controlled.

P5-63 Outside Back Sweep

STARTING POSITION Close range, on the attacker's outside

WHEN TO USE When the attacker's weight is on their front leg and you are on their outside.

EXECUTION 1. By pushing the attacker's chin up, their balance is taken backward; the weight piles onto the front leg.
2. By pulling down their lead arm, the attacker is fixed over that leg (the anchor).
3. Keeping the forward-leaning lever stance, the rear leg steps deep behind the attacker's front leg.
4. The body turns and the attacker is dropped backward over your thigh; if necessary, their leg is swept.

COMMON MISTAKE Leaning back and extending the leg; you lose your balance.

TRAINING NOTE Slowly on the mat; the anchor and the deep step are practiced separately.

P5-64 Inside Back Sweep and the Bicycle Step *Inside Back Sweep and Bicycle Step*

STARTING POSITION Clinch

WHEN TO USE In the clinch, when the attacker puts their weight on their rear leg.

- EXECUTION**
1. You enter with a forward-leaning lever stance and place your leg behind the attacker's front leg from the inside.
 2. The moment the attacker shifts their weight forward to find their balance, the leg is swept and the upper body is turned diagonally down.
 3. If the attacker is rooted, extend your toes back and strike the ground with your heel to straighten your knee; this lifts the attacker's foot off the ground.
 4. You continue with another sweep against the attacker left on one foot, or open distance.

COMMON MISTAKE Trying to bring them down in one move and breaking the chain; the inside sweep is often the setup for the next movement.

TRAINING NOTE Slow chain work in the clinch.

P5-65 Throw by Turning the Head and Arm *Head and Arm Turn Throw*

STARTING POSITION Attacker bent forward, coming at you

WHEN TO USE When the attacker lunges at you while bent forward.

- EXECUTION**
1. The attacker's head is pressed down and the arm on the same side is gripped below the elbow.
 2. Stepping to the side, the attacker's body is turned 90 degrees; the remaining angle is closed with the step.
 3. The attacker rolls to the ground with their own speed.
 4. Then you get away.

LIMITS / PLAN B It does not work against an upright, resisting attacker; it is applied while the attacker is bent over and moving.

COMMON MISTAKE Gripping at the wrist; the arm moves and the throw is missed.

TRAINING NOTE Your partner walks slowly toward you; the throw is practiced on a mat.

P5-66 Three-Count Entry Against an Attack from the Side or Behind

STARTING POSITION Passive stance, attack from the side or behind

WHEN TO USE When you notice at the last moment a punch or a grab attempt coming from the side or behind.

- EXECUTION**
1. The chin is tucked and the hand closest to the attacker pushes the incoming arm outward.
 2. Immediately after, the other hand pushes the same arm a second time and reaches toward the attacker's face.
 3. The third count is an elbow or palm heel strike.
 4. The three counts are done in less than a second, in a very fast rhythm.
 5. Then you change direction and get away.

COMMON MISTAKE Pausing between the counts.

TRAINING NOTE Your partner delivers light strikes with gloves from the side and behind; the student applies the three-count rhythm on the pad.

Level Assessment

- Decision-making in a handgun threat (compliance or intervention) and the basic redirection and control with a training gun.
- Expert knife defense: a marker knife stress drill and its review.
- Movement and escape route against two and three attackers.
- Performing technique under fatigue.
- Control from the top position and leaving safely.
- Off-balancing, sweeps and one throwing technique.
- The scenario-based level assessment.

Sample 8-Week Training Plan

- **Week 1:** Handgun threats: decision-making, the frontal threat, muzzle control.
- **Week 2:** Threats from the side and behind; contact points; after the disarm.
- **Week 3:** Expert knife defense; marker knife drills.
- **Week 4:** Multiple attackers and crowds.
- **Week 5:** Mixed scenarios, fatigue and scanning.
- **Week 6:** Weapon threats on the ground; stand-up chains.
- **Week 7:** Top control; off-balancing and throws.
- **Week 8:** General review and the scenario-based level assessment.

P5 CHECKLIST

- ☐ In an armed threat, I consider the compliance and escape options first.
- ☐ I can apply the principle of getting off the line of fire and taking control with a training gun.
- ☐ I review the results of the marker knife drills honestly.
- ☐ I can move without getting caught between two or three attackers.
- ☐ When tired, I can simplify my techniques and apply them.
- ☐ I can keep control from the top position and leave safely.
- ☐ I know at least two off-balancing techniques and one throwing technique.

G1

G1 · Advanced Level (Graduate 1)

72 techniques · 20 of them ground fighting · The chaos of the real world

The path from P1 to P5 teaches the basic language of a system. In the Graduate levels this language is tested against the chaos of the real world. G1 is the broadest level of the curriculum, and there is a deliberate reason for this: the complete set of weapon and object defenses, defense with everyday objects, moving as a team and protecting someone else all come together at this level.

What the scenarios in G1 have in common is uncertainty. How many attackers are there, who has what, who is around, where is the escape route? The answers to these questions often become clear only in the middle of the incident. That is why the G1 student is expected to show not only technical knowledge but fast and accurate prioritization.

At this level you will also learn for the first time to move together with someone beside you: an instructor, a friend, a family member. Moving together requires a different kind of coordination and communication from defending alone. The level is completed with sweeps and position changes in ground fighting.

GOALS OF THIS LEVEL

- Decision-making and basic control in long gun, in-vehicle and hostage scenarios.
- A movement plan against three or more attackers and breaking out of an encirclement.
- Using everyday objects and the environment as defensive tools.
- Knowing the first response to edged, hard, thrown and chemical threats.
- Moving together with a loved one and defending while protecting them.
- Changing position with a sweep on the ground and standing up.

TECHNIQUE GROUP	COUNT	AREA
Defense Against Weapon Threats (Advanced)	8	Standing
Multiple Attackers (Advanced)	6	Standing
Everyday Objects and Environmental Defense	5	Standing
Ground Fighting	12	Ground
Stress and Decision-Making	3	Standing
Additional Weapon and Object Defense	18	Standing
Multiple Attackers and Team Tactics	12	Standing
Ground Fighting — Sweeps and Position Changes	8	Ground
TOTAL	72	20 ground

GROUP 1 · 8 TECHNIQUES

Defense Against Weapon Threats (Advanced)

More complex settings and types of weapon are added on top of the handgun defense from P5. All work is done with a training gun, and every scenario begins with the compliance–escape–intervention decision.

DECISION NOTE - ARMED THREATS (ADVANCED)

- The firearm decision chart from P5 applies to every technique in this group.
- As the setting becomes more difficult (a crowd, a vehicle, a confined space, more than one attacker), the threshold for intervention rises; compliance, cover and escape become even more of a priority.
- In a crowd, the direction of the muzzle determines the safety not only of you but of everyone around you.
- In hostage situations, surviving and buying time are the priority; physical intervention is the last resort.

G1-01 Long Gun Threat: Redirection and Control

STARTING POSITION Passive stance, long gun threat

WHEN TO USE When you are threatened with a long gun such as a rifle or shotgun.

DANGER Because the long gun is held with two hands, it is controlled firmly and threatens from a distance; you need to close the distance to reach the barrel.

EXECUTION 1. The mechanics of a long gun are different from a handgun: the barrel is long and it is held with two hands.
2. As the barrel is redirected to the side, the body gets off the line; the gun is gripped with both hands near the barrel and the stock, and twisted out of the attacker's hands with leverage.

LIMITS / PLAN B If control cannot be established against a long gun, do not try to apply the handgun technique; distance and cover take priority.

COMMON MISTAKE Trying to apply the handgun technique exactly as it is.

TRAINING NOTE With a training replica, only the timing of the redirection and the grip.

G1-02 **PRINCIPLE** **Weapon Threats from Different Distances and Positions***Threats from Varying Distances and Positions*

WHEN TO USE Not every scenario takes place at the same distance and in the same stance; you can also be threatened while sitting, kneeling or lying down.

EXECUTION In every position the first question is the same: can I reach the muzzle? If it cannot be reached, verbal communication and cover; if it can, redirection and control. In a seated position the hip turn, and when kneeling the torso turn, gets you off the line.

COMMON MISTAKE Trying to stand up first in order to change position.

TRAINING NOTE Assessing reachability with a training gun in different positions.

G1-03 **Weapon Threat in a Crowd** *Handgun Threat in a Crowd*

STARTING POSITION In a crowd, handgun threat

WHEN TO USE An armed threat is both more dangerous and more complex in a crowd; you also need to think about innocent people.

DANGER When the muzzle is redirected, people around you may end up on its line; a panicking crowd may block your movement.

EXECUTION 1. The direction of the muzzle determines the safety not only of you but of those around you; the direction of the redirection is chosen toward an area where nobody is, or toward the ground.

2. If possible, instead of intervening, you buy time for people to get away.

LIMITS / PLAN B In a crowd, if the direction of the muzzle is not safe, do not intervene; the safety of bystanders is the priority.

COMMON MISTAKE Redirecting the muzzle toward the crowd.

TRAINING NOTE Choosing a safe redirection direction in scenarios with partners standing around.

G1-04 Weapon Threat When There Is More Than One Attacker *Armed Threat with Multiple Attackers*

STARTING POSITION Handgun threat, another attacker beside them

WHEN TO USE When you are facing one armed and one or more unarmed attackers.

DANGER While you are defending against the armed attacker, the second attacker is left behind you or beside you.

- EXECUTION**
1. The armed person is the priority, but the position of the unarmed attackers is also taken into account.
 2. Intervention is considered only when the armed person is briefly isolated from the others and escape is not possible.
 3. In most situations, compliance and waiting for an opportunity are safer.

LIMITS / PLAN B If an unarmed attacker steps in, prioritize the armed person, not them.

COMMON MISTAKE Focusing on the unarmed attacker and forgetting the armed person.

TRAINING NOTE Decision-making discussions in three-person scenarios.

G1-05 Mixed Threats Combining an Edged Weapon and a Firearm *Mixed*

Knife and Gun Threats

STARTING POSITION Both knife and firearm threat

WHEN TO USE Real incidents may not be limited to a single type of weapon.

DANGER Two different weapons require two different solutions; while you focus on one, the other may be missed.

EXECUTION 1. At every moment, the threat that is closest and can be used fastest is prioritized: a knife at contact range may be more urgent than a gun at a distance.

2. A weapon you have brought under control can also be used as an obstacle against the other.

LIMITS / PLAN B In a mixed threat, if you cannot decide which weapon is closer, choose to increase the distance.

COMMON MISTAKE Locking onto a single weapon.

TRAINING NOTE Setting priorities with the instructor's mixed-threat cards.

G1-06 Weapon Threat in the Driver's and Passenger Seat *Vehicle Handgun Threat*

STARTING POSITION In a vehicle, in the driver's or passenger seat, handgun threat

WHEN TO USE Inside a vehicle your room to move is extremely restricted; this special scenario is practiced separately.

DANGER In a seated position and in a confined space, your movement is restricted; the seat belt, the door and the steering wheel are obstacles.

- EXECUTION**
1. The seat belt, the steering wheel and the door restrict movement.
 2. The muzzle is redirected with the near arm toward the windshield or the roof and controlled with both hands.
 3. The escape option (opening the door and getting out) is always considered; if the vehicle is moving, this option disappears.

LIMITS / PLAN B If there is no way out inside a vehicle, delay the intervention; take into account the seat belt and the limited space.

COMMON MISTAKE Trying to get out of the vehicle while the seat belt is still fastened.

TRAINING NOTE A slow scenario with a training gun in a vehicle layout set up with chairs.

G1-07 Weapon Threat in a Confined Space (Elevator, Corridor) *Handgun*

Threat in Confined Spaces

STARTING POSITION In a confined space, handgun threat

WHEN TO USE The armed version of the confined-space knife defense from P4.

DANGER There is no room to back off or step to the side; when the muzzle is redirected, a bullet hitting the wall may ricochet.

EXECUTION 1. In a confined space the gun is usually at contact range; this makes a redirection possible.

2. The muzzle is redirected toward the wall or the ground, and the wall is used to trap the weapon arm.

LIMITS / PLAN B If control is lost in a confined space, use the wall to try to create distance again.

COMMON MISTAKE Trying to retreat in a confined space.

TRAINING NOTE Work with a training gun in a confined space set up with screens.

G1-08 **PRINCIPLE** **Defense in a Hostage Situation Under a Weapon Threat***Hostage Situation Defense*

WHEN TO USE The longest and psychologically most demanding scenario; here patience and timing matter as much as technique.

DANGER The target of the gun may be not only you but someone else; a badly timed movement puts the life of the hostage or of people around at risk.

EXECUTION In a hostage situation the first goal is to survive: stay calm, follow instructions, do not provoke the attacker and observe your surroundings. Physical intervention is considered only for moments when the attacker's intent is clearly lethal and the opportunity is certain; this decision is the last resort.

LIMITS / PLAN B In a hostage situation, do not intervene early; if the opportunity is not certain, keep waiting.

COMMON MISTAKE Early and unplanned intervention in a hostage situation.

TRAINING NOTE Role-play focused on verbal communication and waiting; the physical part only with a training gun and very slowly.

Multiple Attackers (Advanced)

G1-09 **PRINCIPLE** Movement Plan Against Three or More Attackers

WHEN TO USE As the numbers increase, strategy becomes more decisive than technique.

EXECUTION The goal is never to be surrounded. Movement is always toward the outer edges; contacts are short, and the escape route is clear at every moment. One of the attackers is brought in front of the others and used as an obstacle.

COMMON MISTAKE Standing in the middle and turning to each attacker in turn.

TRAINING NOTE “Stay on the outer edge” drill with four partners at a slow tempo.

G1-10 Counter-Ambush Tactics (Ambush Counter)

STARTING POSITION Passive stance, ambushed

WHEN TO USE Against a planned attack at a moment you do not expect.

EXECUTION 1. In the first second of the ambush, the flinch is turned into the Shield Stance, and the Shield Stance into forward movement.

2. The attackers’ plan relies on pinning you in one spot; moving disrupts that plan.

COMMON MISTAKE Freezing when the ambush is noticed.

TRAINING NOTE Scenarios inside the gym that start without warning.

G1-11 Positioning the Attackers Against Each Other *Using Attackers Against Each Other*

STARTING POSITION Fighting stance, multiple attackers

WHEN TO USE Steering the attackers so that they become obstacles to one another makes your job easier.

EXECUTION One attacker is pushed or pulled into the path of another; when the attackers collide or block each other's way, you move in the open direction.

COMMON MISTAKE Gathering the attackers together and then staying in the middle of them.

TRAINING NOTE "Push and get out" in a three-person drill.

G1-12 **PRINCIPLE** Safe Exit from a Crowd

WHEN TO USE Not just defending, but the plan for leaving safe and sound.

EXECUTION The exit target is identified and you move toward it with the Shield Stance, using the flow of the crowd. At narrow passages such as doors, the side of the wall is preferred to avoid being crushed.

COMMON MISTAKE Heading for the closest but most crowded exit.

TRAINING NOTE Moving toward a target in a crowd formed by partners.

G1-13 Breaking Out of an Encirclement (Break Out)

STARTING POSITION Surrounded, attackers all around

WHEN TO USE To find the weakest point and get out through it when you are surrounded.

EXECUTION 1. The weakest or widest gap in the circle is chosen; you pass through in that direction with an explosive movement, the Shield Stance and pushing.

2. Once through, you get away without stopping.

COMMON MISTAKE Staying inside the circle and defending one by one.

TRAINING NOTE Breaking out of a circle formed by partners carrying soft pads.

G1-14 **PRINCIPLE** Scenarios with Armed and Unarmed Attackers Together

Mixed Armed and Unarmed Groups

WHEN TO USE In a realistic group attack, not everyone is equally dangerous; prioritization is necessary.

EXECUTION The armed person is the first priority, the closest person the second. Movement is made so as to put the unarmed attackers between you and the armed person, or to get away from them.

COMMON MISTAKE Locking onto an unarmed but close attacker and losing sight of the armed person.

TRAINING NOTE Group scenarios with role cards (armed/unarmed).

GROUP 3 · 5 TECHNIQUES

Everyday Objects and Environmental Defense

G1-15 Defense with Everyday Objects: Belt, Bag, Chair, Umbrella *Everyday Objects as Tools*

STARTING POSITION Everyday object in hand

WHEN TO USE When you are caught unarmed, anything within reach can become a tool.

- EXECUTION**
1. Objects serve three functions: a shield (bag, chair), a distance tool (umbrella, chair) and a distraction (a thrown object).
 2. A belt or a bag with a strap can be swung to create distance.
 3. If the object is slowing you down, it is dropped.

COMMON MISTAKE Staying attached to an object even though you do not know how to use it.

TRAINING NOTE Shield and distance work with different objects in the gym.

G1-16 **PRINCIPLE** Using Walls, Corners and Barriers

WHEN TO USE To use your environment as a shield or an obstacle against a threat.

EXECUTION Putting your back to a wall closes off the rear but can trap you; a corner closes off two directions but makes escape harder. That is why a wall is thought of as temporary support, and a barrier (a table, a vehicle) as a lasting obstacle.

COMMON MISTAKE Backing into a corner and getting trapped.

TRAINING NOTE Scenarios on the advantages and disadvantages of using walls and corners.

G1-17 Defense Inside and Around a Vehicle *Vehicle-Related Defense*

STARTING POSITION Inside or beside a vehicle

WHEN TO USE A special area of practice for the moments of getting into and out of a car, or attacks inside a vehicle.

- EXECUTION**
1. Before getting in, the surroundings are checked and the key is kept ready; once inside, the doors are locked.
 2. In an attack that comes while the door is open, the door can be used as an obstacle or a shield.
 3. Inside the vehicle, the seated defenses are applied.

COMMON MISTAKE Linger on the phone before getting into the car.

TRAINING NOTE Scenarios in a vehicle layout set up with chairs.

G1-18 Defense on Stairs, in Narrow Corridors and in Elevators *Stairs, Corridors and Elevators*

STARTING POSITION On stairs, in a narrow corridor or in an elevator

WHEN TO USE Settings where balance and distance work differently from normal.

- EXECUTION**
1. On stairs, being on the upper step is an advantage but the risk of falling is high; the handrail is a point to hold on to.
 2. In an elevator you stand beside the door and in front of the panel; when you sense a threat, you do not get into the elevator, or you get off at the next floor.

COMMON MISTAKE Standing in a corner of the elevator with your back to the door.

TRAINING NOTE Slow scenarios on step-like blocks and in a narrow corridor layout.

G1-19 Defending in a Dark Environment *Defending in Darkness*

STARTING POSITION In a dark environment

WHEN TO USE Scenarios where vision is limited and you need to rely more on your other senses.

EXECUTION 1. In the dark, contact is the most reliable source of information; with the first contact come the Shield Stance and the counter.

2. A light source (a phone flashlight) both provides vision and can dazzle the attacker.

COMMON MISTAKE Shouting in the dark and needlessly giving away your position.

TRAINING NOTE Contact-based defense work with the lights dimmed.

GROUP 4 · 12 TECHNIQUES · GROUND FIGHTING

Ground Fighting

G1-20 Defense on the Ground Against Multiple Attackers *Ground Defense Against Multiple Attackers*

STARTING POSITION On the ground, multiple attackers

WHEN TO USE A more developed, realistic version of the introduction in P5.

EXECUTION 1. On the ground, the nearest attacker is kept at a distance with a kick, the positions of the others are scanned and the direction of the stand-up is chosen toward the emptiest side.

2. Every second spent on the ground increases the risk.

COMMON MISTAKE Starting to wrestle with one attacker on the ground.

TRAINING NOTE Stand-up scenarios from the ground with three partners.

G1-21 Defense Against a Weapon Threat While on the Ground *Ground*

Defense Against Armed Threats

STARTING POSITION On the ground, weapon threat

WHEN TO USE Being on the ground and facing an armed threat; one of the most demanding combinations in the system.

DANGER On the ground, under a weapon threat, your room to move is restricted, and because the attacker is above you, it is hard to reach the muzzle.

EXECUTION 1. The response changes according to the type of weapon: against a knife, distance with the legs and control of the weapon arm; against a handgun, getting off the line of fire and controlling it with both hands.

2. In every case, the first goal is standing up and distance.

COMMON MISTAKE Giving the same response without distinguishing the type of weapon.

TRAINING NOTE Mixed ground scenarios with a training knife and a training gun.

G1-22 Technical Stand-Up Under Pressure

STARTING POSITION On the ground, attacker applying pressure

WHEN TO USE To reinforce the ability to stand up even while being interfered with constantly.

EXECUTION 1. The stand-up is broken into small stages: ground stance, sitting up, one knee, feet.

2. If the attacker interferes at any stage, you return to the previous stage and open distance with a kick.

COMMON MISTAKE Forcing the stand-up in one go and being left off balance.

TRAINING NOTE Your partner pushes lightly at each stage; complete the staged stand-up.

G1-23 Escaping from the Face-Down (Prone) Position *Prone Escape*

STARTING POSITION Face down on the ground

WHEN TO USE To get out of this position, which is even more defenseless than lying on your back.

EXECUTION 1. First the head and neck are protected; then one hip and shoulder are pressed into the ground to turn to the side, moving onto your back or side.

2. From here the normal escape and stand-up are applied.

COMMON MISTAKE Trying to come up onto your knees while face down and giving your back to the attacker.

TRAINING NOTE Repetitions of turning and orienting from the face-down position.

G1-24 Leg Control and Striking Combinations on the Ground

STARTING POSITION On the ground, bottom position

WHEN TO USE To use your legs as both a defensive and an offensive tool.

EXECUTION 1. While one leg controls distance by pressing against the attacker's hip or knee, the other leg kicks; then the roles switch.

2. This rhythm makes it harder for the attacker to approach.

COMMON MISTAKE Using both legs to kick at the same time and losing control.

TRAINING NOTE Control-kick rhythm against a partner holding a pad.

G1-25 Defense Against an Edged-Weapon Attack on the Ground (Advanced)

Advanced Ground Knife Defense

STARTING POSITION On the ground, attacker with a knife

WHEN TO USE The advanced level of the basic ground knife defense from P5.

EXECUTION 1. The weapon arm is controlled with both hands and with leg support; once control is established, you look for the top position or a way to stand up by turning.
2. The tip of the knife is kept away from the body at all times.

COMMON MISTAKE Trying to turn before control is established.

TRAINING NOTE Slow, control-focused scenarios with a training knife.

G1-26 Escaping Mount with Two Attackers *Mount Escape with a Second Attacker*

STARTING POSITION On the ground, bottom position, mount, second attacker nearby

WHEN TO USE The version of the already difficult mount escape in which there is also a second attacker.

EXECUTION The direction of the escape is chosen as the side away from the second attacker; after the bridge and roll you do not stay in the top position, you stand up immediately.

COMMON MISTAKE Staying on top after the escape and being exposed to the second attacker.

TRAINING NOTE A three-person mount escape scenario.

G1-27 An Armed Attacker and a Second Attacker Together on the Ground*Armed and Unarmed Attackers on the Ground*

STARTING POSITION On the ground, armed attacker and a second attacker

WHEN TO USE One of the most complex scenarios; setting the order of priority is vital.

EXECUTION The armed attacker is the first priority; while the unarmed attacker is kept away with kicks and distance, the weapon arm is controlled or you get away from the armed person.

COMMON MISTAKE Forgetting the armed person while wrestling with the unarmed attacker.

TRAINING NOTE Ground scenarios with role cards.

G1-28 Sweeping to the Top Position and Escaping *Sweep and Escape*

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE A way of going from the bottom to the top; it is linked immediately to getting away.

EXECUTION With a sweep from guard, the attacker is tipped over to the side; you move to the top position and stand up without staying there.

COMMON MISTAKE Staying on top for a long time after the sweep.

TRAINING NOTE The sweep–stand-up–get away chain.

G1-29 Stand-Up Chain After a Reversal *Reversal to Stand-Up Chain*

STARTING POSITION On top after a reversal

WHEN TO USE To stand up without delay after reversing the position.

EXECUTION As soon as the reversal is complete, one knee presses on the attacker while the other foot is planted on the ground, and a safe stand-up is made.

COMMON MISTAKE Continuing to wrestle with the attacker after the reversal.

TRAINING NOTE The reversal and stand-up chain.

G1-30 Escaping When Your Arms and Legs Are Held on the Ground

Escaping When Limbs Are Controlled

STARTING POSITION On the ground, arms and legs held

WHEN TO USE One of the hardest situations, in which your ability to move is almost completely restricted.

EXECUTION

1. Even the smallest movement that comes free is used: a one-centimeter slide of the hips, the turn of a wrist.
2. The escape starts from the weakest point of control, and every bit of space gained is kept.

COMMON MISTAKE Trying to free all your limbs at the same time.

TRAINING NOTE Patient escape work under progressive control.

G1-31 **PRINCIPLE** **Saving Energy and Escaping from the Bottom Against a Heavy Attacker** *Energy Conservation Against a Heavy Attacker*

WHEN TO USE If the strength gap is very large, saving your energy to wait for the right moment instead of wrestling.

EXECUTION Breathing space is kept with a frame, and the position is improved with small hip adjustments; when the attacker makes a mistake, all your energy goes into a single escape movement.

COMMON MISTAKE Trying to escape from under a heavy attacker with brute force.

TRAINING NOTE Patience and timing work with a heavier partner.

GROUP 5 · 3 TECHNIQUES

Stress and Decision-Making

G1-32 **DRILL** **High-Stress Scenario Drills**

WHEN TO USE To test known techniques in conditions as close as possible to real stress.

EXECUTION Noise, changes in lighting, verbal pressure and an unclear start are added to the scenario. At the end of the scenario, the decisions made are assessed more than the technique.

COMMON MISTAKE Turning stress drills into a competition.

TRAINING NOTE A short, controlled stress scenario once a week.

G1-33 **PRINCIPLE** **Managing the Adrenaline Dump**

WHEN TO USE To recognize and manage the physical reaction your body produces at the moment of a threat (trembling, tunnel vision, loss of hearing).

EXECUTION Simple breathing techniques such as box breathing (breathe in for 4 seconds, hold for 4, breathe out for 4, hold for 4) can help regulate the heart rate and breathing to some extent; they do not eliminate the effects of adrenaline, but they help you keep your capacity to make decisions. It is understood that trembling, nausea and a shaking voice during and after the incident are normal reactions. Management has three parts: recognizing the symptoms, using the breath and simplifying the decision.

COMMON MISTAKE Interpreting the symptoms of adrenaline as fear or weakness.

TRAINING NOTE Breath control practice after conditioning blocks.

G1-34 **DRILL** **Performing Under Fatigue** *Decision-Making Under Fatigue*

WHEN TO USE To be able to make the right decision even at a moment when you are physically exhausted.

EXECUTION As fatigue increases, the options are simplified: the simplest technique, the shortest path, the safest exit. At the moment of decision, the priority “run, defend, strike” is remembered.

COMMON MISTAKE Making complex plans while tired.

TRAINING NOTE Decision scenarios after conditioning.

GROUP 6 · 18 TECHNIQUES**Additional Weapon and Object Defense**

The curriculum up to this point covered the knife, the stick and the firearm. This group adds the other weapons and objects you may

encounter in real life, because an attacker can use anything they find at hand.

G1-35 Defense Against an Attack with a Small Pointed Object Such as a Pen or Key *Small Pointed Object Defense*

STARTING POSITION Fighting stance, attacker with a pen or key in hand

WHEN TO USE Against a threat that is small but can be as dangerous as a knife.

EXECUTION 1. The logic of the defense is the same as with a knife: control of the weapon arm and the counter.

2. The difference is that because the object is small, it is often not seen; that is why trying to see the inside of the hand in every punch-like attack must become a habit.

COMMON MISTAKE Dismissing the small object and making a punch defense.

TRAINING NOTE Slow attacks with a pen hidden in your partner's palm.

G1-36 Defense Against an Attack with a Broken Bottle or Glass *Broken Bottle Defense*

STARTING POSITION Fighting stance, attacker with a broken bottle in hand

WHEN TO USE An edged threat with jagged edges, common in bar settings.

EXECUTION 1. A broken bottle can both slash and stab; its reach is short but unpredictable.

2. Distance and obstacles take priority; if contact is necessary, the wrist area of the weapon arm is controlled.

LIMITS / PLAN B The edges of broken glass are unpredictable; distance and obstacles take priority over contact.

COMMON MISTAKE Blocking against the bottle itself.

TRAINING NOTE Slow scenarios with a plastic bottle.

G1-37 Defense Against an Attack with a Chain or Belt *Chain and Belt Defense*

STARTING POSITION Fighting stance, attacker with a chain or belt in hand

WHEN TO USE A weapon with variable reach; reading the moment of the swing is important.

EXECUTION 1. A chain or belt is most dangerous at the end of the arc of its swing.

2. Either you get completely out of range, or you move in on the attacker's arm as the swing begins.

3. Because a flexible weapon can wrap around, an entry is preferred over a block.

COMMON MISTAKE Blocking with the arm and letting the chain wrap around the arm or neck.

TRAINING NOTE Slow swings with a soft rope.

G1-38 First Response to a Thrown Object *Thrown Object Response*

STARTING POSITION Passive stance, object being thrown

WHEN TO USE A threat that comes without contact; the priority is avoiding it, then responding.

EXECUTION The head and body get off the line of the object, or the arms protect the face; a throw is usually the beginning of an attack, which is why a fighting stance is taken immediately afterward.

COMMON MISTAKE Trying to catch the object.

TRAINING NOTE Avoiding soft balls, then taking a stance.

G1-39 Defending and Blocking with a Backpack *Backpack Defense*

STARTING POSITION Bag in hand or on your back

WHEN TO USE Even the most ordinary item you have can become a shield.

EXECUTION 1. The bag is held by one strap and brought in front of the chest; it is used as a shield against a knife or stick attack.

2. If necessary, the bag is shoved into the attacker's face.

COMMON MISTAKE Leaving the bag on your back and defending with your arms.

TRAINING NOTE Blocking practice against a training knife with a bag.

G1-40 Taking Off a Jacket or Coat and Using It as a Shield *Jacket as a Shield*

STARTING POSITION Wearing a jacket or coat

WHEN TO USE A practical solution that blocks vision and the blow, especially against an armed knife threat.

EXECUTION 1. The coat is wrapped around one arm to form thick protection, or it is thrown over the attacker's face and weapon arm to block their vision.

2. It is used if there is time to prepare; if not, you do not wait for it.

COMMON MISTAKE Wasting time trying to take off the coat.

TRAINING NOTE Defense against a training knife with a coat wrapped around the arm.

G1-41 Using a Chair as Both a Shield and a Pushing Tool *Chair as Shield and Ram*

STARTING POSITION Chair nearby

WHEN TO USE To create distance and push the attacker back at the same time.

EXECUTION 1. The chair legs are held pointing at the attacker; this is both an obstacle against a knife or stick and a pushing tool.
2. The attacker is pushed back to open space toward the escape route.

COMMON MISTAKE Lifting the chair in the air and swinging it; it is both slow and uncontrolled.

TRAINING NOTE Pushing and distance work with a light chair.

G1-42 First Response to an Attacker with a Weapon in Each Hand *Dual-Weapon Attacker Response*

STARTING POSITION Fighting stance, attacker with a weapon in each hand

WHEN TO USE One of the most demanding scenarios; the priority is escape, and if that is not possible, focusing on one arm.

EXECUTION 1. Managing two lines of threat at the same time is complex for you as well as for the attacker; through movement you try to give the attacker an angle from which they are forced to use only one side.
2. If escape is not possible, the nearest weapon arm is controlled and the attacker is turned so that the other arm is moved away.

LIMITS / PLAN B If you cannot control both weapons at the same time, do not intervene; prioritize distance and escape.

COMMON MISTAKE Trying to control both arms at once.

TRAINING NOTE Slow scenarios with a training knife and a foam stick.

G1-43 **PRINCIPLE** **Protocol for Safely Carrying and Handing Over a Knife****After Taking It** *Post-Disarm Knife Handling*

WHEN TO USE The disarm is not considered finished; holding the weapon safely is also part of the system.

EXECUTION The knife is held with the tip down and away from the body, or put down in a safe place; when handing it over to the authorities, this is stated verbally. Going after the attacker with the knife can exceed the limits of self-defense.

COMMON MISTAKE Threatening the attacker with the knife you have taken.

TRAINING NOTE The steps of holding safely and putting down after a disarm.

G1-44 **PRINCIPLE** **Using an Item You Carry for Defensive Purposes***Everyday Carry Items for Defense*

WHEN TO USE The awareness that you can turn your everyday items into a defensive tool.

EXECUTION Everyday items such as a key, a pen, a flashlight or a phone are thought of first as a barrier and a distance tool: they can be held between you and the attacker, help break a grip or create a moment of distraction. Using an item as a striking tool is considered separately in the proportionality assessment of self-defense. The goal is always to create an opportunity to escape.

COMMON MISTAKE Relying on an object and neglecting the basic techniques.

TRAINING NOTE Trials of barriers, breaking grips and distraction with different everyday items; only with pads and training equipment.

G1-45 Against an Armed Threat Coming from Behind a Table or Counter

Threat Across a Counter

STARTING POSITION Across a table or counter, armed threat

WHEN TO USE A special position that may be encountered at work or in a shop.

DANGER The counter in between keeps you from reaching the muzzle; trying to get over the counter wastes time.

EXECUTION

1. The table or counter is an obstacle; distance is kept by keeping this obstacle between you.
2. If the attacker tries to come around, you move in the opposite direction.
3. In robberies, handing over money and items is often the safest choice.

COMMON MISTAKE Trying to jump over the counter.

TRAINING NOTE Scenarios of moving around a table.

