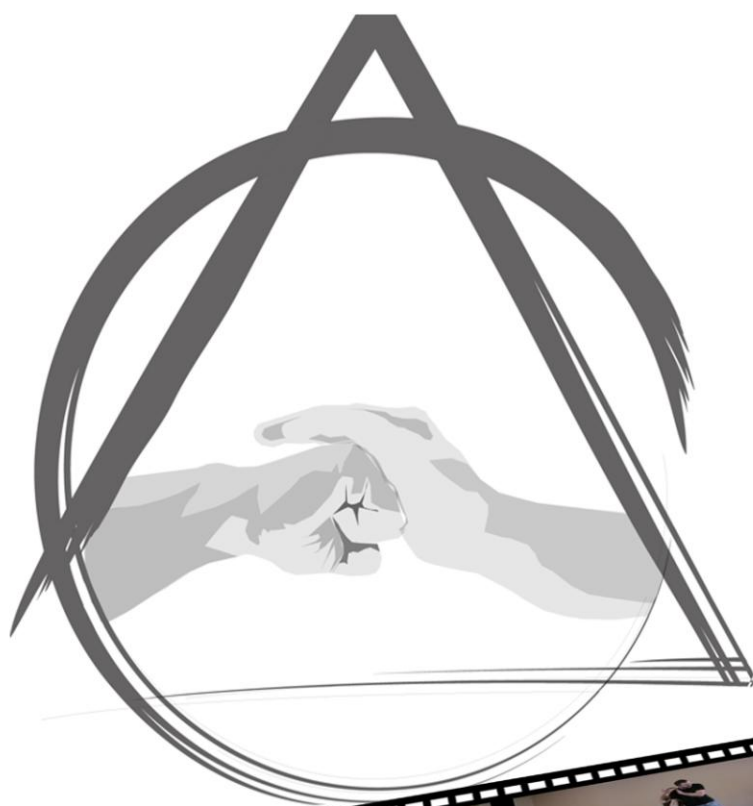


PRAGMATIC MARTIAL ARTS

Presents

CORE SELF DEFENSE



DVD TRAINING MANUAL

WWW.PRAGMATICMARTIALARTS.COM

DISCLAIMER

Please consult a physician before engaging in any physical activity. Please note that the author and publisher of this book are not responsible in any manner whatsoever for any injury that may result from practicing the techniques and/or following the instructions given within.

ALL RIGHTS RESERVED

All rights reserved. Unauthorized distribution, resale, or copying of this material is unlawful. No portion of this book may be copied or resold without written permission. Pragmatic Martial Arts reserves the right to use the full force of the law in the protection of its intellectual property including the contents, ideas, and expressions contained herein.

Table Of Contents

	<u>TITLE</u>	<u>WEEK</u>	<u>PAGE</u>
DVD# 1	Power Punching	1 & 3	5
DVD# 2	Power Kicking	2 & 4	8
DVD# 3	Pre Emptive Striking	5 & 7	11
DVD# 4	Pre Emptive Kicking	6 & 8	14
DVD# 5	Counter Punching	9 & 10	17
DVD# 6	Countering the Restraint	11 & 12	20
DVD# 7	Countering the Tackle	13 & 14	24
DVD# 8	Counter Kicking	15 & 16	27
DVD# 9	The Obstruction	17 & 18	32
DVD# 10	The Cover	19 & 20	35
DVD# 11	The Evasion	21 & 22	37
DVD# 12	Multiple Opponents	23 & 24	41
DVD# 12	Defending Against the Ambush	25	44
	Combined Weekly Training Program	26 and on	48

How to Use This Manual

This book presents an isolated 25 week workout program, with chapters containing workouts for each of the corresponding DVD. The last chapter contains a combined workout program which compresses all the areas from all 13 DVDs into 1 weekly program. Print out a copy of this manual and use it in tangent with the DVD instruction. Keep in mind that all the drills in this manual are listed in the same order they appear in the DVDs.

While following the training program, be sure keep an eye out for the following:

- ***SUPPLEMENT EXERCISES FOR***

These parts contain exercises that are not required, but are highly recommended to speed up improvement and progression.

- **Before You Start!**

These notes are VERY IMPORTANT and often serve as EARLY WARNINGS to possible dangers of a drill and advice on how to avoid them.

- ***

You'll see these stars through certain parts of the workout instruction. They act as parenthesis and contain information vital to the safe and proper execution of that specific drill.

- **Side Note:**

These "Side Note" boxes contain reminders of certain concepts and/or ideas that you should keep in mind throughout your workout.

DVD 1 “POWER PUNCHING”

(WEEKS 1 & 3)

Day 1: MON/WED/FRI

#1 - REAR HAND PUNCH

Repetitions	Focus On
50	Turning the heel together with the hips and waist
50	Keeping the elbow down
50	Keeping the shoulder down
50	Clinching the fist in the very last second and at the same time exhaling forcefully
50	Adding a short jump to the punch and making contact with the pad BEFORE your feet land
50	Putting all above elements together
50	Using the same body mechanics with a straight palm strike
50	Using the same body mechanics with a round palm hooking slap

SUPPLEMENT EXERCISES FOR THE REAR HAND PUNCH

Repetitions	Focus On
20	Side to Side Punching – Focus on dumping the weight by turning your hips while shifting side to side with your stance.
20-100	Sit ups with twisting punches.
20	Rear-Arm Elbows Strike - Using the exact body mechanics as the rear hand punch except using your elbow to make contact with the pad instead of the fist.
20	Repeating Rear Hand Punch - Grab the pad holder's wrist with your lead hand and repeatedly hit the pad with your back punch.

