Striking – Unit 1 of 10

**Learning Goal**

In order to effectively and efficiently deal with assaultive-level resistors for self-protection, the Participant will learn and understand the various components of Level Two Tactics. These components include the situations that allow for the use of Impact tactics, targeting principles, proper psychomotor skills involved in their employment.

Total Unit hours – 20

The striking unit encompasses all bodily impact weapons/tactics including kicking, punching, use of knees and elbows, open hand strikes and hand movement patterns with emphasis on the connection to the warm-up drills.

Block/Class duration – 2 hours - Instructional content:

1. Intro to mitts, chest shield,
2. Punch introduction: review crunch-punch, Terminal Push/Punch, fist forming, wall “punch”, “throwing” punch, Straight line punches, skater punches,
3. slap hook,
4. palm heel “check”, Push-Push-Punch drill
5. backhand hammer/hack, Check-X-slap hook (backwards chain the pattern)
6. BCC no hitting, do NOT add XHX sequence.
7. wall stop-“kicks”,

DRILL PROGRESSION

1. CRUNCH PUNCH DRILL
2. WALL PUNCH DRILL
3. Push Push Punch (PPP) Drill
4. BACKHAND CIRCLE CYCLE DRILL

Equipment and Resources Needed:

* 2-4 total instructors due to the PBL and multiple stations nature of the class
* Equipment List: Focus mitts, Wall space, chest pads OR suitcase pads.

Warm-up Evolution:

Freshman Warm Up

Related performance objectives

Upon successful completion of this block of instruction the Participant will be able to perform level-two tactics, techniques in both an open and closed skill environment.

In order to properly defensive tactics the Participant will learn the proper application of Level 2 techniques and tactics.

* Given a practical closed-skill test the student will correctly demonstrate a rear hand punch, lead-hand check, and lead-hand slap-hook.
* Given a closed PMS test, the Participant will demonstrate a proper:
* 1. Series of foot and hand agility drills.
* 6. Palm heel strike.
* 7. Hammer fist strike.

In order to optimize officer/violator safety, the Participant will learn the general principle that identifies targets with reference to specific defensive tactics techniques. Given a written test, the Participant will list and define:

* The hard to soft rule.
* Soft to hard rule.
* Hard targets and hard implements.
* The attack triangle.

Focus mitt use, purpose/function, how to hold, how to clean, and storage.

1. Positions for X and H striking, note slap versus punch
   1. Be aware of rebound or follow-through path of the hitting force
   2. 2-handed use for “hard” hits
   3. Correct range for drill
   4. Holder is also coach – must correct errors!
2. Clean with spray
   1. Clean hands after use.
   2. Fasten Velcro before storage

Chest shield use function as an impact resistant device but NOT complete protection form impact.

1. Note strap configuration and discuss any broken parts.
2. Be sure to work initially with similar sized partners
3. Always help partner don and doff equipment
4. Perform test punch with partner to assess level of protection
5. Note target area for impact and its effect.
6. Review knuckle/fist impact surfaces
7. Hard to soft and soft to hard principle

Crunch-punch review standing version – supine if poor performance.

1. Terminal Punch intro or review
   1. Ab-crunch w/ push lead and rear hand versions
   2. Drop rear knee don’t let butt move backward
   3. Relaxed but 2-knuckle aligned push – DO NOT make fist
   4. Fist forming – correct thumb placement, wrist-knuckle alignment. i.e. Knuckles on ground, 2-knuckle push up, Fist/ knuckles positioning on wall, not all will be able to form 90 degree at MP joint.
   5. Drills – wall punches, chest shield punches, bicep check to punch

Rear hand punch (cross - X)

1. Purpose-straight line punch to induce pain and or dysfunction
2. Similar to throwing a baseball
   1. Throw ball into the air, progress to
   2. Drills – overhand slap and “Happy Gilmore” to focus mitt
3. skater punches,
4. Note pivot in hips, relate to Square Pivot Drill
   1. Knee “drop” concept.
   2. Stomp the heel on the pivot

Lead hand “Slap” or Open-Hand Hook (H)

1. Purpose
2. Discuss dangers of hook punch i.e. hard-2-soft rule, hard2hard.
   1. Diffuse vs. focused contact/strike
3. Describe hand/wrist position and hand-contact area and head target
4. Review square pivot drill,
5. Pivoting Lunge punches drop knee punch progression.
6. #1 backhand circle cycle – backhand, clear the barrier-backhand, circle cycle.