G1-46 An Armed Attack from Above or Below on Stairs

Armed Attack on Stairs

STARTING POSITION On stairs, armed attacker above or below

WHEN TO USE A scenario that takes into account the effect of the difference in level on balance and response.

EXECUTION

1. If you are below, the attacker's legs are the target and backing off is difficult; if you are above, there is a risk of falling but you may have the advantage of distance.
2. In both cases the handrail is used as a point to hold on to and for support.

COMMON MISTAKE Retreating quickly backward on the stairs.

TRAINING NOTE Very slow scenarios on step blocks.

G1-47 First Response to a Threat Emerging from a Vehicle's Trunk *Vehicle**Ambush Response*

STARTING POSITION Beside a vehicle

WHEN TO USE An attack coming from an unexpected, narrow and enclosed space.

EXECUTION 1. The first response is distance and an obstacle: you move so that the body of the vehicle stays between you and the attacker.

2. If the threat is targeting a loved one, their safety is secured first.

COMMON MISTAKE Moving toward the back of the vehicle when the threat is noticed.

TRAINING NOTE Scenarios in the gym with an obstacle standing in for a vehicle.

G1-48 Defense Against a Strangulation Attempt with a Rope or Belt*Ligature Choke Defense*

STARTING POSITION Rope or belt around the neck

WHEN TO USE A different mechanic from a choke with the hands; the object locks onto the throat faster.

EXECUTION 1. The hands immediately try to get under the rope or belt, between the throat and the object, and the chin is tucked.

2. Then you turn back and go at the attacker with an elbow.

LIMITS / PLAN B If there is a rope or belt around the neck, do not apply pressure; focus only on getting your hand in between and pulling.

COMMON MISTAKE Trying to pull the object off the throat and leaving the arms outside.

TRAINING NOTE Only the reflex of placing the hand, with a soft cloth and very light contact; never real pressure.

G1-49 First Response to a Spray or Pepper Spray Attack and Protecting the Eyes *Pepper Spray Response*

STARTING POSITION Spray being used or already sprayed

WHEN TO USE The brief moment before you lose your vision determines your response.

- EXECUTION**
1. When the spray is noticed, the eyes are closed, the face is protected with the arm and you get off the line of the spray.
 2. If there has been contact, the eyes are not rubbed; they are washed with plenty of water, you go out into the open air and, if possible, contaminated clothing is removed [5].
 3. If there is shortness of breath or long-lasting symptoms, medical help is sought.
 4. With reduced vision, you stay facing the attacker and call out for help.

LIMITS / PLAN B If eye contact is lost, do not continue the attack; get off the line and back off.

COMMON MISTAKE Rubbing the eyes.

TRAINING NOTE Defense and orientation work with limited vision (taped goggles).

G1-50 First Response to a Fire or Flammable Substance Threat *Fire and Flammable Threat Response*

STARTING POSITION Fire or flammable substance threat

WHEN TO USE A rare but extremely serious threat; the priority is always escape.

EXECUTION 1. Distance is the most important protection; you do not approach the person making the threat.
 2. If clothing catches fire, “stop, drop and roll” is applied.
 3. In an enclosed space, you head for the nearest exit and call for help.

LIMITS / PLAN B Against a threat with a flammable substance, do not make contact; the only option is distance and escape.

COMMON MISTAKE Trying to intervene against the person holding the flammable substance.

TRAINING NOTE Drill of “stop, drop and roll” and the exit plan.

G1-51 Scenario with Two Different Weapons (Knife and Stick) at the Same Time *Knife and Stick Combination*

STARTING POSITION Fighting stance, attackers with a knife and a stick

WHEN TO USE A mixed threat; the priority changes according to which weapon is closer and more dangerous.

EXECUTION 1. The knife at contact range is the first priority; the stick is managed with distance or an obstacle.
 2. Movement is made so as to line up the two attackers.

COMMON MISTAKE Focusing on the stick and losing sight of the nearby knife.

TRAINING NOTE A training knife and foam stick scenario with two partners.

G1-52 **PRINCIPLE** **Protocol for Safely Putting Down or Handing Over the Weapon After a Disarm** *Weapon Handover Protocol*

WHEN TO USE Even after the incident is over, holding the weapon the wrong way can create a new risk; this protocol eliminates it.

EXECUTION After withdrawing to a safe place, the weapon is put down on the ground in a way that it is not pointed at anyone. When the police arrive, your hands are kept empty and visible, and the location of the weapon is stated verbally.

COMMON MISTAKE Greeting the police with a weapon in your hand.

TRAINING NOTE Repeating the steps of putting down and reporting at the end of the scenario.

GROUP 7 · 12 TECHNIQUES

Multiple Attackers and Team Tactics

Up to this level you were always alone in multiple-attacker scenarios. This group adds situations in which someone is beside you (an instructor, a family member, a friend). Moving together adds strength but requires coordination. The behavior of the protected person is never fully predictable: they may panic, freeze or run in the wrong direction.

DECISION CHART · WHEN YOU ARE WITH A LOVED ONE

Is the threat still at a distance?	YES → Take your loved one and get away without making contact; head for a busy, well-lit area.
NO ↓	
Is the threat approaching but the attack has not started?	YES → Put your loved one behind you, set a short, clear boundary and keep the escape corridor open.
NO ↓	

The attack has started: put yourself between the threat and your loved one and direct them with short commands.



Has your loved one gone to the ground or frozen?

YES → Stay beside them, block the kicks, help them get up and withdraw together.

NO ↓

Go to the meeting point agreed in advance, check that nobody is missing and call emergency services (112).

G1-53 Moving Together as a Two-Person Group Against Multiple Attackers

Two-Person Team Movement

STARTING POSITION Two people side by side, multiple attackers

WHEN TO USE Situations in which, unlike defending alone, coordination comes into play.

EXECUTION 1. The two people close off the rear directions by standing back to back or shoulder to shoulder; while one talks, the other scans the surroundings.

2. Movement is coordinated with short commands (“left,” “door”).

COMMON MISTAKE Both people focusing on the same attacker.

TRAINING NOTE Movement practice with short commands in teams of two.

G1-54 Defending While Protecting a Loved One (Child, Spouse) at the Same Time

STARTING POSITION A loved one to protect beside you

WHEN TO USE The order of priority changes: first the person to be protected, then yourself.

- EXECUTION**
1. The protected person is brought behind your body or to the side away from the threat; the defense is carried out so as not to leave this person exposed.
 2. The escape direction is planned according to the protected person's speed.

COMMON MISTAKE Moving away from the protected person during the defense.

TRAINING NOTE Scenarios in which your partner takes the role of the "protected person."

G1-55 Putting Your Loved One Behind You and Retreating *Shielding and Retreating*

STARTING POSITION A loved one to protect beside you, attacker in front

WHEN TO USE To position yourself like a shield and withdraw in a safe direction.

- EXECUTION**
1. The protected person is kept behind you and in contact with your hand; as you walk backward facing the threat, they move together with you.
 2. Directions are given with short commands.

COMMON MISTAKE Sending the protected person ahead and leaving them between you and the threat.

TRAINING NOTE Retreating together while staying in contact.

G1-56**PRINCIPLE****Coordinating a Group Exit from a Crowd***Group Exit**Coordination*

WHEN TO USE So as not to scatter or break the order while moving with more than one person.

EXECUTION The group moves in a line or chain, each person holding the shoulder of the person in front; the strongest people are at the front and at the back. The meeting point is agreed in advance.

COMMON MISTAKE The group trying to get out in a scattered way.

TRAINING NOTE Group exit drill with three or four people.

G1-57 Protecting a Group Member Who Has Gone to the Ground*Protecting**a Downed Partner*

STARTING POSITION Within a group, one person on the ground

WHEN TO USE The role of the other person when someone in the group ends up at a disadvantage.

EXECUTION 1. The person standing blocks the kicks by standing over or beside the person on the ground, buying time for them to get up.

2. As soon as the person on the ground is up, the two get away together.

COMMON MISTAKE Both people being left defenseless while trying to lift the person on the ground.

TRAINING NOTE Protection and stand-up coordination in a two-person scenario.

G1-58 **PRINCIPLE** **Verbal Deterrence and Setting Distance (Before Physical Contact)** *Verbal Deterrence and Boundaries*

WHEN TO USE The best technique is the one that is never applied; prevention with words starts here.

EXECUTION A boundary is set with open hands and a calm but clear tone of voice: “Stop there. Don’t come closer.” The sentences are short and in the imperative; you do not get into an argument.

COMMON MISTAKE Giving long explanations or responding with insults.

TRAINING NOTE Short, clear boundary sentences in role-play.

G1-59 **PRINCIPLE** **Helping the Other Person Back Down with Words (De-escalation)**

WHEN TO USE The skill of calming a situation without carrying it into physical conflict.

EXECUTION The other person is given a way out and their dignity is protected; the tone of voice is lowered and the talking is slowed. The aim is not the subject of the disagreement but calming the situation.

COMMON MISTAKE Continuing the argument in order to “be right.”

TRAINING NOTE Role-play at different levels of anger.

G1-60 **PRINCIPLE** **Recognizing the Dominant Person in a Group** *Reading the Dominant Person in a Group*

WHEN TO USE To read the situation when you are facing a group. The behavior of a group is not always determined by a single person; but often one person may be more dominant or directing.

EXECUTION The dominant person is usually the one who talks the most, the one the others look to, or the one who moves first. Noticing them helps you understand where the tension is coming from and direct your verbal de-escalation at the right person. The priority is always the escape line and the threat closest to you; if physical conflict is unavoidable, neutralizing the dominant person may reduce the group's determination, but this is no guarantee of the outcome.

COMMON MISTAKE Focusing on finding the dominant person and missing the opportunity to escape or the threat closest to you.

TRAINING NOTE Observation and verbal de-escalation work in group scenarios in which the dominant person is chosen at random.

G1-61 **PRINCIPLE** **Techniques for Calling for Help and Attracting Attention in a Crowd** *Calling for Help in a Crowd*

WHEN TO USE Attracting the attention of people around you can change the course of the incident.

EXECUTION Instead of a general "help," requests are directed at specific people: "You, in the blue coat, call 112." This breaks the bystander effect (everyone thinking someone else will help).

COMMON MISTAKE Shouting without calling out to anyone in particular.

TRAINING NOTE Calls for help directed at specific people in scenarios.

G1-62 **PRINCIPLE** **Coordinating the Retreat Until You Reach Your Vehicle**

Retreating to a Vehicle

WHEN TO USE To move together with the group until you reach a safe destination (a vehicle, a building).

EXECUTION As the group retreats toward the vehicle, one person stays facing the threat while another gets the key and the door ready. The protected people get into the vehicle first, the person facing the threat gets in last, and the doors are locked.

COMMON MISTAKE Everyone trying to get into the vehicle at the same time.

TRAINING NOTE Group retreat drill in a vehicle layout.

G1-63 **PRINCIPLE** **Group Defense Arrangement in an Enclosed Space**

(Home, Shop) *Group Defense Indoors*

WHEN TO USE Setting up a defensive arrangement with more than one person in a confined space has its own rules.

EXECUTION The protected people are taken to the safest room or to a point near an exit; doors and passages are controlled; one person calls for help. Physical intervention is made only when the threat comes inside.

COMMON MISTAKE Everyone crowding at the door at the same time.

TRAINING NOTE Role allocation practice by setting up a room layout in the gym.

G1-64 **PRINCIPLE** Setting a Safe Rally Point for the Group After the Incident *Rally Point Planning*

WHEN TO USE A plan for meeting at a safe point without scattering after the physical incident is over.

EXECUTION When you enter a setting, a meeting point (a shop, the entrance of a parking lot) is agreed within the group. After the incident, everyone goes there and checks whether anyone is missing.

COMMON MISTAKE Trying to agree on the meeting point after the incident has begun.

TRAINING NOTE The habit of going to the meeting point at the end of drills.

GROUP 8 · 8 TECHNIQUES · GROUND FIGHTING

Ground Fighting - Sweeps and Position Changes

G1-65 Sweep from Guard (Scissor Sweep)

STARTING POSITION On the ground, bottom position, attacker in your guard

WHEN TO USE A basic sweep that shows you can move to the top position even from the bottom.

EXECUTION

1. One leg is placed horizontally across the attacker's stomach, while the other leg sweeps the back of their knee; the hands pull the attacker's arm and collar.
2. The legs move in opposite directions like scissors and the attacker topples to the side.

LIMITS / PLAN B If the sweep does not hold, do not force it; re-establish the guard and wait for another opportunity.

COMMON MISTAKE Sweeping with the legs alone, without pulling the arm.

TRAINING NOTE Entry and toppling with slow repetitions.

G1-66 Sweep from Half Guard *Half Guard Sweep*

STARTING POSITION On the ground, bottom position, half guard

WHEN TO USE To show that changing position is possible even while one of your legs is controlled.

EXECUTION You slide underneath the attacker, grab the controlled leg and push with the hips to topple them to the side.

COMMON MISTAKE Trying to sweep while staying flat on your back.

TRAINING NOTE Sweep repetitions from half guard.

G1-67 Sweep from Under Side Control *Sweep from Bottom Side Control*

STARTING POSITION On the ground, bottom position, attacker in side control

WHEN TO USE A way out even from one of the most disadvantageous positions.

EXECUTION When the attacker shifts their weight, you bridge, trap the attacker's arm and roll over on top of them.

COMMON MISTAKE Forcing it while the attacker is balanced.

TRAINING NOTE Practice feeling the shift of weight.

G1-68 Reversing from Turtle to the Top Position *Turtle Reversal*

STARTING POSITION On the ground in the turtle position

WHEN TO USE To move suddenly to the top position from the position in which you have closed yourself up.

EXECUTION The attacker's arm is caught, you roll over your shoulder, the attacker is tipped onto their back and you move on top.

COMMON MISTAKE Rolling without catching the arm.

TRAINING NOTE Catching the arm and rolling from turtle.

G1-69 Takedown by Sweeping from the Clinch *Clinch Sweep Takedown***STARTING POSITION** Clinch**WHEN TO USE** To turn standing clinch control into an advantage on the ground.**EXECUTION** In the clinch the attacker is pulled in one direction and the foot they put their weight on is swept; as the attacker falls, you take the top position or get away.**LIMITS / PLAN B** If the balance is not broken in the clinch, do not force the sweep; maintain control.**COMMON MISTAKE** Attempting the sweep on a balanced attacker.**TRAINING NOTE** Timing of the foot sweep from the clinch.**G1-70 Immediate Control After a Sweep****STARTING POSITION** On top after a sweep**WHEN TO USE** If you choose to stay there after reversing the position.**EXECUTION** As soon as the sweep is complete, mount or side control is established and the control principles are applied.**COMMON MISTAKE** Looking for control after the sweep before establishing balance.**TRAINING NOTE** The sweep–control chain.**G1-71 Standing Up Immediately After a Sweep** *Standing Up After a Sweep***STARTING POSITION** On top after a sweep**WHEN TO USE** Or the opposite: to sweep, then stand up immediately and get away.**EXECUTION** Using the momentum of the sweep, you come straight to your feet; the stand-up is made away from the attacker.**COMMON MISTAKE** Standing up next to the attacker after the sweep.**TRAINING NOTE** The sweep–stand-up–get away chain.

G1-72 Recovering from a Failed Sweep

STARTING POSITION Sweep attempt failed

WHEN TO USE Not every sweep succeeds; after a failed attempt you need to be able to return to defense.

EXECUTION If the sweep does not hold, the guard is re-established immediately or distance is kept with a frame; then you wait for another opportunity.

COMMON MISTAKE Staying in an open position after a failed sweep.

TRAINING NOTE Your partner blocks the sweep; return to guard.

Level Assessment

- Decision-making and basic control in long gun, in-vehicle and confined-space threats (with a training gun).
- Movement against three or more attackers and breaking out of an encirclement.
- Defense with everyday objects and using the environment.
- The first response against at least five of the additional weapon and object threats.
- Defending and retreating while protecting a loved one.
- A verbal deterrence and de-escalation role-play.
- Changing position with a sweep on the ground and standing up.

Sample 8-Week Training Plan

- **Week 1:** The long gun and threats from different positions.
- **Week 2:** Weapon threats in a crowd, a vehicle and a confined space; the hostage situation.

- **Week 3:** Multiple attackers (advanced): ambush, breaking out, mixed groups.
- **Week 4:** Everyday objects and environmental defense.
- **Week 5:** Additional weapon and object defense.
- **Week 6:** Team tactics and protecting a loved one.
- **Week 7:** Ground: sweeps, armed ground scenarios; stress drills.
- **Week 8:** General review and level assessment.

G1 CHECKLIST

- ☐ I begin every armed scenario with the compliance–escape–intervention decision.
- ☐ I choose the direction of the muzzle with the people around me in mind.
- ☐ I can move against three attackers by staying on the outer edge.
- ☐ I can use everyday objects as a shield and a distance tool.
- ☐ I can put a loved one behind me and retreat together with them.
- ☐ I can deter verbally with short, clear boundary sentences.
- ☐ I can move to the top with a sweep on the ground and stand up.

G2

G2 · Expert Level (Graduate 2)

51 techniques · 7 of them ground fighting · The last step on the student path

G2 is the last step on the student path. At this level the number of new techniques decreases, and combining what has been learned comes to the fore. Hybrid scenarios show how an incident can evolve from striking to the clinch, from the clinch to the ground, and from the ground to an armed threat; what is expected of the student is to make the right decision at each of these transitions.

On the technical side of G2 there are two major completions. The first is the elbow system: the elbow series that started with four angles in P1 and seven in P2 reaches fourteen angles here, and the angles are linked to one another. The second is the clinch: techniques of Thai origin, methods of breaking the clinch and leaving the clinch safely become complete at this level.

At this level, legal awareness and decision-making are treated as a separate heading. A student who completes G2 knows not only how to defend, but also when to stop, what to do after the incident and how to report it. The topics of teaching competence and technical mastery have been moved to the next step, the instructor levels.

GOALS OF THIS LEVEL

- Fluid transitions in hybrid scenarios that include striking, clinch, ground and weapon phases.
- Adapting the response to the location (parking lot, elevator, public transport, home).
- Survival and an exit plan in a prolonged ground fight.
- Applying the principles of self-defense and proportionality in scenarios; reporting the incident correctly.
- Applying the 14 angles of the elbow system and their combinations.
- Full control in the clinch, breaking the clinch and leaving safely.

TECHNIQUE GROUP	COUNT	AREA
Advanced Hybrid Scenarios	6	Standing
Ground Fighting	7	Ground
Decision-Making and Legal Awareness	3	Standing
Elbow System: Angles 8–14	18	Standing
Additional Clinch and Close-Range Techniques	15	Standing
Black Force Advanced Entries and Throws	2	Standing
TOTAL	51	7 ground

Advanced Hybrid Scenarios

G2-01 **SCENARIO** Scenarios with Striking, Clinch, Ground and Weapon

Transitions *Full Hybrid Scenarios*

WHEN TO USE A real incident can pass through all four of these phases; to link them all in a single flow. These scenarios are mixed scenarios designed for training; not every real incident passes through all of these phases, or in this order. The goal is not to copy a real incident exactly but to train decision-making at the transitions.

EXECUTION The scenario begins standing, with verbal tension, moves into striking and the clinch, goes to the ground, and at some point a weapon appears. At every transition, the basic priority of that phase is remembered: standing, distance; in the clinch, control; on the ground, standing up; with a weapon, the weapon arm.

COMMON MISTAKE Focusing on success in one phase and not seeing the next threat.

TRAINING NOTE 3-minute, low-intensity full scenarios.

G2-02 **SCENARIO** Multi-Stage Attack Scenarios: From Unarmed to Armed

Escalation from Unarmed to Armed

WHEN TO USE To practice how an argument can turn into an armed threat and how to adapt to it.

EXECUTION Constantly watching the attacker's hands and noticing movements to the waist and pockets early are taught; when a hand goes to a pocket or the waist, distance or control of the weapon arm is prioritized.

COMMON MISTAKE Losing sight of the attacker's hands during the argument.

TRAINING NOTE Role-play scenarios in which a hidden training knife appears.

G2-03 **SCENARIO** Location-Based Scenarios: Parking Lot, Elevator, Public Transport and Home

WHEN TO USE Every location has its own constraints and opportunities; to adapt techniques to that location.

EXECUTION In a parking lot, vehicles are used as obstacles and cover; in an elevator, the panel and the door; on public transport, poles and seats; at home, doors and furniture. In every location, the exits are identified first.

COMMON MISTAKE Trying to apply the same techniques in the same way in every location.

TRAINING NOTE Scenarios set up in the gym with different location layouts.

G2-04 **SCENARIO** Combinations of Multiple Attackers and Weapons

Multiple Attackers with Weapons

WHEN TO USE One of the scenarios at the highest level of difficulty in the system.

EXECUTION The principle of prioritization is applied: the nearest weapon, then the nearest attacker, then the escape route. Movement is uninterrupted and contacts are short.

COMMON MISTAKE Long contact with a single person.

TRAINING NOTE Multiple armed scenarios with role cards.

G2-05 **SCENARIO** **Surprise Attack: Escalation from a Single Attacker to Multiple Attackers** *Surprise Escalation to Multiple Attackers*

WHEN TO USE An incident you thought involved one person at the start growing larger.

EXECUTION Scanning continues during contact with a single attacker; when a second person is noticed, the first contact is broken and the position is corrected.

COMMON MISTAKE Focusing on “finishing off” the first attacker.

TRAINING NOTE Scenarios with a second and third partner joining without warning.

G2-06 **SCENARIO** **Forced Retreat: Crowd and Narrow Passage Scenarios** *Forced Retreat Scenarios*

WHEN TO USE Sometimes the only right decision is to retreat; to learn how to do it safely.

EXECUTION The retreat is made facing the threat and with the Shield Stance; in narrow passages, the passage itself is used to line up the attackers.

COMMON MISTAKE Turning your back and running while retreating (when the threat is close).

TRAINING NOTE Retreat scenarios in a narrow passage layout.

GROUP 2 · 7 TECHNIQUES · GROUND FIGHTING

Ground Fighting

G2-07 **PRINCIPLE** Integrating the Standing, Ground and Stand-Up Chains

Integrated Stand–Ground–Stand Chains

WHEN TO USE To train them no longer as separate skills but as a single fluid system.

EXECUTION The fall, ground defense, escape and stand-up are applied as an uninterrupted chain; the end of each phase is the start of the next.

COMMON MISTAKE Pausing between the phases.

TRAINING NOTE 2-minute uninterrupted chain rounds.

G2-08 **SCENARIO** Ground Scenarios with Multiple Attackers and Weapons

Ground Scenarios with Multiple Armed Attackers

WHEN TO USE The system's most demanding ground combination.

EXECUTION The priority is standing up; the armed attacker is kept away, the unarmed attackers are slowed with kicks and you stand up at the first opening.

COMMON MISTAKE Approaching the armed person on the ground.

TRAINING NOTE Controlled three-person ground scenarios.

G2-09 **PRINCIPLE** Surviving and Escaping in a Prolonged Ground Fight

Surviving a Prolonged Ground Fight

WHEN TO USE Managing energy and decisions not in a short struggle but in a drawn-out situation.

EXECUTION Breath control, holding position and small gains are the priority; the big escape move is saved for the moment the attacker makes a mistake.

COMMON MISTAKE Spending all your energy in the first minute.

TRAINING NOTE 5-minute low-intensity ground rounds.

G2-10 **PRINCIPLE** **Free Transitions Between Standing, Clinch and Ground**

Free Transitions Between Ranges

WHEN TO USE For fluid movement between the three positions, whatever the situation.

EXECUTION In every position, two options for moving to the next position are known: from the clinch to the ground or to standing, from the ground to the clinch or to standing. The transition decision is made according to the attacker's movement.

COMMON MISTAKE Getting stuck in a single position.

TRAINING NOTE Free-flow rounds.

G2-11 **PRINCIPLE** **Using Environmental Elements (Stairs, Vehicles, Furniture) in Ground Fighting** *Using the Environment on the Ground*

WHEN TO USE To notice and use the advantages real environments offer.

EXECUTION A wall and a vehicle are treated as support for standing up, furniture as an obstacle, stairs as a source of imbalance. The surroundings are scanned continuously while on the ground.

COMMON MISTAKE Focusing only on the attacker without seeing the surroundings.

TRAINING NOTE Ground scenarios in environments set up with equipment.

G2-12 **SCENARIO** Multiple Attackers and an Armed Attacker Together on the Ground *Armed and Multiple Attackers on the Ground*

WHEN TO USE Perhaps the single most demanding scenario in the system.

EXECUTION Movement and standing up never stop; you position yourself so that the armed attacker stays behind the other attackers, and you escape at the first opportunity.

COMMON MISTAKE “Settling in” to defense on the ground.

TRAINING NOTE Under instructor control, at very low intensity.

G2-13 **PRINCIPLE** An Exit Plan to Avoid Staying Long on the Ground (Exit Strategy) *Ground Exit Strategy*

WHEN TO USE This is the ultimate goal of every ground technique: not to stay there, but to get out.

EXECUTION The moment you go to the ground, an exit plan is built: in which direction, with which escape, with which stand-up. The plan is updated according to the attacker’s reaction, but the goal does not change.

COMMON MISTAKE Trying to “win” on the ground.

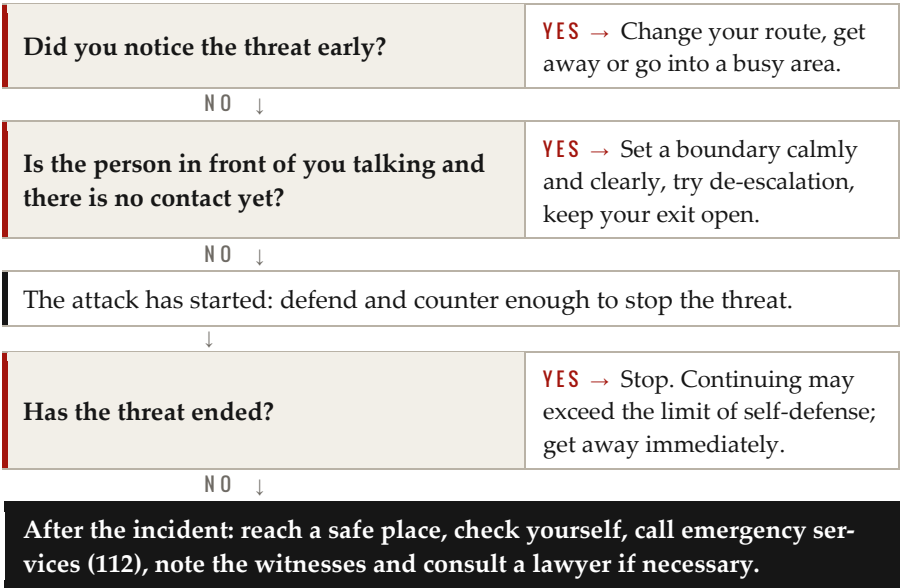
TRAINING NOTE Stating the exit plan out loud at the end of every ground drill.

GROUP 3 · 3 TECHNIQUES

Decision-Making and Legal Awareness

The three headings in this group are not individual techniques but the framework of all techniques. The chart below shows the before, during and after of an incident in a single decision chain.

DECISION CHART · BEFORE, DURING AND AFTER AN INCIDENT



G2-14 **PRINCIPLE** Principles of Self-Defense and Proportionality

WHEN TO USE The applied form of the topic described in the self-defense chapter of the book.

EXECUTION At the end of every scenario three questions are asked: Was the attack real and ongoing? Was the force used proportionate to the attack? Did I stop when the threat ended? The answers to these questions are as important as the technique itself.

COMMON MISTAKE Continuing after the threat has ended.

TRAINING NOTE The three-question review after the scenario.

G2-15 **PRINCIPLE** **Decision-Making Before, During and After Danger** *Before, During and After Decisions*

WHEN TO USE Three different decision processes in three different time frames.

EXECUTION Before: notice, avoid, set a boundary. During: defend, neutralize, get away. After: go to a safe place, call for help, check for injuries, report the incident.

COMMON MISTAKE Leaving the aftermath of the incident unplanned.

TRAINING NOTE Playing scenarios from start to finish in three stages.

G2-16 **PRINCIPLE** **Reporting the Incident Correctly and Getting Support** *Reporting and Seeking Support*

WHEN TO USE The step after the physical incident ends is also part of the system.

EXECUTION Emergency services (112) are called, and the location of the incident and the attacker's description and direction are given briefly and clearly. The contact details of witnesses are taken. If there is an injury, a medical report is obtained. You stay calm when giving a statement and consult a lawyer if necessary. Getting support for the psychological effects of the incident is not weakness but part of the process.

COMMON MISTAKE Closing the matter without reporting the incident to anyone.

TRAINING NOTE An emergency call role-play: giving the basic information in 30 seconds.

GROUP 4 · 18 TECHNIQUES

Elbow System: Angles 8-14

The elbow series you started with angles 1–7 in P2 is completed here. All of them work at a distance you already know; what is new

is the number of angles and the skill of linking these angles together. The numbering is specific to Black Force; different Krav Maga schools may count elbow angles differently. The elbow strikes have their origin in the close-range work of Silat and Kali; the approach of these two arts, which use the elbow both as a strike and as a tool for meeting the incoming attack, has been turned in Black Force into a single 14-angle system. The table below shows the entire system at a glance.

BLACK FORCE ELBOW ANGLE SYSTEM

ANGLE	DIRECTION	TYPICAL TARGET AND CONTEXT	LEVEL
1	Horizontal, forward and inward	Side of the face, jaw; close range	P1
2	Horizontal, to the side and outward	The face of an attacker at your side	P1
3	Vertical, from below upward (center line)	Chin; in the clinch	P1
4	Vertical, from above downward	Face, collarbone; a target at the same level	P1
5	To the side and backward	An attacker at the side-rear	P2
6	Straight backward	The ribs of an attacker behind	P2
7	Backward and upward	The face of an attacker behind	P2
8	Horizontal, at body level	Ribs; if the attacker is protecting the head	G2
9	From below upward, opening outward	Under the arm to the side of the jaw; opening a grip	G2
10	From above downward, onto a bent-over attacker	The back or shoulder of an attacker bent toward you	G2

ANG L E	DIRECTION	TYPICAL TARGET AND CONTEXT	L E V E L
1 1	Backward and downward	The stomach or groin line of someone grabbing from behind	G 2
1 2	Diagonal, from above downward and inward	The side of the face	G 2
1 3	Downward, dropping the body	A target on the ground or kneeling	G 2
1 4	Spinning, horizontal	A target behind while getting off the line with a spin	G 2

G2·17 Angle 8: Horizontal Elbow at Body Level *Elbow Angle 8*

STARTING POSITION Fighting stance, very close range

WHEN TO USE A different target option aimed at the body instead of the head; when the attacker is protecting their head.

EXECUTION 1. The elbow swings horizontally at body level; the target is the ribs.

2. The hip turn and a slight bend of the knees increase the power.

COMMON MISTAKE Opening the chin as you drop to the body.

TRAINING NOTE Horizontal elbow on a body pad.

G2-18 Angle 9: Elbow from Below Upward, Opening Outward *Elbow Angle 9*

STARTING POSITION Fighting stance, very close range

WHEN TO USE At close range, under the attacker's arm to the side of the jaw, or to the inside of their arm to open a grip.

EXECUTION 1. The elbow starts from beside the hip and rises while opening outward.

2. The difference from angle 3 is that it draws a diagonal arc outward rather than going vertically along the center line; that is why it can be used both as a strike and as a movement to open a grip.

COMMON MISTAKE Doing the movement with the arm and not using the legs.

TRAINING NOTE Elbow from below upward on a chest pad.

G2-19 Angle 10: Elbow Dropping from Above onto a Bent-Over Attacker

Elbow Angle 10

STARTING POSITION Attacker bent forward, close range

WHEN TO USE When the attacker bends toward your waist or legs and tries to grab you; together with the sprawl.

EXECUTION 1. As the hips are pulled back, the elbow is raised and drops onto the attacker's back or shoulder together with your body weight.

2. The difference from angle 4 is that it is applied not to a target at the same level but to an attacker bent toward you, and with a transfer of weight.

COMMON MISTAKE Applying it to the back of the neck and spine without control in the gym; it is practiced only on a pad.

TRAINING NOTE Controlled elbow on a pad on the back of a bent-over partner.

G2-20 Angle 11: Elbow Backward and Downward at an Attacker Behind*Elbow Angle 11***STARTING POSITION** Attacker behind, very close**WHEN TO USE** When you are grabbed from behind or someone is standing very close behind you; it can also be applied without looking.

- EXECUTION**
1. As the hips drop, the elbow is driven backward and downward into the attacker's stomach or groin line.
 2. The difference from angle 6 (straight back, at rib level) is that it is applied downward together with the drop.
 3. The head turns back during the movement.

LIMITS / PLAN B Make sure you have looked before throwing a rear elbow; if you cannot see, turn first.**COMMON MISTAKE** Swinging again and again without looking.**TRAINING NOTE** Rear elbow on a pad held behind you.**G2-21 Angle 12: Diagonal Elbow** *Elbow Angle 12***STARTING POSITION** Fighting stance, very close range**WHEN TO USE** An unexpected line that fills the gaps between the other angles.**EXECUTION** The elbow draws a diagonal line from above downward and inward; the target is the side of the face.**COMMON MISTAKE** Widening the angle and losing speed.**TRAINING NOTE** Diagonal elbow on a side pad.

G2-22 Angle 13: Elbow Applied Downward While Dropping *Elbow Angle 13*

STARTING POSITION Attacker low, very close

WHEN TO USE A variation that increases the power by adding your body weight.