Day 2: TUES/THURS

#2 - LEAD PUNCH

Repetitions	Focus On
50	Lunging of the back leg.
50	DELAYING the turning of the waist /hips until your arm is roughly half way towards the pad
50	The arm whipping back, shortening the arc and therefore increasing last minute penetration and acceleration
50	Add a jump into the lead punch. Make sure to make contact with the pad BEFORE your feet touch the ground
50	Recovery (both shoulders should be square with the pad holder)
50	Put all above elements together

SUPPLEMENT EXERCISES FOR THE LEAD PUNCH

Repetitions	Exercises
50	Leg push shuffles (for leg driving power)
20-50	Shoulder checks on the pad
30	Elbow strike (using the exact same body mechanics as the lead punch)
20	Repeat lead punch - Grab the pad holder's wrist with your read hand and repeatedly hit the pad with your lead punch

#3 - BASIC COMBINATIONS

Repetitions	Instructions
20 x 10sec	Shuffle forward repeatedly and punch the pad in combination with your lead and rear punch
20 x 10sec	Shuffle forward repeatedly and punch the pad in combination with your palm strikes and palm strikes
20	Lead punch, back punch, lead slap hook

****After a few months, you can experiment with the punches, palm strikes and slaps and create new combinations by playing with how the different strikes, angles and lines can flow together.****

DVD 2 “POWER KICKING”

(WEEKS 2 & 4)

Day 1: MON/WED/FRI

Before You Start! When starting out do not try to kick too fast or powerful. Once you get the general mechanics down, then speed up and try to kick harder. It is ok to start from a fighting stance in the beginning as it allows you to exaggerate the skipping footwork motion and thereby, making it easier for you to learn. However, after the first month, you should only practice from a non-threatening posture to prevent the bad habit of warning the opponent during a real situation.

#1 - BACK LEG FRONT KICK

Repetitions	Focus On/ Instructions
50	Making sure back is straight; only use the hips at the last second
50	Kicks to the knees and follow up with a lead or back punch (With Partner)
50	Kicks to the groin and follow up with a lead or back punch (With Partner)

#2 - BACK LEG HOOK KICK (ROUND KICK)

Repetitions	Focus On/ Instructions
50	Make sure the chambering is <i>diagonal and not 90 degrees</i>
50	*Groin and follow up with a lead punch (<i>With Partner</i>)
50	Kick to the inside of his knee and follow up with a lead or rear punch (<i>With Partner</i>)
50	Kick to the outside of his knee and follow up with any of the follow ups from the DVD

** If you are shorter, do not follow up with a rear punch because if you miss the kick and the bad guy turns away, there's a high chance that his shoulder will unintentionally block your punches*

#3 - LEAD LEG FRONT KICK

Repetitions	Focus On
50	Getting a basic feel for the proper mechanical details as explained in the DVD
50	*Interactive pad work
50	Kicks to the groin and follow up with a lead or back punch (<i>With Partner</i>)

*** Get your training partner to bend down every time you make contact with the pad to mimic a real life situation. When your training partner bends down, practice following up with a side step while checking his shoulder and hitting with your other hand.*

Day 2: TUES/THURS

#4 - LEAD LEG HOOK KICK

Repetitions	Focus On
25	Pad work
25	*Partner work: Kick the outside of his knee and follow up with the back fist
25	Partner work: Kicks to the groin followed by one hand shoulder check while hitting with the other hand
25	**Kicks to the inside of his knee followed by Rear Hand Punch
25	Kicks to the inside of his knee followed by a lead front kick to his groin

* Do not try to go too fast at first. Instead, focus on the critical timing of beginning the hand follow up before your training partner recovers from the hook kick.

** Pay special attention to the landing of the kicking leg and its transition to a FULL hip turn for the back punch. This co-ordination between the foot landing and the hip turning is very important for a hard punch.

#5 - LEAD LEG SIDE KICK

Repetitions	Focus On
25	Pad work or heavy bag work from an on guard fighting position to help you learn by exaggerating the motions
50	Pad work or heavy bag work from a non-threatening casual position for realistic usage
25	Kicking the knee and follow up with a back fist or any variation from the DVD (With Partner)
25	*Kicking the knee and follow up by using your front hand to pin his front arm while striking with your back hand as shown on the DVD
25	Experiment with other follow ups from DVD

* This move is the easiest follow up for most people to generate power.

SUPPLEMENT EXERCISES FOR THE LEAD PUNCH

Repetitions	Exercise
20 x 3 sets	High turning kicking while spinning on the supporting leg without touching the ground with the kicking leg
50 x 3 sets	Isolated skipping footwork and chambering (without kicking)
20 x 3 sets	Repeating skipping back and forth leading hook kicks
Up to 3 mins.	Isometric side kick extensions
10 x 3 sets	Crossing leg squats and jumps
10 x 3 sets	Horse stance squats and jumps

Side Note:

Remember when you side kick, always side kick an opponent **in the opposite lead**. In another words, left side kick someone's right knee but never kick his left and if you are going to side kick with your right leg, then it would be someone's left knee but never his right. This simple rule will prevent you from have your backed turned to an opponent should you miss your kick. Of course, this rule does not apply if you are a world class kicker but it is a great safety rule for most people.

**DVD 3 “PRE EMPTIVE
STRIKING”**
(WEEKS 5 & 7)

Day 1: MON/WED/FRI

#1 – FLASH PAD DRILL

Before You Start! The pad holder feeds the pad suddenly using different, unpredictable timing. The goal is to develop a sudden explosive start for hitting without any warning

Repetitions	Focus On
20 x 5 sets	Lead punch while pad holder flashes <i>using unpredictable timing</i>
20 x 5 sets	Same as drill show above except with a back punch
20 x 5 sets	Same as drill show above except with lead and rear punch combination
20 x 10 sets	* Same as drill show above except hitting while the pad holder feeds the pad with a sudden step forward

**This drill is simple but it's very important because it teaches distance awareness during a frontal confrontation when someone suddenly tries to rush you. The goal is to develop your timing to the point where you can cut him off with a strong attack before he has any chance of releasing his attack*

#2 – SCENARIO WORK

Before You Start! Make sure to begin the ALL the drills with role playing and also make sure that you execute the trap-entry *without first getting into a combative stance*.

