Striking – Unit 2 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

1. Review last session fist form, Terminal push/crunch-punch, slap hook, palm heel “check”, Straight line punches (Punch-Punch-Punch), Check-X-slap-hook, Push-Push-Punch drill, BCC, skater punches, stop kick.
2. KICKS: Terminal (lead leg) shin (Thai), side.
3. ELBOWS: terminal horizontal, diagonal & vertical; target biceps triceps, outside UBT, KNEES: up & in;
4. Hook blocks: wide and pulling

Drill Progression

* Lead Thai Kick Exchange Drill
* Stop Kick Drill

Equipment Needed:

List of equipment: Focus mitts, Thai pads, hanging bags, chest pads & suitcase pads.

Warm-up Evolution:

Freshman Warm Up

Related performance objectives

* Given a practical closed-skill test, the student will correctly demonstrate a rear and lead-hand elbow strikes, and lead-leg shin (Thai) kick, side kick, knee strikes.

Shin (Thai) kick purpose/function.

1. use of your shin as a striking device can be a focused and forceful impact
	1. can adjust the length of your shin for distance
	2. is a circular type strike
	3. it delivers “hard” hits so aim for soft targets
	4. inside outside of thigh
	5. Correct range for drill
2. Lead leg start with a completed X punch past bag relate to Square Pivot Drill
	1. Rear heel up SPD
	2. Pivot or stomp heel in a SPD movement while engaging the lead shin on bag

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| LEAD LEG STOP KICK |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. CORRECT FOOT CONTACT
3. HIPS FORWARD OF FOOT
4. SUFFICIENT SPEED
5. SUPPORT FOOT POSITION
6. 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. OVERREACHING
3. ON REAR TOE/BALL OF FOOT
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Side Kick – used mainly here as a defensive movement

1. Purpose-low line targets to impede forward advance
2. Knee or shin
3. Use flat of foot or heel (unlike a barefooted kick)
4. Hips forward of support foot
5. Can use pendulum foot work to gain momentum
6. Primary components -
	1. to
	2. Drills –
7. Note pivot in hips,
	1. Fist forming – correct wrist-knuckle alignment. i.e. Knuckles on ground, 2-knuckle push up, Fist/ knuckles positioning on wall,
	2. Drills – wall punches, skater punches,.
	3. Sub points.

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| SIDE KICK |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HIPS FORWARD OF FOOT
5. PROPER FOOT CONTACT
 | 1. AUTOMATICITY
2. LEAD-HAND UP
3. VERBAL COMMANDS
4. FOOT PIVOT
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. OPPOSITE HAND DOWN
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Terminal (no windup) Elbow strikes

1. Purpose
2. Discuss dangers of hook punch i.e. hard-2-soft rule, hard2hard.
	1. 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.

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| ELBOW STRIKE: horizontal open long dive entry RATER: |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND-ELBOW SHOULDER ALIGNMENT
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. FOOT PIVOT
5. HIP ROTATION
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. FLUID-MOVE-PATTERN
4. Return to Long Dive
 | 1. POWER
2. IMMEDIATE RECOVER
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
2. OVER ROTATION
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Horizontal Elbow Strike

1. Purpose
2. Describe hand/wrist position and hand-contact area and face target or chest push – “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. Reiterate H2S Rule

Rear hand Diagonal Elbow

1. Purpose close range strike mainly used for entry to BAB
2. Describe wrist position and forearm-contact area and Neck target
3. wall punch

**INSERT GRADE SHEET HERE**

Lead hand vertical Elbow Strike

1. Purpose
2. Up elbow
3. Close and short ROM
4. Target the Chin, triceps or fist when combined with circle block
5. Thrusting
6. Best as a lead arm technique,
7. Forward lean
8. Nose down ear to shoulder

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| ELBOW STRIKE: Lead arm, thrusting RATER: |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND-ELBOW SHOULDER ALIGNMENT
2. HIP EXTENSION
3. FORWARD LEAN
4. SUFFICIENT SPEED
5. PROPER SEQUENCE
 | 1. AUTOMATICITY
2. OPPOSITE HAND UP
3. NOSE IN ARMPIT
4. FOOT SLIDE
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. VERBAL COMMANDS
 | 1. OPPOSITE HAND DOWN
2. HEAD TURNED AWAY
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Hook (circle) Block or entry

1. Rear hand
	1. How it allows loading of the hip for X-punch
2. to footwork drills
3. Rear foot slides up – link

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| Hook-block (wide and small) DRILL |
| 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.
2.
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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.

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.

