FIRST CLASS: DuPont 2nd Floor Wrestling Room

Day 1 – 9/10/12 – Monday – 9pm

**Strikes and Basics**

<table>
<thead>
<tr>
<th>Basic strikes from <em>kiba dachi</em></th>
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</thead>
<tbody>
<tr>
<td>Vertical fist</td>
<td></td>
</tr>
<tr>
<td>Palm blow</td>
<td></td>
</tr>
<tr>
<td>Roundhouse elbow</td>
<td></td>
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<tr>
<td>Downward elbow</td>
<td></td>
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<tr>
<td>Upward knee</td>
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</tbody>
</table>

**Blocks from *kiba dachi***

- Left and right high block

**Stances**

- *Kiba dachi*
- Forward stance

**High punch (left and right side)**

- High block
- Palm blow
- Reverse vertical-fist strike
- Upward knee strike
- Downward elbow strike

Day 2 – 9/12/12 – Wednesday – 9pm

**Leg Sweep**

<table>
<thead>
<tr>
<th>Basic strikes from <em>kiba dachi</em></th>
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<tbody>
<tr>
<td>Roundhouse knee</td>
<td></td>
</tr>
<tr>
<td>Front snapping kick</td>
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<tr>
<td>Roundhouse snapping kick</td>
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</tbody>
</table>

**Introduction to falling ways (*ukemi*)**

- Side falls

**High punch (left and right side)**

- High block
- *O soto gari* (major outer leg sweep)
- Roll over to police hold (alt: *juji gatame*)

Day 3 – 9/17/12 – Monday – 9pm

**Defensive Stance**

<table>
<thead>
<tr>
<th>Basic strikes from <em>kiba dachi</em></th>
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<tbody>
<tr>
<td>Back fist (180° x 2)</td>
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<tr>
<td>Rear low elbow</td>
<td></td>
</tr>
<tr>
<td>Rear high elbow</td>
<td></td>
</tr>
<tr>
<td>Reverse elbow</td>
<td></td>
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<tr>
<td>Upward elbow</td>
<td></td>
</tr>
<tr>
<td>Side elbow</td>
<td></td>
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</tbody>
</table>

Day 4 – 9/19/12 – Wednesday – 9pm

**Unarmed Defense**

<table>
<thead>
<tr>
<th>Basic strikes from <em>kiba dachi</em></th>
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</thead>
<tbody>
<tr>
<td>Vertical fist to pads</td>
<td></td>
</tr>
<tr>
<td>Palm blow to pads</td>
<td></td>
</tr>
<tr>
<td>Roundhouse elbow to pads</td>
<td></td>
</tr>
<tr>
<td>Downward elbow to pads</td>
<td></td>
</tr>
<tr>
<td>Upward knee to pads</td>
<td></td>
</tr>
</tbody>
</table>

- Front extended thrusting
- Side thrusting
- Rear thrusting

- Left and right side block
- Left and right low block
- Double high block
- Double low block

**Self-defense concepts**

- Three levels of self defense
  - Prevention, Psychological, Physical
- Self-defense mindset (de-escalation, gross motor skills, self respect and survival)
- Legality of using force (not legal advice):
  - If you have a **REASONABLE BELIEF** that it is necessary to protect against **IMMINENT THREAT** of bodily harm, then **REASONABLE FORCE** may be used.
  - No **DEADLY FORCE** unless threat of deadly force and unable to **SAFELY RETREAT**.
- Principles of self defense:
  - Fight to win, resist immediately, yell, get mad... fast, maintain a proper foundation, target vital areas

**Aggressor approaches (able to create distance)**

- Defensive stance – create distance
- Front snapping kick
- Control head, reverse punch to face
- Upward knee strike to face
- Downward elbow strike

**Aggressor approaches (not able to create distance)**

- Defensive stance
- Left back fist to face
- Right cross punch to midsection
- Right front shin kick to groin
- Right upward knee strike to face
- Right downward elbow strike

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**Rear forearm choke**
Tuck chin, X forearm  
Back fist to face, rear elbow strike to body, back fist to groin, back fist to face  
Three knee strikes  
Downward elbow strike

**Front finger choke**
Finger escape  
Reverse elbow strike with hand control  
*Waki gata*me

**Day 5 – 9/24/12 – Monday – 9pm**  
**Defensive Chokes**

**Bully approach**
Spin off center to *hadaka jime*

**Rear finger choke**
Finger escape  
Uppercut to body & hook to face  
*Hadaka jime*

**Day 6 – 9/26/12 – Wednesday – 9pm**  
**Ground Fighting**

**Ground fighting**
- Turret position: Demonstrate turret position as well as the proper way to stand up and sit down. Demonstrate kicking defenses from turret position as well as spinning ability. Remember: fingers forward, feet up at level between attacker’s knee and groin, heels close but not touching.

**Grappling positions**
- Shoot, Sprawl  
- Mount, Base  
- Guard, Bump (lift), Extended guard

**Attacker in mount**
Protect head  
Trap attacker’s right leg with left foot, control attacker’s right arm  
Right thumb to eye, right knee pulse to coccyx, rollover  
Escape guard with strikes to head and groin

**Day 7 – 10/01/12 – Monday – 9pm**  
**Defense against Knife**

**Dynamic knife attacks (angles 1 through 5)**
Pat and run

**Dynamic knife attacks (angles 1 through 5)**
Pat-wrap-attack defense

**Day 8 – 10/03/12 – Wednesday – 9pm**  
**Defense against Handgun**

**Pistol held with two hands to front of head**
Rising block, fade back, control gun and forearm, shin kick to groin  
Rotate gun disarm

**Pistol held to center of chest**
Control and roll gun, cross punch to head  
Rotate gun disarm

**Pistol held to center of back high**
Hands up, peripheral glance, spin toward outside, *ude gata*me, disarm

**Day 9 – 10/08/12 – Monday – 9pm**  
**Intro to Sparring**

**Stances**
- Fighting stance

**Free-fighting strikes**
- Gloved left hand – left jab  
- Gloved right hand – right cross  
- Gloved left hand – left hook  
- Gloved right hand – right hook  
- Gloved left hand – left uppercut  
- Gloved right hand – right uppercut

**Free fighting blocks**
- Head and body movement  
- Jab – wrist hook block and parry block  
- Right cross – left collapsible block  
- Left & right hooks – duck under blocks  
- Left & right uppercuts – cross block

**Day 10 – 10/10/12 – Wednesday – 9pm**  
**Review**

**Intro-class graduation**
- Technique review  
- Yellow stripe & certificates awarded

**Bonus topics**
- Demo techniques  
- Maximum results, minimum effort

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