Repetitions	Instructions
20 x 10 sets	*Lead Punch against the "Hay-maker"
20 X 5 sets	Slap his lead arm with your lead hand while punching his head with your back hand
20 X 5 sets	** Slap his lead arm with your lead hand while punching his head with your back hand and continue with follow ups from DVD

** Make sure the "bad guy" role plays by yelling, swearing and posturing aggressively **before he actually physically attacks**. This is very important to program your emotions in order for you to get a chance to get used to the verbal abuse that comes before a real physical assault. Remember that fighting is 80% mental. If someone can make you freeze in fear by yelling at you, then he will score an attack regardless of your physical ability.*

*** Don't try to get good at all of them. Pick one or two that fits your body, personality and background (punches, groin slaps, slaps, palm strikes, sweeps, leg stomp, throws etc).*

Day 2: TUES/THURS

#3 – SCENARIO WORK (2)

Repetitions	Instructions
20 x 10 sets	Against his guard: Slap his lead hand with your lead at the same time slap his rear hand with your rear followed by a lead hand attack
20 X 10 sets	Against his guard: Slap his lead hand with your lead at the same time slap his rear hand with your rear followed by a lead hand attack and continue with follow ups from DVD
20 X 5 sets	Against his guard: Grab his lead arm with both hands and pull him into a clothes-line
20 X 5 sets	Against his guard: Grab his lead arm with both hands and pull him into a clothes-line and continue with follow ups from DVD

* *Make sure the Bad Guy role plays by Yelling, swearing and posturing aggressively **before he actually physically attacks**. This is very important to program your emotions in order for you to get a chance to get use to the verbal abuse that comes before the physical assault in a real situation. Remember that fighting is 80% mental. If someone can make you freeze in fear by yelling at you, then he will score an attack regardless of your physical ability.*

** *Don't try to get good at all of them. Pick one or two that fits your body, personality and background (punches, groin slaps, slaps, palm strikes, sweeps, leg stomp, throws etc).*

**DVD 4 “PRE-EMPTIVE
KICKING”**
(WEEKS 6 & 8)

Day 1: MON/WED/FRI

#1 - REAR LEG FRONT KICK TO KNEE

Before You Start! Make sure your training partner wears shin guards and a helmet and start the drills **from a non-threatening posture**.

Repetitions	Instructions
10 x 5 sets	Kick to the knee and follow up smoothly with a lead punch to his jaw or chin
10 x 5 sets	Kick to the knee and follow up smoothly with a lead punch to his jaw or chin follow up for when he drops his guard after being kicked.
10 x 5 sets	Kick to the knee and follow up smoothly with a lead punch to his jaw or chin follow up for when he does not drop his guard with a downward arm grab and back fist
10 x 5 sets	Kick to the knee and follow up smoothly with a lead punch to his jaw or chin follow up with the double ear slap if he drops his guard

#2 - REAR LEG FRONT KICK TO KNEE

Before You Start! For training safety purposes make light to medium contact to his inner thigh.

Repetitions	Instructions
10 x 3 sets	*Slap his hand with your lead hand followed by kick to groin
10 x 3 sets	Add A Follow up - When he bends over from the kick, palm check his shoulder with your rear hand and palm strike his head with your lead hand
10 x 3 sets	Target Variation - Aim the rear Hook Kick to his knee instead of the groin
10 x 3 sets	Kick to the knee and follow up with 3 strike punches or straight palm heel strikes
10 x 3 sets	Kick to the knee and follow up with back hammer fist
10 x 3 sets	Kick to the knee and follow up with a straight punch, double shoulder grab to pull him into a rear front knee strike to his groin
10 x 3 sets	**Kick to the knee and follow up with a double thumb eye gouge
10 x 3 sets	If you are very short, practice following up the rear front kick with punches to the groin.

Side Note:

The only reason why there are so many variations shown for the follow up is to allow you to find 1 or 2 that will fit your body. Again, just pick a couple and get really good at it.

**The hand slap distracts him by bringing his attention “upstairs”, taking his awareness away from the low kick that’s coming towards his groin. It also acts as a counter balance motion for a faster kick.*

***This move is used primary when you end up too close to the opponent after you kick*

Day 2: TUES/THURS

#3 - REAR LEG FRONT KICK TO KNEE

Before You Start! For safety purposes, get your training partner to wear a shin guard and kick to his knee instead

Repetitions	Instructions
20 x 5 sets	*Groin kick and to rear hand shoulder check followed by repeated strikes with your lead hand
20 x 5 sets	Follow Ups For When He Evades The Kick: Kick to straight palm strikes, straight punches, backfist
20 x 5 sets	Trapping sequence: Lead front kick to his groin follow up with a lead hand punch. The opponent covers and blocks your punch; grab down on his arm and continue the attack with a palm heel strike. Keep it simple, basically, grab down whatever you feel is in your way and keep hitting

**You should use either a straight palm heel strike, an upper cut palm or a downward chopping hammer fist.*

#4 – LEAD LEG HOOK KICK TO THE GROIN

Repetitions	Instructions
20 x 3 sets	Slap his arm with your lead hand to distract him and lead hook kick him in the knee
10 x 3 sets	Follow up with a backfist
10 x 5 sets	Follow up with backfist then a straight palm heel thrust
10 x 5 sets	*Follow up with front kick to his groin after the hook kick to his knee
10 x 5 sets	Follow up with a backfist and he blocks it. Claw down his arm and keep striking
10 x 5 sets	Follow up with a punch to the groin. ONLY practice this one if you are alot shorter than your opponent

** This one is especially useful for those with a kicking background.*

#5 – LEAD LEG SIDE KICK

Repetitions	Instructions
10 x 3 sets	* Slap his arm with your lead hand and lead side stomp his knee
10 x 3 sets	Follow up with a backfist
10 x 5 sets	Follow up with a backfist. He blocks it, grab his blocking arm down with your guarding hand and continue to back fist him right through
10 x 5 sets	**Practice the side kick to his knee

** Make sure not to lean back too far*

***For safety reasons make contact with the inside of his knee*

DVD 5 “COUNTER PUNCHING”

(WEEKS 9 & 10)

Day 1: MON/WED/FRI

#1 – BODY LANGUAGE READING

Before You Start! Remember that the whole premise for counter punching is when ***your awareness is already compromised*** and the attacker has already started his attack. If your awareness is not compromised, a **pre-emptive strike is a superior method**. The progressive drills below are listed in the same order as the DVD.