1.2. 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:

1.2.1. The hard to soft rule.

1.2.2. Soft to hard rule.

1.2.3. Hard targets and hard implements.

1.2.4. The attack triangle.

In order to properly instruct defensive tactics the Participant will learn the proper application of Level 2 techniques and tactics. Given a closed PMS test, the Participant will demonstrate a proper:

1.5.1. Series of foot and hand agility drills.

1.5.2. Dive block. Long, short, and single arm.

1.5.3. Slap (cutting) block.

1.5.4. Passing (circle) block.

1.5.5. Pulling block.

1.5.6. Palm heel strike.

1.5.7. Hammer fist strike.

1.5.8. Front stop kick

1.5.9. Knee strike.

1.5.10. Elbow strikes in 5 different angles.

1.5.11. Oblique kick.

1.5.12. Shin kick.

1.5.13. .

1.5. 14. Two triple-move sequences incorporating level-two tactics.

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

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:

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

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| LEVEL OF RESISTANCE: | Active | Drills for SkillsOther 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 CONDITIONSOPTIMAL TARGETS | The violator is within boxing rangeHard targetsnose, chin, side of face, the temporal occipital areas | Chest pushFocus mitt slapsCheck /stop hitsPPP |
| 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 EFFECTSNORMAL USE⇩INTENSIFIED USE | Effects are target specificNone labial lacerationscontusions to contact arearesidual headachemild concussiondental fracturesnasal 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 CONDITIONSOPTIMAL TARGETS | The violator is within boxing rangethorax, 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 EFFECTSNORMAL USE⇩INTENSIFIED USE | Effects are target specificNone labial lacerationscontusions to contact arearesidual headachemild concussiondental fracturesnasal 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 CONDITIONSOPTIMAL TARGETS | The violator is within grappling rangelateral 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 EFFECTSNORMAL USE⇩INTENSIFIED USE | Effects are target specificNone labial lacerationscontusions to contact arearesidual headachemild concussion, unconsciousnessdental fracturesnasal fracture |  |

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| 1. OPEN HAND STRIKE Lead hand, CHECK/ PALM STRIKE RATER:  |
| PRIMARY | PRIMARY | SECONDARY  | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HAND-ELBOW SHOULDER ALIGNMENT
5. SLIGHT HIP ROTATION
 | 1. THUMB Vertical
2. SLIDE STEP into strike
3. FORWARD LEAN
4. REAR LEG DRIVE
5. -PATTERN
 | 1. POWER
2. SPEED
3. VERBAL COMMANDS
4. OPPOSITE HAND UP
 | 1. OPPOSITE HAND DOWN
2. HAND ROTATED “IN”
 |
| COMMENTS/SCORE:  |

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| 2. OPEN HAND STRIKE Slap-Hook RATER:  |
| 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
 |
| COMMENTS/SCORE:  |

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| 3. CLOSED HAND STRIKE Solar Plexus Rear hand Punch RATER:  |
| 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
 |
| COMMENTS/SCORE:  |

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| 12. HAMMER STRIKE SERIES Rear, Vertical RATER:  |
| 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
 |
| COMMENTS/SCORE:  |

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| 22. LEAD LEG STOP KICK RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. CORRECT HAND POSITION
2. SUFFICIENT SPEED
3. PROPER SEQUENCE
4. HIPS FORWARD OF FOOT
5. CORRECT FOOT CONTACT
 | 1. AUTOMATICITY
2. HANDS UP
3. VERBAL COMMANDS
4. HIP EXTENSION
5. FOOT PIVOT
 | 1. POWER
2. FLUID-MOVE-PATTERN
 | 1. HANDS DOWN
 |
| COMMENTS/SCORE:  |

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| 36. UPPER BODY TRIANGLE DRILLS RATER:  |
| OUTSIDE SERIES | INSIDE SERIES |   |   |
| 1. SERIES 1 ARM PULL❒
2. SERIES 2 PARRY VERTICAL ELBOW SAB❒
3. SERIES 3 SCOOP VERTICAL ELBOW ❒
4. SERIES 4
 | 1. Series 1 inside X-body❒
2. Slap-hack❒
3. Slap-elbow❒
4. Slap wedge/palm❒
5. Parry hack-slap❒
6. SERIES 2 inside same side
7. e
 | 1. HIGH SPEED
2. FLUID-MOVE-PATTERN
3. SUFFICIENT SPEED ❒
4. AUTOMATICITY
5. PROPER SEQUENCE ❒
 | 1. .
2.
3.
4.
5.
 |
| COMMENTS/SCORE:  |

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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. .
2.
 |
| COMMENTS/SCORE:  |

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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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| 40. BACKHAND circle cycle DRILL RATER:  |
| PRIMARY | SECONDARY | TERTIARY | COMMON ERRORS |
| 1. Parry down❒
2. CHECK FAR❒
3. CHECK NEAR❒
4. SUFFICIENT SPEED ❒
5. PROPER SEQUENCE ❒
 | 1. AUTOMATICITY
2.
3.
4.
5.
 | 1. POWER
2. FLUID-MOVE-PATTERN
3. HIGH SPEED
 | 1.
2. Slap-elbow❒
3. Slap wedge/palm❒
 |
| COMMENTS/SCORE:  |