EXECUTION As the knees bend and the body drops, the elbow comes down; this is used for a target on the ground or bent over.

COMMON MISTAKE Losing balance while dropping.

TRAINING NOTE Dropping elbow on a low pad.

G2-23 Angle 14: Spinning Elbow *Elbow Angle 14*

STARTING POSITION Fighting stance, very close range

WHEN TO USE An angle combined with a spinning movement that produces both an escape and a strike.

EXECUTION You spin on the rear foot and at the end of the spin the elbow swings horizontally; the movement also takes you off the attacker's line.

LIMITS / PLAN B If you cannot complete the spinning elbow, do not leave it half done; complete the turn and reassess.

COMMON MISTAKE Losing sight of the target during the spin; the head turns before the body.

TRAINING NOTE Correct timing with slow spins.

G2-24 Double Elbow Series

STARTING POSITION Very close range

WHEN TO USE To keep the attacker from recovering by applying two different angles in succession with the same arm.

EXECUTION For example, starting with angle 1 and moving to angle 3 with the same arm; the arm is directed to the new angle without being pulled back.

COMMON MISTAKE Pulling the arm all the way back between the two elbows.

TRAINING NOTE Double elbow combinations on the pad.

G2-25 Elbow and Step Back Combination

STARTING POSITION Very close range

WHEN TO USE To strike and open distance at the same time.

EXECUTION A step back is taken immediately after the elbow strike; this both avoids the counterstrike and creates space for escape.

COMMON MISTAKE Stepping back late.

TRAINING NOTE Elbow–step back rhythm.

G2-26 Closing Distance with an Elbow Entry

STARTING POSITION Fighting stance, punching range

WHEN TO USE To keep an elbow ready even while closing the distance.

EXECUTION With the forward step, the arms protect the face while the elbow is in the ready position; the moment the distance closes, the elbow is thrown.

COMMON MISTAKE Dropping the arms while closing the distance.

TRAINING NOTE Entry and elbow while your partner backs off.

G2-27 Elbow Counter from a Grabbed Arm *Elbow Counter When Grabbed*

STARTING POSITION Your arm grabbed

WHEN TO USE Even if one of your arms is held, you can generate an elbow with the free arm.

EXECUTION While the grabbed arm is pulled toward the body, the elbow of the free arm goes to the attacker's face or body.

COMMON MISTAKE Focusing on the grabbed arm and not using the free arm.

TRAINING NOTE Elbow counters against arm grabs.

G2-28 Blocking with the Elbow and a Simultaneous Counter Elbow *Elbow Block and Counter*

STARTING POSITION Very close range, attacker striking

WHEN TO USE An application in keeping with the backbone of the system, combining defense and counter in the same movement.

EXECUTION While the elbow of one arm blocks the incoming strike, the elbow of the other arm counters at the same time.

COMMON MISTAKE Pausing between the block and the counter.

TRAINING NOTE Simultaneous block and elbow against your partner's slow strikes.

G2-29 Countering with an Elbow Mid-Fall *Mid-Fall Elbow*

STARTING POSITION Standing, falling

WHEN TO USE Even at the moment of falling, the elbow remains an option.

EXECUTION During the fall, or as soon as you touch the ground, an elbow is applied to the attacker's leg or body; then the ground stance is taken.

COMMON MISTAKE Breaking the breakfall technique for the sake of the elbow.

TRAINING NOTE Slow falls and elbows on the mat.

G2-30 Elbow-Knee-Elbow Triple Series *Elbow-Knee-Elbow Series*

STARTING POSITION Clinch or very close range

WHEN TO USE A fluid chain that links three different strikes.

EXECUTION The elbow turns the attacker's head, the knee comes to the body, and the second elbow comes down on the lowered head.

COMMON MISTAKE Losing control during the knee.

TRAINING NOTE The triple series with a pad vest.

G2-31 Continuous Elbow Strikes in the Clinch (Pumping) *Pumping Elbows in the Clinch*

STARTING POSITION Clinch

WHEN TO USE To produce short, repeated elbow strikes in the clinch without stopping.

EXECUTION While one hand keeps control, the elbow of the other arm strikes in succession from short range; after every elbow, the hand returns to control.

COMMON MISTAKE Letting go of control completely.

TRAINING NOTE 10 seconds of elbow pumping in the clinch.

G2-32 Breaking Free with Elbows When Pinned Against a Wall *Elbowing Off a Wall*

STARTING POSITION Back against the wall, attacker in front

WHEN TO USE Even when your room to move is restricted, the elbow is one of the few weapons that work.

EXECUTION With your back against the wall, the attacker's head is turned with short horizontal elbows and you slide to the side.

COMMON MISTAKE Leaning against the wall and only trying to push.

TRAINING NOTE Scenarios close to the wall pad.

G2-33 Turning the Attacker with an Elbow Strike and Taking Their Back

Elbow to Take the Back

STARTING POSITION Very close range

WHEN TO USE An advanced use that turns the strike into a change of position.

EXECUTION A horizontal elbow turns the attacker's head; at the same time you step to the side and move behind the attacker.

COMMON MISTAKE Not controlling the attacker's arm while taking the back.

TRAINING NOTE Timing of the elbow and taking the back.

G2-34 Changing Direction Among Multiple Attackers with an Elbow Series

Elbows Against Multiple Attackers

STARTING POSITION Among multiple attackers

WHEN TO USE To be able to produce elbows in every direction while turning among more than one attacker.

EXECUTION The turns are kept short, an elbow is thrown at the nearest threat on every turn and the movement continues toward the escape direction.

COMMON MISTAKE Locking onto a single direction.

TRAINING NOTE Elbows while turning between pads held by two partners.

GROUP 5 · 15 TECHNIQUES

Additional Clinch and Close-Range Techniques

The system's clinch knowledge is completed here, including techniques of Thai origin and methods of breaking the clinch.

G2-35 Opening Distance with the Teep (Push Kick) *Teep for Distance*

STARTING POSITION Fighting stance, attacker advancing

WHEN TO USE The advanced, Muay Thai–rooted form of the push kick from P1 (P1-13), with hip extension and based on timing; a long-range tool that makes the clinch entry difficult before it even begins.

EXECUTION The knee is pulled to the chest and the sole of the foot pushes into the attacker’s stomach or hips; the hips are pushed forward to extend the reach of the kick.

COMMON MISTAKE Throwing the teep only to touch, not to strike.

TRAINING NOTE Stopping an approaching partner with the teep.

G2-36 Knee Series in the Clinch (3-4 Knees in Succession) *Clinch Knee Series*

STARTING POSITION Thai clinch

WHEN TO USE To produce knee strikes in series instead of a single knee.

EXECUTION From the Thai clinch, left and right knees are thrown alternately; on each knee the attacker is pulled slightly.

COMMON MISTAKE Losing balance between the knees.

TRAINING NOTE Sets of 3–4 knees with a pad vest.

G2-37 Setting Up the Knee Strike with Head Control in the Clinch *Head Control Setups*

STARTING POSITION Clinch

WHEN TO USE Controlling the head greatly increases the chance of the knee strike landing.

EXECUTION The head is pulled down and to one side, shifting the attacker’s balance to that side; the knee comes to the side that is not carrying weight.

COMMON MISTAKE Pulling the head straight down and letting the attacker push you.

TRAINING NOTE Changing direction with head control and kneeing.

G2-38 Elbow-Knee Transition in the Clinch *Elbow-Knee Transitions in the Clinch*

STARTING POSITION Clinch

WHEN TO USE A fluid transition between two different types of strike.

EXECUTION An elbow is thrown from one-handed control, then you return to two-handed control and the knee comes.

COMMON MISTAKE Letting go with both hands during the transition.

TRAINING NOTE Elbow-knee flow in the clinch.

G2-39 Breaking the Clinch: Two-Handed Push *Clinch Break: Double Push*

STARTING POSITION Clinch

WHEN TO USE The most direct way out of the clinch.

EXECUTION Both hands are placed on the attacker's chest or face, the hips are pulled back and distance is opened with a powerful push; after the push comes a step back and a stance.

COMMON MISTAKE Leaving the hips close to the attacker and pushing with the arms alone.

TRAINING NOTE Exiting a tight clinch with a push.

G2-40 Breaking the Clinch: Ducking Under the Arm *Clinch Break: Duck Under*

STARTING POSITION Clinch, your head under control

WHEN TO USE To be able to get out of the clinch even while under head control.

EXECUTION The head is ducked under the attacker's arm and you come out to the side; at the end of the exit you are beside or behind the attacker.

COMMON MISTAKE Leaving the head looking down while ducking; you will take a knee.

TRAINING NOTE Slow duck-unders and taking the back.

G2-41 Single Collar Tie (One Arm on the Neck, One Arm Free)

STARTING POSITION Half clinch (one arm around the neck)

WHEN TO USE The clinch is not always symmetrical; to manage this asymmetry.

EXECUTION While one hand keeps control on the back of the neck, the free hand is used for a punch, an elbow or arm control.

COMMON MISTAKE Leaving the free hand idle.

TRAINING NOTE Striking combinations from the one-sided clinch.

G2-42 Pinning the Opponent Against a Wall in the Clinch *Pinning Against a Wall*

STARTING POSITION Clinch

WHEN TO USE Using the environment, that is, a wall, to increase control.

EXECUTION 1. The attacker is steered toward the wall and pressed with the hips; in this position their room to move narrows.
2. The aim is to gain time for control or escape.

COMMON MISTAKE Losing your own balance after pinning them against the wall.

TRAINING NOTE Steering toward a soft wall pad.

G2-43 Breaking Balance and Kneeing in the Clinch *Off-Balance and Knee*

STARTING POSITION Clinch

WHEN TO USE To break the balance first and then increase the effect of the strike.

EXECUTION The attacker is pulled in one direction; when their weight comes onto one foot, the knee is thrown.

COMMON MISTAKE Moving to the knee without breaking the balance.

TRAINING NOTE Off-balance–knee timing.

G2-44 Suddenly Opening Distance from the Clinch and Switching to a Kick

Break and Kick

STARTING POSITION Clinch

WHEN TO USE A tactical change that goes suddenly from close range to long range.

EXECUTION You exit the clinch with a push and immediately afterward throw a teep or a low kick.

COMMON MISTAKE Waiting after the push before kicking.

TRAINING NOTE The clinch–push–kick chain.

G2-45 Assigning Different Roles to Each Hand in the Clinch (One Controls, One Strikes)

Split Hands in the Clinch

STARTING POSITION Clinch

WHEN TO USE For the hands to do simultaneous but different jobs.

EXECUTION While one hand stays on head or arm control, the other hand produces strikes; the tasks are switched constantly.

COMMON MISTAKE Both hands doing the same job at the same time.

TRAINING NOTE Practice switching hand tasks in the clinch.

G2-46 Blocking the Entry with a Long-Range Teep

Long Teep to Stop Entries

STARTING POSITION Fighting stance, long range

WHEN TO USE To cut off the attacker's entry into clinch range during their entry step. The difference from G2-35 is that the aim is not to open distance but to stop the entry right as it begins; that is why timing is decisive.

EXECUTION The moment the attacker steps forward, the teep is thrown and their advance is stopped; then the distance is kept.

COMMON MISTAKE Throwing the teep late and letting the attacker catch your leg.

TRAINING NOTE Timing against a partner coming forward.

G2-47 Framing That Blocks the Clinch Entry (Framing While Standing)*Standing Frames***STARTING POSITION** Fighting stance, attacker trying to get into the clinch**WHEN TO USE** To keep distance by using the arms like a frame.**EXECUTION** The forearms are placed on the attacker's shoulder or chest and the elbows are held firm without locking; when the attacker tries to advance, the angle is changed.**COMMON MISTAKE** Stretching the arms out straight and letting the attacker grab your arms.**TRAINING NOTE** Keeping the frame while your partner tries to get into the clinch.**G2-48 Early Response to Choking Attempts in the Clinch***Early Response to Clinch Chokes***STARTING POSITION** Clinch**WHEN TO USE** To notice early the risk of being choked or winded in the clinch.**EXECUTION** When the attacker's arm approaches your neck, the chin is tucked, the shoulder raised and the arm pushed down; then you exit the clinch.**LIMITS / PLAN B** If the feeling of being winded grows stronger, break the clinch immediately; do not persist.**COMMON MISTAKE** Responding after the arm has settled on the neck.**TRAINING NOTE** Early defense against neck-control attempts in the clinch.

G2-49 **PRINCIPLE** **Safe Separation from the Clinch and Distance Protocol**

Clinch Exit Protocol

WHEN TO USE Like every clinch sequence, this one always ends with an exit.

EXECUTION Distance is opened with a strike or a push, you step back, scan your surroundings and get away.

COMMON MISTAKE Coming out of the clinch and waiting in front of the attacker.

TRAINING NOTE Add the protocol to the end of every clinch drill.

GROUP 6 · 2 TECHNIQUES

Black Force Advanced Entries and Throws

This group contains an entry that changes direction for situations where you have to close the distance yourself, and an advanced throw against a high bear hug from behind. Both are applied only in an ongoing attack.

G2-50 Feint to the Head That Changes Direction to the Groin *Drift Attack*

STARTING POSITION Fighting stance, punch–kick range

WHEN TO USE When the distance is in the punch–kick range, the attacker is not advancing but is continuing the attack, and you need to close the distance yourself.

- EXECUTION**
1. Together with a diagonal step forward, a clear feint is made toward the head with an open hand.
 2. When the attacker raises their hands to protect their head, the hand changes direction, drops and strikes the groin.
 3. From here come the clinch, a takedown or getting away.

LIMITS / PLAN B If the attacker has stopped attacking, this technique is not applied; defense must not turn into attack (Chapter 7).

COMMON MISTAKE Making the first feint weakly; the attacker does not react.

TRAINING NOTE Practice the timing of the change of direction with a padded partner.

G2-51 Double-Leg Lift Against a High Bear Hug from Behind *Double-Leg Lift vs High Rear Bear Hug*

STARTING POSITION Bear hug from behind over the arms

WHEN TO USE When you are grabbed from behind over your arms, at chest level, and your hips are free.

EXECUTION

1. If the grip cannot be opened, one leg steps deep behind the attacker's leg from the outside.
2. In a side lever stance, as the body turns toward the attacker, you squat and both arms grab both of the attacker's legs behind the knees.
3. Pushing the hips forward, the attacker is tipped backward over your thigh and their legs are lifted.
4. When the attacker falls, you stand up immediately and get away.

LIMITS / PLAN B The attacker falls hard and may hit their head; applied only in an ongoing, serious attack. In the gym it is practiced on a mat, slowly and with the fall controlled. If the grip is low or your hips are locked, return to the bear hug releases (P2-20–P2-21).

COMMON MISTAKE Trying to lift by bending at the waist; the lower back gets injured.

TRAINING NOTE Slow positioning and fall control on the mat.

Level Assessment

- A full hybrid scenario: verbal tension, striking, clinch, ground and weapon phases.
- Two location-based scenarios (in locations chosen by the instructor).
- A prolonged ground round and an exit plan.
- A post-scenario self-defense review and an emergency call report.

- The 14 angles of the elbow system and three combinations.
- Breaking the clinch, knee sets and leaving safely.

Sample 8-Week Training Plan

- **Week 1:** Hybrid scenarios and escalation from unarmed to armed.
- **Week 2:** Location-based scenarios.
- **Week 3:** Multiple attackers and surprise escalation; forced retreat.
- **Week 4:** Ground: integrated chains, the prolonged struggle, the exit plan.
- **Week 5:** Decision-making and legal awareness; reporting the incident.
- **Week 6:** The elbow system 8–14 and combinations.
- **Week 7:** Additional clinch techniques.
- **Week 8:** General review and level assessment.

G2 CHECKLIST

- ☐ I can move between phases in a hybrid scenario without pausing.
- ☐ In every location, I identify the exits first.
- ☐ I can build an exit plan on the ground and carry it out.
- ☐ I can answer the self-defense and proportionality questions at the end of a scenario.
- ☐ I can report an incident to emergency services clearly in 30 seconds.
- ☐ I can apply the 14 angles of the elbow system.
- ☐ I can leave the clinch safely in two different ways.



YE · Assistant Instructor

30 techniques · From student to instructor · Authorization to teach P1–P3 classes

You have completed Graduate 2; you are at the end of the student path. Assistant Instructor is the system's first instructor level. At this level, rather than new techniques, two new responsibilities are taught: teaching others and protecting others.

Teaching is a different skill from knowing. A good instructor does not just do it correctly; they see what the student is doing wrong and why, and correct it in language the student understands. Keeping the gym safe is also an inseparable part of teaching: making sure no student gets injured in hard contact and weapons work is the most important achievement of a class.

The technical side of this level consists of two groups. Standing control and wrestling-based grips teach you to bring an attacker under control without injuring them and to take them to the ground when necessary; this is a skill that a security officer or an instructor may need, unlike a civilian. Third-party protection teaches you to move while protecting someone beside you (a student, a family member, a stranger).

A person who completes the Assistant Instructor level is authorized to teach classes at levels P1–P3 according to Black Force Krav Maga standards. This is an internal authorization of BFKM; it does not replace an official coaching certificate or an authorization issued by an official body.

GOALS OF THIS LEVEL

- Plan and run a class; see technical mistakes and give the right feedback.
- Ensure gym safety, especially in weapons and hard-contact work.
- Bring an attacker under control without injuring them, take them to the ground and hold them safely.
- Make the right decision between holding and letting go to get away.
- Intervene against a threat while protecting a third person and steer them in a safe direction.

TECHNIQUE GROUP	COUNT	AREA
Lesson Planning and Instructor Fundamentals	3	Standing
Standing Control and Wrestling-Based Grips	22	Standing
Third-Party Protection	5	Standing
TOTAL	30	—

Lesson Planning and Instructor Fundamentals

YE-01 **INSTRUCTOR SKILLS** Lesson Planning and Delivery

WHEN TO USE At the beginning of every class; how a class is structured and in what order things are taught.

EXECUTION A standard Black Force class consists of four parts: warm-up and movement, technique instruction, application (partner and pad), and a short conditioning session and close. Technique instruction follows the order “demonstrate, explain, break down, combine, apply.” Every class focuses on a single main goal.

COMMON MISTAKE Trying to fit too many techniques into one class.

TRAINING NOTE Prepare a written plan for a P1 class and run it under instructor supervision.

YE-02 **INSTRUCTOR SKILLS** Technical Correction and Feedback

WHEN TO USE Seeing a student’s mistake and communicating it correctly is a separate skill from doing it correctly yourself.

EXECUTION Only one mistake is corrected at a time; the most fundamental mistake (usually stance or distance) is dealt with first. Feedback is given in the order “what is good, what needs correcting, try again.” If you are going to correct by touch, you ask the student for permission first.

COMMON MISTAKE Telling a student five mistakes at the same time.

TRAINING NOTE Practice watching a student for 2 minutes and choosing a single correction.

YE-03 **INSTRUCTOR SKILLS** **Safe Training Management**

WHEN TO USE The rules for keeping a gym safe, especially in work involving weapons and hard contact.

EXECUTION Before weapons work, the gym is checked to make sure there are no real weapons or sharp objects. Partners are paired according to weight and experience. The tap-out signal and the “stop” command are recalled at the start of every class. When fatigue increases, the intensity is lowered.

COMMON MISTAKE Pairing an inexperienced student with a very strong partner.

TRAINING NOTE Go through the safety checklist in order before a class.

GROUP 2 · 22 TECHNIQUES**Standing Control and Wrestling-Based Grips**

The curriculum so far has mostly taught “escaping when grabbed.” This group adds the opposite: being able to take control of an attacker yourself and take them to the ground when necessary. All techniques are applied in the gym on a soft mat, with a partner who knows how to breakfall, and slowly. In takedowns, the head, shoulders and knees of the person falling are protected; the landing is controlled and slow. In restraint and control techniques, the Breathing Safety Protocol from P5 applies in exactly the same way.

The control skill in the hands of an instructor or a security officer also brings more responsibility than for a civilian: authority, the setting, the other person’s state of health and proportionality are taken into account in every decision.

DECISION CHART · CONTROL, OR LET GO AND GET AWAY?

Is escape or opening distance possible?	YES → Do not go into control; open distance and get away.
NO ↓	
Is brief control necessary to protect you or someone else?	YES → Apply control with the least force and for the shortest time; give verbal commands.
NO ↓	
Has the person's breathing, voice or consciousness changed?	YES → Let go immediately, turn them onto their side, check their breathing and call emergency services (112).
NO ↓	
Is there a second threat or crowd pressure around you?	YES → Release control and back off facing the threat.
NO ↓	
When help arrives or the person calms down, release control and back off while watching them.	

YE-04 Single-Leg Grab and Control (Single Leg Takedown)**STARTING POSITION** Fighting stance, close range**WHEN TO USE** To take the attacker to the ground by controlling them by one leg.**EXECUTION** The level is lowered, one leg is grabbed and pulled to the chest; the head presses against the attacker's chest or ribs, and by turning or pushing, the attacker is left off balance and taken down.**LIMITS / PLAN B** If control cannot be established, do not force the takedown; keep the hip distance and try again.**COMMON MISTAKE** Leaving the head down and risking a guillotine.**TRAINING NOTE** Slow entry and leg control.

YE-05 Double-Leg Grab and Control (Double Leg Takedown)

STARTING POSITION Fighting stance, close range

WHEN TO USE A stronger and more decisive takedown method.

EXECUTION 1. The level is lowered and with a forward step both legs are grabbed behind the knees; the shoulder presses against the attacker's hips and they are taken down by turning.

2. The head is kept up and the back straight.

LIMITS / PLAN B If the legs are not caught, do not lean forward; drop your level again and enter.

COMMON MISTAKE Bending at the waist and leading with the head.

TRAINING NOTE Slow repetitions on a thick mat.

YE-06 Takedown from Behind with a Body Lock *Rear Body Lock Takedown*

STARTING POSITION Behind the attacker

WHEN TO USE To control the attacker from behind and take them to the ground.

EXECUTION The waist is grabbed from behind and the hands are locked; the hips are placed behind the attacker's hips and with a step to the side the attacker is taken down to the side.

LIMITS / PLAN B If the balance is not broken, do not force it; correct the hip position and try again.

COMMON MISTAKE Lifting the attacker up and dropping them hard.

TRAINING NOTE Controlled takedown to the side.

YE-07 Takedown by Bending the Arm (Controlled) *Arm Control Takedown*

STARTING POSITION Attacker's arm under control

WHEN TO USE To take someone to the ground without injuring them, using pain compliance.

EXECUTION The attacker's arm is controlled above the elbow and steered down and forward; the attacker goes down onto their knees and then face down onto the ground.

LIMITS / PLAN B If the arm does not bend, do not increase the pressure; release control and choose another method.

COMMON MISTAKE Bending the arm suddenly and fast.

TRAINING NOTE Slowly and obeying the tap-out signal.

YE-08 Foot Sweep (Low Risk) *Low-Risk Foot Sweep*

STARTING POSITION Close range

WHEN TO USE One of the lowest-risk and most easily controlled takedown methods.

EXECUTION The moment the attacker's weight comes off the foot, it is swept, and while controlling their upper body they are lowered slowly to the ground.

LIMITS / PLAN B If the sweep does not hold, do not lose upper-body control; break the balance before trying again.

COMMON MISTAKE Sweeping and letting go of the upper body; the attacker falls uncontrolled.

TRAINING NOTE Controlled sweep and takedown.

YE-09 Inside Foot Sweep

STARTING POSITION Clinch or close range

WHEN TO USE A sweep applied from a different angle, from the inside of the attacker.

EXECUTION Your foot is placed on the inside of the attacker's foot and sweeps outward; the upper body is pulled in the opposite direction.

LIMITS / PLAN B If the inside sweep does not land, wait for the timing; forcing it breaks your own balance.

COMMON MISTAKE Missing the timing and trying to sweep the foot carrying the attacker's weight.

TRAINING NOTE Timing against a walking partner.

YE-10 Outside Foot Sweep

STARTING POSITION Clinch or close range

WHEN TO USE The same principle, from the outside.

EXECUTION Your foot sweeps from the outside of the attacker's foot inward; the upper body is steered in the opposite direction.

LIMITS / PLAN B If the outside sweep does not hold, do not repeat it the same way; change the angle.

COMMON MISTAKE Losing your own balance during the sweep.

TRAINING NOTE Alternating repetitions from both sides.

YE-11 Shoulder Throw (Using the Hips) *Shoulder–Hip Throw*

STARTING POSITION Clinch

WHEN TO USE A throw that uses hip mechanics and requires no strength.

EXECUTION The attacker's arm is brought over your shoulder and the hips are placed in front of their hips; as the knees straighten, you lean forward and turn the attacker over.

LIMITS / PLAN B If the hips are not in place, do not throw; maintain control in the clinch.

COMMON MISTAKE Trying to throw before the hips are in place.

TRAINING NOTE Only on a thick mat, with a partner who knows how to breakfall.

YE-12 Takedown with a Wrist Lock *Wrist Lock Takedown*

STARTING POSITION Attacker's wrist under control

WHEN TO USE A takedown method using the least force, through pain compliance.

EXECUTION The wrist is turned outward and the elbow kept bent; while the lock is maintained, the attacker goes down to the ground of their own accord.

LIMITS / PLAN B If the wrist lock does not hold, do not force it; move to another control point.

COMMON MISTAKE Applying the lock hard.

TRAINING NOTE Slow lock and controlled landing.

YE-13 Off-Balancing by Gripping the Collar *Collar Control Off-Balance*

STARTING POSITION Close range

WHEN TO USE To break the attacker's balance using the collar.

EXECUTION The collar is gripped and the attacker is pulled in a circular movement; when their weight comes onto one foot, a sweep or a push is made.

LIMITS / PLAN B If collar control is lost, do not keep pulling; re-grip or let go.

COMMON MISTAKE Pulling the collar straight and bringing the attacker on top of you.

TRAINING NOTE Circling with collar control.

YE-14 Controlling the Attacker with a Hammerlock (Come-Along Hold)

STARTING POSITION Attacker's arm under control

WHEN TO USE A classic control hold used to steer the attacker somewhere.

EXECUTION The attacker's arm is bent at the elbow and brought behind their back, while your other hand controls their shoulder; in this position the attacker can be walked.

LIMITS / PLAN B If the arm does not stay fixed behind the back, do not force it; keep the risk of shoulder injury in mind.

COMMON MISTAKE Forcing the arm up the back and injuring the shoulder.

TRAINING NOTE Slow escort practice.

YE-15 Bringing to the Knees by Turning the Wrist with Both Hands *Two-*

Hand Wrist Turn to Knees

STARTING POSITION Attacker's wrist under control

WHEN TO USE To bring the attacker to their knees through pain compliance.

EXECUTION Both hands grip the attacker's hand and turn the wrist outward and down; the attacker goes down onto their knees.

LIMITS / PLAN B If the knees do not buckle, do not increase the wrist bend; keep the pressure steady and wait.

COMMON MISTAKE Turning the wrist suddenly.

TRAINING NOTE Slowly and obeying the tap-out signal.

YE-16 Pressing the Attacker Against a Wall and Immobilizing Them *Wall*

Pin

STARTING POSITION Behind or beside the attacker

WHEN TO USE To achieve control without additional effort, by using the environment (the wall).

EXECUTION The attacker is steered toward the wall while one arm is controlled, and is pressed there with the body; in this position their room to move narrows.

LIMITS / PLAN B If the attacker comes off the wall, do not increase the pressure; reposition.

COMMON MISTAKE Banging the head against the wall.

TRAINING NOTE Controlled steering toward a soft wall pad.

YE-17 Sudden Takedown from the Clinch *Clinch Takedown***STARTING POSITION** Clinch**WHEN TO USE** To turn clinch control directly into a takedown.**EXECUTION** In the clinch the attacker's balance is broken and their foot is swept or they are turned over the hip; the landing is controlled.**LIMITS / PLAN B** If the balance is not broken in the clinch, do not force the takedown; maintain control.**COMMON MISTAKE** Trying to topple them from the clinch with strength.**TRAINING NOTE** Clinch-off-balance-takedown.**YE-18 Safe Holding Position for the Person Taken Down****STARTING POSITION** Attacker on the ground, you on top**WHEN TO USE** A position after the takedown that protects both you and the other person.**EXECUTION** 1. The attacker is held face down or on their side with one arm under control; one of your knees rests lightly on the shoulder or hip area, not on the back.

2. No pressure is applied to the chest or neck; their breathing is checked continuously.

LIMITS / PLAN B Do not put weight on the chest or neck; the Breathing Safety Protocol applies at all times.**COMMON MISTAKE** Putting weight on the chest or neck for a long time; this creates a serious health risk.**TRAINING NOTE** Slow repetition of the safe holding position and breathing check.

YE-19 **PRINCIPLE** **The Decision to Hold in a Controlled Way or Let Go and Escape After a Takedown** *Hold or Release Decision*

WHEN TO USE It is not necessary to hold in every situation; this decision is as important as the skill itself.

EXECUTION If help is close and the attacker continues to be a threat, a brief hold; if help is far away, there are other threats around or the attacker has calmed down, let go and get away. The decision is continuously updated.

COMMON MISTAKE Automatically continuing to hold.

TRAINING NOTE Making decisions in scenarios according to the conditions set by the instructor.

YE-20 **Locking One Arm from Behind and Escorting (Steering)** *Escort Position*

STARTING POSITION Attacker's arm under control

WHEN TO USE To steer the attacker safely in one direction.

EXECUTION The attacker's arm is controlled from behind and your other hand steers their elbow or shoulder; the walk is slow and balanced.

LIMITS / PLAN B If resistance increases during the escort, do not force it; stop and reassess.

COMMON MISTAKE Escorting them fast and making them lose their balance.

TRAINING NOTE Slow steering practice.

YE-21 Bringing Down by Pressing on the Back of the Neck and the Shoulder*Neck and Shoulder Drop***STARTING POSITION** Beside or behind the attacker**WHEN TO USE** A control method with low force, through pain compliance.**EXECUTION** One hand controls the shoulder and the other the lower part of the back of the neck; the attacker is steered forward and down.**LIMITS / PLAN B** If pressure on the neck increases, reduce it immediately; do not exceed the limit for the back of the neck and the shoulders.**COMMON MISTAKE** Applying sudden pressure to the neck.**TRAINING NOTE** Very slowly and in a controlled way.**YE-22 Stopping with a Standing Wrist Lock and Pain Compliance***Standing Pain Compliance***STARTING POSITION** Attacker's wrist under control**WHEN TO USE** To stop someone with pain compliance alone, without physically taking them down.**EXECUTION** 1. The wrist lock is applied lightly and a verbal command is given: "Stop.
2. Calm down." If the attacker complies, the lock is loosened.**LIMITS / PLAN B** If the person does not comply, increase the pressure gradually, not suddenly.**COMMON MISTAKE** Continuing the pressure on someone who is complying.**TRAINING NOTE** Coordination of the lock and the verbal command.

YE-23 Controlling a Drunk or Aggressive but Unarmed Person Without Injuring Them *Controlling an Intoxicated Person*

STARTING POSITION Passive stance, drunk or aggressive person in front

WHEN TO USE A situation often encountered in real life that must be resolved without disproportionate force.

EXECUTION 1. Verbal de-escalation is tried first; if physical intervention is necessary, arm control and steering are used, and strikes are avoided.

2. Drunk people have a high risk of falling and hitting their head; the takedown is done as slowly as possible.

LIMITS / PLAN B If verbal de-escalation does not work, keep redirecting instead of using force.

COMMON MISTAKE Intervening with hard strikes against a drunk person.

TRAINING NOTE Verbal de-escalation and control in role-play.

YE-24 Off-Balancing with a Two-Handed Push (Stopping Without Striking)

Push to Stop Without Striking

STARTING POSITION Close range, attacker advancing

WHEN TO USE To stop someone without striking, just by breaking their balance.

EXECUTION Both hands are placed on the attacker's chest or shoulder and push toward their weak direction; with the push comes a step back and a verbal boundary.

LIMITS / PLAN B If the balance is not broken, do not move to striking; limit yourself to pushing.

COMMON MISTAKE Trying to push a strong person straight back.

TRAINING NOTE Pushing toward the weak direction according to your partner's stance.

YE-25 PRINCIPLE Backing Off While Watching the Attacker After Control*Monitored Withdrawal***WHEN TO USE** To stay alert even after releasing control.**EXECUTION** After control is released, you back off facing the attacker; the hands are open and ready, and this continues until the distance is outside kicking range.**COMMON MISTAKE** Turning your back as soon as you let go.**TRAINING NOTE** The control–release–back off chain.**GROUP 3 · 5 TECHNIQUES****Third-Party Protection**

The curriculum so far has focused on protecting yourself. The responsibility of an instructor or a helper is usually broader: protecting the person beside you as well. This group teaches a pattern of decision and movement centered on the protected person.

YE-26 Screening: Putting Yourself Between the Threat and the Person to Be Protected**STARTING POSITION** Person to protect nearby, threat in front**WHEN TO USE** The most basic protective reflex; to use your body like a shield.**EXECUTION** 1. You step between the threat and the protected person, steer the protected person back with your hand and take a fighting stance facing the threat.

2. The position is chosen so as to keep the protected person's escape route open.

COMMON MISTAKE Closing the protected person's escape route as you step in.**TRAINING NOTE** The screening position in a three-person drill.

YE-27 Attempting to Stop the Attacker with Verbal Intervention and a Warning

STARTING POSITION Person to protect nearby

WHEN TO USE An attempt to stop the situation with words, before physical contact.

EXECUTION 1. Short, loud and clear commands are used: “Stop!
2. Get away!” At the same time a boundary is shown with open hands and the attention of the people around is drawn.

COMMON MISTAKE Getting into an argument with the attacker.