Repetitions	Instructions
10 x 3 sets	Flash Pad Drill: Get your training partner to hit the punching pad as fast as he can with his lead hand while you practice making him miss by moving the pad

#2 – ISOLATED SLAP PARRY DRILL (AGAINST STRAIGHT PUNCHES)

Repetitions	Instructions
10 x 3 sets	Stationary: Your training partner straight punches you 3 times while you slap-parry 3 times, then you straight punch him 3 times and he slap-parries 3 times
10 x 3 sets	With Footwork: Your training partner straight punches you 3 times while you slap-parry 3 times, then you straight punch him 3 times and he slap-parries 3 times

Side Note:

It is very important to practice this drill until you can execute the parry and redirect strong punches coming in *without using brute force*.

#3 – SLAP BLOCK + HIT DRILL

Repetitions	Instructions
10 x 10 sets	*Slap block his straight punch and punch over his arm at the same time
20 x 10 sets	Adding finishing combinations as shown on the DVD (boxing punches, Wing Chun straight blast, power-slaps, throws)

**Try to parry as close as you can to his elbow*

Side Note:

Do not try to get good at all of the follow-ups. Just pick a couple that fits your body and do a lot of it.

Day 2: TUES/THURS

#4 – SLAP BLOCK + HIT DRILL (VARIATION)

Repetitions	Instructions
10 x 10 sets	At the same time, block his strike and punch UNDER his arm
20 x 10 sets	Adding finishing combinations as shown on the DVD (boxing punches, Wing Chun straight blast, power-slaps, throws)
20 x 10 sets	Slap block, grab his arm and hit with a backfist, straight palm or straight punch
20 x 10 sets	Add follow ups from the DVD (Only choose one or two follow ups)
20 x 10 sets	Slap block and counter punch under his arm with your REAR hand
20 x 10 sets	Add follow ups from the DVD (Only choose one or two follow ups)

Side Note:

Do not try to get good at all of the follow-ups. Just pick a couple that fits your body and do a lot of it.

#5 - ISOLATED FOREARM BLOCK AGAINST A SWINGING PUNCH

Repetitions	Instructions
10 x 10 sets	Do not try to go fast at first. Learn how to block with your arm in the proper angle in order to deflect a superior force coming in.
20 x 10 sets	Start from realistic distance followed by repeated straight hitting
20 x 10 sets	Add finishing combinations (Only choose one or two)
20 x 10 sets	When your partner takes a swing at you execute a forearm block and hit at the same time followed by straight punches to the pad

#6 - EYES-CLOSED DRILL (RANDOM)

Repetitions	Instructions
20 x 10 sets	Close your eyes and as soon as you open them, your training partner will attack you randomly WITHOUT TELLING YOU BEFORE HAND WHAT HE WILL BE ATTACKING WITH

**DVD 6 “COUNTERING THE
RESTRAINT”**
[WEEKS 11 & 12]

Day 1: MON/WED/FRI

BALANCE RECOVERY EXERCISE

Repetitions	Instructions
10 x 10 sets	*Get your training partner to charge in and grab your throat with both hands. Practice regaining your balance by pivoting out of the way while sinking into the ground
10 x 10 sets	Do the same as above but with eyes closed

** Do not try to go fast with these exercises. It is not a matter of speed but feeling*

RELEASE AGAINST A FRONTAL CHOKE (VARIATION #1)

Repetitions	Instructions
10 x 10 sets	Get your training partner to charge in and grab your throat with both hands. Pivot and sink to regain your balance and in the same time, release his grip by pulling his wrists horizontally away from each other as shown on the DVD
10 x 10 sets	Do the same as above but with eyes closed
10 x 10 sets	Add follow ups from DVD (Only choose one or two follow ups)

RELEASE AGAINST A FRONTAL CHOKE (VARIATION #2)

Repetitions	Instructions
10 x 10 sets	Get your partner to charge in and grab your throat with both hands. Pivot and sink to regain your balance and at the same time, release his grip by pulling horizontally and away with one hand while you lift your elbow on the inside with your other arm as shown in the DVD
10 x 10 sets	Do the same as above but with eyes closed
10 x 10 sets	Add follow ups from DVD (Only choose one or two follow ups)

DEFENSE FOR A JACKET GRAB/ PUNCH

Repetitions	Instructions
10 x 10 sets	Sink and pivot to regain your balance. Grab his hand that's holding on to your jacket to trap him while hitting him with your other hand in the same time.
10 x 10 sets	Do the same as above but with eyes closed
10 x 10 sets	Add follow ups from DVD (Only choose one or two follow ups)

Day 2: TUES/THURS

DEFENSE FOR A TWO-HANDED JACKET GRAB

Repetitions	Instructions
10 x 10 sets	Eye gouge
10 x 10 sets	Throat spear with your lead arm
10 x 10 sets	Your arm over and trap both his hands and counter strike with a back fist

RELEASE AGAINST A DOUBLE BICEP GRAB

Repetitions	Instructions
10 x 10 sets	Sink and turn to regain your balance and release his grip by pulling down on his wrist with one arm while bringing your other elbow upward and putting pressure on his thumb
10 x 10 sets	Add follow ups from DVD (<i>Only choose one or two follow ups</i>)