Lead hand Hammer Strike

1. Purpose
2. Describe hand/wrist position and hand-contact area and head target
3. Much like a Circle Strike in baton, forearm is vertical, nose is target area
4. backhand circle cycle, note the elbow position is different from above, side of head is target (X-S-X),

Lead hand Backhand Forearm Hack

1. Purpose
2. Describe wrist position and forearm-contact area and Neck target
3. NOT a wedge, this is a single joint movement

Lead hand “Open-Hand” Palm (heel) Strikes

1. Purpose
2. Describe hand/wrist position and hand-contact area and face target or chest push – for a “check”
   1. Thumb up
   2. Elbow locked
   3. Like leaning on a wall – demo wall lean/push. Students perform
3. Head/chin alignment
4. Rear hand with index finger pointing
5. Verbal commands accompany when appropriate
6. Discuss concept of Impulse and “pushing” the Check
   1. How it allows loading of the hip for X-punch
   2. Rear foot slides up – link to footwork drills
7. Palm heel strike vertical nose slap – note similarity to hammer to the nose.
8. Reiterate H2S Rule

Lead Leg Stop Kick

1. Purpose
2. Describe foot contact position area target
   1. At or below waist
   2. Hips in front of support foot
   3. Support foot flat on ground
   4. Rotated like end of Thai shin kick to
   5. Align hips – foot – hip-foot in 1 line

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| 37. ELBOW-HAMMER-pull/push DRILL RATER: | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CONTACT HAND @ CENTER❒ 2. HIP TWIST❒ 3. WEIGHT DROP❒ 4. LEAN INTO HAMMER ❒ 5. PROPER SEQUENCE ❒ 6. PROPER NECK GRIP | 1. AUTOMATICITY 2. HAMMER 3. WEDGE 4. ON PADS 5. CORRECT BALANCE FOR KNEE | 1. PROPER TRANSITION TO OPPOSITE SIDE 2. FLUID-MOVE-PATTERN 3. SUFFICIENT SPEED ❒ 4. HIGH SPEED | 1. . |
| COMMENTS/SCORE: | | | |

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| BACKHAND circle cycle DRILL | | | | |
| PRIMARY | | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. Parry down❒ 2. CHECK FAR❒ 3. CHECK NEAR❒ 4. SUFFICIENT SPEED ❒ 5. PROPER SEQUENCE ❒ | | 1. AUTOMATICITY | 1. POWER 2. FLUID-MOVE-PATTERN 3. HIGH SPEED | 2. Slap-elbow❒ 3. Slap wedge/palm❒ |
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| CLOSED HAND STRIKE Solar Plexus Rear hand Punch | | | | |
| PRIMARY | SECONDARY | | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION 2. HAND-ELBOW SHOULDER ALIGNMENT 3. HIP ROTATION 4. SUFFICIENT SPEED 5. PROPER SEQUENCE 6. FOOT PIVOT | 1. AUTOMATICITY 2. OPPOSITE HAND UP 3. 2 KNUCKLE CONTACT 4. STEP & SLIDE | | 1. POWER 2. FLUID-MOVE-PATTERN 3. VERBAL COMMANDS   HEAD SHOULDER ALIGNMENT | 1. OPPOSITE HAND DOWN 2. No foot pivot 3. No HIP ROTATION |
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| HAMMER STRIKE SERIES Rear, Vertical | | | | |
| PRIMARY | SECONDARY | | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION 2. SUFFICIENT SPEED 3. PROPER SEQUENCE 4. HAND-ELBOW SHOULDER ALIGNMENT 5. PROPER CONTACT | 1. AUTOMATICITY 2. OPPOSITE HAND UP 3. HIP ROTATION | | 1. POWER 2. FLUID-MOVE-PATTERN 3. VERBAL COMMANDS | 1. OPPOSITE HAND DOWN |
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| Lead hand OPEN HAND CHECK/ PALM STRIKE | | | |
| PRIMARY | PRIMARY | SECONDARY | COMMON ERRORS |
| 1. HAND POSITION THUMB Vertical 2. HAND-ELBOW SHOULDER ALIGNMENT 3. ELBOW LOCKED 4. SLIGHT HIP ROTATION | 1. FORWARD LEAN 2. REAR LEG DRIVE 3. -PATTERN 4. SUFFICIENT SPEED 5. PROPER SEQUENCE | 1. OPPOSITE HAND UP 2. VERBAL POWER 3. SPEED 4. COMMANDS 5. SLIDE STEP into strike | 1. OPPOSITE HAND DOWN 2. HAND ROTATED “IN” |
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| OPEN HAND Slap-Hook STRIKE | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION 2. HAND-ELBOW SHOULDER ALIGNMENT 3. FOOT PIVOT 4. HIP ROTATION 5. SUFFICIENT SPEED 6. PROPER SEQUENCE | 1. AUTOMATICITY 2. OPPOSITE HAND UP 3. (SPD) COMPLETE HEEL CHANGE/STOMP 4. THUMB ADDUCTED 5. PROPER TARGET CONTACT | 1. POWER 2. FLUID-MOVE-PATTERN 3. VERBAL COMMANDS 4. HEAD POSITION | 1. OPPOSITE HAND DOWN 2. Wrong wrist position 3. NO HIP ROTATION 4. NO FOOT PIVOT |
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| LEAD LEG STOP KICK | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT FOOT CONTACT POSITION 2. HIPS FORWARD OF FOOT 3. CORRECT GROUND CONTACT 4. SUFFICIENT SPEED 5. PROPER SEQUENCE | 1. AUTOMATICITY 2. HANDS UP 3. VERBAL COMMANDS 4. HIP EXTENSION 5. FOOT PIVOT | 1. POWER 2. FLUID-MOVE-PATTERN | 1. HANDS DOWN 2. Heel up |
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1.1. In order to reduce liability, the Participant will review the general guidelines that allow for the proper use of physical force, including those that apply to impact impedance tactics. Given a written test, the Participant will list:

1.1.1. The progression of enforcement application.

1.1.4. The level of resistance at which DT II & III techniques are appropriate according to the force continuum.

1.1.5. List why the LVNR is considered a non- a lethal force option.

Name of drill: Backhand Circle Cycle Drill

Purpose of drill: to conduct high-rep training on outside line entries

Technique(s) enhanced by drill outside line entry

Optimal use of drill use in the initial learning stages

Equipment needed none but can be done with IRS chest plate

Procedure(s) starting with matched leads, participants will begin by “trapping” or pushing their partner’s arm at the elbow with their outside or rear hand. They will then hammer fist, hack, or wedge to their partner’s neck or collarbone area. In early stages, their partners will stand with no counter thrown and allow their partners to complete the strike. Then they will block the rear hand attack and trap it down, firing their own attack. Each will block and strike with a backhand motion, feeding the attacks back and forth.

Frequency of use: intersperse between first learning and reps on mitts

Intensity of physical participation:

Level of resistance used by partner: moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration:

Specific safety considerations:

Miscellaneous:

Name of drill: chest push drill PPP drill

Purpose of drill: to identify proper body biomechanics of strike

Technique(s) enhanced by drill straight punching motions

Optimal use of drill use in the initial learning stages

Equipment needed none but can be done with IRS chest plate

Procedure(s) start with palm on partners chest/shoulder and push, progress to wedge & angled push, followed by cross, then progress to the feeder slapping the check down to draw the cross, then the reattaching with a wedge.

Frequency of use: intersperse between first learning and reps on mitts

Intensity of physical participation:

Level of resistance used by partner: moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration:

Specific safety considerations: participants should have sufficient room to move backwards without running into barriers or other students

Miscellaneous:

Name of drill: Crunch Punch Drill

Purpose of drill: to identify proper body biomechanics of strike

Technique(s) enhanced by drill straight punching motions

Optimal use of drill use in the initial learning stages

Equipment needed Chest shield, gloves

Procedure(s) *Feeder starts standing over partner, pushes down on both extended hands. Partner will “crunch” their abs up while keeping extended hands straight. The drill progresses to one hand crunch punches with the feeder pushing down with the cross hand. After supine portion, drill should progress to standing vertical fist and horizontal punches to feeder’s chest shield.*

Frequency of use: intersperse between first learning and reps on mitts

Intensity of physical participation: moderate

Level of resistance used by partner: moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration: *participants should start with the feeder standing over their supine partner, then progress to standing.*

Specific safety considerations:

Miscellaneous:

Name of drill: Wall Punch Drill

Purpose of drill: to identify proper body biomechanics of strike

Technique(s) enhanced by drill straight punching motions

Optimal use of drill use in the initial learning stages

Equipment needed none

Procedure(s) *Starting in fighting stance, the students will set their fists against the wall and then apply forward energy in order to feel proper wrist position, hand alignment, etc. Emphasis should be on rear hand horizontal fist punches and H2SS2H can be discussed during demonstration.*

Frequency of use: intersperse between first learning and reps on mitts

Intensity of physical participation: low

Level of resistance used by partner: none

Repetitions: 10 each side Time restrictions on reps:

Gym/Participant configuration:

(list any particular configuration here)

Specific safety considerations:

Miscellaneous:

DT (LEVEL 2) TECHNIQUE ANALYSIS: *OPEN HAND STRIKE, slap / palm heel / chin lift*

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| LEVEL OF RESISTANCE: | | | | Active | Drills for Skills  Other considerations |
| PURPOSE | This technique should temporarily stun & disrupt violator’s balance to impede the violator’s active or aggressive actions, thereby allowing for less forceful control tactics to be employed or officer disengagement | | | | This is considered a “soft” implement. |
| OPTIMAL CONDITIONS  OPTIMAL TARGETS | | The violator is within boxing range  Hard targets  nose, chin, side of face,  the temporal occipital areas | | | Chest push  Focus mitt slaps  Check /stop hits  PPP |
| ENVIRONMENTAL CONSIDERATIONS | | | | Solid footing and stable stance are paramount |  |
| INTENDED EFFECT | | | Pain reflex, loss of balance or stability, disrupt and slow violator’s reaction to secondary follow - up techniques | |  |
| POTENTIAL SIDE EFFECTS  NORMAL USE  ⇩  INTENSIFIED USE | | | | Effects are target specific  None  labial lacerations  contusions to contact area  residual headache  mild concussion  dental fractures  nasal fracture |  |