TRAINING NOTE Intervention with short commands in role-play.

YE-28 Taking the Person to Be Protected by the Wrist and Pulling Them in a Safe Direction *Guiding a Victim to Safety*

STARTING POSITION Person to protect beside you

WHEN TO USE Steering a person who is panicking is a separate skill.

EXECUTION The protected person’s wrist or arm is gripped firmly and they are pulled in a safe direction with short commands; you stay facing the threat.

COMMON MISTAKE Steering the protected person by pushing them from the front.

TRAINING NOTE Your partner plays the “panicking” role; steer them.

YE-29 Bringing Down the Attacker with a Knee Strike from Behind and Separating Them from the Victim *Separating Attacker from Victim*

STARTING POSITION Attacker assaulting the person you protect, you are behind them

WHEN TO USE When direct intervention between the protected person and the attacker is required.

EXECUTION You approach the attacker from behind, break their balance with pressure or a strike to the back of the knee and pull them back by the shoulders to separate them from the victim; then you take the screening position.

LIMITS / PLAN B If the knee strike misses, do not persist; keep the protected person as the priority and open distance.

COMMON MISTAKE Making the attacker fall onto the victim.

TRAINING NOTE The controlled separation and screening chain.

YE-30 Stepping Between the Attacker and the Protected Person and Responding in Two Directions at Once *Dual Awareness Protection*

STARTING POSITION Attacker and person to protect nearby

WHEN TO USE An advanced skill that requires attention to both the threat and the protected person at the same time.

EXECUTION The eyes are on the threat while one hand is kept in contact with the protected person; movement is made taking both into account, and short commands are given to the protected person.

COMMON MISTAKE Focusing on the threat and losing contact with the protected person.

TRAINING NOTE Moving three-person scenarios.

Level Assessment

- Planning and running a P1 class (under instructor supervision).

- Identifying a student's mistake and giving the right feedback.
- The pre-class safety check.
- Two takedown techniques and the safe holding position.
- A drunk/aggressive person role-play: verbal de-escalation and proportionate control.
- A third-party protection scenario: screening, steering and backing off.

Sample 8-Week Training Plan

- **Week 1:** Lesson planning; the demonstrate–explain–break down–combine–apply method.
- **Week 2:** Technical correction and feedback; safe training management.
- **Week 3:** Single- and double-leg takedowns; the body lock takedown.
- **Week 4:** Sweeps and throws.
- **Week 5:** Lock takedowns, the come-along and escorting.
- **Week 6:** Safe holding, the hold/release decision, controlling a drunk person.
- **Week 7:** Third-party protection.
- **Week 8:** A trial teaching session and the level assessment.

ASSISTANT INSTRUCTOR CHECKLIST

- ☐ I can plan a class according to the four-part structure.
- ☐ I give a student only one correction at a time.
- ☐ I carry out the gym safety check before weapons work.
- ☐ I can take an attacker to the ground without injuring them and hold them safely.
- ☐ I can make a reasoned decision between holding and letting go to get away.
- ☐ I can screen a loved one and steer them in a safe direction.



UE · Expert Instructor

11 techniques · The highest level of the system · Authorization to examine all levels P1–G2

Expert Instructor is the highest level of the Black Force Krav Maga System. In this system without belt colors, this is the answer to those who ask “what is the equivalent of a black belt?”; but it is not a belt, it is a title and a responsibility.

The number of new techniques at this level is deliberately small. The job of the Expert Instructor is not to learn new movements, but to apply everything that already exists flawlessly, to test it under the hardest conditions and to be able to teach it correctly. The technical mastery group defines this standard. The advanced lock defenses complete the instructor’s knowledge against the most demanding ground scenarios that may be encountered in the gym; this knowledge is for both their own safety and the safety of their students.

A person who completes the Expert Instructor level is authorized to conduct the exams for all levels P1–G2. This authorization is subject to the terms of the Black Force instructor agreement and to annual renewal. This is an internal authorization of BFKM; it

does not replace an official coaching certificate or an authorization issued by an official body.

GOALS OF THIS LEVEL

- Meet the standards of speed, power and accuracy in all techniques from P1 to G2.
- Perform under difficult conditions such as dim light, crowds and confined spaces.
- Recognize advanced ground locks early and defend against them.
- Run level assessments fairly, safely and consistently.

TECHNIQUE GROUP	COUNT	AREA
Technical Mastery	3	Standing
Advanced Lock Defenses	8	Ground
TOTAL	11	8 ground

Technical Mastery

UE-01 **INSTRUCTOR SKILLS** Technical Review and Deepening of All P Levels

Mastery Review of All Levels

WHEN TO USE At this level the goal is quality, not quantity.

EXECUTION Every technique from P1 to G2 is taken up again; for each one, the question “why is it done this way” is answered. The Expert Instructor candidate must be able both to apply any technique and to explain how they would teach it to three different student profiles (a beginner, a strong but rough student, a timid student).

COMMON MISTAKE Going over the review superficially because “I already know it.”

TRAINING NOTE Applying and explaining an entire level from start to finish once a week.

UE-02 **INSTRUCTOR SKILLS** Standards of Speed, Power and Accuracy *Speed, Power and Accuracy Standards*

WHEN TO USE To define the quality of performance an instructor must have.

EXECUTION Every technique is assessed by three criteria: correct mechanics (accuracy), realistic tempo (speed) and effective transfer (power). If one of these three is missing, the technique is not considered complete. The standards are tested separately on the pad, with a resisting partner and in a scenario.

COMMON MISTAKE Putting speed ahead of accuracy.

TRAINING NOTE Assessing your own techniques against the three criteria with video recording.

UE-03 **DRILL** Performance Under Difficult Conditions: Dim Light, Crowds and Confined Spaces *Performance in Adverse Conditions*

WHEN TO USE To test everything learned under the most realistic and most demanding conditions.

EXECUTION The same scenarios are repeated with the lights dimmed, in noisy, crowded and confined-space layouts. What is assessed is whether the technique becomes simpler as the conditions get harder, and whether the decisions stay correct.

COMMON MISTAKE Attempting the complex techniques of gym conditions under difficult conditions too.

TRAINING NOTE A difficult-conditions scenario day once a month.

GROUP 2 · 8 TECHNIQUES · GROUND FIGHTING

Advanced Lock Defenses

The defenses against the system's most advanced ground locks are completed here. All work is done extremely slowly, under instructor supervision and obeying the tap-out signal instantly; no lock is applied at full strength.

UE-04 Triangle Choke Defense

STARTING POSITION On the ground, inside the attacker's guard

WHEN TO USE Against a choke set up with the legs, to notice it early and block it.

EXECUTION When the attacker's leg starts to come over your neck, the inside arm is pulled out and the posture is straightened; if the leg is locked, the shoulder is pressed toward the attacker to narrow the angle and keep the lock from being completed.

LIMITS / PLAN B If the lock has started to set in, it is too late; focus on early recognition, do not apply it fully.

COMMON MISTAKE Leaving the head down and letting the lock settle in.

TRAINING NOTE Position recognition; the lock is never applied fully.

UE-05 Defense Against an Omoplata Attempt *Omoplata Defense*

STARTING POSITION On the ground, inside the attacker's guard

WHEN TO USE An early response to a lock aimed at the shoulder joint.

EXECUTION When the attacker's leg starts to turn over your arm, you roll forward to remove the pressure on the shoulder, or pull the arm toward the body.

LIMITS / PLAN B If the shoulder angle cannot be closed early, do not allow the lock; complete the hip turn.

COMMON MISTAKE Pulling back against the lock and straining the shoulder.

TRAINING NOTE Very slow positional and rolling practice.

UE-06 Advanced Defense Against the Heel Hook and Ankle Locks *Advanced Heel Hook Defense*

STARTING POSITION On the ground, your leg grabbed

WHEN TO USE Special awareness and response against one of the locks that can cause injury the fastest.

- EXECUTION**
1. The heel is taken out from under the attacker's armpit, the knee is turned in the same direction as the lock and the leg is moved away from the hip.
 2. Noticing it early is everything; turning after the lock has set in puts the knee ligaments at risk.

LIMITS / PLAN B Try to get out the moment you feel the heel hook; turning after it is set increases the risk.

COMMON MISTAKE Turning in panic after the lock has set in.

TRAINING NOTE Only position recognition and early escape; under instructor supervision.

UE-07 A Second Way of Defending Against the Kimura *Second Kimura Defense*

STARTING POSITION On the ground, your arm being caught in a Kimura lock

WHEN TO USE A second solution, coming from a different angle, to the basic Kimura defense from P4.

EXECUTION While the hand lock is maintained, you turn toward the attacker and press the elbow of the locked arm against your body; then you turn over the attacker's head or hips to close the angle completely.

LIMITS / PLAN B If the hand lock does not hold, do not pull the arm; close the angle with a hip turn.

COMMON MISTAKE Letting go of the hand lock and trying to pull the arm.

TRAINING NOTE Slow reciprocal positional practice.

UE-08 Anaconda Choke Defense

STARTING POSITION Clinch or on the ground, front head control

WHEN TO USE Against a choke that develops from a clinch-like position.

EXECUTION When the attacker's arm starts to lock around your neck and one of your arms, the attacker's arm is pulled down with the arm that is not locked and the head is turned out; the direction of the roll is chosen against the lock.

LIMITS / PLAN B If the arm is tightening around the neck, focus on getting out early; do not be late.

COMMON MISTAKE Rolling in the same direction as the lock.

TRAINING NOTE Very slow recognition and escape.

UE-09 Darce Choke Defense

STARTING POSITION Clinch or on the ground, front head control

WHEN TO USE A separate response against a similar but different arm-neck choke.

EXECUTION When the attacker's arm starts to pass under your neck, the chin is tucked, the arm is pushed down and the body is pressed toward the attacker to narrow the angle.

LIMITS / PLAN B Correct the chin and arm position before the lock sets in; if you are late, it cannot be applied fully.

COMMON MISTAKE Applying the anaconda defense exactly as it is; the direction of the lock is different.

TRAINING NOTE Practice telling the two chokes apart.

UE-10 Defense Against a Double Arm Lock on the Ground *Double Arm Lock Defense*

STARTING POSITION On the ground, both arms being locked

WHEN TO USE A rare but serious situation in which both arms are being locked at the same time.

EXECUTION The arms are clasped to the body and to each other; the attacker's position is broken with hip movement and the arms are freed one by one.

LIMITS / PLAN B Do not force one arm before the other is free; work in sequence.

COMMON MISTAKE Trying to free both arms at the same time.

TRAINING NOTE Slow positional practice.

UE-11 Emergency Response to a Neck Crank Attempt on the Ground

Emergency Response to Neck Cranks

STARTING POSITION On the ground, twisting pressure on the neck

WHEN TO USE An instant and decisive reflex against the system's most serious ground threat.

EXECUTION 1. The moment twisting pressure on the neck is felt, the priority is to reduce the pressure: the chin is tucked, the head and shoulders are moved in harmony with the direction of the pressure, and the attacker's arm is controlled to keep the lock from being set up.

2. The correct direction of movement changes from position to position; that is why this defense is not learned from text, but practiced only under instructor supervision and at the recognition level.

LIMITS / PLAN B This defense is practiced at the recognition level only; full pressure is never applied in the gym.

COMMON MISTAKE Forcing the head in the opposite direction against the pressure.

TRAINING NOTE Only recognition and direction work; absolutely no pressure is applied.

Level Assessment

- Application and explanation using randomly chosen techniques from P1 to G2.
- Demonstrating the standards of speed, power and accuracy on the pad, with a resisting partner and in a scenario.
- A difficult-conditions scenario (dim light, crowd, confined space).
- Recognizing advanced locks and early defenses against them (slowly, under supervision).

- Running a P-level exam as a trial.

Sample 8-Week Training Plan

- **Weeks 1–2:** Mastery review and explanation of P1–P3.
- **Weeks 3–4:** Mastery review and explanation of P4–P5.
- **Week 5:** Mastery review of G1–G2.
- **Week 6:** Advanced lock defenses.
- **Week 7:** Difficult-conditions scenarios.
- **Week 8:** Running a trial exam and the level assessment.

EXPERT INSTRUCTOR CHECKLIST

- ☐ I can explain any technique for three different student profiles.
- ☐ I can assess my techniques against the criteria of speed, power and accuracy.
- ☐ I can simplify and apply my techniques under difficult conditions.
- ☐ I can recognize advanced ground locks early and defend against them.
- ☐ I can run a level exam fairly and safely.

PART III

SPECIAL MODULES



*Vital points, the kubotan, defense with everyday objects
and counter-surveillance: four topics that fall outside the
level exams and are described solely for legitimate self-
defense.*



Module 1 · Vital Points and Body Anatomy

30 points · 15 applications · From myth to anatomy

BEFORE YOU READ THIS PART

- The four modules in Part III are written to help a person who is under attack protect themselves at a moment when they cannot escape. No information may be used to harm, frighten or punish anyone.
- Most of the areas described in these modules are described so that it is known how **dangerous** they are. Knowing the danger of an area teaches you both not to cause unnecessary harm and to protect yourself.
- Physical defense is always the last resort; avoidance, getting away and calling for help come first (see Chapter 7).
- The legal explanations combine general European principles with examples from Turkish law. Laws differ from country to country; every reader is responsible for complying with the laws of their own country.
- None of the applications in these modules is practiced without instructor supervision.

When the strength gap is large, that is, when the attacker is bigger, stronger or more determined than you, answering brute force with brute force usually does not work. That is why Krav Maga has relied from the start on the principle of “vulnerable targets”: areas that are hard to protect and produce a large reaction from a small force. Some of these areas have already appeared in the curriculum: in P1-06 you learned the target areas, in P2-66 the finger strike to the eyes and throat, and in P3-60 pressure on a sensitive point in a headlock. This module brings that knowledge together, expands it and explains why each point works.

This module makes three claims, and all three are about honesty. First, vital points are real; but they are not magic. The effect of each point can be explained by anatomy and physiology: a nerve compressed against a bone, a reflex being triggered, a joint being strained. Second, no point produces the same effect in every person. The same pressure may bring one person to the ground while only making another angrier. Third, some points can leave a person permanently disabled or kill them. That is why you will learn each point not only with its location, but together with its risk and its legal consequences.

The applications in this module are not tied to the level exams and are not included in the book’s 514 technique headings. They are designed as supplementary work for students at P3 and above; pressure applications are practiced under instructor supervision, and strikes only on pads and targets.

GOALS OF THIS MODULE

- Show the location of all thirty points on the diagram, on your own body and on a partner.
- Explain in one sentence why each point works (nerve, reflex, joint or organ).
- Distinguish the green, amber and red risk levels and choose the right level according to the seriousness of the threat.
- Return to the basic techniques without wasting time when pressure does not work.
- Assess the use of vital points together with the principles of self-defense and proportionality.

Dim Mak: Myth and Reality

“Dim Mak” is a concept from the Chinese martial arts tradition, often translated in the West as the “death touch.” In popular accounts it is claimed that a single touch to the right point at the right time can make a person collapse instantly, or even kill them days later. Films, novels and some demonstration videos have inflated this myth.

There is no reliable scientific study that supports these claims. Accounts such as knocking someone out without contact, delayed death, or points that “open” at certain hours have not been demonstrated under controlled conditions. A significant part of what seems to work in a demonstration can be explained by the cooperation of a student who trusts their instructor and knows what is going to happen. An attacker on the street does not cooperate.

The knowledge of points in traditional arts has its own cultural and philosophical context, and this book does not belittle that context. What we do here is narrower and more practical: from the places the tradition calls “vital points,” we take only the effects that

can be explained anatomically and observed again and again. In this module we mention the name “Dim Mak” because the reader knows the concept; the content, however, is built entirely on anatomy, physiology and law.

Why a Point Hurts

Pain is an alarm the body raises in the face of damage or the danger of damage. Special nerve endings (nociceptors) in the skin, the lining of the bones, the joints and the capsules of the organs detect mechanical pressure, impact or excessive stretching and transmit it to the brain [7]. Almost all vital points rely on one or more of the following four mechanisms:

- **Nerve compression:** Where a nerve runs close to the surface under the skin with a hard bony base beneath it, the nerve is crushed between two hard surfaces. The result is sharp pain, a sensation like an electric shock and sometimes a momentary loss of strength in the muscles that nerve operates.
- **Motor point effect:** A blow to the point where a nerve enters a muscle can cause the muscle to lock up or give way temporarily. This is what is popularly called a “dead leg.”
- **Reflex:** Contact with the eye, the base of the nose, the windpipe or the diaphragm starts involuntary reactions such as closing the eyes, tearing, coughing, gagging and bending forward. The reflex works before the person’s will does and can buy you a few seconds.
- **Mechanical strain:** A force against the natural direction of movement of a joint, or a blow to a bone left without support. Here the effect lies less in the pain than in the structure itself: the knee bends, the balance is broken.

WHY VITAL POINTS DO NOT ALWAYS WORK

- Adrenaline and intense stress activate the body's own pain-relief system. An attacker under stress may not feel the pain your partner feels in the gym [8].
- In people under the influence of alcohol or drugs, the pain threshold can rise significantly.
- Thick clothing, coats and muscle mass absorb pressure and impact.
- The pain threshold varies greatly from person to person. The same point may be very effective in one person and almost ineffective in another.
- Finding a small point on a person who is moving is much harder than finding it on a partner standing still in the gym.
- That is why the rule in Black Force is simple: **If a point does not produce a result in a second or two, let go and return to the basic techniques.**

Risk Color Code

Each point in this module is marked with one of three colors according to the worst outcome it can cause when applied correctly. The color shows not how “effective” the point is, but how **dangerous** it is. That is also what is decisive in the legal assessment.

LEVEL AND TYPICAL EFFECT	WORST POSSIBLE OUTCOME	WHEN TO CONSIDER IT
GREEN · pain, reflex, momentary loss of strength	Bruising, temporary numbness	Escaping a grab, pushing, control; light and moderate threats
AMBER · severe pain, loss of balance and breath	Bone fracture, ligament tear, organ injury	An ongoing physical attack; when the green option does not work

LEVEL AND TYPICAL EFFECT	WORST POSSIBLE OUTCOME	WHEN TO CONSIDER IT
RED · serious injury	Blindness, permanent disability, paralysis, death	Only when there is a danger of death or serious injury and no other way is left; some are never targeted

Legal Framework

IMPORTANT NOTE

This section is for general information and is not legal advice. Every incident is assessed according to its own circumstances. The explanations here combine general European principles with examples from Turkish law; laws differ from country to country, and the law of your own country applies. If you have been through a real incident, consult a lawyer.

In Chapter 7 you saw the basic framework of self-defense: an unjust and ongoing attack, the necessity of the defense and the proportionality of the force used to the attack (European Convention on Human Rights, Art. 2 [17]; for example, Turkish Penal Code, Art. 25). Vital points add two new dimensions to this framework.

The first is **the seriousness of the outcome**. Criminal laws across Europe typically treat the outcome of an injury as decisive: injuries that cause permanent loss of function, disfigurement, fractures or death are punished far more severely. As an example, the Turkish Penal Code aggravates intentional injury according to its outcome: an injury that permanently weakens or completely destroys the function of a sense or an organ, leaves a permanent mark or lasting change on the face, or causes a bone fracture or death is among the circumstances that significantly increase the penalty (Turkish Penal Code, Art. 87) [13]. An eye, an eardrum, a knee or

a testicle are organs that can fall within the scope of these provisions. If the conditions of self-defense really exist, no penalty is imposed for these outcomes; but when proportionality is disputed, having left permanent damage directly affects the assessment.

The second is **the choice itself**. Choosing a red point when you could have chosen a green point against the same threat may be interpreted against you in the proportionality assessment. For example, going for the eye of someone who is only holding your wrist and tugging at you is assessed very differently from doing the same thing when that person has put you on the ground and is choking you. The seriousness of the threat and the seriousness of the color you choose must match. In a 2025 decision, the Grand General Assembly for Criminal Matters of the Court of Cassation also examined, when assessing proportionality, whether the defender had the possibility of stopping the attack by targeting non-vital areas [15].

DECISION CHART · CHOOSING A VITAL POINT

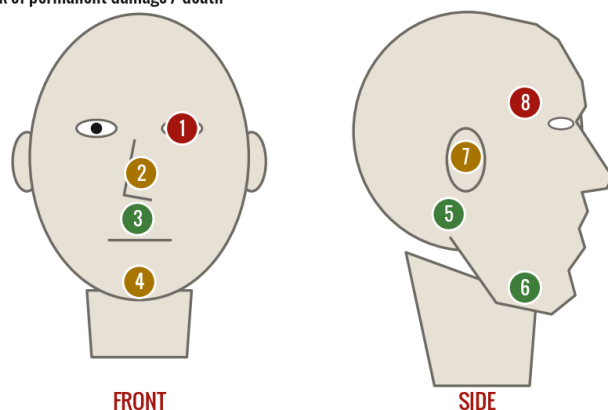
Is escape or breaking contact possible?	YES → No point is needed; get away.
NO ↓	
Is the threat a grab, a push or an attempt at control?	YES → Green points: free yourself with pressure, open distance.
NO ↓	
Is it an ongoing physical attack, and has the green option produced no result?	YES → Amber points: strike, and get away through the opening.
NO ↓	
There is a danger of death or serious injury (choking, a weapon, sexual assault, multiple attackers on the ground): red points are considered as a last resort.	
↓	

The moment the threat stops, the pressure and the strikes end. Get away, call emergency services (112) and describe what happened exactly as it happened.

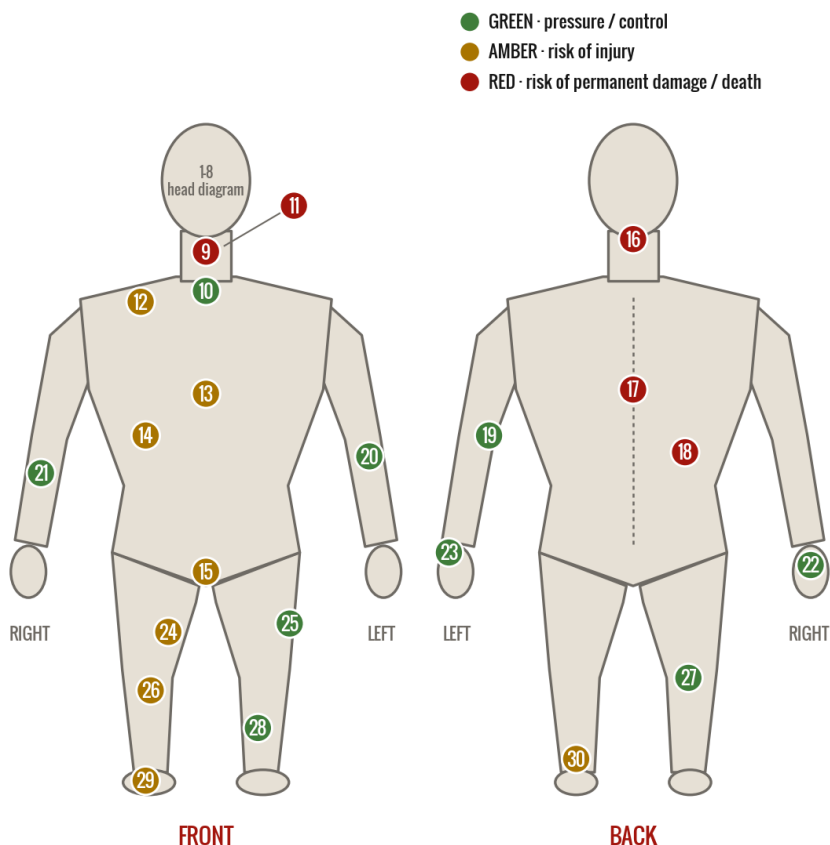
Map of the Points

The points are numbered on the diagrams. The number is the same as the number in the descriptions below. In the front view, the left side is the person's right; in the rear view, the right side is the person's right. The first eight points, on the head and face, are shown on a separate diagram.

- GREEN · pressure / control
- AMBER · risk of injury
- RED · risk of permanent damage / death



Vital points of the head and face (1–8). The color shows the worst possible outcome of the point.



Vital points of the neck, body, arms and legs (9–30). The diagram shows the location; the exact position varies by a few centimeters from person to person.

As you read the descriptions, find each point on your own body first. Press lightly with your fingertip; when you find the right spot, at most points you will feel a clear sensitivity or tingling. On a partner, only locating and very light pressure are practiced; strikes are never made on a partner.

HEAD AND FACE

POINT 1 **RED** Eye

LOCATION The eyeball and the bony socket around it. The area just below the eyebrow, just above the cheekbone, between the bridge of the nose and the temple.

WHY IT WORKS The cornea, the front surface of the eye, is one of the most densely innervated tissues in the body [9]. Even the lightest contact starts the blink reflex, heavy tearing and an involuntary pulling back of the head; vision is disrupted for a few seconds. A sudden movement toward the eye often triggers this reflex even without contact.

APPLICATION A fast thrust of the fingertips toward the eye at close range (P2·66), or thumb pressure into the eye socket at moments of mortal danger such as choking and sexual assault (HN·13). The moment opened by the reflex is used to get free and get away.

RISK AND LAW Corneal laceration, bleeding inside the eye, retinal tear, rupture of the eyeball and permanent blindness [10]. Loss of sight may count as the loss of the function of a sense under Article 87 of the Turkish Penal Code and is one of the most serious outcomes of an injury. It is considered only when there is a danger of death or serious injury and no other option is left, and it is released the moment the threat stops.

POINT 2 **AMBER** **Nose**

LOCATION The bridge of the nose; especially the area at the middle of the nose, where bone and cartilage meet.

WHY IT WORKS The nasal bones are thin, and because the nose sits at the very front of the face, it takes a blow first. A blow to the nose triggers the tear reflex via the trigeminal nerve; the eyes water, vision blurs and the person reflexively throws their head back. Bleeding can also have a psychologically stopping effect.

APPLICATION Palm heel strike (P1-08) or hammer fist; a short strike in a headlock and in a close clinch. The palm heel is preferred to the punch because it reduces the risk of breaking your own hand.

RISK AND LAW Broken nose, a collection of blood in the nasal septum, heavy nosebleeding and swallowing blood. A bone fracture is an aggravating outcome under Article 87 of the Turkish Penal Code; it may be seen as proportionate against an ongoing attack, but may remain disproportionate against a single push.

POINT 3 **GREEN** **Under the Nose (Base of the Upper Lip)** *Philtrum*

LOCATION Just below the nostrils; the point where the base of the nose meets the groove in the middle of the upper lip.

WHY IT WORKS This area lies within the territory of the sensory nerves of the upper jaw (the second branch of the trigeminal nerve). Just behind the thin skin and lip tissue are the roots of the upper incisors and the gums; pressure upward and backward compresses the nerve endings against a hard base. The result is a sharp pain and a reflexive backward movement of the head. Where the head goes, the body follows: the attacker's weight shifts onto their heels.

APPLICATION Pressure upward and backward with the bony side edge of the index finger, the edge of the palm or the tip of a kubotan. Escaping a bear hug from the front, a headlock, or an attacker on top of you on the ground (HN-01, P3-60).

RISK AND LAW Low risk when applied as pressure. If it turns into a hard strike, broken teeth and lip injuries are possible; in that case it rises to the amber level.

POINT 4 **AMBER** **Point of the Chin** *Chin*

LOCATION The very front tip of the lower jaw and the front third of the jawline.

WHY IT WORKS A blow to the point of the chin, especially an angled one, turns the head quickly. The brain undergoes a sudden acceleration and deceleration inside the skull; this can lead to loss of balance and loss of consciousness (a knockout).

APPLICATION Palm heel strike, elbow and short punch. The aim is not to knock the attacker out, but to get away in the moment that opens.

RISK AND LAW The real danger is in the fall. A person who loses consciousness falls without being able to protect themselves and may hit their head on concrete, a curb or stairs. A significant share of serious injuries and deaths from “a single punch” result not from the blow itself but from this fall. This risk must be kept especially in mind on concrete ground and at the top of stairs.

POINT 5 **GREEN** **Angle of the Jaw and Behind the Ear** *Mandibular Angle*

LOCATION Just below and behind the earlobe; the soft hollow between the rear corner of the lower jaw and the bony bump behind the ear (the mastoid). When you open and close your mouth, you can feel this hollow change shape.

WHY IT WORKS The facial nerve leaves the skull right at this area, and the sensory nerves around the ear are close to the surface. Pressure applied to the narrow soft tissue between the two bones compresses the nerves and produces a sharp pain. The person reflexively moves their head away from the pressure.

APPLICATION Pressure with the tip of the index or middle finger into the hollow, toward the opposite eye (inward and slightly upward). Turning the head, moving an attacker at close range away, taking the weight off a person on top of you on the ground (HN-02).

RISK AND LAW Low risk. The effect varies greatly from person to person; in some people it produces almost no result. If there is no result in a second or two, let go.

POINT 6 **GREEN** **Under the Jaw**

LOCATION The inside of the lower jaw bone; the soft tissue just below the bone, exactly halfway between the point of the chin and the angle of the jaw. The soft area you feel when you curl your finger under the jawbone.

WHY IT WORKS Here are the muscles of the tongue and the floor of the mouth, the nerve that operates the tongue (the hypoglossal nerve) and lymph nodes. Pressure upward and inward toward the bone creates intense discomfort and a reaction of lifting the head. When the head lifts, the attacker's control of their body weakens.

APPLICATION Upward pressure with the fingertips or the thumb. Especially to lift the head of an attacker on top of you on the ground and open distance between you (HN-03).

RISK AND LAW Low risk. The pressure must not slide onto the front line of the neck, that is, the throat; the throat is a red zone.

POINT 7 **AMBER** **Ear**

LOCATION The outer ear and the entrance to the ear canal.

WHY IT WORKS A blow to the ear with an open, slightly cupped palm suddenly compresses the air in the ear canal. The resulting pressure is transmitted to the eardrum; sharp pain, ringing and, because of the closeness of the inner ear, momentary loss of balance follow. The outer ear is also densely innervated; grabbing and pulling it causes pain.

APPLICATION An open-palm strike to the ear at very close range; grabbing the outer ear in the clinch to steer the head.

RISK AND LAW Ruptured eardrum and hearing loss. Most small ruptures heal on their own, but permanent hearing loss and balance problems can also occur. A permanent weakening of hearing may be assessed under Article 87 of the Turkish Penal Code.

POINT 8 **RED** **Temple**

LOCATION The flat, slightly hollow area between the outer corner of the eye and the top of the ear. The place where you feel a muscle move underneath when you chew.

WHY IT WORKS One of the thinnest areas of the skull is here; just beneath this point, where four skull bones meet, runs an artery that supplies the membranes of the brain [12]. A blow can cause a skull fracture and, through the tearing of this artery, bleeding between the membrane of the brain and the skull.

APPLICATION It is not taught as a deliberate target in Black Force. It is included here to prevent it from being targeted unknowingly: elbows swung from the side and hard objects can hit this area.

RISK AND LAW With this kind of bleeding, a person may look fine at first and become critically endangered hours later. It carries a risk of death; it is among the most serious outcomes in the proportionality assessment.

NECK AND BODY

POINT 9 **RED** **Larynx and Windpipe** *Throat*

LOCATION The front center line of the neck. The cartilage bump that moves up and down when you swallow (the prominent “Adam’s apple” in men) and the windpipe just below it.

WHY IT WORKS Here the airway is protected only by rings of cartilage; there is no muscle or bone in front of it. Even contact causes coughing, a choking sensation and panic.

APPLICATION Like the finger strike in P2-66, only in serious danger. It is one of the last-resort targets for a person who is being choked, has been put on the ground or is being threatened with a weapon.

RISK AND LAW A fracture of the cartilage and swelling in the larynx can close the airway within minutes and lead to death. It is a red zone; it is absolutely not used against light and moderate threats.

POINT 10 **GREEN** **Suprasternal Notch** *Jugular Notch*

LOCATION The small hollow just above the breastbone, between the inner ends of the two collarbones.

WHY IT WORKS Just behind the hollow is the windpipe. Pressure downward and inward with a finger triggers the cough and gag reflex and creates intense discomfort. The person reflexively pulls back or bends their head forward.

APPLICATION A hooking pressure downward with the index or middle finger, parallel to the breastbone. To move away someone who is pinning you against a wall, leaning their weight on you, or on top of you on the ground (HN-04).

RISK AND LAW The direction of the pressure is downward. If the direction slides upward, that is, to the throat, you enter a red zone. It is not applied as a strike.

POINT 11 **RED** **Side of the Neck and the Carotid Area** *Side of the Neck*

LOCATION The side of the neck; along the front edge of the thick muscle that runs from behind the ear to the collarbone, the area where the pulse can be felt.

WHY IT WORKS Here are the carotid artery, which carries blood to the brain, and a sensor area that detects blood pressure (the carotid sinus). A blow or pressure to this area can cause a sudden slowing of the heartbeat and a drop in blood pressure, and therefore fainting; this sensitivity increases especially with age and varies unpredictably from person to person [11]. A blow can also cause a tear in the artery wall and a stroke.

APPLICATION Not taught as a target. The chokes applied in sports gyms are in a different context: a controlled environment, a tap-out signal and immediate release. On the street, these safeguards do not exist.

RISK AND LAW Risk of fainting, stroke and death. Because its effect cannot be predicted, it is very hard to defend any use of it as proportionate.

POINT 12 **AMBER** **Collarbone and the Hollow Above It** *Clavicle*

LOCATION The horizontal bone that can be felt under the skin between the shoulder and the breastbone, and the hollow just above this bone.

