



**GRADUATE**  
**LEVEL G3**  
**CURRICULUM**

Version: Student - internal use

# GRADUATE LEVEL 3

## TECHNICAL PILLAR

Technical Pillar skills marked with \* must be in grading test. Others optional as determined by Examiner. For grading you may be asked to state the key KMG System and Operational Principles applicable to the technical action and tactical decisions you are taking in any situation.

### 3.1. Improving Skills, Experience and Knowledge of P1-G2 Curriculum

#### 3.2. Attached Striking \*

See G3.8 Attached

#### 3.3. Throws and Takedowns \*

1. Wrist leverage takedown (cavalier) - basic
2. Hip/Head throw - mid-level grip; grip high around aggressor neck

#### 3.4. Control and Restraint

1. Hammerlock and lead away
2. Hammerlock with spiral takedown

#### 3.5. Counter Weapons - Dealing with Pistol Threats \*

1. From the front - inward C-grip, with either hand to either side
2. From behind (touching) - wrap of the arm, with either hand to either side

#### 3.6. Weapons on the Ground - Counter Knife Threats and Attacks \*

1. Counter knife threats with aggressor in top position (mount)
2. Counter knife stab in regular (ice pick) grip
  - a. From long distance - block with 2 feet kicking up
  - b. From medium distance (from the side) - outside forearm block
  - c. Aggressor is sitting on top in mount - block and latch with wrist-hook
3. Counter knife stabs in straight grip
  - a. From long distance - deflect with regular kick (angled)
  - b. From medium distance - inside/outside hand/forearm deflection
  - c. Aggressor in mount - deflect and C-grip

#### 3.7. Multiple Attackers \*

1. Confronting two aggressors in different positions relative to defender - one aggressor is armed

## TACTICAL PILLAR

### 3.8. Striking - Attached Striking

1. Strike while holding opponent in weak position
  - a. Use direct grabs of body part/s, or clothing (from Fighting Tactics 2.9)
  - b. Use environmental objects to pin opponent while attacking
2. Switch controls, striking weapons and direction facing

### 3.9. Fighting Tactics

1. Breaking the corners to shock, confuse or damage an aggressor's fighting ability
  - a. Strike to damage and diminish fighting ability
  - b. Strike to de-escalate and mentally dominate
  - c. Fake a strike to create a reaction and opportunity, then attack a vulnerable area

## APPLICATIONS, DRILLS AND SIMULATIONS

Adapt previously learned KMG principles, core components, etc. See Applications description for G1.

### 3.10. Ground - Breakfalling

1. Falling backwards with the chair
2. Falling sideways with/from the chair

### 3.11. Throws and Takedowns (Guidance for G1-G5 Techniques, See G1.14)

**Safety:** Control rate of descent and impact and allow the partner to breakfall.

1. Wrist leverage takedown (cavalier) - additional applications and variations
  - a. Acting from different angles (front, behind or side)
  - b. Dropping the aggressor in different directions with pulling or pushing

### 3.12. Counter Grabs in a Position of Disadvantage

1. Counter grabs while seated in a fixed or moveable chair, bench etc.
  - a. Escaping a choke from any direction
  - b. Escaping a headlock from behind

### 3.13. Ground - Dealing with Multiple Standing Attackers \*

1. Attackers are trying to strike your head, side or back - move on the ground to kick attacker/s who are surrounding you

### 3.14. Preventing and Overcoming Throws and Takedowns of P2-G3

1. Principles of avoiding, preventing, minimizing damage
2. Prevent aggressor closing and grabbing with: framing, repositioning and counterattacks
3. Prevent being lifted or taken down with: keeping pelvic away, anchoring, lowering center of gravity
4. If taken down: land/go to ground in the safest manner, from minimal height, breakfall if needed; as early as possible: achieve an advantage on the ground; counterattack

### 3.15. Counter Weapons - Pistol and Knife Threats Variations, from Front, Side and Rear \*

1. Against pistol threats variations, from the front, side and rear, against a non-compliant aggressor that may also grab - act according to the need and context, using the two principal techniques (C-grip and arm wrap); consider tactical compliance
2. Against knife threats - solutions are based on principles and components presented in the techniques of defending knife attacks and pistol threat from the front, side and rear