WRIST GRAB RELEASE (VARIATION #1)

Repetitions	Instructions
10 x 10 sets	Bring your elbow over as if you were swimming
10 x 10 sets	Add follow ups from DVD (<i>Only choose one or two follow ups</i>)

WRIST GRAB RELEASE (VARIATION #2)

Repetitions	Instructions
10 x 10 sets	Release the grab by moving your arm downward in a circular arc and put pressure on his thumb (see DVD)
10 x 10 sets	Add finishing combinations from DVD (<i>Only choose one or two</i>)

WRIST GRAB RELEASE VARIATION #3

Repetitions	Instructions
10 x 10 sets	Release the grab by going with his energy and moving your arm in a downward circle while pulling him in
10 x 10 sets	Add follow ups from DVD (<i>Only choose one or two follow ups</i>)

WRIST GRAB RELEASE VARIATION #4

Repetitions	Instructions
10 x 10 sets	Release the grab by intercepting his energy. As soon as you feel his grab, tug downward to put pressure on his wrist (see DVD)

**DVD 7 “COUNTERING THE
TACKLE”**
[WEEKS 13 & 14]

Day 1: MON/WED/FRI

#1 - ISOLATED PIVOT FOOTWORK DRILL

Repetitions	Instructions
30min.-60min.	Pivot left and right as shown on the DVD

Side Note:

There is really no point in moving any farther into the other drills until you have learned to move your feet skillfully. Footwork is the basic requirement in which all the other skills will be built upon. If you get bored get a partner to help you: practice chasing his hand as a pad (see DVD). After a good amount practice of isolated footwork, you are ready to start other drills.

#2 - ISOLATED HAND CHECKING DRILL

Repetitions	Instructions
20 x 10 sets	From the hand slapping positions, get your partner to slip and dip his body from one side to the other while you practice checking his shoulder as you pivot out of the way at the same time . Remember in this drill he is not tackling yet
20 x 10 sets	Add follow ups from DVD (Only choose one or two follow ups)

Day 2: TUES/THURS

#3 - TACKLE DRILL

Before You Start! Because of the Inherent danger in working with eye gouges and neck cranks, **do NOT train using full speed/force!**

Repetitions	Instructions
20 x 10 sets	Once you are comfortable with the isolated checking drill, you can now get your training partner to add the full-on tackle
20 x 10 sets	Get your training partner to feed the tackle in a way that his arm gets caught when you pivot out of the way. In other words, he refuses to let go. Practice doing the arm drag throw or arm break as shown in the DVD
20 x 10 sets	*Get your training partner to feed the tackle in a way that his arm gets caught on your LEG when you pivot out of the way. Practice doing the eye-gouge-neck-crank-throw as shown in the DVD
20 x 10 sets	Get your training partner to feed the tackle like a chasing missile . When you pivot out of the way, he is going to turn the corner like and chase you. Practice doing the scooping hand removal on his head to redirect him as shown in the DVD.

#4 - PAD ASSOCIATION DRILL

Repetitions	Instructions
10 x 10 sets	*Step in and punch the pad 2 times. The pad holder will randomly make you miss whenever he wants by moving the pad out of the way and in the same time executing a full speed tackle.
10 x 10 sets	Do the same drill as above except using kicks instead of punches

** This drill allow you to test the reflex and skill level of the counter tackling methods that you have developed so far*

DVD 8 “COUNTER KICKING”

[WEEKS 15 & 16]

Day 1: MON/WED/FRI

#1 - ISOLATED FOOTWORK DRILL

Repetitions	Instructions
10 mins.	*Get into an on-guard position and practice stepping back and then springing back forward without a pause.
10 mins.	Continue with other variations from DVD.

** An on-guard position is only for learning purposes; never get into a martial arts stance in a real self defense scenario!*

#2 - ISOLATED FOOTWORK DRILL WITH PAD PUNCHING

Repetitions	Instructions
10 mins.	Step back and spring back forward without a pause while delivering 2 punches on the pad.

#3 - COUNTERING A REAR LEG FRONT KICK

Repetitions	Instructions
10 x 10 sets	*Get your training partner to throw a rear-leg front kick at your groin. Step back out of range to avoid the kick and spring back into range as you strike him in the head with palm strikes or punches

** Do not try to go fast at first. Rather, focus on the essential skill of being able to judge distance correctly.*

#4 - COUNTERING A REAR LEG FRONT KICK VARIATION #2

Repetitions	Instructions
10 x 10 sets	Get your training partner to throw a rear-leg front kick at your groin. Step back out of range to avoid the kick and spring back forward and SIDEWAYS in the same time to avoid his hand follow-ups as shown in the DVD.

#5 - COUNTERING A REAR LEG FRONT KICK

Repetitions	Instructions
10 x 20 sets	*Get your training partner to throw a rear front kick at your groin. Step back out of range to avoid the kick and spring back into range as you follow up with kicking variations as shown in the DVD

**This drill is not necessary for basic self defense ability. The reason why showed it is to help those with a kicking background or for those too short to hit most people in the head.*

#6 - ISOLATED SIDE STEPPING FOOTWORK DRILL

Repetitions	Instructions
10 mins.	*Get into an on-guard position and practice the side stepping footwork as shown in the DVD

Remember an on-guard position is only for learning purposes; **never get into a martial arts stance in a real self defense scenario!*

#7 - COUNTERING A REAR FRONT KICK

Repetitions	Instructions
10 x 10 sets	Get your training partner to throw a rear-leg front kick at your groin. Side step INSIDE the kick and deliver a hand strike to his head with the variations shown on the DVD (Only choose one or two)

Day 2: TUES/THURS

#8 - COUNTERING A REAR LEG FRONT KICK

Repetitions	Instructions
10 x 10 sets	Get your training partner to throw a rear-leg front kick at your groin. Side step OUTSIDE the kick and deliver a hand strike to his head with the variations shown on the DVD (<i>Only choose one or two</i>)

#9 - EXPLOSIVE FOOTWORK DRILL

Repetitions	Instructions
10 x 5 sets	Close your eyes. Get your training partner to stand anywhere he likes so you do not know where he is. Train yourself to explode towards the pad as soon as you open your eyes

#10 - COUNTERING A REAR LEG FRONT KICK

Repetitions	Instructions
20 x 10 sets	Intercept his kick with a leg jam variation as shown on the DVD. Do not Jam his kick all the time; keep him guessing. Don't always do the same thing. Sometimes side step, sometimes move back, sometime leg jam.