WHY IT WORKS The collarbone is covered only by skin and is one of the most frequently broken bones in the body. In the hollow above the bone, the network of nerves going to the arm is close to the surface; a downward hooking pressure with the fingers can cause pain and loss of strength in that arm.

APPLICATION A downward hooking pressure into the hollow with the fingers (shoulder control at close range, HN-07). A hammer fist or a kubotan strike onto the bone only in an ongoing attack.

RISK AND LAW The pressure is low risk. A strike can break the collarbone; a fracture means that arm cannot be used for weeks, and it is an aggravating outcome under Article 87 of the Turkish Penal Code.

POINT 13 **AMBER** **Pit of the Stomach (Solar Plexus)** *Solar Plexus*

LOCATION Just below the small pointed bump at the lower end of the breastbone; the soft area where the two arches of the ribs meet.

WHY IT WORKS Here are the diaphragm, the muscle that drives breathing, and behind it a large network of nerves going to the abdominal organs. A blow here causes the diaphragm to spasm temporarily; the person cannot breathe for a few seconds and bends forward. This is what is popularly called “having the wind knocked out of you.”

APPLICATION A straight punch, a knee, a front kick or a jab with a rolled-up magazine (HN-10, DS-05). The few seconds that open are used to get away.

RISK AND LAW A fracture of the lower end of the breastbone and, rarely, internal organ injury. It is usually a temporary effect, but the risk increases with the force of the blow.

POINT 14 **AMBER** **Liver Area** *Liver*

LOCATION On the person’s right side, just behind and below the lowest ribs; the lower right edge of the rib cage.

WHY IT WORKS The membrane surrounding the liver is rich in nerve endings. A blow here causes an intense, spreading pain and often, through the nervous system, a drop in blood pressure; the knees give way and the person collapses. This is the well-known “liver shot” of combat sports, and its effect may be delayed by a few seconds.

APPLICATION A short knee in the clinch or a hook from the side (HN-11). When the attacker is facing you, their right is on your left.

RISK AND LAW Rib fracture and, as a rare but life-threatening risk, rupture of the liver and internal bleeding. A person with abdominal pain or weakness after the incident needs to go to hospital.

POINT 15 **AMBER** **Groin**

LOCATION The area where the legs meet; in men the testicles, in everyone the front joint of the pelvis.

WHY IT WORKS The testicles are innervated like internal organs; a blow causes intense pain, nausea and reflexive bending forward. The effect may be delayed by a few seconds and may be reduced under adrenaline. The front joint of the pelvis is also sensitive to impact.

APPLICATION Groin kick (P1-13), palm strike (P1-55), knee in the clinch. In a bear hug from behind, a strike by swinging the hand backward.

RISK AND LAW Testicular rupture may require emergency surgery and can lead to infertility. The loss of the ability to have children is counted among the aggravating outcomes under Article 87 of the Turkish Penal Code.

POINT 16 **RED** **Back of the Neck and Base of the Skull** *Base of the Skull*

LOCATION Where the lower rear edge of the skull meets the neck; the hollow between the two muscle masses at the back of the neck.

WHY IT WORKS The brainstem and spinal cord leave the skull right in this area. The structures that govern vital functions such as breathing and heartbeat lie just beneath the skin and a thin layer of muscle.

APPLICATION Not targeted. A strike to the back of the neck, especially of a person who is bent forward or has fallen to the ground, is not part of the system under any circumstances.

RISK AND LAW Loss of consciousness, paralysis and death. Going after a person on the ground may already fall outside the limit of proportionality.

POINT 17 **RED** **Spine**

LOCATION The bony bumps that can be felt along the center line of the back, from the neck to the tailbone.

WHY IT WORKS The vertebrae protect the spinal cord, which carries all the movement and sensation of the body. A direct blow or a sudden twist can cause a vertebral fracture and spinal cord damage.

APPLICATION Not targeted. A person who has turned their back or is running away has already stopped being a threat.

RISK AND LAW Risk of permanent paralysis and death. It is among the most serious outcomes of the red zone.

POINT 18 **RED** **Kidney Area** *Kidney*

LOCATION On the back, just below the lowest ribs and on either side of the spine; slightly above waist level.

WHY IT WORKS The kidneys are only partly protected by the ribs and are organs with a rich blood supply. A blow can cause intense pain, blood in the urine and internal bleeding. It is no coincidence that striking the kidneys is banned in almost all combat sports.

APPLICATION Not targeted.

RISK AND LAW Kidney injury, internal bleeding and loss of the organ. The loss of an organ's function is among the most serious circumstances under Article 87 of the Turkish Penal Code.

ARMS AND HANDS

POINT 19 GREEN **Inside of the Elbow (Ulnar Nerve)** *Ulnar Nerve*

LOCATION The groove on the inner and rear surface of the elbow, between the inner bony knob and the point of the elbow. The place popularly called the “funny bone,” where hitting it makes your little finger tingle.

WHY IT WORKS The ulnar nerve passes here under the skin, inside a bony groove, with almost no protective tissue above it. Pressure or a blow causes a sensation like an electric shock spreading toward the little finger and a momentary drop in the hand’s grip strength.

APPLICATION Pressure into the groove with the thumb or the tip of a kubotan; a hammer fist. To loosen a grip on the collar, shoulder or neck (HN-06).

RISK AND LAW Low risk; temporary numbness and tingling.

POINT 20 GREEN **Thumb Side of the Forearm** *Radial Nerve*

LOCATION The top surface of the forearm, on the thumb side; about a hand’s width (5–8 cm) below the crease of the elbow, at the fullest part of the muscle.

WHY IT WORKS The superficial branch of the radial nerve runs close to the surface here, between the muscle and the bone. A blow or pressure toward the bone causes numbness in the forearm and hand and a momentary weakening of the grip.

APPLICATION A hammer fist, a forearm strike or pressure with a kubotan. To weaken an arm that is holding you, pushing you or holding an object (HN-09, KB-06).

RISK AND LAW Low risk; bruising and temporary numbness.

POINT 21 **GREEN** **Inner Surface of the Forearm** *Median Nerve*

LOCATION The inner (palm) side of the forearm; exactly halfway between the wrist and the crease of the elbow, a slight groove between two muscle masses.

WHY IT WORKS The median nerve, which operates most of the hand, passes between the muscles in this area. Pressure that compresses it toward the bone causes a deep, spreading pain and a loss of strength in the hand.

APPLICATION Pressure toward the bone with the thumb or the tip of a kubotan. To break the strength of a hand gripping your wrist.

RISK AND LAW Low risk.

POINT 22 **GREEN** **Back of the Hand**

LOCATION On the back of the hand, over the long bones that connect the fingers to the wrist; especially between the bones of the middle and ring fingers.

WHY IT WORKS On the back of the hand the bones are covered only by thin skin and tendons; there is no muscle in between. Pressure or a strike on the bone causes a sharp pain and a reflexive loosening of the grip.

APPLICATION Pressure and short strikes with a knuckle, a kubotan or a pen; freeing a grip on the wrist, collar or hair; in a bear hug from behind, a strike to the back of the hand that is holding you (HN-05, KB-05, KB-12).

RISK AND LAW The pressure is low risk. A strike with a hard object can break one of the bones of the hand; in that case it rises to the amber level.

POINT 23 **GREEN** **Between the Thumb and Index Finger** *First Web Space*

LOCATION The triangular muscle mass on the back of the hand where the bones of the thumb and index finger meet.

WHY IT WORKS When this muscle mass is compressed between the nerve branches running through it and the bone beneath, a distinct pain occurs. The effect is moderate, but it is a practical point because the hand is easy to grip.

APPLICATION Squeezing the muscle mass between your own thumb and index finger like a pincer; freeing a wrist grip.

RISK AND LAW Low risk.

LEGS**POINT 24** **AMBER** **Inner Thigh**

LOCATION The inner and front surface of the thigh; the upper third of the distance between the crease of the groin and the knee.

WHY IT WORKS The femoral nerve and its branches, which operate the muscles at the front of the leg, are close to the surface in this area. A blow causes a momentary loss of strength in the leg and a buckling of the knee. Deep in the same area runs the main artery of the leg.

APPLICATION A short knee strike in the clinch.

RISK AND LAW Deep vessel and muscle injury with heavy and repeated blows. It is at the amber level.

POINT 25 **GREEN** **Outer Thigh**

LOCATION The outer surface of the thigh; exactly halfway between the hip bone and the knee, on the line of the side seam of a pair of trousers.

WHY IT WORKS In combat and law enforcement training it is known as the “peroneal point.” The effect occurs over the nerve entry point of the outer thigh muscle, the skin nerve of this area and a thick band of connective tissue. A blow causes the muscle to lock up temporarily in a cramp-like way (a “dead leg”) and the knee to buckle; the person cannot put their full weight on that leg for a few seconds.

APPLICATION A knee strike in the clinch (HN-08), a low roundhouse kick (P2-04), a hammer strike with a kubotan (KB-11).

RISK AND LAW Low risk; deep bruising. Because the target is a large muscle mass, it is one of the safest striking targets in terms of proportionality.

POINT 26 **AMBER** **Knee**

LOCATION The kneecap and the inner and outer sides of the knee joint.

WHY IT WORKS The knee joint is designed mainly to bend forward and backward. A force coming from the side or from the front, especially while the leg is straight and weight is on it, strains the ligaments that hold the joint together.

APPLICATION A side kick or a stomp kick; a kick to the knee from the ground (P1-39). Against an attacker much stronger than you, in an ongoing and serious attack.

RISK AND LAW Cruciate and collateral ligament tears, cartilage tears and permanent disability. It may be assessed as a permanent weakening of an organ’s function; that is why it is at the upper limit of the amber level.

POINT 27 **GREEN** **Back of the Knee**

LOCATION The rear surface of the knee joint; the hollow where the leg bends.

WHY IT WORKS The effect here is mechanical rather than a nerve point. A force from behind pushes the knee in its natural direction of bending; the leg reflexively bends and the person drops onto their knee.

APPLICATION Pushing the back of the knee with the sole of the foot; the moment you get to the attacker's side or back, dropping them onto their knee and opening distance.

RISK AND LAW Low risk. However, applying it from behind to someone who is running away may fall outside self-defense, because the threat has ended.

POINT 28 **GREEN** **Shin**

LOCATION The front of the leg between the knee and the ankle; the sharp edge of the bone that can be felt under the skin.

WHY IT WORKS The membrane covering the bone (the periosteum) has dense nerve endings, and in this area there is almost no muscle over the bone. A blow or scraping with a hard surface creates a sharp pain.

APPLICATION In a bear hug from behind, scraping down along the shin with the edge of the sole of the foot and then stomping on the instep (HN-12); on the ground, pressure with a kubotan on the shin of a person holding your leg (KB-09).

RISK AND LAW Low risk; bruising and skin abrasion.

POINT 29 **AMBER** **Instep**

LOCATION The top surface of the foot, between the ankle and the toes.

WHY IT WORKS On the top surface of the foot, the thin metatarsal bones and tendons lie just under the skin. A hard stomp with the heel causes intense pain and a reflexive loosening of the grip.

APPLICATION In a bear hug from behind, stomping on the instep with the heel (HN·12). The attacker's thick shoes reduce the effect.

RISK AND LAW Metatarsal fracture. It is at the amber level.

POINT 30 **AMBER** **Achilles Tendon**

LOCATION Just above the heel; the thick tendon that connects the calf muscle to the heel bone.

WHY IT WORKS Pressure or a blow across the tendon creates a sharp pain. The tendon is an easily reachable structure on an attacker lying on the ground.

APPLICATION A short kick with the heel of the free foot against a person who has caught your leg on the ground; pressure on the tendon with the bony surface of the forearm during leg control.

RISK AND LAW Tendon strain and, rarely, rupture. A rupture means a long-term walking problem; it is at the amber level.

Safety in Point Training

SAFETY RULES

- Red points are not applied to a partner at any speed or with any pressure; only their location is shown.
- On green points, pressure is applied only until the first sensation of sensitivity, not until the partner says “stop” or taps out.
- No pressure work is done on the front line or the side of the neck.
- Strikes are practiced only on pads, shields and target bags.
- People with blood pressure, heart rhythm or vascular conditions, people who are pregnant, or who have recently been injured, should consult a doctor before taking part in this training.

GROUP 1 · 7 TECHNIQUES

Escaping and Controlling with Pressure

All the applications in this group use green points. The aim is not to injure the attacker but to free a grip, remove a pressure or open distance between you. All are bound by the same rule: if the pressure does not produce a result in a second or two, let go and return to the basic technique.

HN-01 Escaping a Bear Hug from the Front with Pressure Under the Nose

Under-Nose Pressure Release

STARTING POSITION Bear hug from the front, arms free

WHEN TO USE In bear hugs from the front in which your arms are left free, and at moments in the clinch when the attacker's head is very close to you.

EXECUTION

1. One hand supports the back of the attacker's head or neck, while the bony side edge of the index finger of the other hand is placed just below the nostrils.
2. The pressure is applied upward and backward, keeping the hand behind the head fixed.
3. As the head goes back, your hips pull back and the hug loosens; in the gap that opens, you counter with a knee or a palm heel strike and get away.

COMMON MISTAKE Applying the pressure only backward; if the direction is not up and back, the head easily escapes.

TRAINING NOTE On a partner, with very light pressure, only the placement of the hand and the direction; then the counter and getting away on the pad.

HN-02 Turning the Head Away with Pressure on the Angle of the Jaw*Mandibular Angle Pressure***STARTING POSITION** Close range, attacker leaning into your face**WHEN TO USE** To move away the head of someone leaning into your face at close range, pinning you against a wall or a vehicle, or bearing down on you on the ground.

- EXECUTION**
1. The fingertip is placed in the hollow below the earlobe and pressure is applied toward the opposite eye, inward and slightly upward.
 2. As the head escapes the pressure, the other hand pushes the shoulder or the chin in the same direction.
 3. When the head turns, the body follows; turning your hips, you move toward your exit direction.

LIMITS / PLAN B The effect varies greatly from person to person. If there is no reaction in a second or two, do not persist; switch to a distance frame, a knee or the basic release technique.

COMMON MISTAKE Placing the fingertip on top of the bone; the pressure must go into the soft hollow between the bones.

TRAINING NOTE First locating the point on your own body, then very light pressure and direction work on a partner.

HN-03 Lifting an Attacker on Top of You on the Ground with Pressure Under the Jaw *Under-Jaw Push on the Ground*

STARTING POSITION On the ground, bottom position, attacker on top

WHEN TO USE When you are on your back on the ground and the attacker is on top of you, with their head close to your face, crushing you with their chest.

EXECUTION 1. The thumb or the fingertips are placed in the soft tissue under the lower jawbone, and pressure is applied upward, toward the back of the attacker's head.

2. When the head lifts, the weight on your chest decreases; in this gap a hip escape or a bridge is made (the P1–P3 ground escapes).

LIMITS / PLAN B The pressure must not slide onto the throat. If the attacker resists the pressure by pressing their head down, do not force it; return to the hip escape and framing.

COMMON MISTAKE Forgetting to move the hips while applying the pressure; the point on its own is not an escape, it buys time for the escape.

TRAINING NOTE Slow, resistance-free positional work on the ground; pressure only until the first sensation of sensitivity.

HN-04 Breaking Away from Someone Pinning You with Pressure on the Suprasternal Notch *Jugular Notch Push*

STARTING POSITION Back against the wall or on the ground in the bottom position, attacker bearing down on you

WHEN TO USE To move away someone who is pressing you against a wall, a vehicle or the ground with their chest and is between your arms.

- EXECUTION**
1. The index or middle finger is placed like a hook in the hollow between the collarbones and pressed downward, parallel to the breastbone.
 2. When the attacker pulls back with a cough or gag reflex, a frame is built with the other hand and you turn toward the exit direction in the distance that opens.

LIMITS / PLAN B The direction of the pressure is downward, never upward or toward the throat. It is not applied as a strike.

COMMON MISTAKE Placing the finger on the throat above the hollow.

TRAINING NOTE On a partner, only locating and direction; the pressure very light and brief.

HN-05 Freeing a Wrist Grip with Pressure on the Back of the Hand and the Thumb Muscle *Hand Pressure Grip Release*

STARTING POSITION Wrist grabbed

WHEN TO USE When your wrist or arm is gripped firmly with one or two hands, and the basic wrist releases from P1 are not enough because of the strength gap.

- EXECUTION**
1. The thumb or knuckle of the free hand is pressed into the back of the gripping hand, between the bones of the middle and ring fingers; alternatively, the muscle between the thumb and index finger of the gripping hand is squeezed like a pincer.
 2. The moment the grip loosens, the wrist is pulled out, turning toward the thumb of the gripping hand.

VARIATIONS With a kubotan or pen (KB-05).

COMMON MISTAKE Doing the pressure and the wrist pull separately; the two must happen at the same time.

TRAINING NOTE With a partner, at different grip strengths: first the pressure, then the pressure combined with the pull.

HN-06 Loosening a Collar Grip with Ulnar Nerve Pressure *Ulnar Pressure**Grip Release*

STARTING POSITION Grabbed by the collar or shoulder with a straight arm

WHEN TO USE When you are grabbed by the collar, shoulder or neck with a straight arm.

EXECUTION 1. The thumb of the free hand presses into the groove on the inside of the elbow of the gripping arm; the pressure goes into the groove and toward the bone.

2. The moment the grip strength drops, the gripping arm is pushed inward and you get off the line; then you counter.

COMMON MISTAKE Looking for the groove on the outer surface of the elbow; the ulnar nerve is on the inner side of the arm.

TRAINING NOTE First find the “funny bone” on your own elbow; then the location and direction on a partner with light pressure.

HN-07 Shoulder Control with a Hooking Pressure into the Hollow Above the Collarbone *Supraclavicular Hook*

STARTING POSITION Close range, attacker in front or at the side

WHEN TO USE At close range, to bring down the shoulder of someone in front of you or beside you who is trying to push or pull you, and to break their balance.

- EXECUTION**
1. The fingers are placed like a hook in the hollow behind the collarbone and pulled downward.
 2. As the shoulder comes down, the attacker's weight slides forward and down; at this moment distance is opened with a knee or a push.

LIMITS / PLAN B No strike is made on the bone itself; this application is a pressure and steering technique.

COMMON MISTAKE Trying to pull over the top of the bone without placing the fingers in the hollow.

TRAINING NOTE Slow placement and direction work on a partner.

GROUP 2 · 5 TECHNIQUES

Escaping with Strikes and Opening Distance

The applications in this group use amber points. They are considered in an ongoing physical attack, at moments when pressure and the basic techniques are not enough. The aim is not to knock the attacker down, but to open a gap of a few seconds and get away.

HN-08 Making the Leg Give Way with a Knee Strike to the Outer Thigh*Outer Thigh Knee Strike***STARTING POSITION** Clinch or bear hug**WHEN TO USE** To break the attacker's balance and pursuit in the clinch, in a bear hug or at close range.

EXECUTION 1. While the attacker's shoulders or head are controlled, the knee strikes the middle of the outer thigh with the turn of the hips, from the side inward.

2. The contact is made not with the shin side of the striking knee, but with the top of the knee and the front of the thigh.

3. When the leg gives way, the clinch is released and you get away.

COMMON MISTAKE Doing the strike with the leg alone, without the hips.**TRAINING NOTE** The angle of the knee and the turn of the hips on a thick pad held standing or on a kick bag.

HN-09 Weakening a Gripping or Pushing Arm with a Hammer Fist to the Forearm *Radial Nerve Strike*

STARTING POSITION Attacker holding or pushing with the arm

WHEN TO USE To weaken for a moment an arm that is holding you, pushing you or holding an object.

EXECUTION 1. The bottom of the fist (a hammer fist) strikes the full muscle area on the thumb side of the forearm, a hand's width below the crease of the elbow.

2. The strike is short and downward; then the arm is pushed off the line and you counter.

LIMITS / PLAN B On an arm holding a knife, this strike is not a solution on its own; control of the weapon arm and the edged-weapon defenses (P3–P5) take priority.

COMMON MISTAKE Striking the elbow joint or the wrist; the target is the nerve over the muscle.

TRAINING NOTE Location and angle work on a cushion attached to the forearm of the pad-holding partner.

HN-10 Knocking the Wind Out with a Short Strike to the Pit of the Stomach and Escaping *Solar Plexus Strike and Exit*

STARTING POSITION Fighting stance, attacker advancing

WHEN TO USE To open distance against a person standing in front of you, advancing toward you, who has started a physical attack.

EXECUTION 1. A straight punch, a palm heel or a knee is sent just below the lower end of the breastbone, at a slightly upward angle.

2. When the attacker bends forward, you step out to the side without wasting time and get away.

LIMITS / PLAN B No follow-up strike is made to the back of the neck or the head of the attacker bending forward; the time that opens is for getting away.

COMMON MISTAKE Waiting after the strike to watch its effect.

TRAINING NOTE The angle on the striking pad; then the “strike and exit” drill.

HN-11 A Short Knee or Hook to the Liver from the Clinch *Liver Strike from the Clinch*

STARTING POSITION Clinch

WHEN TO USE In the clinch or a bear hug, if the attacker is stronger than you, to break their hold in a short time.

EXECUTION

1. The attacker's right side (the side that falls on your left) is targeted.
2. In the clinch, a knee just below the lower edge of the ribs, inward and upward; if the distance is slightly open, a short hook from the side with the left hand.
3. The effect may be delayed by a few seconds; after the strike, you exit the clinch.

LIMITS / PLAN B It is not applied to a person on the ground. After the incident, do not delay calling for help regarding the attacker's state of health.

COMMON MISTAKE Looking for the target in the upper part of the rib cage.

TRAINING NOTE Angle and timing on a body pad or body protector.

HN-12 Strikes to the Shin and Instep in a Bear Hug from Behind *Shin**Scrape and Instep Stomp***STARTING POSITION** Bear hug from behind over the arms**WHEN TO USE** When you are grabbed from behind together with your arms, to open space for upper-body releases.

EXECUTION 1. The weight is lowered somewhat, the edge of the sole of the foot is scraped hard down over the attacker's shin, and at the end of the movement the heel stomps on the instep.

2. If the grip does not loosen, a palm strike to the groin is added; the moment it loosens, you move into the P1-P2 bear hug releases from behind.

COMMON MISTAKE Stomping at random without looking; first feel where the attacker's feet are.**TRAINING NOTE** Targeted stomping on the mat beside your partner's foot; no real contact is made with your partner's leg.

Last Resort

HN-13 Thumb Pressure on the Eyes in Mortal Danger *Eye Gouge as a Last Resort*

STARTING POSITION Life-threatening danger, attacker very close

WHEN TO USE At moments when you are being choked, have been put on the ground and are being seriously attacked, are being sexually assaulted, or are in danger of being injured with a weapon, and no other option is left.

EXECUTION

1. The hands grip the attacker's head from both sides; the thumbs are placed at the inner corners of the eye sockets and pressure is applied inward.
2. The eye reflex makes the attacker throw their head back, and their grip and pressure come undone.
3. The moment the grip loosens, the pressure is released and you escape or stand up.

LIMITS / PLAN B This is a red technique: it can cause permanent blindness. It is considered only when there is a danger of death or serious injury and no other way is left. The pressure ends the moment the attacker lets go; continuing clearly exceeds the limit of proportionality. After the incident, emergency services (112) are called and the incident is described exactly as it happened.

COMMON MISTAKE Continuing the pressure even after the threat has passed.

TRAINING NOTE Hand placement only on a mannequin head with protective goggles or on your partner's forehead; no pressure is applied to the eyes under any circumstances.

GROUP 4 • 2 TECHNIQUES

Principle and Drill

HN-14 **PRINCIPLE** **If the Point Does Not Work, Let Go** *When Pressure Fails, Let Go*

WHEN TO USE The decision rule behind every pressure and striking application.

EXECUTION A vital point is an additional tool; it is not a basic technique. If the pressure does not produce a visible reaction within a second or two (the head does not move away, the grip does not loosen, the person does not pull back), do not persist. Alcohol, adrenaline and thick clothing can cancel the effect. Every second spent looking for a point is in the attacker's favor; return directly to the basic release, striking or distance technique.

COMMON MISTAKE Continuing to search while thinking "I didn't find the right spot."

TRAINING NOTE Your partner deliberately does not react to the pressure; the student switches to the basic technique within one second.

HN-15 **DRILL** **Point Location Drill**

WHEN TO USE To be able to find the points under stress, without looking and while moving.

EXECUTION The instructor calls out a number; the student shows that point on the partner with a fingertip. This is practiced first on a standing partner with the eyes open, then with the eyes closed, and then while the partner moves slowly. Red points are only shown from close up, not touched.

COMMON MISTAKE Putting speed ahead of accuracy.

TRAINING NOTE Five minutes in every class; the goal is to show at least twenty of the thirty points correctly while moving.

Module Assessment

- Showing the thirty points on the diagram and on a partner.
- Explaining five randomly chosen points with their location, mechanism of effect and risk color.
- Demonstrating three of the green pressure applications with a partner, with light pressure.
- Demonstrating two of the amber striking applications on the pad.
- Choosing the correct risk color, with reasons, for three scenarios read out by the instructor.

VITAL POINTS CHECKLIST

- ☐ I can list the thirty points, knowing their location, mechanism and color.
- ☐ I know that a point does not produce the same effect in every person, and why.
- ☐ When pressure does not work, I can return to the basic technique within one second.
- ☐ I can explain in which threats red points are a last resort, and why.
- ☐ I know that the pressure ends when the threat stops, and that this is both a moral and a legal obligation.

KB

Module 2 · Kubotan and Metal Pen

14 applications · Pressure and control with a small tool

IMPORTANT WARNING FOR READERS IN TURKEY

- **In Turkey, the kubotan is considered a prohibited tool.** The kubotan is treated as falling within the scope of the knuckle dusters and “similar tools of a special nature intended solely for use in attack and defense” listed in Article 4 of Law No. 6136 on Firearms, Knives and Other Tools. Selling, buying, carrying and possessing these tools is an offense punishable by imprisonment and a judicial fine under Articles 5 and 15 of the same Law [16].
- **Do not buy, carry or possess a kubotan in Turkey.** In Turkey, practice the techniques in this module with an ordinary metal pen or your keys (see A Pen Instead of a Kubotan).
- **In other countries the kubotan may be legal, but not everywhere.** The rules vary from country to country, and even from region to region. Always check the laws of the country you are in or traveling to yourself; if you are not sure, do not carry one.

The kubotan is a hard stick about a hand’s width long, as thick as a pen and with blunt ends. It often has a key ring at one end and is carried as a keychain. It takes its name from Takayuki Kubota, a

Japanese karate teacher who gave self-defense training to law enforcement officers in the United States in the 1970s. According to the common account, it was first developed as a pressure tool so that law enforcement officers could bring a person under control and handcuff them without injuring them.

This origin also explains the nature of the kubotan: the kubotan is less a striking weapon than a **tool for pressure and control**. It lets you do what a finger or a knuckle can do over a smaller surface, with less strength and without injuring your own hand. The green points you learned in Module 1 are the kubotan's real targets.

This module **does not recommend** that you buy, obtain or carry a kubotan. The kubotan is described because it is a tool taught in many gyms and carried by some people as a keychain; the aim is for a reader who chooses to carry one to know how to use it lawfully, proportionately and only for defense, and to recognize the risks of this tool. Carrying a kubotan is not necessary; the empty-hand equivalents of all the pressure applications in this module are in Module 1. All the techniques in the module can also be applied exactly the same way with a sturdy, ordinary metal-bodied pen; wherever "kubotan" appears in the text, readers, especially those in Turkey, can read "pen."

The kubotan is not a magic tool. If you do not know how to use your hand, you cannot use a kubotan either; if you cannot get it out of your pocket under stress, having it on your keychain means nothing. That is why every application in this module is designed as an extension of the empty-hand techniques you learned in the curriculum. If the kubotan falls from your hand or is pulled away, your technique continues with the empty hand.

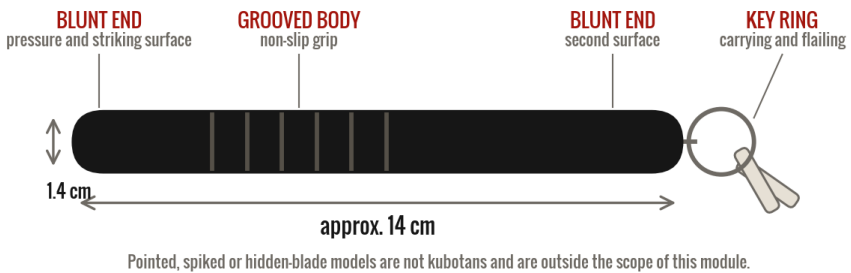
The applications in the module are not tied to the level exams and are not included in the book's 514 technique headings. They are recommended for students at P3 and above, after Module 1 has

been completed. In the gym, only a soft training kubotan or a foam-covered stick is used.

GOALS OF THIS MODULE

- Recognize the parts of the kubotan and its right and wrong models.
- Apply the three basic grips and the transitions between them.
- Place the pressure made with the kubotan correctly on the green points from Module 1.
- Direct strikes only at large muscle areas such as the arm and the leg.
- Know that the legality of carrying a kubotan varies from country to country, understand the legal dimension of its use, and be able to continue with the empty hand when you lose the kubotan.

What the Kubotan Is, and What It Is Not



The parts of a standard kubotan. Dimensions may vary by a few centimeters depending on the model.

A standard kubotan is about 14 cm long and 1.4 cm in diameter; it is made of hard plastic or aluminum. Its body has grooves that keep the fingers from slipping, and both ends have rounded, blunt surfaces. Not every product sold on the market under the name kubotan is the same thing, however:

TYPE	DESCRIPTION	ITS PLACE IN THIS MODULE
Standard kubotan	A straight stick with blunt ends, grooves and a key ring	This is the subject of the module
Ordinary metal-bodied pen	An ordinary ballpoint pen that writes, with a sturdy body and an ordinary tip and cap	The tool recommended instead of a kubotan in Turkey; the same grip and pressure techniques apply
Those sold as “tactical pens”	Pen-like tools with a pointed glass-breaker tip, serrations or a hidden blade	Not recommended; may be treated not as a pen but as a tool for attack and defense
Pointed or tapered models	Sticks with a tip thinned to pierce	Not recommended; their capacity to injure and their legal risk are high
Spiked, serrated or “cat-ear” key-chains	Plastic or metal pieces with finger holes and pointed projections	Outside the scope; they function like knuckle dusters
Models with a hidden blade	A blade inside a kubotan-like sheath	Absolutely outside the scope; treated as a knife

The Legal Dimension

IMPORTANT NOTE

This section is for general information and is not legal advice. The rules on carrying a kubotan and similar tools vary from country to country and are updated over time. Complying with the laws of the country you are in is your responsibility.

Turkey. In Turkey, the kubotan is considered a prohibited tool within the scope of the knuckle dusters and similar tools of a special nature in Article 4 of Law No. 6136. Buying, carrying and possessing one may be punishable under Article 15 of the same Law by imprisonment of six months to one year and a judicial fine [16]. Do not carry a kubotan in Turkey.

Other countries. Whether carrying a kubotan and similar tools is legal varies **from country to country**, and even, within the same country, from region to region and from place to place. A kubotan that can be carried freely as a keychain in one country may, in another, be prohibited, subject to a permit, or treated by law enforcement as a tool for attack or defense. That is why there is only one rule: **Comply with the laws of the country and region you are in.** If you are thinking of carrying a kubotan, first find out the current laws of that place; if you are not sure, do not carry one. Do not take your kubotan with you when traveling abroad. Pointed, spiked or hidden-blade models are prohibited in many countries and are outside the scope of this book. Never take one to places with security screening, such as airports, courthouses, schools, stadiums and concert venues.

Use. Even a tool carried legally becomes the subject of a legal assessment the moment it is used. In the example of Turkey, the Turkish Penal Code defines the concept of “weapon” broadly: in addition to firearms, any cutting, piercing or bludgeoning tool made for use in attack and defense counts as a weapon (Turkish Penal Code, Art. 6) [13]. The kubotan may fall within this definition. Committing intentional injury with a weapon is an aggravating circumstance (Turkish Penal Code, Art. 86). If the conditions of self-defense really exist, no penalty is imposed; but when proportionality is assessed, a defense made with a kubotan may be judged by a stricter standard than a defense made with bare hands. Other countries may have similar, or even stricter, rules.

The practical rules that follow from this are:

- **Pressure first, then strikes.** The kubotan’s real job is pressure on green points. A strike is not chosen in a situation that can be resolved with pressure.

- **Strikes only to the arms and legs.** Hammer strikes go to the forearm, the back of the hand and the outer thigh. The head, face, neck and body are not struck with a kubotan.
- **The tip is not directed at the eyes or the throat.** A thrust to the face with the tip of the kubotan is a red intervention and may be considered only under the last-resort conditions in Module 1.
- **When the threat is over, the kubotan goes back in the pocket.** When law enforcement arrives at the scene, you should not have an object in your hand; your hands must be empty and visible.

A Pen Instead of a Kubotan

A sturdy, ordinary metal-bodied ballpoint pen is almost the same length and thickness as a kubotan. All the techniques in this module, such as the hammer grip, the thumb-capped grip, and pressure on the back of the hand and the forearm, are applied exactly the same way with a pen. The biggest difference of the pen is its legal nature: a pen is an ordinary item carried in daily life for writing.

This difference holds only as long as the pen is really carried as a pen. That is why you should pay attention to these three points:

- **Choose an ordinary pen.** Products sold as “tactical pens,” with a pointed glass-breaker tip, a serrated body or a hidden blade, may be treated not as pens but as tools for attack and defense. A sturdy metal pen that writes, and is ordinary in appearance and function, is enough.
- **Do not carry the pen as a weapon.** In Turkey, carrying tools used for the home, work or a profession for the sole purpose of using them in an attack, as judged by the circumstances, may also constitute a separate offense under the last paragraph

of Article 15 of Law No. 6136 [16]. A pen is a pen carried for writing; do not carry it in your bag as “my weapon,” and do not present it as such.