### 3.16. Using Common Objects, Blunt and Sharp, Against Different Grabs \*

1. Retrieve, grab, and hold the common object (objects from the area or EDC)
2. In non-dangerous grab - use a threat to deter, free the grab and separate
3. Attack or release and counterattack - scale target and force appropriate to context

### 3.17. Common Objects - Chair as a Weapon \*

1. Preparation - come to suitable stance and hold the chair, ready for action, then:
  - a. Use light chair as a shield and weapon - hold in various ways, depending on weight and structure
  - b. Use heavy chair as a barrier to trip aggressor or to hinder their actions
2. Use the chair as a shield and a weapon, integrated with KMG techniques
  - a. Use it as a shield and a weapon to defend and counter any attack as: punch, kick, knife or stick
  - b. Counter aggressor grabbing chair or leave the chair if grabbed strongly and act without it

### 3.18. Third Party Protection

1. Using common objects while protecting a third party - shield, stick, stone
2. Against abduction - aggressor has the protectee by the arm/neck/body and is taking them away: Context may be anything from kidnapping to ('just') quarreling friends

**3.19. Response to a Reaction - Attack-Defend-Attack (ADA) - To the Dead (Blind) Side**

*As a fraction of a fight. The trainee attacks, the opponent reacts and counters while moving to the trainee's rear/dead side; the trainee responds to the opponent's reaction and solves it.*

1. As a reaction to an attack, the opponent moves with defenses and counters, to trainee's rear/blind side - respond efficiently: turn & attack to the same side; spin & attack from the other side
2. Semi free drilling
3. Free drilling

**3.20. Summary Drills - Optional Examples**

*Instructors can choose other drills from KMG drill material, except where marked \*.*

*Examiner may select from these or other drills for a grading.*

1. P1-G3 combination strikes with footwork on focus pads, Thai pads or gloves \*
2. All pre-fight and post-fight options, variations, and alternatives along the timeline (preemptive attack, early phase and late phase responses) for all attacks \*
3. Low force counters to all attacks if work situation, being watched/filmed \*
4. Performing and/or countering series of attacks; including when constrained
5. Against a continuing attacker \*
6. Various summary drills
7. Dealing with multiple attackers, 1 vs 4 drills - two opponents have weapons

**3.21. Fighting Drills - Optional Examples**

*Instructors can choose other drills from KMG drill material.*

*Examiner may select from these or other drills for a grading.*

*Trainee should be tested on about 8-12 rounds of different lengths and level of impact.*

1. Slow fight in confined space or with obstacles (stay slow for safety) - striking and grappling
2. Slow and light fighting against 2 opponents
3. Using grappling tools to get to partners back and lift them
4. Wall fighting - one partner pinning, striking, grappling with the other against the wall
5. Ground fighting drill
6. Power fight to legs and torso, with MMA gloves & protection gear - including ground fighting
7. Medium power to most targets, with MMA gloves & protection gear - including ground fighting

*Safety: Most targets, i.e. - excluding eyes and neck.*

*Level of contact & impact should be suitable for trainees and protection gear.*

**3.22. Simulations and Scenarios**

1. Simulation - sudden attacks - anti-social violence/incident
2. Simulation - social violence incident

**MENTAL PILLAR****3.23. Increasing time in the different drills****3.24. Ultra-slow KMG technique to enhance the focus and concentration****PHYSICAL PILLAR****3.25. Strength Drills - Two (2) Rounds of:**

- **Push-up** - 25 repetitions each round (with striking/defending)
- **Squat** - 30 repetitions each round (with striking/defending)
- **Sit-up** - 40 repetitions each round (with striking/defending)
- **Plank** - 2.5 minutes each round
- **Pull-up with towel** - 6 repetitions each round
- **Sprawl jab/cross** - 50 repetitions in 5 minutes

**3.26. Striking Drill - Heavy Bag or Kick Shield**

- **Powerful series of attacks & defenses** - 3 rounds of 2.5 minutes each with 1 minute rest

## KMG SYSTEM AND OPERATIONAL PRINCIPLES

### To Focus on in this Grade

Self-discipline; Strive for Perfection; Seeing and seizing opportunities; Escaping; Optimal Use and Integration of Resources; Equipping & Use of Tools; Division of Attention; Clearing the channel and 200% defense; Continues control (of person/hand/weapon); Double control; Hand-Body-Legs movement.

### ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.  
Additional G3 Curriculum to be used as part of the grading for the following country:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_