#11 - COUNTERING A REAR ROUNDHOUSE KICK

Repetitions	Instructions
10 x 10 sets	Get your training partner to throw a rear roundhouse kick at your leg or body. Charge straight into the inside of his kicking arc to jam his power. As you charge in, strike him in the face as shown in the DVD

#12 - COUNTERING A REAR ROUNDHOUSE KICK

Repetitions	Instructions
20 x 10 sets	Get your training partner to throw a rear-leg roundhouse kick at your leg or body. Charge straight into the inside of his kicking arc to jam his power. As you charge in, catch his leg as shown in the DVD. Follow up with knee strikes, kicks, palm strikes or take downs

#13 - COUNTERING A REAR ROUNDHOUSE KICK

Repetitions	Instructions
20 x 10 sets	Get your training partner to throw a rear roundhouse kick at your body. Step backwards and parry his kick, letting it go pass you. Now you are behind him, follow up with a front kick to his groin

#14 - COUNTERING A REAR ROUNDHOUSE KICK

Repetitions	Instructions
20 x 10 sets	Execute a leg jamming stomp to his *thigh as shown on the DVD .Another variation instead of the stomp to the thigh is the toe kick underneath to the inner nerves of his thigh. Experiment with them and pick the one that is easier for you to learn. Rather, it's the jamming stomp or the toe kick underneath to the nerves. Don't do it all the time, remember to keep him guessing.

** This is for safety purposes, in reality, it would be a front kicks to his groin*

DVD 9 “THE OBSTRUCTION”

(WEEKS 17 & 18)

Day 1: MON/WED/FRI

#1 - ATTACK THROUGH THE FRONTAL COVER (VARIATION 1)

Repetitions	Instructions
10 x 10 sets	Get your training partner to assume a frontal cover, get him to lock up as tense as he can. Practice moving him and off-balancing him. Grab both his arms and shove it into his face; when he resist, use his energy to turn him <i>(as shown on the DVD)</i>
10 x 10 sets	Add follow-ups <i>(Only choose one or two)</i>

#2 - ATTACK THROUGH THE FRONTAL COVER (VARIATION 2)

Repetitions	Instructions
10 x 10 sets	Get your training partner to assume a frontal cover. Just like drill in Variation #1 of this drill, grab both his arms and shove it into his face. When he resists, use his energy by pulling down with both arms and then trap him by taking your forearm and slamming it on top of both his arms (as shown on the DVD)

#3 - ATTACK THROUGH THE FRONTAL COVER (VARIATION 3)

Repetitions	Instructions
10 x 10 sets	Slam your forearm horizontally into his cover; when he resists, grab his arm and spin him (as shown in the DVD)
10 x 10 sets	Add follow-ups <i>(Only choose one or two)</i>

Day 2: TUES/THURS

#4 - ATTACK THROUGH THE FRONTAL COVER (VARIATION 4)

Repetitions	Instructions
10 x 10 sets	Slam your forearm horizontally into his cover; when he resist, turn him with your elbow
20 x 10 sets	Add arm grab and backfist
10 x 10 sets	Add finishing combinations as shown on the DVD (<i>Only choose one or two</i>)

#5 - ATTACK THROUGH HIS SIDE COVER

Repetitions	Instructions
10 x 10 sets	Get your training partner to turn 45 degrees while covering his head. Slap-check his elbow and switch checking arm to allow a harder counter punch
20 x 10 sets	Add finishing combinations as shown on the DVD (<i>Only choose one or two</i>)

SUPPLEMENT EXERCISES

Repetitions	Instructions
20 x 10 sets	*Switch-check Hand Drill- Get your training partner to stand in from of you with his arms forming a triangle. Slap his wrist, switch hands and check his elbow

**This drill is very important as it will teach you how to check his weapons (his hands) without needing to use your eyes.*

DVD 10 “THE COVER”
(WEEKS 19 & 20)

Day 1: MON/WED/FRI

#1 - ATTACKING AGAINST A HORIZONTAL FOREARM BARRIER

Repetitions	Instructions
20 x 10 sets	As you punch your training partner, get him to flinch and put up a horizontal forearm push (very similar to a backfist). When your hand and his make contact, use his energy by pulling his arm down. Follow up with a back fist variation of your own.
20 x 10 sets	Add follow-ups combinations (Wing Chun straight blast, boxing, power-slaps, kicks etc)
10 x 10 sets	The same as above, but now your training partner will block your backfist. When you feel his block, grab and pull is arm down across his body

#2 - ATTACKING AGAINST A HORIZONTAL FOREARM

Repetitions	Instructions
20 x 10 sets	As you punch your training partner, get him to flinch and put up a horizontal forearm again. When you crash into his back-hand blocking motion, take your guarding hand and check his elbow as you retract your punching hand for a counter-punch to his ribs then retract the same hand and punch his head
20 x 10 sets	Add follow-ups (<i>Only choose one or two</i>)
10 x 10 sets	Your training partner will block the final high punch to his head. Take your checking hand and TRAP his blocking arm using one or two of the variations shown on the DVD.