- **The legal assessment changes the moment it is used.** While carried, a pen is an ordinary item; but the moment it is used against an attack, under the broad definition of weapon in the Turkish Penal Code, it may count as a weapon, as something “actually suitable for use in attack and defense” (Turkish Penal Code, Arts. 6 and 86) [13]. If the conditions of self-defense really exist, no penalty is imposed; a defense made with a pen is subject to the same rules of proportionality: pressure first, strikes only to the arms and legs, and the tip never directed at the eyes or the neck.

Target Map

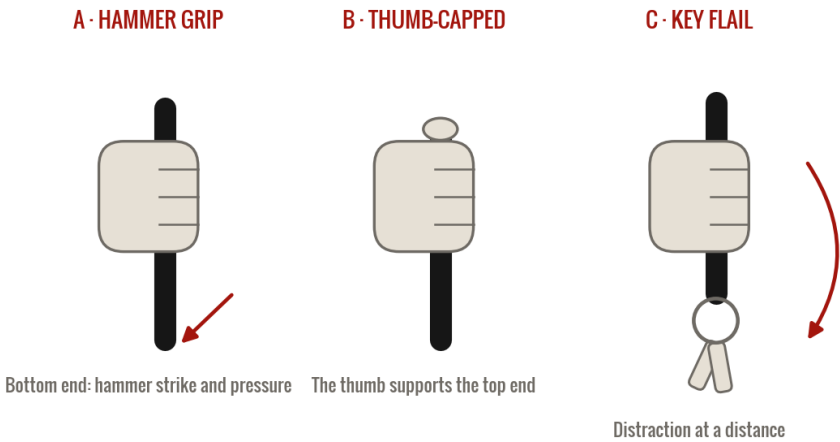
The table below classifies the points from Module 1 from the point of view of the kubotan. The numbers are the numbers from Module 1.

USE	POINTS	NOTE
Pressure (green)	3, 5, 6, 10, 19, 20, 21, 22, 23, 28	The kubotan’s real area of use; freeing grips and moving the attacker away
Hammer strike (amber)	20, 22, 25	Large muscle and bone surfaces on the arms and legs; short and controlled
Last resort only	1, 9	The red conditions from Module 1; with a kubotan the risk increases even further
Under no circumstances	4, 7, 8, 11, 12 (strike), 13–18	No strikes with a kubotan to the head, face, neck or body

GROUP 1 · 4 TECHNIQUES

Carrying and Grip

Under stress, fine motor skills break down (Chapter 6). Searching for the kubotan at the bottom of a pocket, trying to get it out of a zipped bag or adjusting your grip in your hand is almost impossible at that moment. That is why kubotan training starts not with the grip but with carrying.



The three basic ways of using the kubotan. A and B are for pressure and strikes; C is used only before contact begins, at a distance.

KB-01 **PRINCIPLE** **Keeping Your Keychain Ready in Your Hand** *Keys Ready*

WHEN TO USE If you are in a place where carrying a kubotan is legal and you have a kubotan on your keychain; when approaching an isolated parking lot, a dark street or the entrance to an apartment building.

EXECUTION This application applies only where the laws of the place you are in allow it; in Turkey a kubotan is not carried, and the application is done only with a keychain. The keychain is held in the hand, not in the pocket; it is taken out at the start of the route, before any danger is sensed. The keys are held so that the key to the car or the door is ready; this way the kubotan is both a tool and a quick way in. When the danger has passed, the kubotan goes back in the pocket; waving it visibly in your hand creates unnecessary tension.

COMMON MISTAKE Carrying your keys at the bottom of your bag and searching for them in front of the door or the car; this is the most common safety mistake, whether or not you have a kubotan.

TRAINING NOTE Make keeping your keys ready in your hand a habit in your routines of leaving home, getting into the car and entering your home.

KB-02 Hammer Grip

STARTING POSITION Kubotan or pen in hand

WHEN TO USE The basic grip of the kubotan; most pressures and strikes are made from this grip.

- EXECUTION**
1. The kubotan is held inside the fist, with the fingers wrapped around the grooves in its body.
 2. One end sticks out 2–3 cm on the little-finger side, and the other end slightly on the thumb side.
 3. The bottom end is used for hammer strikes and downward pressure, the top end for upward pressure.
 4. The fist is tight and the wrist straight.

COMMON MISTAKE Holding the kubotan loosely with the fingertips; it slips from the hand on the first contact.

TRAINING NOTE With both hands, taking the kubotan out of your pocket with your eyes closed and settling it into the hammer grip.

KB-03 Thumb-Capped Grip

STARTING POSITION Kubotan or pen in hand

WHEN TO USE In situations where forward pressure will be made with the top end; for example, under the jaw or into the suprasternal notch.

- EXECUTION**
1. From the hammer grip, the thumb is placed on the top end of the kubotan.
 2. Because the thumb supports the end, the kubotan does not slide back in your hand during forward pressure.
 3. The pressure is applied together with the arm and the body; it is not pushed from the wrist alone.

COMMON MISTAKE Placing the thumb beside the end; the thumb bends under pressure.

TRAINING NOTE Controlled pressure with the top end on a pad fixed to the wall.

KB-04 Changing the Grip and Using Both Ends *Grip Change and Dual-End Use*

STARTING POSITION Kubotan or pen in hand

WHEN TO USE To continue with the other end after pressure with one end, or to reposition the kubotan when your grip has broken down.

EXECUTION

1. The kubotan is slid half a turn with the help of the free hand, or by loosening and tightening the fingers.
2. In practice, the most frequently used transition is from pressure on the back of the hand with the bottom end to pressure on the forearm with the top end.
3. Contact with the attacker is maintained during the change of grip.

LIMITS / PLAN B Changing the grip takes time. If a change that lasts longer than a second is needed while in contact, let go of the kubotan and continue with the empty hand.

COMMON MISTAKE Stopping looking at the attacker and looking at your hand while changing the grip.

TRAINING NOTE Changing the grip under slow contact with a partner; first with two hands, then with one hand.

GROUP 2 · 5 TECHNIQUES

Pressure and Control

The applications in this group are pressure on green points. The small tip surface of the kubotan produces a much more concentrated pressure than a finger; that is why the force applied when practicing in the gym is even less than when practicing with a finger.

KB-05 Freeing a Wrist Grip with Pressure on the Back of the Hand *Back-of-Hand Pressure Release*

STARTING POSITION Wrist grabbed, kubotan or pen in the other hand

WHEN TO USE When your wrist or forearm is gripped firmly (Point 22).

EXECUTION 1. The bottom end of the kubotan in your free hand is placed on the back of the gripping hand, between the bones of the middle and ring fingers, and pressed toward the bone.

2. The moment the grip loosens, the held wrist is pulled out, turning toward the thumb of the gripping hand, and distance is opened.

VARIATIONS With empty-hand vital point pressure (HN-05).

COMMON MISTAKE Applying the pressure to the muscle tissue rather than directly onto the bone; on the back of the hand, the target is the bone.

TRAINING NOTE Only placement and very light pressure on your partner's back of the hand; then combining it with the wrist pull.

KB-06 Opening a Grip with Pressure on the Forearm *Forearm Press*

STARTING POSITION Collar, shoulder or arm grabbed

WHEN TO USE To open an arm that is holding your collar, shoulder or arm (Points 20 and 21).

EXECUTION 1. The tip of the kubotan is placed on the front of the gripping arm a hand's width below the crease of the elbow (the thumb side), or in the middle of the inner surface of the forearm, and pressed toward the bone.

2. When the arm loosens, it is pushed in the direction of the pressure and off the line; then you counter and get away.

COMMON MISTAKE Applying the pressure to the bony edge of the arm; the target is the nerve line between the muscles.

TRAINING NOTE Finding the point on your partner's forearm, light pressure and the direction of the push.

KB-07 Wrist Lever with the Kubotan *Kubotan Wrist Lever*

STARTING POSITION Wrist grabbed, kubotan or pen in the grabbed hand

WHEN TO USE To break the grip of a hand holding your wrist and to break the attacker's balance.

- EXECUTION**
1. The kubotan in your held hand is placed horizontally across the top of the attacker's wrist (on the back-of-the-hand side).
 2. The free hand grips the other end of the kubotan; both hands pull the kubotan down onto the attacker's wrist and toward you.
 3. The wrist bones are squeezed between the kubotan and your own wrist; the attacker bends forward in pain and their grip opens.
 4. The moment it opens, you let go and get away.

LIMITS / PLAN B This is a locking technique; excessive force can injure the wrist ligaments. The pressure ends the moment the grip opens. Do not try to hold the attacker on the ground with this lock; control and restraint are the job of law enforcement.

COMMON MISTAKE Placing the kubotan on the middle of the forearm instead of over the wrist; no leverage is created.

TRAINING NOTE With a partner, very slowly, according to the tap-out signal your partner gives with their hand; never a sudden pull.

KB-08 Under-the-Jaw and Suprasternal Pressure on an Attacker on Top of You on the Ground *Ground Pressure Escape*

STARTING POSITION On the ground, bottom position, attacker on top

WHEN TO USE If you are on your back on the ground, the attacker is on top of you and you have a kubotan in your hand (Points 6 and 10).

EXECUTION 1. With the thumb-capped grip, the top end of the kubotan is placed either upward into the soft tissue under the jawbone, or downward into the suprasternal notch, and pressed.

2. The moment the attacker's head or chest goes back, a hip escape is made.

3. The pressure only opens space for the escape.

LIMITS / PLAN B The tip is not slid onto the throat or the face. If the attacker controls your arm against the pressure, let go of the kubotan and continue with the ground escapes.

COMMON MISTAKE Setting up the pressure and not moving the hips.

TRAINING NOTE Slow positional work on the ground; only with a foam-covered training stick.

KB-09 Shin Pressure Against Someone Holding Your Leg on the Ground

Shin Press on the Ground

STARTING POSITION On the ground, your leg grabbed

WHEN TO USE If you are sitting or lying on your side on the ground and the attacker has grabbed your leg and is pulling you (Point 28).

- EXECUTION**
1. The bottom end of the kubotan is pressed into the front edge of the attacker's shin closest to your leg, or into the back of the gripping hand.
 2. When the grip loosens, the leg is pulled free, a push kick is made with the free foot and distance is opened with the technical stand-up.

COMMON MISTAKE Forgetting to pull the leg while applying the pressure.

TRAINING NOTE Slow positional work on the ground; only with a training kubotan.

GROUP 3 · 3 TECHNIQUES

Striking

The strikes in this group are at the amber level and are considered only in an ongoing physical attack, at moments when pressure is not enough. The small surface of the kubotan concentrates the impact; that is why the targets are limited to the large muscle areas of the arms and legs and the back of the hand.

KB-10 Hammer Strike to the Forearm and the Back of the Hand *Hammer Strike to the Arm and Hand*

STARTING POSITION Fighting stance, attacker's arm extended

WHEN TO USE To weaken an arm that is reaching for you, holding you or trying to push you (Points 20 and 22).

EXECUTION

1. From the hammer grip, the bottom end, together with the little-finger side of the fist, comes down with a short downward movement onto the muscle area on the thumb side of the forearm or onto the back of the hand.
2. The strike is made not from the elbow but with a short drop of the shoulder and body.
3. When the arm weakens, you get off the line and get away.

COMMON MISTAKE Making a long, wide swing; the target is small, so the movement must be short.

TRAINING NOTE On a thick pad attached to your partner's forearm, or on a target bag.

KB-11 Hammer Strike to the Outer Thigh

STARTING POSITION Clinch or very close range

WHEN TO USE To break the attacker's balance and make their pursuit harder in the clinch or at very close range (Point 25).

EXECUTION

1. The hand holding the kubotan is lowered and the bottom end strikes the middle of the outer surface of the thigh with a short hammer movement.
2. During the strike, the other arm protects your head and neck.
3. The moment the leg gives way, the clinch is released.

COMMON MISTAKE Looking for the target on the side of the knee; the knee joint is not the target of this strike.

TRAINING NOTE Short hammer strikes on the lower part of a kick bag.

KB-12 Bottom-End Strike to the Back of the Hand in a Bear Hug from Behind *Rear Bear Hug Hand Strike*

STARTING POSITION Bear hug from behind under the arms

WHEN TO USE When you are grabbed from behind under your arms and the attacker's hands are clasped in front of your chest or stomach.

EXECUTION 1. The bottom end of the kubotan comes down short and hard on the back of the upper hand of the clasped hands.
2. When the hand comes free, the grip opens; the weight is dropped, you counter with an elbow and move into the bear hug releases from behind (P1–P2).

COMMON MISTAKE Striking the fingers; the fingers move away easily, the target is the back of the hand.

TRAINING NOTE On a thick pad or a glove worn on your partner's hand.

GROUP 4 · 2 TECHNIQUES

Flailing and Losing the Kubotan

KB-13 Distracting and Creating Distance by Flailing the Keys *Key Flail*

Distraction

STARTING POSITION Attacker approaching, no contact yet

WHEN TO USE To stop the attacker and distract them for a moment while they are within approach distance, before they have made contact with you.

EXECUTION

1. The kubotan is in the hammer grip and the keys are left loose on the ring.
2. With a short, fast flail, the keys are swung toward the attacker's reaching hand and forearm.
3. The sound and movement of the keys make the attacker pull back reflexively; in the moment that opens, you back off and get away.

LIMITS / PLAN B The keys are not swung at the face and eyes; an eye injury is a red outcome. The flail largely loses its effect once contact has begun; when contact begins, you move to the pressure and release techniques.

COMMON MISTAKE Flailing once and waiting; the flail only buys time to get away.

TRAINING NOTE Flailing with a soft piece of cloth instead of keys; the target is a pad held by your partner.

KB-14 **PRINCIPLE** **If the Hand Holding the Kubotan Is Caught: Let Go and Continue** *Let It Go*

WHEN TO USE When the hand holding the kubotan, or the kubotan itself, is caught by the attacker.

EXECUTION You do not wrestle to get the kubotan back. While the held hand is freed with a wrist release technique, the kubotan is let go if necessary; you counter with the free hand and open distance. If the kubotan ends up in the attacker's hand, there is now the threat of an attack with a small hard object; the small pointed object defense in G1-35 and the priority of distance come into play.

COMMON MISTAKE Hanging onto the kubotan and pulling with both hands; meanwhile the body and head are left defenseless.

TRAINING NOTE Your partner catches the hand holding the kubotan at random; the student lets go within one second and switches to an empty-hand technique.

Module Assessment

- Describing the types of kubotan and which of them are outside the scope.
- Demonstrating the three grips and changing the grip with both hands.
- Demonstrating three of the pressure applications with a partner, with light pressure, placed on the correct point.
- Demonstrating the hammer strikes on the pad.
- Continuing with the empty hand in a scenario where the kubotan is lost.
- Briefly explaining that carrying varies from country to country, and the legal framework of its use.

KUBOTAN CHECKLIST

- ☐ I do not carry a kubotan in Turkey; I practice the techniques with an ordinary metal pen.
- ☐ If I am in another country, I check that country's laws before carrying a kubotan; if I am not sure, I do not carry one.
- ☐ The kubotan is only a defensive tool; I do not show it to frighten or threaten anyone.
- ☐ Under stress, I can move into the hammer grip with my eyes closed.
- ☐ I can place the pressure correctly on the green points from Module 1.
- ☐ I direct strikes only at the arms and legs; I do not strike the head, face or neck.
- ☐ If the kubotan is taken from my hand, I can let it go and continue with the empty hand.
- ☐ I know that my hands must be empty and visible when law enforcement arrives.



Module 3 · Defense with Everyday Objects

19 applications · Anything within reach, but the exit comes first

The most realistic resource that someone who is attacked and cannot escape can turn to in order to protect themselves is whatever is within reach at that moment: a bag, a magazine, an umbrella, a glass of water, a branch lying on the ground. One of the oldest principles of Krav Maga is that the environment is a resource for defense. You have already laid the foundations of this topic in the curriculum: in P1·47 you practiced defending with a bag in your hand, in P1·58 creating a distraction by throwing an object, and in G1 everyday objects (G1·15), environmental defense, the use of a backpack, a coat and a chair (G1·39–41) and items you carry yourself (G1·44).

This module turns that knowledge into a system: which object is good for what, how to choose an object, when never to use one, and what the law says about it. The one-sentence summary of the module is written in the middle of the diagram: **the goal is the exit.**

An everyday object is used not to defeat or harm the attacker, but to protect yourself and open the escape route.

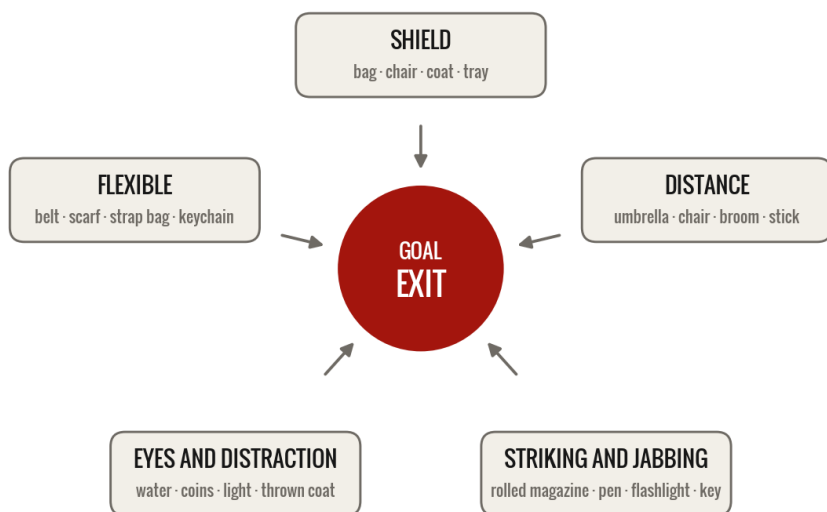
This module is not written to teach anyone to use an object as a weapon. The safest and most recommended uses are the shield and distance functions: putting an obstacle between you, meeting the blow, buying time to get away. The striking and jabbing functions are considered only in an ongoing attack, when no other option is left and in proportion to the seriousness of the threat. No object may be used to frighten, threaten or harm someone without being attacked; that is not defense, it is a crime.

The applications in the module are not tied to the level exams and are not included in the book's 514 technique headings. They are designed for students at P3 and above. In the gym, only soft, unbreakable and safe objects are used; glass, metal and pointed objects are never used under any circumstances.

GOALS OF THIS MODULE

- Quickly classify the objects in a setting according to five functions (shield, distance, striking, eyes and distraction, flexible).
- Apply the three-second rule: drop an object that cannot be found or used and return to the basic technique.
- Recognize the wrong and dangerous uses learned from films.
- Know the legal consequences of defending with objects and choose the object in proportion to the seriousness of the threat.
- Drop the object when the threat ends and get away from the scene safely.

Five Functions



The five functions of an improvised object. What they all have in common is the goal of opening the escape route.

Think of an object not in terms of “what it is” but of “what it will be good for.” The same chair is a shield one moment and a distance tool the next. The same coat can be an arm shield against a knife, or a curtain thrown over the attacker’s head.

- **Shield:** Objects that meet an incoming blow, knife or stick between you and the attacker. A bag, a backpack, a chair, a tray, a thick book, a coat.
- **Distance:** Long objects that keep the attacker farther away than arm’s length. An umbrella, a chair, a broom, a stick, a branch.
- **Striking and jabbing:** Objects that concentrate the force of your hand on a small, hard surface. A rolled-up magazine, a metal pen, a flashlight, a key.

- **Eyes and distraction:** Objects that cut off the attacker's vision for a few seconds or distract them. A glass of water, a handful of sand or coins, a bright light, a thrown coat.
- **Flexible:** Objects that create distance by being swung, or are used by wrapping. A belt, a scarf, a bag with a strap, a key-chain.

The Three-Second Rule

The biggest danger of relying on an object in the environment is the time spent looking for it. Under stress your eyes go into tunnel vision (Chapter 6); the thought “I have to find something” can cut you off from the attacker and the exit. That is why the rule in Black Force is simple: **Find it, grab it, use it. If it does not happen in three seconds, forget it.**

If the object is not within reach, if you need to approach the attacker or turn your back on them to get it, if you need to bend down, or if you have to think about how to hold it, that object does not exist for you. You already know everything you can do with your empty hands.

Criteria for Assessing an Object

When you look at an object, your brain must learn to answer these questions in a second. The way to do this is the environment scan drill at the end of this module.

CRITERION	QUESTION	EXAMPLE
Reach	Is it within reach, or do I have to go to it?	The glass on the table, yes; the broom at the other end of the room, no

CRITERION	QUESTION	EXAMPLE
Grip	Can I grip it quickly, with one hand, without it slipping?	The handle of an umbrella, yes; a wet, round bottle is hard
Length	Does it keep me farther away than arm's length?	A chair and an umbrella, yes; a pen, no
Hardness and weight	Will it take a blow, or break on first contact?	A thick rolled-up magazine, yes; a thin plastic bottle, no
Risk of transformation	Can it break and turn into something sharp?	A glass and a bottle, yes: these objects are not used for striking
Law	Is it proportionate to the seriousness of the threat?	An iron pipe against a push is disproportionate

The Legal Dimension

IMPORTANT NOTE

This section is for general information and is not legal advice. Every incident is assessed according to its own circumstances. The explanations here combine general European principles with examples from Turkish law; laws differ from country to country, and the law of your own country applies. If you have been through a real incident, consult a lawyer.

In the criminal law of many countries, an everyday object may be considered equivalent to a weapon the moment it is used for attack or defense. In the example of Turkey, the Turkish Penal Code does not limit the concept of a weapon to tools manufactured as weapons: other things that are **actually suitable for use in attack and defense**, even if not made for that purpose, may also count as weapons (Turkish Penal Code, Art. 6) [13]. A chair, a stone, a bottle or a stick may fall within this definition the moment it is used. In

the practice of the Court of Cassation, objects such as sticks, stones, bottles and iron bars may be counted as weapons within this scope; for an object to be accepted as a weapon, its characteristics and how it was used must be established concretely. Committing intentional injury with a weapon is an aggravating circumstance (Turkish Penal Code, Art. 86).

If the conditions of self-defense really exist, no penalty is imposed (Turkish Penal Code, Art. 25). However, in the proportionality assessment, the object you used and how you used it are decisive. Therefore:

- **The shield and distance functions are legally the safest functions.** Putting a chair between you, meeting a blow with a bag or keeping distance with an umbrella protects you without injuring anyone.
- **The striking function is limited to the arms and legs.** Striking the head with a hard, heavy object can cause a skull fracture and death with a single blow. This is a red intervention that can be considered only in the face of mortal danger and when no other way is left.
- **The eyes and distraction function is low risk, but attention is paid to the object.** Cold water distracts; boiling tea or coffee leaves severe burns and may count as injury.
- **When the threat is over, the object is dropped.** Following the attacker with a stick in your hand when they run away or stop turns self-defense into an attack. When law enforcement arrives at the scene, your hands must be empty and visible.

Mistakes Learned from Films

The hero who defends themselves with whatever object comes to hand is one of cinema's favorite scenes, and in real life the scenes

from films often either do not work or hurt the person who uses them.

FIVE COMMON MISTAKES

- **Lining up keys between your fingers.** Keys do not stay fixed between the fingers; on the first blow they slide back and cut your own fingers. The correct way is to hold a single key or a metal pen in the hammer grip, or to flail the keychain (KB·13).
- **Breaking a bottle to make a weapon.** In reality the bottle often does not break, or breaks uncontrollably and cuts your own hand first. Broken glass is legally an edged weapon, and the possible consequences are very serious. A bottle can be thrown whole, or not used at all.
- **Stabbing a pen into the neck or the eye.** This is a red intervention and is not as easy as in the film. The place of the pen is the back of the hand, the forearm and the thigh, with the hammer grip (DS·06).
- **Throwing a hot drink in someone's face.** A boiling liquid can leave permanent burn scars; this is one of the serious outcomes of injury. A cold drink creates the same distracting effect.
- **Hitting someone on the head with a fire extinguisher.** A full extinguisher weighs several kilograms, and a single blow to the head can be fatal. The real strength of the extinguisher is that the cloud it sprays cuts off vision (DS·13).

A Paper Shield and Baton: The Rolled-Up Magazine and Newspaper

A tightly rolled magazine or a thick newspaper becomes a surprisingly hard and durable baton. It can be found almost anywhere: in a waiting room, on a train, in a café, in your bag. Legally and physically it is low risk, but it is an effective tool when used correctly.

The hardness of the roll depends on how tightly it is rolled. The magazine is rolled along its long edge, starting from the spine, as tightly as possible; it is tightened by twisting with both hands. It is gripped with one hand in the middle or at one end. The working surface is the **end** of the roll; swinging it sideways makes the roll bend and has very little effect. The end is jabbed into the pit of the stomach, the chest and, at close range, the face (DS-05). The roll can also be used together with the forearm as a short blocking baton.

Objects Picked Up from the Ground

The question that comes to mind most often on the street is: “Can I pick something up from the ground and protect myself?” The answer: only if an attack you cannot escape is ongoing and it is safe to bend down. If you can get away, get away instead of picking something up from the ground.

The moment you bend down to the ground, your head and the back of your neck are left defenseless, your balance shifts forward and you cannot see the attacker. If the person in front of you is a few steps away, they can come at you and knock you to the ground in the time it takes you to bend down. That is why the rule is: **Distance first, then bend down**. To pick up the object, move away from the attacker, lower yourself by bending your knees (not your waist) without taking your eyes off them, and stand up immediately with the object.

- **Stones and pieces of rock:** Their best use is throwing; a thrown stone stops the attacker or forces them to back off and buys you time to escape (DS-08). Striking the head with a stone held in the hand, however, is a red intervention and can lead to death.
- **Sticks, branches and pieces of pipe:** A long object gains you distance. In P3 you learned the five angles of stick attacks from

the defending side; here you use the same knowledge in reverse. Pushing and jabbing with the end, short swings to the arms and legs (DS-07).

- **Sand, soil and gravel:** A handful of sand or soil thrown in the face cuts off vision for a few seconds. It is a low-risk, high-effect distraction (DS-10).
- **Trash can lids, signs, cardboard:** Flat, wide objects are used as shields (DS-02).

Object Guide

The table below summarizes the objects most often encountered in daily life according to their primary function and the points to watch.

OBJECT	PRIMAR Y FUNCTI ON	HOW	CAUTION
Backpack, handbag	Shield	On the forearm or in front of the chest with both hands; an intermediate layer against a knife or stick	The strap can become a handle for the attacker; let go if necessary
Chair	Shield, dis- tance	Legs pointed at the at- tacker, with both hands; pushing and blocking (G1-41)	It is heavy; it is not lifted over the head and swung
Coat, jacket	Shield, eyes	Wrapped around the fore- arm (G1-40) or thrown over the attacker's head (DS-11)	Taking it off takes time; think of it before the threat begins
Umbrella	Dis- tance, jabbing	Closed, with both hands; the tip to the pit of the stomach and the chest (DS-01)	An open umbrella works only as a visual barrier

OBJECT	PRIMARY FUNCTION	HOW	CAUTION
Rolled-up magazine, newspaper	Jabbing, blocking	Rolled tight, the end is used (DS-04-05)	Swinging it sideways is ineffective
Pen, flashlight	Striking, pressure	Hammer grip; back of the hand, forearm, thigh (DS-06)	Not directed at the eyes or the neck
Keychain	Flexible, distraction	Flailing, or the hammer grip with a single key (KB-13)	Not lined up between the fingers
Phone, flashlight beam	Eyes and distraction	Pointed at the face in the dark (DS-12)	The light also gives away your position
Liquid in a glass or bottle	Eyes and distraction	Thrown in the face (DS-09)	No boiling liquid; a glass container is not used for striking
Coins, sand, soil	Eyes and distraction	Thrown from the palm into the face (DS-10)	Watch the direction of the wind
Stone	Throwing	Thrown, then you get away (DS-08)	Striking the head while holding it is red
Stick, branch, broom	Distance	Pushing and jabbing with both hands; swinging at the arms and legs (DS-03, DS-07)	Swinging at the head is red
Belt	Flexible	The end without the buckle is wrapped around the hand, the buckle end stays free; short swings at the arms and legs (DS-14)	The buckle end is not swung at the face

OBJECT	PRIMARY FUNCTION	HOW	CAUTION
Tray, book, lid	Shield	In front of the face and head (DS-02)	The shield must not cover your line of sight
Fire extinguisher	Eyes and distraction	Sprayed to create a visual screen (DS-13)	Not used as a striking tool
Door, vehicle, table	Obstacle	Put between you, closed, circled around (G1 environmental defense)	Do not get trapped in a corner

GROUP 1 · 3 TECHNIQUES

Shield and Distance

DS-01 Distance and Tip Jab with an Umbrella *Umbrella Thrust*

STARTING POSITION Closed umbrella in hand, attacker advancing

WHEN TO USE When the attacker is advancing toward you and you have a closed umbrella in your hand.

- EXECUTION**
1. The umbrella is kept closed; one hand grips the handle, the other the middle of the shaft.
 2. The tip is kept pointed at the attacker with the arms slightly bent; when the attacker comes into range, the tip is sent to the pit of the stomach or the chest with a short, straight jab.
 3. Because the umbrella is held with two hands, it is hard to grab; if it is grabbed, let go and get away.

LIMITS / PLAN B The tip is not directed at the face and eyes. If the attacker grips the umbrella, do not get into a tug of war; let go of the umbrella.

COMMON MISTAKE Holding the umbrella with one hand and swinging it sideways; a light umbrella has almost no effect when swung.

TRAINING NOTE Two-handed jabs with a foam-covered stick on a thick pad; then a step back.

DS-02 Face Shield with a Tray, Book or Lid *Flat Object Shield*

STARTING POSITION At a desk or standing, a flat object nearby

WHEN TO USE To protect the face and head against a punch, a stick or a thrown object; in a café, restaurant or office setting.

EXECUTION

1. The flat object is gripped with both hands by its edges and held in front of the face, tilted slightly forward.
2. When the blow comes onto the shield, the object is pushed toward the attacker; the push breaks the attacker's balance and you turn toward the exit.
3. The shield is held below eye level; you must keep seeing the attacker.

COMMON MISTAKE Pressing the shield against your face and not seeing the attacker.

TRAINING NOTE Meeting and pushing with a plastic tray against slow strikes made by your partner with a pad.

DS-03 Pushing While Holding a Long Pole with Both Hands *Long Pole Push*

STARTING POSITION Long-handled object in hand

WHEN TO USE To keep the attacker at a distance when you have a broom, a stick or a long handle in your hands.

- EXECUTION**
1. The object is gripped with both hands, the hands shoulder-width apart and the palms facing in opposite directions.
 2. The middle of the pole is pushed toward the attacker's chest; the push is made the moment the attacker advances and drives them back.
 3. A short jab to the pit of the stomach can also be made with the end of the pole.
 4. Distance is opened immediately after the push.

LIMITS / PLAN B The pole is not swung at the head and neck.

COMMON MISTAKE Bringing the hands together at one end of the pole; both power and control are lost.

TRAINING NOTE Two-handed pushes with a foam-covered stick against a shield held by your partner.

Striking and Jabbing

DS-04 Turning a Magazine or Newspaper into a Hard Roll *Rolling a Magazine*

STARTING POSITION Magazine or newspaper in hand, no contact yet

WHEN TO USE In a waiting room, on public transport or in a café, at moments when you sense a threat but contact has not yet begun.

EXECUTION

1. The magazine is rolled along its long edge, starting from the spine, as tightly as possible.
2. The roll is tightened further by twisting it in opposite directions with both hands.
3. It is gripped in the middle or at one end.
4. The preparation is done calmly and without drawing attention; it should be in your hand before the threat begins.

COMMON MISTAKE Rolling the magazine loosely; a loose roll folds on the first contact.

TRAINING NOTE Making a tight roll in ten seconds with magazines of different thicknesses.

DS-05 Tip Jab with a Rolled-Up Magazine *Rolled Magazine Thrust*

STARTING POSITION Roll in hand, attacker close

WHEN TO USE To stop a person advancing on you at close range who has begun an attack.

EXECUTION

1. The roll is gripped in the middle with one hand; its end is sent to the pit of the stomach or the lower part of the breastbone with a straight punching movement.
2. The moment the attacker bends forward, you step out to the side and get away.
3. The roll can also be used together with the forearm as a short block.

LIMITS / PLAN B A jab toward the face is considered only in serious danger; the end coming into the eye can leave permanent damage.

COMMON MISTAKE Swinging the roll sideways like a stick.

TRAINING NOTE Tip jabs with a real magazine roll on the pad; then the “strike and exit” movement.

DS-06 Using a Pen or Flashlight with the Hammer Grip *Pen and Flashlight*

Hammer Grip

STARTING POSITION Pen or flashlight in hand

WHEN TO USE When you have a pen, a metal flashlight or a similar short, hard object in your hand.

- EXECUTION**
1. The object is gripped like a kubotan, inside the fist with one end sticking out on the little-finger side, in the hammer grip (KB-02).
 2. The area of use is the same as the kubotan: pressure on the back of the hand and the forearm, short hammer strikes to the forearm and the outer thigh (Module 1, Points 20, 22, 25).

LIMITS / PLAN B The tip is not directed at the eyes, neck or face. A pen-stabbing movement is not part of this system.

COMMON MISTAKE Holding the pen with the fingertips as if writing; it slips from the hand on first contact.