DT (LEVEL 2) TECHNIQUE ANALYSIS: *CLOSED HAND STRIKE, hammer and straight punch*

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| LEVEL OF RESISTANCE: | Aggressive and Above | Soft or hard Implement |
| PURPOSE | This technique should temporarily stun & impede the violator’s dangerous or aggressive movement & disrupt violator’s balance, thereby allowing for less forceful control tactics to be employed or allow the officer to disengage | The Hammer strike is considered a “soft” implement. |
| OPTIMAL CONDITIONS  OPTIMAL TARGETS | The violator is within boxing range  thorax, crotch, nose, side of face,  preferably the temporal areas | The punch is considered a “hard” implement. |
| ENVIRONMENTAL CONSIDERATIONS | Solid footing and stable stance are paramount |  |
| INTENDED EFFECT | Pain reflex, loss of balance or stability, loss of breath, disrupt and slow violator’s reaction to secondary follow - up techniques |  |
| POTENTIAL SIDE EFFECTS  NORMAL USE  ⇩  INTENSIFIED USE | Effects are target specific  None  labial lacerations  contusions to contact area  residual headache  mild concussion  dental fractures  nasal fracture |  |

LEVEL 2 UDT TECHNIQUE ANALYSIS: *FOREARM STRIKES*

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| LEVEL OF RESISTANCE: | Aggressive and Above | Soft or Hard Implement |
| PURPOSE | This technique should temporarily stun & impede the violator’s dangerous or aggressive movement & disrupt violator’s balance, thereby allowing for less forceful control tactics to be employed or allow the officer to disengage | The boney forearm strike is considered a “hard” implement. |
| OPTIMAL CONDITIONS  OPTIMAL TARGETS | The violator is within grappling range  lateral or posterior head or neck | The muscle forearm strike is considered a “soft” implement. |
| ENVIRONMENTAL CONSIDERATIONS | may strike with medial, lateral, anterior or posterior side of the forearm |  |
| INTENDED EFFECT | Pain reflex, loss of balance or stability, disrupt and slow violator’s reaction to secondary follow - up techniques |  |
| POTENTIAL SIDE EFFECTS  NORMAL USE  ⇩  INTENSIFIED USE | Effects are target specific  None  labial lacerations  contusions to contact area  residual headache  mild concussion, unconsciousness  dental fractures  nasal fracture |  |

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| 38. H-X-H/X-H-X /U-O-U SERIES RATER: | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. SLAP HOOKS ❒ 2. PUNCH HOOKS (low)❒ 3. PALM UPPERCUT❒ 4. PUNCH UPPERCUT ❒ 5. SUFFICIENT SPEED ❒ | 1. AUTOMATICITY 2. KNEE DROP 3. FOOT/HIP TURN 4. HEAD POSITION 5. HEEL STOMPS @ PIVOT | 1. FLUID-MOVE-PATTERN 2. HIGH SPEED 3. POWER | 1. . |
| COMMENTS/SCORE: | | | |

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| 39. X-hook-X-lead leg Thai kick DRILL RATER: | | | |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. PROPER PUNCHING MECH❒ 2. FLUID - MOVE-PATTERN ❒ 3. X-H-K ❒ 4. H-X-K ❒ 5. PROPER SEQUENCE | 1. AUTOMATICITY 2. FOOT PIVOT 3. HANDS UP ON KICK 4. HEEL STOMP | 1. HIGH SPEED 2. POWER 3. Parry hack-slap❒ 4. SUFFICIENT SPEED ❒ | 1. TOO FAR AWAY. 2. WIND UP PRIOR TO KICK |
| COMMENTS/SCORE: | | | |

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| 41. Hook-block (wide and small) DRILL RATER: | | | |
| WIDE SERIES | SMALL SERIES | TERTIARY | COMMON ERRORS |
| 1. w/ rear hand check TO slap-elbow backhand XHX ❒ 2. Parry hack-slap❒ 3. SUFFICIENT SPEED ❒ 4. PROPER SEQUENCE ❒ | 1. AUTOMATICITY 2. HANDS UP 3. Slap-hack❒ 4. Slap-elbow❒ 5. FLUID-MOVE-PATTERN | 1. HIGH SPEED 2. POWER 3. Slap wedge/palm❒ 4. Parry | 1. TOO FAR AWAY. |
| COMMENTS/SCORE: | | | |