SUPPLEMENT EXERCISES

Repetitions	Exercises
20 x 10 sets	Extend and touch arms in the on-guard positions. Step forward, slap his elbow with your guarding hand as you straight punch his head with your lead hand
20 x 10 sets	Extend and touch arms in the on-guard positions. Step forward, slap his elbow with your guarding hand as you straight punch his ribs with your lead hand then retract the lead arm with a rolling motion to execute a backfist to his head

DVD 11 “THE EVASION”

[WEEKS 21 & 22]

Day 1: MON/WED/FRI

TRAP #1 - THE ROLLING BACKFIST

Repetitions	Instructions
20 x 10 sets	Throw a straight lead arm punch at your training partner's jaw. Get him to feed a slapping-parry. When you feel the parry, go with the energy by folding your lead arm's elbow joint, grab his blocking arm with your guarding hand and back-fist his head with your lead arm
20 x 10 sets	Add follow-ups (<i>Only choose one or two</i>)

SUPPLEMENT EXERCISES

Repetitions	Instructions
5-10 mins.	Get your training partner to back fist you in the head with his lead hand. Slap block his back-fist with your guarding rear hand and push down as your back-fist his head with your lead arm. He then blocks your back-fist with his rear guarding hand and push down. The cycle repeats (See DVD)

SUPPLEMENT EXERCISES FOR TACTILE SENSITIVITY

Repetitions	Instructions
10 x10 sets.	Starting from touching, get you training partner to push down on your lead arm with his lead arm (he's holding a punching pad with his other hand). As soon as you feel the pressure of his push, fold your elbow joint, grab his arm with your guarding hand and execute a rolling back-fist on the pad

***SUPPLEMENT EXERCISES FOR TACTILE SENSITIVITY
(VARIATION 2)***

Repetitions	Instructions
10 x10 sets.	Start from touching. Get your partner to push the INSIDE of your lead arm with his lead arm. As soon as you feel the pressure, trap his elbow with a slapping, shoving motion (see DVD)

TRAP #2 - THE RETRACTION

Repetitions	Instructions
10 x 10 sets	Throw a rear-hand straight punch at your partner's head. Get him to slap block you on the OUTSIDE of your arm. As soon as you feel his slapping block, retract your rear punch as you throw a lead shot
10 x 10 sets	Add follow-ups (<i>Only choose one or two</i>)

TRAP #3

Repetitions	Instructions
10 x 10 sets	Throw a straight punch with your lead arm to your partner's jaw. Get him to feed a slapping-parry to INSIDE of your arm. As soon as you feel his blocking pressure, don't wait; trap his elbow with your rear guarding hand as you retract your lead arm. Finish with a lead strike
10 x 10 sets	Add follow-ups (<i>Only choose one or two</i>)

Day 2: TUES/THURS

RANDOM TESTING

Repetitions	Instructions
10 x 20sets	*Don't tell your partner which punch you're going to throw and he won't tell you which parry he's going to use. Everything is random. Test and see if you can actually apply what you have learned so far
10 x 10 sets	Add follow-ups (Only choose one or two)

** If you can't apply these skills under a random condition, continue with the drills in this section until you are able to do it in a completely random situation.*

PUSH HANDS

Repetitions	Instructions
15-45 mins.	Please See DVD

**DVD 12 “MULTIPLE
OPPONENTS”**
(WEEKS 23 & 24)

Day 1: MON/WED/FRI

#1 - FIXED CLOSE

Before You Start!

As you've seen from the DVD, when facing multiple opponents, a critical tactic is to take one guy out on the corner and then get BEHIND him. Therefore, you will end up fighting one person at a time. This is logical but this tactic only works if:

- a) You have the skill to take out an average guy directly without getting stuck and tangled up with him.
- b) You have great footwork to maneuver fast enough to never be a stationary target.

Because of the above 2 reasons, please do not attempt the training material in this DVD until you have at least acquire some skill in the basic material from DVD 1 to 11. In another words, you have to be able to fight one guy before you attempt to begin the training for fighting multiple opponent. With this warning, here are some drills for multiple opponents.

Repetitions	Instructions
10 x 20 sets	*Get your training partner to assume a combative stance. Enter directly and strike in the same time. As soon as you finish the first strike, check his arm and move behind him, using him as a shield against his friends. This footwork ability is very important
10 x 20 sets	Same as above but enter and maneuver from the other side (see DVD).

** For now, your training partner should not fight back.*

Day 2: TUES/THURS

#2 - COUNTER PUNCHING AGAINST A STRAIGHT PUNCH

Before You Start!

Do not move on to the other drills until you have developed good footwork from the "FIXED CLOSE" drill. Once you have learned the basic footwork, you can progress to the drills below.

Repetitions	Focus On
10 x 20 sets	Counter punching against a straight punch then get behind him and use him as a shield. Just pick one or two follow-ups that fit your body
10 x 20 sets	Same as above but enter and maneuver from the other side (see DVD).

#3 - COUNTER PUNCHING AGAINST A SWING

Repetitions	Focus On
10 x 20 sets	Punching against a swing or a hook punch then get behind him and use him as a shield with follow ups (Only choose one or two)

#4 - TESTING

Repetitions	Focus On
10 x 20 sets	*To test everything you have learned, face three training partners and have them <i>randomly</i> attack you

** Make sure your training partners feed the drill in a realistic manner (using insults, posturing, swearing, yelling etc.)*

**DVD 12 “DEFENDING AGAINST
AN AMBUSH”**
[WEEK 25]

Day 1: MON/WED/FRI

#1 - PAD WORK

Before You Start! Please do not attempt the training material in this DVD until you have at least acquire some skill in the basic material from DVD 1 to 11

Repetitions	Focus On
10 x 20 sets	Backfist the pad
10 x 20 sets	Your partner to hold 2 pads. Blend the backfist with straight punches (see DVD)

#2 - TRAPPING DRILL (1)

Repetitions	Instructions
10 x 20 sets	Backfist your partner and get him to feed a vertical forearm barrier. As soon as you feel his forearm's pressure, use his energy by folding your elbow, grabbing his blocking arm with your rear guarding hand and execute a backfist (see DVD)
10 x 20 sets	Add follow-ups (Only choose one or two)
10 x 10 sets	Get your partner to block you with his free hand. Pin his arms with one of the trapping variation as shown on the DVD

#3 - TRAPPING DRILL (1)

Repetitions	Focus On
10 x 20 sets	Backfist your partner and get him to block you with his lead forearm. As soon as you feel his block, simply pull his arm down in a clawing motion and hit with your other hand
10 x 20 sets	Add follow-ups (Only choose one or two)
10 x 20 sets	Get your partner to feed another block with his free hand. As soon as you feel his block, roll and pull it down as you continue to hit (see DVD).