TRAINING NOTE Repeating the kubotan techniques with a pen and a plastic flashlight.

DS-07 A Stick or Branch Picked Up from the Ground: Pushing and Swinging*Improvised Stick***STARTING POSITION** Open area, stick or branch on the ground**WHEN TO USE** In an open area, if there is a long branch, stick or piece of pipe on the ground and there is a safe distance to pick it up.

- EXECUTION**
1. The object is picked up by moving away from the attacker and bending the knees without taking your eyes off them.
 2. Held with both hands it is used for pushing and jabbing; held with one hand, for short swings to the arms and legs.
 3. The length gains you distance; this distance is used to escape.
 4. If the stick ends up in the attacker's hands, the stick defenses from P3 and P4 come into play.

LIMITS / PLAN B Swinging at the head is red and can lead to death. When the attacker runs away or stops, the stick is dropped; they are not followed.**COMMON MISTAKE** Turning your back on the attacker or taking your eyes off them to pick up the stick.**TRAINING NOTE** Picking up from the ground and standing up with a foam stick; then pushes on a shield and short swings on a leg pad.

DS-08 A Stone Picked Up from the Ground: Throw It and Escape *Stone**Throw***STARTING POSITION** Open area, attacker still at a distance**WHEN TO USE** In an open area, while the attacker has not yet reached you, if there is a stone or a hard object on the ground that fits in your hand.

- EXECUTION**
1. The stone is picked up by bending the knees while watching the attacker.
 2. A powerful throw is made toward the attacker's body; the throw stops the attacker or forces them to back off.
 3. Immediately after the throw, you get away in the opposite direction and toward a busy area.

LIMITS / PLAN B The head is not struck with a stone held in the hand; this is a red intervention. A stone hitting the head can also lead to serious injury; the target is the body.**COMMON MISTAKE** Waiting after the throw to watch the result.**TRAINING NOTE** Throwing a soft ball or a sandbag at a target and immediately running away.**GROUP 3 · 5 TECHNIQUES****Eyes and Distraction**

The applications in this group all rely on the same logic: cutting off the attacker's vision for a few seconds and getting out in those seconds. The eye reflex (Module 1, Point 1) works before will does; even the most determined attacker closes their eyes against water or sand coming at their face.

DS-09 Throwing a Drink in Someone's Face *Drink to the Face*

STARTING POSITION At a table, a glass within reach

WHEN TO USE When you are threatened at a table in a café, restaurant or bar, with your hand near a glass.

EXECUTION 1. The drink is thrown from the glass into the attacker's face with a sudden flick of the wrist.
2. The moment the attacker closes their eyes or wipes their face, the table or a chair is put between you and you head for the exit.

LIMITS / PLAN B Boiling tea, coffee or soup is not used; a burn injury is a serious outcome legally. A glass is not thrown and is not used for striking; only the liquid inside is thrown.

COMMON MISTAKE Throwing the drink and staying seated at the table; the throw is only the beginning.

TRAINING NOTE Throwing water from a plastic cup and standing up; your partner wears protective goggles.

DS-10 Throwing Sand, Soil or Coins in Someone's Face *Debris Throw*

STARTING POSITION Open area, or coins in your pocket

WHEN TO USE In an open area, if there is sand, soil or gravel on the ground, or if you have coins in your pocket.

- EXECUTION**
1. A handful of sand, soil or coins is swung from below upward into the attacker's face.
 2. When vision is cut off for a few seconds, you step out to the side and get away.
 3. Coins are the handful version of the distraction throw in P1-58.

LIMITS / PLAN B If the wind is blowing toward you, the effect turns back on you; in that case it is not used.

COMMON MISTAKE Opening the palm slowly and sprinkling the sand; the movement must be sudden and fast.

TRAINING NOTE Throwing paper scraps instead of sand and stepping out to the side.

DS-11 Blocking Vision by Throwing a Coat or Jacket Over the Head

STARTING POSITION Coat in hand or on you, attacker approaching

WHEN TO USE When you are holding your coat before the threat begins, or can take it off quickly.

- EXECUTION**
1. The coat is gripped with both hands by the collar or the shoulders and thrown open toward the attacker's head and face.
 2. While the attacker struggles to get the coat off their head, you step out to the side and get away.
 3. The coat can also be used as an arm shield (G1-40).

COMMON MISTAKE Throwing the coat like a ball; if the coat does not open, it does not block vision.

TRAINING NOTE Throwing an old coat over your partner's head and standing up; your partner removes the coat with their own hand.

DS-12 Dazzling the Eyes with Light *Light to the Eyes*

STARTING POSITION Dark environment, phone or flashlight in hand

WHEN TO USE In a dark parking lot, street or stairwell, when you have a phone or a flashlight in your hand.

- EXECUTION**
1. The light is held toward the attacker's eyes.
 2. An eye that has adjusted to the dark loses its vision for a few seconds in the face of a sudden bright light.
 3. While the light is kept on the eyes, you move to the side and get away.
 4. A powerful flashlight is also a pressure and striking tool with the hammer grip (DS-06).

COMMON MISTAKE Keeping the light on constantly and giving away your position unnecessarily; the light is switched on the moment it is to be pointed at the attacker.

TRAINING NOTE Pointing a phone flashlight at a target in a dim gym and stepping out to the side.

DS-13 Creating a Screen with a Fire Extinguisher and Escaping *Extinguisher Screen*

STARTING POSITION Inside a building, fire extinguisher nearby

WHEN TO USE Inside a building, in a corridor, a stairwell or a workplace, if there is a fire extinguisher on the wall.

EXECUTION

1. The extinguisher's pin is pulled, the hose is pointed at the attacker's face and body and the trigger is squeezed.
2. The sprayed cloud of powder cuts off the attacker's vision and makes them pull back reflexively.
3. The moment the cloud forms, the extinguisher is dropped and you run for the exit.

LIMITS / PLAN B The extinguisher is not used as a striking tool; a single blow to the head can be fatal. In small enclosed spaces, the cloud of powder also affects your own breathing and vision; do not go into the cloud.

COMMON MISTAKE Trying to squeeze the trigger without pulling the pin.

TRAINING NOTE Pulling the pin and aiming with an empty or training extinguisher; no real spraying is done in the gym.

GROUP 4 · 1 TECHNIQUES

Flexible Objects

DS-14 Keeping Distance by Swinging a Belt *Belt Swing*

STARTING POSITION Belt in hand, attacker at a distance

WHEN TO USE In a situation where you can take off your belt and there is distance between you and the attacker.

- EXECUTION**
1. The end of the belt without the buckle is wrapped once around the hand and gripped, while the buckle end stays free; this way the belt does not slip from the hand.
 2. Short swings are made at the attacker's reaching hand, forearm and legs.
 3. The swing creates distance; when contact begins, the belt is dropped or you move into grab releases.
 4. In G1-37 you learned the defense against an attack with a belt; this is the same knowledge used in reverse.

LIMITS / PLAN B The buckle end is not swung at the face and head; a heavy buckle can cause eye and tooth injuries.

COMMON MISTAKE Holding the belt loosely; it comes out of the hand on the first swing.

TRAINING NOTE Short swings on a pad with a soft strap.

GROUP 5 · 5 TECHNIQUES

Principle, Drill and Scenario

DS-15 **PRINCIPLE** The Three-Second Rule

WHEN TO USE The principle behind the decision to use an object in the environment.

EXECUTION If an object cannot be found, grabbed or used within three seconds, it is forgotten. If reaching the object requires approaching the attacker, turning your back or stopping looking at them, that object does not exist for you. Empty-hand techniques are always at hand.

COMMON MISTAKE Taking your eyes off the attacker while looking for an object.

TRAINING NOTE When the instructor shouts “object,” the student picks up an object within three seconds or moves into a fighting stance with empty hands.

DS-16 **PRINCIPLE** Distance Before Bending Down *Distance Before Reaching*

WHEN TO USE In every situation in which you need to pick up an object from the ground or gather a dropped item.

EXECUTION Bending down to the ground leaves the head and the back of the neck unprotected and shifts the balance forward. That is why you first move at least a few steps away from the attacker, lower yourself from the knees, not the waist, without taking your eyes off them, and stand up immediately with the object. If the attacker is very close, you do not bend down at all.

COMMON MISTAKE Bending at the waist and lowering your head to the level of the attacker’s knee.

TRAINING NOTE Picking up an object from the ground while your partner approaches with a pad; if your partner closes the distance, the student drops the object and moves into a fighting stance.

DS-17 **PRINCIPLE** **Drop the Object When the Threat Is Over** *Drop It When It's Over*

WHEN TO USE The last step of every incident in which an object has been used for defense.

EXECUTION When the attacker runs away, stops or is neutralized, the object in your hand is dropped. They are not followed and not struck again. You move to a safe place and call emergency services (112). When law enforcement arrives at the scene, your hands must be empty and visible; someone holding a stick, a stone or a hard object may look like the attacker to an officer who does not know what happened.

COMMON MISTAKE Continuing to hold the object out of adrenaline.

TRAINING NOTE At the end of every scenario, the step “drop it, hands visible, get away” is carried out while saying it out loud.

DS-18 **DRILL** **Environment Scan Drill**

WHEN TO USE To be able to notice objects at a glance under stress.

EXECUTION When the student enters a place (the gym, a waiting room, a café, a parking lot), within five seconds they name out loud the exits and one object for each of the five functions: “Exit behind me, shield the chair, distance the umbrella, jab the magazine, eyes the water, flexible my belt.” Over time this scan becomes silent and automatic.

COMMON MISTAKE Listing the objects and forgetting the exits; the exit always comes first.

TRAINING NOTE The habit of a silent scan in daily life, in every place you enter.

DS-19 **SCENARIO** **Café Scenario**

WHEN TO USE A realistic situation in which, while you are sitting at a table, a person moves from verbal tension to a physical threat.

EXECUTION While the student is sitting at the table, an attacker played by the instructor approaches and creates verbal tension. The student first tries verbal de-escalation and stands up, putting the table between them (Chapter 5). When the threat becomes physical, the water in the glass is thrown, a chair is held as a shield in the space between, and the student heads for the exit. The scenario ends with the step “drop it, hands visible, get away.”

LIMITS / PLAN B Only a plastic cup, water and a light plastic chair are used in the scenario. The instructor playing the attacker wears protective goggles.

COMMON MISTAKE Trying to defend while seated; the first thing is to stand up.

TRAINING NOTE Repeated once a month in different location layouts (café, waiting room, public transport seat).

Module Assessment

- Naming the five functions and at least three objects for each function.
- Describing the five mistakes learned from films and the correct alternatives.
- Demonstrating making a rolled-up magazine and the tip jab on the pad.
- Demonstrating picking up an object from the ground with the “distance first” principle.
- Carrying out the café scenario from start to finish.
- Briefly explaining the legal framework of defending with objects.

DEFENSE WITH EVERYDAY OBJECTS CHECKLIST

- ☐ When I enter a place, I notice the exits first, then the objects that could be used.
- ☐ I do not look for an object I cannot use within three seconds.
- ☐ I prefer the shield and distance functions to striking.
- ☐ I know why glass, boiling liquids and heavy objects are dangerous.
- ☐ I open distance before picking something up from the ground.
- ☐ When the threat is over, I drop the object and get away.



Module 4 · Counter-Surveillance and Personal Safety

13 applications · Notice that you are being followed, do not become a target

ABOUT THIS MODULE

- This module is for general information; it is not part of the gym curriculum or the level exams and is not included in the 514 technique headings.
- Its purpose is entirely defensive: not becoming a target, noticing that you are being followed and reaching a safe place.
- The information here may not be used to watch, follow or eavesdrop on anyone else. Persistently following someone is a crime in many countries; in Turkey, for example, under Article 123/A of the Turkish Penal Code [13].

Most attacks do not come out of nowhere. The attacker first looks, selects, waits. A mugger chooses someone walking alone and buried in their phone. A stalker stands on the same street at the same time for days. Before an abduction attempt there is often a “reconnaissance.” This module is about noticing that preparation stage

and not becoming a target in the first place. Counter-surveillance is a term from the world of intelligence; here we take only the defensive part of it that is useful in civilian life.

This module is one step beyond the situational awareness of Chapter 4. There you learned to read your surroundings; here you will learn to notice someone who is reading you.

Who Watches, and Why?

WHO	WHAT THEY WANT	HOW THEY CHOOSE
Thief and mugger	Phone, bag, money, car	A careless person who is alone, with valuables visible; short-term watching
Stalker	Contact, control, intimidation	Often someone known to the victim: a former partner, someone from work or school; long-term watching
Someone preparing an abduction or assault	The person themselves	Learns the routine: when the person leaves home, which route they use, where they are alone

What the three groups have in common is this: all of them prefer someone who is **predictable** and **distracted**. If you change these two things, you make their job harder.

Not Becoming a Target

- **Break your routine.** Do not leave by the same door, by the same route, at the same time every day. Even changing the time or the route a few times a week disrupts the plan of someone watching you.

- **Keep your attention with you.** In isolated places, do not wear both earbuds at once, and do not bury yourself in your phone while walking. If you need to talk on the phone, stop, put your back against a wall and keep your surroundings in view.
- **Do not show valuables.** Waving your phone around, counting the money in your wallet in the open and carrying expensive items visibly put you at the top of the list.
- **Walk with confidence.** Head up, steady steps, eyes on your surroundings. Attackers choose those who look hesitant and absent-minded.
- **Know where you are going.** Looking lost, or stopping to look at a map, draws attention. Check your route in advance.

Noticing You Are Being Followed on Foot

The most reliable way to tell that you are being followed is to look not at a single sign but at **repetition**.

- **The three-sightings rule.** If you see the same person three times in different places (in front of your home, at the supermarket, at the bus stop), it may no longer be a coincidence. Seeing someone once is normal, twice calls for attention, three times is a signal to act.
- **Look behind you naturally.** Instead of turning around and staring, use the reflections in shop windows and the windows of parked cars, and look both ways as you cross the street.
- **The change-of-direction test.** Change your route illogically: cross the street, go into a side street and come back, go into a shop and wait for a few minutes. If the same person makes the same changes, your suspicion grows stronger.

- **Watch the pace.** Someone who slows down when you slow down and speeds up when you speed up may be following you.
- **Do not dismiss your instinct.** The feeling that “something is wrong” often comes from small signs you have not consciously noticed. Being wrong is nothing to be ashamed of; the cost of taking a precaution is very small.

Noticing You Are Being Followed in a Vehicle

- **Use the mirror regularly.** Keep in mind the make, the color and part of the license plate of the vehicle behind you.
- **The four-turns test.** Turn in the same direction four times in a row (for example, right four times); this way you go around a block and come back to where you started. In normal traffic, nobody makes this loop with you. If the same vehicle is still behind you, you may be being followed.
- **Change your speed.** As long as it is safe, slow down or speed up; pay attention if the vehicle behind keeps a constant distance.
- **Do not go home.** If you suspect you are being followed, do not go to your home, your workplace or your child’s school; you would be revealing your address.
- **Choose where you park.** Park in well-lit, busy places with cameras. If possible, leave the car facing the exit.

The Riskiest Moments: Getting Into and Out of Your Home and Car

A significant share of attacks happen not on the road but **in front of the door**. The seconds when you are looking for your key, opening the door or putting a bag in the car are your most vulnerable moments.

- Have your key in your hand before you reach the door.
- As you approach the door, stop a few steps before it and look around: is there someone sitting in a parked car, or someone waiting at the door?
- At the entrance to an apartment building, you do not have to hold the door for a stranger coming in behind you.
- In an elevator, stand beside the door and the buttons. If there is someone inside who makes you uneasy, do not get in.
- Lock the doors as soon as you get into the car; drive off without lingering on your phone.
- When you get home, lock the door immediately.

If You Think You Are Being Followed

1. **Do not go home.** Do not reveal your address.

2. **Go to a busy, well-lit place with cameras:** an open shop, a pharmacy, a gas station, a shopping mall or a police station.

3. **Ask for help.** Tell a shop employee what is happening. Call emergency services (112 works across the European Union). In Turkey, for women, the emergency button in the police's KADES app sends your location directly to the police.

4. **Take notes.** Write down the person's description and clothing, the make, color and license plate of any vehicle, and the time and place, or record them as a voice note on your phone.

5. **Do not leave alone.** When leaving the safe place, call someone close to you, or ask for a taxi or police assistance.

Your Digital Trail and Location

Today, following often begins not on the street but on the phone. Someone who wants to watch you can learn from your posts where you live, where you work and when you are not at home.

- **Do not share your live location.** Share it only with a few people you really trust, when necessary and for a limited time.
- **Do not post in real time.** Share where you are only after you have left. The information "I'm here right now" is an invitation for someone looking for you.
- **Do not show your home.** A door number, a street sign, the view from a window or the entrance of your building in photos gives away your address.
- **Do not broadcast your routine.** Posting the gym at the same time every morning or the same café every evening announces your routine to everyone.
- **Check running and fitness apps.** Most of these apps show your route on a map; turn on the "privacy zone" setting that hides the area around your home, or turn off sharing.
- **Watch the location data in photos.** Photos taken with a phone may contain location data. When you send a photo as a file, this data may go with it; you can turn off location recording in the camera settings.

Hidden Tracking Devices and Phone Security

- **Tracking devices.** Location devices the size of a keychain can be hidden in a bag, a pocket or a vehicle. iPhones warn you about an unknown device moving with you; current Android phones also have unknown tracker alerts. Do not turn these alerts off, and take them seriously. In a vehicle, wheel arches, the inside of bumpers and under the seats; in a bag, the lining and the pockets are commonly used places.
- **If you find a device.** Do not throw it away immediately; photograph it, note where you found it and go to the police. The device may be evidence showing who planted it.
- **Phone lock.** Use a strong screen lock and do not share your lock code with anyone.
- **Two-step verification.** Turn on two-step verification on your email and social media accounts.
- **Cut off old access.** Make sure that a former partner, or someone you no longer trust, no longer has access to your phone, your accounts, your cloud backup or your location sharing. Change your passwords and check the list of devices that are signed in.
- **App permissions.** Check which apps have constant access to your location; turn off unnecessary permissions.
- **Suspicious signs.** An app you do not recognize, settings changes you did not make, or someone knowing things they could only have learned from your phone may be signs that your phone is being monitored. In that case, get help from a specialist or your carrier.

Your Legal Rights Against Stalking

IMPORTANT NOTE

This section is for general information and is not legal advice. The explanations combine general European rules with examples from Turkish law; laws differ from country to country, and the law of your own country applies. You can get support from a lawyer or a bar association's legal aid office.

Stalking is a crime in many countries. The Council of Europe's Istanbul Convention (Article 34) requires its parties to criminalise intentional, repeated threatening conduct directed at another person that causes them to fear for their safety [18]. Directive (EU) 2024/1385 goes further and requires EU member states to criminalise cyber stalking; member states have until 14 June 2027 to transpose it [19]. The details differ from country to country. As an example, under Article 123/A of the Turkish Penal Code, persistently following someone physically, or trying to make contact with them by phone, message, social media or through third parties, in a way that causes that person serious unease or fear for their safety, is punishable by imprisonment of six months to two years. If the offense is committed against a child, against a divorced spouse or a spouse with a separation order, if it causes the victim to change their school, work or home, or if it is committed by a person subject to a restraining order, the penalty is one to three years [13]. The investigation of this offense **depends on a complaint**: if you do not file a complaint, no investigation begins. Because the period for filing a complaint is limited, do not wait.

You can request a protection order. Most European countries offer protective measures such as restraining orders; ask the police or a victim support service in your country how to apply. In Turkey, for example, such measures can be requested under Law No.

6284 on the Protection of the Family and the Prevention of Violence Against Women. To apply, you can go to the police, the gendarmerie or the Chief Public Prosecutor’s Office. Support line: ALO 183. In other countries, contact the police and local support services about the equivalent protections.

Collect evidence. The strength of your complaint depends on the records you have:

- Write a short note of the date, time and place of each incident and what happened (KG-12).
- Take screenshots of messages, calls and social media posts; do not delete them.
- Note the names and contact details of witnesses.
- If there is a camera where the incident took place, apply quickly to have the footage requested before it is deleted.
- Do not answer the stalker or argue with them; every contact works in their favor.

DECISION CHART · SUSPICION OF BEING FOLLOWED

Are you in danger right now?	YES → Call emergency services (112), or press the emergency button in KADES if you are in Turkey.
NO ↓	
Have you seen someone three times, or is a vehicle following you?	YES → Do not go home; go to a busy place with cameras and ask for help.
NO ↓	
Is the following repeating, and are the messages and calls continuing?	YES → Keep an incident log, collect evidence, file a complaint and request a protection order.
NO ↓	
Once you have reached a safe place, review your routine and your digital trail.	



Do not be afraid of being wrong. The cost of taking a precaution is small; the cost of being too late can be large.

GROUP 1 · 2 TECHNIQUES

Not Becoming a Target

KG-01 **PRINCIPLE** Breaking the Routine

WHEN TO USE The most valuable information someone watching you learns about you is your routine.

EXECUTION Change the time you leave home, your route to work, the door you use and the time of your walk or workout a few times a week. It does not have to be different every day; being unpredictable is enough.

COMMON MISTAKE Changing the route but continuing to leave at the same time every day.

TRAINING NOTE For one week, note your departure and return times and routes; see which ones are the same every day and change at least two of them.

KG-02 The Attention Rule: Earbuds and Phone

WHEN TO USE On an isolated street, in a parking lot, at the entrance to an apartment building and when walking at night.

- EXECUTION**
1. In these areas, wear one earbud at most, or none.
 2. If you need to look at your phone, stop, put your back against a wall, look briefly and scan your surroundings again.
 3. Walk with your phone in your bag or pocket.

COMMON MISTAKE Passing through an isolated place while listening to loud music.

TRAINING NOTE For one week, the habit of putting your phone in your pocket for the last five minutes of your way home.

GROUP 2 · 4 TECHNIQUES**Noticing That You Are Being Followed****KG-03** **PRINCIPLE** **The Three-Sightings Rule** *Three Sightings Rule*

WHEN TO USE In any situation in which the same person or vehicle starts to appear “too often” in your life.

EXECUTION If you see the same person or vehicle three times, in different places and at different times, do not treat it as a coincidence. Note the description, the clothing, the vehicle and the license plate; change your route, and if it happens again, apply the steps in KG-09.

COMMON MISTAKE Brushing off a repeated sighting by thinking “it’s probably a neighbor.”

TRAINING NOTE Silent observation in daily life: try to notice the moments when you see the same person twice in a day.

KG-04 Checking Behind You Naturally *Checking Behind Naturally*

WHEN TO USE When you suspect you are being followed while walking, to confirm it without making it obvious.

- EXECUTION**
1. Use the reflections in shop windows and car windows, looking both ways as you cross the street, and stopping in front of a shop to look in the window.
 2. Do not turn around and look behind you for a long time; this alerts the follower and is usually not necessary.

COMMON MISTAKE Giving an impression of panic by constantly turning around.

TRAINING NOTE Practice noticing reflection points while walking along a familiar street.

KG-05 The Change-of-Direction Test *Direction Change Test*

WHEN TO USE When you suspect someone is watching you while you are walking.

- EXECUTION**
1. Change direction without a logical reason: cross the street, go into a side street and come back after a few minutes, go into a shop and wait.
 2. If the same person makes the same changes, the suspicion of being followed grows stronger.
 3. Do the test in a busy, well-lit place; do not test it by going into an isolated street.

LIMITS / PLAN B During the test, do not put yourself in an isolated place without an exit. When the suspicion grows stronger, stop testing and go directly to a safe place.

COMMON MISTAKE Doing the test on a dark, empty street.

TRAINING NOTE A follower–target exercise in a busy market with an instructor or a friend (KG-13).

KG-06 The Four-Turns Test in a Vehicle *Four Turns Test*

WHEN TO USE When, while driving, you suspect that a vehicle behind you is following you.

EXECUTION

1. Turn in the same direction four times in a row; this way you go around a block and come back to where you started.
2. In normal traffic, nobody makes this loop with you.
3. If the vehicle is still behind you, do not go home; go to a police station, a gas station or a busy place and call emergency services (112).

LIMITS / PLAN B Do the test only while obeying traffic rules and without compromising safe driving. Do not race the follower, and do not try to box them in or confront them.

COMMON MISTAKE Speeding up and driving dangerously once you become suspicious.

TRAINING NOTE Learned as information only; you do not do a “practice run” in traffic on your own.

GROUP 3 · 3 TECHNIQUES

Risky Moments and Safe Points

KG-07 The Entry and Exit Routine

WHEN TO USE Every time you get into or out of your home, your workplace or your car.

- EXECUTION**
1. Key in hand before you reach the door.
 2. Stop a few steps before the door and look around.
 3. If a stranger is approaching behind you, do not open the door; keep walking.
 4. Lock the doors as soon as you get into the car, and lock the door as soon as you get home.

COMMON MISTAKE Looking for your key in your bag in front of the door.

TRAINING NOTE For one week, consciously apply these four steps every time you enter your home; after that it becomes a habit.

KG-08 A Map of Safe Points *Safe Point Map*

WHEN TO USE To know in advance where you will go when you think you are being followed.

- EXECUTION**
1. Identify the safe points along your home–work, home–school and other frequently used routes: a pharmacy open at night, a gas station, a supermarket, a police station, a hospital.
 2. Know what time each one closes.
 3. It is hard to think in a moment of panic; the decision must have been made in advance.

COMMON MISTAKE Finding out at the moment of the incident that the safe point is closed at night.

TRAINING NOTE Write down at least three safe points for your own routes; share them with your family members.

KG-09 **PRINCIPLE** **Five Steps When You Suspect You Are Being Followed***Suspected Tail Protocol*

WHEN TO USE The moment you think you are being followed while walking or in a vehicle.

EXECUTION Do not go home. Go to the nearest safe point. Tell the people inside what is happening and call emergency services (112), or use KADES if you are in Turkey. Note the details of the person or vehicle. Do not leave there alone; wait for someone close to you, a taxi or the police.

COMMON MISTAKE Thinking “maybe I’m wrong” and continuing home.

TRAINING NOTE Memorize the steps by counting them out loud; practice them together with your safe point map.

GROUP 4 · 2 TECHNIQUES**Digital Safety**

KG-10 The Ten-Minute Phone Check

WHEN TO USE Once a month, and especially when a relationship ends, to make sure your phone and accounts are not giving you away.

EXECUTION

1. Check who you share your location with.
2. Review the location permissions of your apps.
3. Turn on two-step verification for email and social media and look at the list of signed-in devices.
4. Change your screen lock and important passwords.
5. Remove apps you do not recognize.
6. Make sure that unknown tracker alerts are turned on.

COMMON MISTAKE Only changing the password and not closing old sessions that are still open.

TRAINING NOTE Put a monthly reminder in your calendar.

KG-11 Detecting a Hidden Tracking Device *Detecting Tracking Devices*

WHEN TO USE When your phone gives an unknown device alert, or someone knows where you are in a way that cannot be explained.

EXECUTION 1. Take the phone alert seriously and try to find the device shown in the alert using its sound alert.

2. Check the lining and pockets of your bag, and the wheel arches, the inside of the bumpers and under the seats of your vehicle.

3. If you find a device, do not throw it away; photograph it, note where it was and take it to the police.

LIMITS / PLAN B Do not try to confront the person who planted the device; this can increase the danger. Hand the evidence over to law enforcement.

COMMON MISTAKE Finding the device and throwing it in the trash; the evidence is lost and the follower notices.

TRAINING NOTE Find out where the unknown tracker alert setting is on your phone.

Against Stalking

KG-12 Keeping an Incident Log

WHEN TO USE When following, disturbing messages or calls keep repeating.

- EXECUTION**
1. For each incident, record in a short note the date, the time, the place, what happened, any witnesses and the evidence (screenshots, photos).
 2. Do not delete messages.
 3. This log is your strongest support when filing a complaint and applying for a protection order.

COMMON MISTAKE Relying on memory and trying to remember the incidents later.

TRAINING NOTE Open a note called “incident log” on your phone; write the first line today.

KG-13 **DRILL** Surveillance Awareness Drill

WHEN TO USE To develop the skill of noticing that you are being followed, in a safe setting.

EXECUTION An instructor or a friend follows you for a set period in a busy market, without warning you in advance. At the end of the period, you talk about whether you noticed them, how many times you saw them and when you became suspicious. The roles do not switch: the purpose of the exercise is to learn to notice, not to follow.

LIMITS / PLAN B It is done only in busy, safe settings to which both parties have agreed in advance. It is never tried on people you do not know.

COMMON MISTAKE “Trying out” the exercise by following a real person; this is a crime.

TRAINING NOTE Once a month, in different settings.

Module Assessment

- Explaining the three-sightings rule and the change-of-direction test.
- Preparing a safe point map for your own routes.
- Stating the five steps for a suspected tail in order.
- Carrying out the ten-minute phone check on your own phone.
- Briefly explaining your legal rights against stalking and the steps for collecting evidence.

COUNTER-SURVEILLANCE CHECKLIST

- ☐ I change my routine at least a few times a week.
- ☐ In isolated places, I do not let earbuds and my phone distract me.
- ☐ I know and apply the three-sightings rule.
- ☐ I know the safe points along my routes.
- ☐ When I suspect I am being followed, I do not go home.
- ☐ I do not share my location in real time; I check my phone once a month.
- ☐ In a stalking situation, I keep an incident log, save evidence and know my right to file a complaint.

PART IV

CLOSING AND APPENDICES



The path to becoming an instructor, the women's program, a closing word and reference appendices for you to use in the gym.

CHAPTER 12

Women's Program

In addition to the nine-level main system of Black Force Krav Maga, at the request of our female students we run a separate program that focuses on the types of threat women encounter most often. This program does not replace the P1–UE levels; it is a parallel curriculum built on the same principles (defend, neutralize, get away) and is not included in Black Force's main count of 514 techniques.

The program is built on the assumption that the attacker is generally physically stronger: the techniques rely not on brute force but on angles, timing and vulnerable points (the eyes, throat, nose, groin, inside of the knee, instep); in this program, striking vulnerable points is not an extra option but the main means of escape; the location, effect and risk of these points are described in detail in Module 1. The goal is not to defeat the attacker but to get free, counter and get away.

FIVE STAGES

- **Basic Releases:** Escaping holds, pinning and chokes.
- **Close-Contact Defense:** Verbal and physical boundaries against persistent approaches and unwanted contact.

- **Ground Defense:** Escaping pressure from on top on the ground and sexual assault scenarios.
- **Escape and Outdoor Scenarios:** Responses to purse snatching, being pulled into a vehicle and abduction attempts.
- **Safety, Preparation and Aftermath:** A safety plan, risk assessment, describing the attacker, preserving evidence, home safety and a home training plan.

WHO IT IS FOR

It is suitable for every woman aged 12–65, including those who have never done any sport. Classes start from the student's own level.

IMPORTANT

- This program is not part of Black Force's P1–UE main level system; it is a separate, parallel curriculum and is not included in the count of 514.
- No self-defense training provides one hundred percent protection; the aim is to reduce risk and increase options.
- Being subjected to violence is never the victim's responsibility.

STAGE 1 · BASIC RELEASES

RELEASE FROM A WRIST GRAB (ONE HAND)

When to use: When someone grips your wrist and tries to pull or drag you.

Execution: The thumb of the gripping hand is the weakest point. Pull your wrist out toward the thumb with a sudden, sharp turn; support the freed arm with your other hand. The secret is not in your strength but in the angle and the suddenness of the movement.

Common mistake: Trying to pull the arm straight, in the opposite direction; this is the direction in which the gripping hand is strongest.

Training note: Start slowly with a partner; find the open point at the thumb by feel, then speed up.

RELEASE FROM A TWO-HANDED WRIST GRAB

When to use: When the attacker grips one of your wrists firmly with both hands.

Execution: Bend the grabbed arm at the elbow and pull your hand toward your own chest in a circular movement; this movement puts pressure on the thumbs of both of the attacker's hands at the same time.

Common mistake: Forcing your hand in a straight line; you lose against the combined strength of two hands.

Training note: Repeat the circular pull slowly and memorize the angle.

RELEASE FROM A FRONT CHOKE

When to use: When the attacker squeezes your throat with both hands from the front.

Execution: Tuck your chin to protect your throat; with both arms, break out between the attacker's arms with a sharp upward and outward movement, and step back at the same time. The moment your throat is free, counter with a knee to the groin or a palm heel to the nose or chin; if necessary, strike the eyes with your fingers.

Common mistake: Trying to undo the choking hands; the priority is freeing your arms and opening distance.

Training note: Your partner squeezes slowly and in a controlled way; practice the chin-tuck reflex on its own first.

RELEASE FROM A BEAR HUG FROM BEHIND (ARMS FREE)

When to use: When the attacker grabs you from behind and your arms are left free.

Execution: Drive your hips back hard into the attacker's groin; at the same time strike their face, stomach or ribs with your elbow. The moment the attacker loosens, bend forward, stomp on their foot or strike the back of their knee to break their balance, and get away.

Common mistake: Only trying to pull forward; as the hug tightens, this does not work.

Training note: Practice the hip drive first in the air, then on the pad.

RELEASE FROM A HAIR GRAB

When to use: When the attacker grabs you by the hair.

Execution: With both hands, pin the attacker's hand against your head (this reduces the pain at the roots of the hair) and turn your head in the direction the hand is pressing, toward the side where the pain decreases. At the same time counter with a knee or a hand to the groin and a palm heel to the chin; if you are pulled from the side, the elbow goes to the face or body.

Common mistake: Trying to move your head away from the hand; this increases the pain.

Training note: Your partner pulls very lightly; practice pinning their hand to your head slowly at first.