Day 2: TUES/THURS

#4 - RANDOM DRILL

Repetitions	Focus On
10 x 5 sets	*Backfist your partner without looking directly at him. Get him to block you WITHOUT telling you how he will block beforehand. Test to see if you can apply the material that you have learned so far

** If you do ok with this test, progress farther. However, if you find that you are having trouble with this test, do not go any farther until you go back and put a lot more practice time on the drills in this section.*

#5 - EYES CLOSED DRILL

Repetitions	Focus On
10 x 20 sets	*Close your eyes and then open them whenever you like. As soon as your partner sees you open your eyes, he will punch you in the head anyway he likes at full speed. Because you started with your eyes close and you had no idea where he was, there's very little chance that you can successfully block his punches. Instead, throw the backfist and use it as a shield and then, simply let what you have learned so far from the other drills come out
10 x 10 sets	Same as above but have your partner start the attack with a full sprint from across the room once every three or four repetitions. Test your side step against a rush.

** Again, do not go any farther until you get this because every skill taught is build on the previous stage.*

***SUPPLEMENT EXERCISES
FOR KICKING***

Repetitions	Focus On
15 mins.	Stand and kick in every angle with each leg. Imagine you are standing in the middle of a clock. Kick every number on the clock (Do the exercise with both legs (see DVD)

#6 - PAD WORK

Repetitions	Focus On
10 x 8 sets	Close your eyes. You have no idea where your partner is. As soon as you open your eyes, you have to kick the pad no matter where he's standing

SUPPLEMENT TRAINING AGAINST A BULL RUSH

Repetitions	Focus On
10 x 10 sets	Get a partner to hold the air-shield. As soon as he feels your punch land on the shield, he will run forward as hard and as fast as he can. Through pressure, learn to side-step his bull-rush. If you try to react by using your eyes, it will be too slow and he will run you over

COMBINED WEEKLY
TRAINING PROGRAM

(WEEK 26 AND ON...)

Day 1: MON/WED/FRI

TOOLS

Repetitions	Focus On
200	Lead punches or palm strikes
200	Rear punches or palm strikes
10 sec. x 15 sets	Full out combinations

CORE SKILLS

Repetitions	Focus On
200	*Pre-emptive punching against his "guard" (<i>With follow ups</i>)

* Get your partner to feed it realistically I.E. He has his hands up swearing, yelling, posturing, pointing etc (from conversation-range)

BACK-UP SKILLS

Repetitions	Focus On
10 x 5 sets	Countering straight punches (<i>Pick One Variation Only</i>)
10 x 5 sets	Countering hooks (<i>Pick One Variation Only</i>)
10 x 5 sets	Rear leg front kick rear hook kick
10 x 5 sets	Rear leg hook kick
10 x 5 sets	Attacking through frontal covers
10 x 5 sets	Attacking through side covers (<i>Pick one variation only per month</i>)
10 x 5 sets	Attacking through horizontal flinch (<i>Pick one variation only per month</i>)
10 x 5 sets	Attack through parries (<i>Pick one variation only per month</i>)

TESTING

Repetitions	Focus On
10 x 10 sets	Stand with your eyes close. As soon as you open your eyes, your training partner attacks ANYWAY he likes

Day 2: TUES/THURS

TOOLS

Repetitions	Focus On
20 x 5 sets	Pick one lead leg kick
20 x 5 sets	Add hand follow-ups
20 x 5 sets	Pick one rear leg kick
20 x 5 sets	Add hand follow-ups

CORE SKILLS

Repetitions	Focus On
20 x 10 sets	Pre-emptive kicking (<i>pick two variations only</i>)

BACK-UP SKILLS

Repetitions	Focus On
10 x 20 sets	Releases against frontal choke (<i>Pick One Variation Only</i>)
10 x 20 sets	Releases against jacket grab (<i>Pick One Variation Only</i>)
10 x 20 sets	Releases against wrist grabs (<i>Pick One Variation Only</i>)
10 x 20 sets	Releases against bicep grabs (<i>Pick One Variation Only</i>)
10 x 20 sets	Tackle drill: the pivoting counter (<i>Pick One Variation Only</i>)
10 x 20 sets	Tackle drill: release from leg grab (<i>Pick One Variation Only</i>)

TESTING

Repetitions	Focus On
20 x 5 sets	Eyes Closed (drill for an ambush attack) - Stand with your eyes close. As soon as you open your eyes, your partner can attack you from anywhere in the room
20 x 5 sets	* To test everything you have learned, face three training partners and have them <i>randomly</i> attack you

** Make sure your training partners feed the drill in a realistic manner with insults, posturing, swearing, yelling etc*

Side Note:

Through this testing phase, you will discover where you are weak. Once you find a weakness, go back to the material from DVD 1 to 13, to find the supplement and isolated drills that you need in order to fix a particular problem that you have in a certain area. For example, if you have a problem against hooks, go back and look at the counter punching DVD and find the supplement drills for that particular skill. Maybe, you find out that you lack punching power, go back and look at the power punching DVD to find the progressive isolated drills for that. Maybe, if you are trouble in the multiple attacker drill. If so, go back and look at the multiple attackers DVD and find the particular drill you need.