STAGE 2 · CLOSE-CONTACT DEFENSE

SETTING A VERBAL BOUNDARY AND ESTABLISHING DISTANCE

When to use: Against a persistent approach, an inappropriate comment or uncomfortable closeness, before physical contact.

Execution: Extend one hand forward with an open palm and set a boundary in a clear, loud voice (“Get away,” “Don’t touch me”); at the same time take a step back to open distance and draw the attention of the people around you.

Common mistake: Staying silent and ignoring the situation; this usually increases the persistence.

Training note: Repeat giving loud, clear commands through role-play; the tone of voice must be determined.

ESCAPING BEING PINNED AGAINST A WALL OR IN A CORNER

When to use: When the attacker pins you against a wall, in a corner or against a vehicle.

Execution: Put your hand on the attacker’s chest or shoulder to control the distance; when you get the chance, slide to the side to open an exit direction, and if necessary counter with a palm heel to the chin or a knee to the groin and get out.

Common mistake: Leaning your back fully against the wall and closing off your own room to move.

Training note: Make it a habit to scan the exit direction with your eyes in advance.

BREAKING AWAY FROM AN UNWANTED HUG

When to use: When someone you know, or a stranger, hugs you without asking and you feel uncomfortable.

Execution: Place both hands on the attacker’s chest and push hard; at the same time set a clear verbal boundary. If the resistance continues, pull your hips back and strike the groin with the palm of your far hand; the elbow comes down on the ribs.

Common mistake: Not setting any physical boundary for the sake of politeness.

Training note: Practice the pushing movement through role-play, together with the verbal boundary.

RELEASE FROM BEING HELD BY THE SHOULDER OR UPPER ARM

When to use: When the attacker grips your shoulder or upper arm and tries to turn you or stop you.

Execution: Turn toward the held side (toward the thumb of the gripping hand); at the same time counter with a palm heel strike with your other hand and open distance.

Common mistake: Pulling against the gripping hand with strength, in the opposite direction.

Training note: Repeat determining the direction of the turn according to the thumb side of the gripping hand.

REACTING TO A SUDDEN CLOSE-RANGE PUNCH (FLINCH)

When to use: Against an unexpected strike from very close range; when there is no time to think.

Execution: Raise your arms quickly in front of your face to protect your head, and at the same time step to the side. When contact is broken, immediately open distance or counter.

Common mistake: Freezing and not reacting at all.

Training note: This reflex becomes automatic only through repetition; practice with a partner, with slow, surprise touches.

STAGE 3 · GROUND DEFENSE

FIRST RESPONSE TO BEING PINNED FROM ON TOP WHILE ON YOUR BACK

When to use: When the attacker knocks you to the ground and gets on top of you.

Execution: Tuck your chin to protect your neck, place your hands on the attacker's hips or chest to create distance; try to shift the attacker's center of gravity by turning your hips to one side.

Common mistake: Trying to push with the upper body only; if the hips and legs are not used, the strength is not enough.

Training note: Repeat the hip-turning movement on the pad at a slow tempo.

OPENING DISTANCE WITH A VULNERABLE-POINT STRIKE FROM INSIDE THE GUARD

When to use: When the attacker is between your legs, on top of you.

Execution: Make a short, sharp strike with your hand to the eyes, a palm heel to the chin or your fingers to the throat; the moment the attacker pulls back, push with your hips to open distance and stand up by turning.

Common mistake: Waiting after the strike; the strike only creates an opportunity, and distance must be opened immediately.

Training note: Practice the strike + open distance chain on the pad in succession.

ESCAPING A LEG LOCK (ON THE GROUND)

When to use: When the attacker locks your leg or legs on the ground and restricts your movement.

Execution: Create distance by kicking the attacker's head or body with your free leg; slide your hips back (shrimping) and free your leg.

Common mistake: Trying to pull the leg out; as the lock tightens, this does not work.

Training note: Practice the hip-sliding (shrimping) movement separately and repeatedly.

ESCAPING ON THE GROUND WHILE BEING CHOKED

When to use: When the attacker is on top of you and squeezes your throat with both hands.

Execution: Tuck your chin, and with both hands strip one of the attacker's arms outward (focusing on a single arm); at the same

time turn your hips in that direction and bridge to tip the attacker to the side; plucking one hand away and striking the eyes with the fingers of the other hand is also an option.

Common mistake: Trying to undo both hands at once; the energy is scattered and the escape is delayed.

Training note: Practice focusing on a single arm and the timing of the bridge-and-tip at a slow tempo.

GETTING FREE ON THE GROUND AND STANDING UP

When to use: Right after you have broken free from the struggle on the ground.

Execution: Without turning your back on the attacker and with your eyes on them, bring one knee under you and come to your feet with the technical stand-up; scan your surroundings as you get up.

Common mistake: Getting up hastily with your back turned to the attacker.

Training note: Repeat the stand-up slowly, keeping eye contact on the attacker.

STAGE 4 · ESCAPE AND OUTDOOR SCENARIOS

FIRST RESPONSE TO A BAG OR PHONE SNATCH

When to use: When someone tries to snatch your bag, phone or another belonging with a sudden movement.

Execution: Decide quickly whether to let go of the item (an item is not worth more than your safety); if the attacker tries to pull you along too, counter against the gripping hand at the nearest vulnerable point (eyes, nose) and free your hand.

Common mistake: Getting into a physical struggle with the attacker so as not to let go of the item.

Training note: Settle the “item or safety” decision in advance through role-play.

RESISTING BEING PULLED INTO A VEHICLE

When to use: When someone tries to force you into a vehicle or pull you toward one.

Execution: Resist with all your strength, drop to the ground, shout, hold on to fixed objects nearby (a door handle, a pole); use your strongest counter (eyes, throat, groin) again and again. Every second before you get into the vehicle increases your chance of escape.

Common mistake: Cooperating while thinking “maybe nothing will happen”; once the vehicle moves, your options decrease seriously.

Training note: Try the technique of dropping to the ground and giving your weight safely with a partner.

CALLING FOR HELP AND ATTRACTING ATTENTION IN A CROWD

When to use: When you are under threat and there are people around you.

Execution: Instead of “help,” point to a specific person and give a concrete command (“You, in the red coat, call the police!”); this prevents responsibility from being diffused in the crowd so that nobody acts.

Common mistake: Shouting in general without targeting anyone.

Training note: Repeat pointing to a specific person and giving a command through role-play.

NOTICING YOU ARE BEING FOLLOWED AND HEADING FOR A SAFE PLACE

When to use: When you notice that someone is following you on the street, in a parking lot or on public transport.

Execution: Change your direction to confirm the following (for example, by crossing the street); if it is confirmed, head not in an isolated direction but toward a well-lit, busy place (a shop, a gas station, a busy stop), and let someone you trust know.

Common mistake: Heading straight home; this shows your address to the person following you.

Training note: Mark the safe, well-lit points along your route in your mind in advance.

THE DECISION TO COMPLY UNDER THREAT (WHEN NOT TO RESIST)

When to use: Under an armed threat, when there is no possibility of escape or help.

Execution: Stay calm and move slowly and clearly without making eye contact with the attacker; hand over the demanded item. A physical counter is considered only when your life is directly in danger and there is no other option.

Common mistake: Trying to counter physically in every situation; in some situations the safest option is to comply and wait for an opportunity to get away.

Training note: Think this decision through in advance, with a calm mind, and settle it; it is hard to decide in a panic.

STAGE 5 · SAFETY, PREPARATION AND AFTERMATH

A significant share of violence against women is committed by someone known to the victim, often at home and repeatedly [6]. That is why this stage focuses on preparation rather than physical techniques: seeing the danger in advance, keeping an escape route

ready, and preserving the evidence you need to seek justice if an incident happens. The information here is general; for your own situation, get support from the violence-against-women helpline and victim support services of your own country, or from a lawyer (in Turkey: ALO 183 or the Violence Prevention and Monitoring Centers, ŞÖNİM). Across the EU, 116 006 is the number reserved for victim support helplines, although only some countries operate it so far [20].

PERSONAL SAFETY PLAN

Especially if there is a risk of partner or family violence, make the plan at a calm time, not in a moment of danger:

- **Emergency bag:** ID, a bank card, some cash, spare house and car keys, medications you take regularly, the children's IDs and copies of important documents. Keep the bag at the home of someone you trust, or somewhere you can get to it immediately.
- **Code word:** Agree on a word with someone close to you whom you trust. When you use this word on the phone or in a message, they should know they need to call emergency services (112).
- **Way out:** Know in advance which door you will leave the house by and where you can stay that night.
- **If an argument escalates:** Stay away from places without an exit where there are hard and sharp objects, such as the kitchen, bathroom and garage; stay close to the exit door.
- **Numbers:** Know the emergency number (112 across the EU) and your country's helpline for violence against women by heart (in Turkey, ALO 183, and keep the KADES app installed on your phone).

- **Children:** They should know where to go in a moment of danger and how to call emergency services.
- **Protection and shelter:** Most European countries provide shelters and protective measures such as restraining orders; learn in advance how to reach them. In Turkey, for example, ŞÖNİM provides protection, shelter and counseling support, and restraining orders can be requested under Law No. 6284.

PERSONAL RISK ASSESSMENT

The questions below are not a diagnostic tool; they help you see how serious the danger may be. The more “yes” answers there are, the higher the risk. If there is even a single “yes,” do not wait to get support.

- ☐ Has this person been physically violent toward you before?
- ☐ Has the violence become more frequent or more severe?
- ☐ Have they tried to strangle you? Experts consider an attempted strangulation a serious danger sign.
- ☐ Do they have a gun, or can they easily get one?
- ☐ Have they threatened to kill you, the children or your loved ones?
- ☐ Have the threats increased since you said you wanted to leave?
The period of separation is a time when the risk rises.
- ☐ Do they follow you, or check your phone or your location?
- ☐ Is there alcohol or substance use?
- ☐ Has a restraining order been issued against them before, or have they violated one?

DESCRIBING THE ATTACKER

Being able to describe an attacker accurately to the police increases the chance of them being found. Take notes right after the incident,

in a safe place and before talking to others; what others tell you can change your memory.

- **General:** Gender, approximate age, height (compared with your own: “a head taller than me”), build.
- **Face and head:** Hair color and style, beard, mustache, glasses, scars, tattoos, moles.
- **Clothing:** Colors and details from top to bottom. Pay particular attention to the shoes; even if attackers change their clothes, they often do not change their shoes.
- **Voice and speech:** Accent, the words they used, tone of voice.
- **Escape:** In which direction and how they left: on foot, by car, by motorcycle.
- **Vehicle:** Make, color, all or part of the license plate, damage, stickers, window tint.
- **Shortcut:** If you cannot remember anything, focus on three things: a distinguishing mark, the shoes and the direction of escape.

PRESERVING EVIDENCE AFTER AN INCIDENT

After an attack, the first thing to do is reach a safe place and call emergency services (112). The steps you take next are important so that you can seek justice later:

- **In a sexual assault:** If possible, do not wash, do not brush your teeth and do not change your clothes. If you have changed, put each item in a separate paper bag. Go to a hospital as early as possible; an examination and a report make sure the evidence is recorded before it is lost.
- **Even if you have not decided yet:** You can decide later whether to file a complaint; but being examined and getting a report keeps the evidence from being lost.

- **Injuries:** Photograph them and get a medical report. Bruises may become more visible over a few days; photograph them again a few days apart.
- **Records:** Do not delete messages, call logs or social media posts; take screenshots.
- **Witnesses and cameras:** Note the contact details of witnesses; if there is a camera at the scene, apply quickly so that the footage is not deleted.
- **Support:** You can get support from a lawyer or from a bar association's women's rights center. Getting psychological support is also part of recovery. What you have been through is never your fault.

HOME SAFETY AND A SAFE ROOM

- **Door:** Use a sturdy lock and a door viewer. Do not open the door to a stranger; ask for the ID of someone who says they are a courier or an official, or verify it by calling the organization they belong to.
- **Keys:** Do not put a spare key in predictable places such as under the doormat or in a flowerpot. If a former partner still has your key, change the lock.
- **Safe room:** Choose a room that can be locked from the inside, has a charged phone in it and, if possible, a window. Places with hard and sharp objects, such as the kitchen and bathroom, should not be the safe room.
- **If you hear a noise at night:** Do not go toward the source of the noise; move to the safe room, lock the door and call emergency services (112).
- **Lighting:** The building entrance, stairs and garden should be well lit; report broken lights to the building management.

- **Neighbor:** Make an arrangement with a neighbor you trust; if a certain sound or signal comes from your home, they should call the police.
- **Visibility:** Do not share your home's location or interior layout on social media (see Module 4 · Counter-Surveillance).

HOME TRAINING PLAN

Between classes in the gym, a short 15–20 minute review two or three days a week makes it easier to remember what you have learned in a moment of stress. Release and ground work with a partner is done only in the gym, under instructor supervision; at home, practice only on your own, in a safe space.

- **Warm-up (3 min):** Light jogging on the spot, arm and shoulder circles, warming up the knees and wrists.
- **Stance and voice (2 min):** In the fence stance, say short, clear sentences such as “Stop!” and “Don’t come closer!” out loud.
- **Strikes (5 min):** Practice the palm heel strike, the hammer fist, the knee and the front kick on a pillow or a cushion; do not strike walls or hard surfaces.
- **Release rehearsal (3 min):** On your own and slowly, repeat which direction the arm turns in the wrist releases, and the escape step.
- **Standing up from the ground (3 min):** Do the technical stand-up five times to each side.
- **Close (2 min):** Breathe deeply and rehearse a scenario in your mind from start to finish (for example, someone approaching from behind as you enter your home): notice, set a boundary, defend, neutralize, get away.

For the current location, times and fees of this program, you can visit izmirkravmagaclub.com.tr or write on WhatsApp to +90 555 200 51 13.

CHAPTER 13

Becoming an Instructor

Doing technique well is not enough to be an instructor. You need to be able to see what your student is doing wrong, give the right feedback and, most importantly, keep the gym safe. Moving a student up to the next level is easy; moving them up as someone who is uninjured, confident and makes the right decisions is the real job.

TWO LEVELS, TWO RESPONSIBILITIES

In the Black Force system, instructorship is defined by two levels that come after Graduate 2. The **Assistant Instructor** level (30 techniques) covers the skills of lesson planning, technical correction, safe training management, standing control and third-party protection; a person who completes it is authorized to teach classes at levels P1–P3. The **Expert Instructor** level (11 techniques) covers technical mastery, performance under difficult conditions and advanced lock defenses; a person who completes it is authorized to conduct the exams for all levels P1–G2. Instructor certificates are subject to the terms of the Black Force instructor agreement and to annual renewal. These authorizations are internal authorizations of BFKM; they do not replace an official coaching certificate, an official athlete license or an authorization issued by an official body.

QUALITIES OF A GOOD INSTRUCTOR

- **Safety comes first.** No technique is worth a student getting injured.
- **Explains simply.** Explains a technique in the fewest words and the clearest way.
- **Observes.** Watches the student, finds the root of the mistake and gives a single correction.
- **Sets an example.** First shows the behavior they want in the gym themselves: punctuality, respect, control.
- **Is honest.** States clearly the limits of a technique and what training cannot do; makes no absolute promises.
- **Keeps learning.** Is open to learning from other disciplines and other instructors.

HOW A LEVEL ASSESSMENT IS CONDUCTED

A level assessment measures whether the student can apply the techniques of that level safely and correctly and make the right decisions in scenarios. The assessment must be fair, consistent and based on criteria explained in advance. The student is told what will be assessed before the exam; at the end of the exam, strengths and areas for development are shared in writing or verbally. A failed assessment is not an end but the plan for the next stage of training.

Every level assessment is scored using the same five criteria. Each criterion receives a score from 1 to 4; the assessment is out of a total of 20 points.

CRITERION	1 - INSUFFICIENT	2 - DEVELOPING	3 - SUFFICIENT	4 - STRONG
Safety	Puts the partner or themselves at risk	Stays safe with warnings	Safe on their own	Also looks after the safety of others

CRITERION	1 - INSUFFICIENT	2 - DEVELOPING	3 - SUFFICIENT	4 - STRONG
Technical accuracy	Basic mechanics missing	Mechanics correct at slow speed	Correct at tempo	Correct against a resisting partner
Timing and distance	Late or early	Inconsistent	Mostly correct	Consistent and adaptive
Decision-making	Does not see escape and boundaries	Right decision with warnings	Right decision on their own	Right decision even in unclear situations
Exit and scanning	Does not get away	Sometimes gets away	Gets away after every technique	Scanning and exiting are automatic

- **Passing condition:** A total of at least 15 points and no score of 1 on any criterion.
- **Safety criterion:** A student who scores 1 on safety cannot pass that assessment, whatever their total score.
- **Re-assessment:** A student who does not pass is re-assessed, after carrying out the training plan written by the instructor, no earlier than four weeks later.

A CLOSING WORD

A Closing Word

I have described 514 techniques, but they all come down to one thing: be ready, because the price of being caught unprepared can be high.

Being ready does not mean living constantly on alert and in fear. On the contrary, a person who is ready is more relaxed. They notice their surroundings, know how to set boundaries, know when to walk away from an argument and know what to do if it is really necessary. This knowledge lets you live your daily life more calmly and more freely.

Finishing the book is a beginning, not an end. Real skill is learned in the gym, through repetition, stumbling and getting back up. When you repeat a technique hundreds of times, that technique becomes yours; if one day you need it, it is there without your having to think. I hope that day never comes.

See you in the gym.

— Emre B. Argunşah

THE AUTHOR

About the Author

Emre B. Argunşah is the founder and head instructor of the Black Force Krav Maga System, holds black belts in more than one international system and has instructor certifications.

Argunşah has been teaching self-defense to women, men and young people in İzmir for years, and the students include many military, law enforcement and private security personnel. Argunşah built the Black Force system on the real needs seen in the gym: a curriculum that is simple, repeatable and centered on ground fighting and decision-making. At the heart of Argunşah's approach to training are the principle "defend, neutralize, get away" and a gym culture in which every student can progress safely, at their own pace.

For Black Force Krav Maga training and level certificate verification: izmirkravmagaclub.com.tr

APPENDIX A

Appendix A · Glossary of Terms

This glossary contains short explanations of terms frequently used in the book and in the gym.

A-G

- **Bear hug:** A hold in which the attacker wraps their arms around your body; the arms may be free or trapped.
- **Bridge:** Lifting the hips sharply upward while lying on your back on the ground; the basic movement of the escapes.
- **Burst:** A method of overwhelming the attacker with many strikes in a short time.
- **C-Grip:** Gripping the wrist of the weapon arm by forming a “C” shape with the thumb and fingers.
- **Clinch:** The position in which two people hold each other at close range, pushing and pulling.
- **Dead side:** The outside of the attacker’s weapon arm, the side close to their back; the safer side, aimed for whenever possible in weapon defenses.
- **Dim Mak:** A concept from the Chinese martial arts tradition, referred to in popular culture as the “death touch”; this book

deals only with vital point effects that can be explained anatomically (Module 1).

- **Elbow angles:** The system of numbering elbow strikes according to their direction; in Black Force it extends to 14 angles.
- **Fence stance:** A protective stance, in which the hands are held open and at chest level while talking, that does not look aggressive.
- **Framing:** Using the forearms like a hard frame to stop the attacker's weight or advance.
- **Funneling:** Positioning multiple attackers one behind the other so that you are in contact with only one of them at a time.
- **Guard:** The position in which you are on your back on the ground and the attacker is between your legs.
- **Guard pass:** The person on top getting past the legs of the person underneath into a more dominant position.
- **Guillotine:** A choke in which the neck is locked from the front, under the arm.

H-R

- **Half guard:** A ground position in which the attacker controls only one of your legs.
- **Head cover:** The covering position in which the arms are raised to both sides of the head when you are caught unprepared.
- **Hook:** A circular punch.
- **Improvised defensive tool:** An everyday object, not made for defense, that a person under attack uses at that moment to protect themselves; such as a bag, an umbrella, a rolled-up magazine or a chair (Module 3).
- **Japanese Jiu-jitsu:** A traditional Japanese close-combat art based on joint locks, throws and unarmed defense; one of the sources of Black Force's knowledge of locks and throws.

- **Kali:** A martial art of Filipino origin that teaches stick, knife and empty-hand work together; one of the sources of the Black Force elbow system.
- **Knee on belly:** A position in which the person on top places their knee on the stomach or chest of the person underneath.
- **Kubotan:** A hard stick about 14 cm long with blunt ends, usually carried as a keychain; it is primarily a tool for pressure and control. In Turkey it is considered a prohibited tool similar to knuckle dusters under Law No. 6136; the rules are different in other countries (Module 2).
- **Live side:** The attacker's chest and face side, the inside of the weapon arm; the more dangerous side, where the attacker can use both hands.
- **Mount:** A ground position in which the attacker sits on your chest or stomach.
- **Nociceptor:** A nerve ending in the skin, the lining of the bones, the joints and the capsules of the organs that detects damage or the danger of damage and produces a pain signal.
- **North-South:** A ground position in which the person on top is above your head, facing the opposite direction.
- **Open guard:** A position in which, lying on your back on the ground, you control the distance with foot contacts without locking the attacker with your legs.
- **Palm heel strike:** A strike made with the hard area at the base of the palm, aimed especially at the jaw and the nose.
- **Peek-a-boo:** A boxing style known for a high, tight guard, constant head movement and explosive entries into short range; the basis of Black Force punching mechanics.
- **Pluck:** The movement of tearing the choking hands off the throat with hooked hands.

- **Proportionality:** The force used being in keeping with the seriousness and circumstances of the attack.
- **Reversal:** The person underneath reversing the position and moving on top.

S-Z

- **Scarf hold:** A position in which the attacker sits beside you and locks your head and one of your arms from the side.
- **Self-defense (legitimate defense):** The right to repel an unjust attack in a manner proportionate to the circumstances of the moment.
- **Shield Stance:** A Black Force structure in which the arms close in front of the face and body, and strikes and the clinch are generated from this position.
- **Shrimping (hip escape):** The movement of opening distance on the ground by sliding the hips to the side.
- **Side control:** A position in which the attacker is beside you, pinning you by putting weight on your chest.
- **Silat:** A family of martial arts of Southeast Asian origin, known for close-range elbow, knee and off-balancing work; one of the sources of the Black Force elbow system.
- **Situational awareness:** The skill of noticing what is going on around you and seeing what is out of the ordinary early.
- **Sprawl:** Shooting the legs back and pressing the hips to the ground against a takedown attempt.
- **Sweep:** Breaking the attacker's balance and toppling them to the ground, from the bottom or while standing.
- **Tap-out (tap):** A signal meaning "let go," given by tapping the partner or the floor during lock or choke practice.

- **Target areas:** Areas such as the eyes, throat, jaw, groin and knee that can produce an effect even when the strength gap is large, but whose effect is not guaranteed.
- **Technical stand-up:** A method of getting up from the ground while watching the attacker and keeping your balance.
- **Teep:** A push kick of Muay Thai origin.
- **Thai clinch:** Head control in which the hands are placed one on top of the other on the back of the attacker's neck.
- **Tunnel vision:** The narrowing of the field of vision under stress.
- **Turtle:** A protective position in which you curl up on your knees and elbows.
- **V-Step:** A method of moving to the attacker's outside with a diagonal step and controlling the weapon arm.
- **Vital point:** An area, dependent on a nerve, joint or organ structure, that produces pain, a reflex or a momentary loss of strength from a small amount of pressure or a blow; in this book these are classified with green, amber and red risk levels (Module 1).
- **360 defense:** A consistent system of forearm blocks against circular attacks coming from different angles; in this book it is taught as seven angles with the Black Force numbering.

SYSTEM TERMS

- **Black Force Elbow Angle System:** The Black Force-specific numbering, from 1 to 14, of the elbow strikes adapted from Si-lat and Kali.
- **Breathing Safety Protocol:** The rules that ensure the other person can breathe during control and restraint on the ground.
- **Decision chart:** A step-by-step path showing which option is considered in which order in the face of a threat.

- **Drill:** A training format that has you repeat a skill under stress, fatigue or difficult conditions.
- **Limits / Plan B:** The heading in high-risk techniques that shows the conditions under which the technique is not applied and the next safe option if it breaks down.
- **Principle:** Not a single movement but a rule of decision or behavior behind many techniques.
- **Risk color code:** The classification of vital points according to their worst possible outcome into green (pressure and control), amber (risk of injury) and red (risk of permanent damage or death).
- **Scenario:** A training setup in which several techniques are combined within a realistic situation.
- **Special module:** A supplementary training section that is not tied to the level exams and is not included in the 514 technique headings; the codes are HN (Vital Points), KB (Kubotan and Metal Pen), DS (Improvised Defense: Defense with Everyday Objects) and KG (Counter-Surveillance and Personal Safety).

APPENDIX B

Appendix B · Drill Library

This appendix contains basic drills you can use in classes and in your own training. For each drill, the goal, the setup and the point to watch are given. The drills can be adapted to the techniques of the relevant level.

AWARENESS AND DECISION DRILLS

- **Color command:** The instructor gives the commands “yellow, orange, red”; the students switch to the stance and behavior appropriate to each color. Goal: to feel the levels of alertness in the body.
- **Door card:** Before the scenario begins, the instructor shows which exits are open; after the defense the student must go to the correct exit. Goal: to make escaping automatic.
- **Finger count:** After the technique, the partner shows a number with their fingers; the student says the number by scanning. Goal: to break tunnel vision.
- **Verbal boundary:** As the partner approaches, the student uses short boundary sentences; if the partner keeps advancing after the third warning, the defense begins. Goal: to make the transition from words to action clear.

STANDING STRIKING AND DEFENSE DRILLS

- **Distance ladder:** The partner approaches and moves away with a pad; the student chooses a kick, punch, elbow or knee according to the distance.
- **Defense-counter metronome:** Against punches coming at a steady tempo, the defense and the counter are done at the same time; the tempo is increased gradually.
- **Combination 10/20:** 10 seconds of intense combinations, 20 seconds of rest; 8 rounds.
- **Cover and enter:** The partner throws light pad combinations; the student covers up, advances and switches to a counter combination within 3 seconds.

GRAB AND CLINCH DRILLS

- **Random grab:** The partner makes a random wrist, collar, hair or choke grab; the student completes the release, counter and get away chain.
- **Clinch battle:** In 30-second rounds, two people work for positional advantage in the clinch; no strikes.
- **Wall turn:** With their back against a soft wall, the student tries to get out of the clinch by switching places.

GROUND DRILLS

- **Shrimp corridor:** Moving along the mat with hip escapes and back again.
- **Get up and scan:** A technical stand-up from the ground stance, followed by scanning out loud.
- **Escape chain:** The partner blocks each escape once; the student moves on to the next escape in the chain.

- **Second attacker:** During ground work the instructor approaches with a pad without warning; the student must notice and get up.

WEAPON DRILLS (TRAINING EQUIPMENT ONLY)

- **Angle name:** The instructor shows an angle with a training knife; the student names the angle and backs off.
- **Marker knife 30:** A 30-second marker knife drill; at the end, the marks are reviewed together.
- **Muzzle line:** A line is drawn with tape on the barrel of the training gun; on every redirection, who the muzzle is pointing at is checked.
- **Decision card:** The instructor reads a scenario card (e.g., “wants your wallet, escape route open”); the student states the decision of compliance, escape or intervention, with the reasons.

STRESS AND CONDITIONING DRILLS

- **Burpees and defense:** 30 seconds of burpees, immediately followed by a defense chosen by the instructor.
- **Lights down:** The gym lights are dimmed and contact-based defenses are practiced.
- **Noise:** Verbal commands and defense under loud music or shouting.

APPENDIX C

Appendix C · Level Summary

The summary below shows at a glance the number of techniques, the weight of ground fighting and the main themes of the nine levels. The recommended durations are given for a pace of two classes a week; every student progresses at a different speed, and level transitions are made through the instructor's assessment.

- **P1 — Basic Stances and First Defenses:** 60 techniques, 12 ground. Stance, basic strikes, punch defense, grab releases, breakfalls, techniques for disadvantaged people. Recommended duration: 3 months.
- **P2 — Combinations, Kick Defense and Grabs:** 74 techniques, 17 ground. Combinations, circular strike and kick defenses, bear hugs and headlocks, clinch, headbutt, advanced breakfalls. Recommended duration: 3 months.
- **P3 — Stick, Knife and an Introduction to Multiple Attackers:** 75 techniques, 31 ground. Basic knife and stick defense, multiple attackers, takedown defense, bottom control and escapes. Recommended duration: 4 months.
- **P4 — Advanced Weapon Defense, Clinch and Ground:** 75 techniques, 18 ground. The complete 360 defense, disarming, Thai clinch, joint locks, Shield Stance. Recommended duration: 4 months.

- **P5 — Firearm Threats and Application Under Stress:** 66 techniques, 24 ground. Handgun threats, expert knife defense, multiple attackers, top control, off-balancing and throws. Recommended duration: 4 months.
- **G1 — Advanced Level:** 72 techniques, 20 ground. Long gun and in-vehicle threats, everyday objects, additional weapon and object defense, team tactics, sweeps. Recommended duration: 6 months.
- **G2 — Expert Level:** 51 techniques, 7 ground. Hybrid scenarios, legal awareness, the complete elbow system, advanced clinch. Recommended duration: 6 months.
- **Assistant Instructor:** 30 techniques. Lesson planning, standing control, third-party protection. Authorization to teach P1–P3 classes.
- **Expert Instructor:** 11 techniques, 8 ground. Technical mastery and advanced lock defenses. Authorization to examine P1–G2.

Total: 514 techniques. By category: striking and movement 87, grappling–clinch–locks 121, ground fighting 138, defense against strikes 28, weapon and object defense 74, multiple attackers and team tactics 35, scenarios–decision-making–legal awareness 22, special situations and techniques for disadvantaged people 9.

Special modules (outside the levels, not included in the 514):

- **Module 1 — Vital Points and Body Anatomy (HN):** 30 points, 15 applications. Green, amber and red risk levels, the legal framework, pressure release and striking applications. Recommended start: after P3.
- **Module 2 — Kubotan and Metal Pen (KB):** 14 applications. Grips, pressure, strikes to the arms and legs, flailing the keys, losing the tool; because the kubotan is considered a prohibited tool in Turkey, the techniques are practiced there with a metal pen. Recommended start: after Module 1.

- **Module 3 — Defense with Everyday Objects (DS):** 19 applications. The five functions, the three-second rule, the object guide, objects picked up from the ground and the café scenario. Recommended start: after P3; it is recommended to practice it together with the everyday objects group in G1.
- **Module 4 — Counter-Surveillance and Personal Safety (KG):** 13 applications. Not becoming a target, noticing that you are being followed on foot and in a vehicle, the entry and exit routine, the safe point map, your digital trail and phone security, legal rights against stalking. It is general information and suitable for readers at every level.

APPENDIX D

Appendix D · Sources

This book is a training guide; it is not a scientific review. The numbers in square brackets in the text refer to the sources below, which support the relevant claim or show its limits. These sources do not prove the success of specific techniques in a real attack; they provide a general framework on the nature of the danger, stress and safety.

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- **[16]** Law No. 6136 on Firearms, Knives and Other Tools (Arts. 4, 5, 15). Official text: mevzuat.gov.tr. The prohibition, and its sanctions, on making, selling, buying, carrying and possessing knuckle dusters and similar tools of a special nature intended solely for use in attack and defense; the provision on carrying household, work and professional tools for the sole purpose of using them in an attack.
- **[17]** Council of Europe. European Convention on Human Rights, Article 2 (Right to life). Official text: echr.coe.int. Sets the standard that force used in defence of any person from unlawful violence must be no more than absolutely necessary.
- **[18]** Council of Europe. Convention on preventing and combating violence against women and domestic violence (Istanbul Convention), Article 34 (Stalking). Requires parties to criminalise intentional, repeated threatening conduct directed at another person that causes them to fear for their safety.
- **[19]** Directive (EU) 2024/1385 of the European Parliament and of the Council of 14 May 2024 on combating violence against women and domestic violence. Requires EU member states to criminalise, among other offences, cyber stalking; the transposition deadline is 14 June 2027.
- **[20]** European Commission. 116 006, the EU-wide number reserved for national victim support helplines. Operated so far only by some member states; check whether your country offers it.

APPENDIX E

Appendix E · Training Log

Tracking your progress is the best way to see what you do well and what you need to work on more. Writing a few lines after each class is enough. You can copy the pages below and use them.

CLASS RECORD

Date: _____ Level: _____ Instructor: _____

Techniques practiced (with codes):

What went well:

What I found difficult:

Note for the next class:

CLASS RECORD

Date: _____ Level: _____ Instructor: _____

Techniques practiced (with codes):

What went well:

What I found difficult:

Note for the next class:

CLASS RECORD

Date: _____ Level: _____ Instructor:

Techniques practiced (with codes):

What went well:

What I found difficult:

Note for the next class:

LEVEL ASSESSMENT RECORD

Level: _____ Date: _____ Assessor:

My strengths:

What I need to develop:

Result: ☐ Passed ☐ Re-assessment Certificate no.:

APPENDIX F

Appendix F · Technique Index

All techniques and special module applications in this book are listed below in alphabetical order, with their codes and page numbers. The first part of the code indicates the level or module; the second part is the sequence number.

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DEFEND. NEUTRALIZE. GET AWAY.

A hybrid system developed in Turkey as an alternative to Krav Maga, designed with a military close-combat and defense approach.

This guide brings 514 techniques and nine levels together in one system. Next to every technique, it states where it is used, how it is applied and the most common mistake.

The goal is not only to get free or escape, but to neutralize the threat.

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SPECIAL MODULES

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