Striking – Unit 3 of 10

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

Review SPD, out and in UBT, terminal punching, BCC on mitts, elbow-hack/hammer-push/pull drill cycle, Kicks & shuck drill, diagonal, thrusting elbows,

Introduce the following series: XHX/HXH, XHXK/KXHX.

X-slapH-E-Knee.

Equipment Needed:

List of equipment: Focus mitts, Wall space, chest pads OR suitcase pads.

Warm-up Evolution:

Freshman Warm Up

Related performance objectives

* Given a practical closed-skill test the student will correctly demonstrate a rear hand punch, lead-hand check, and lead-hand slap-hook.

Cross Hook Cross/Hook-Cross-Hook

1. Uses both open and closed hand strikes
   1. Capitalizes on efficiency of movement
   2. Generally a low-high-low combination
   3. Correct range for drill since the slap and cross are different ranges
   4. Holder must use correct glove positioning!
   5. Note SPD footwork
2. Movement with drills
   1. Hold to chest use verbal cue.
   2. Move in circle
   3. Supplemental can add attack

Shuck drill review

1. Purpose-develop automatic reaction to the counter to the BAB
2. Shoulder shuck
   1. focus mitt
3. Elbow on elbow shuck
   1. Sub points.
4. Dive or 2-hand shuck finger in eye
   1. Drills – wall punches, skater punches,.

Cross-“Slap”/Open-Hand Hook (H) rear elbow-neck pull to knee

1. Purpose-develop a serial movement skill to the automatic stage
   1. Can progress in retrograde
2. Discuss dangers of hook punch i.e. hard-2-soft rule, hard2hard.
   1. Diffuse vs. focused contact/strike
   2. Fist forming – correct wrist-knuckle alignment. i.e. Knuckles on ground, 2-knuckle push up, Fist/ knuckles positioning on wall,
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-HAMMER-pull/push DRILL | | | |
| 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. . |
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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 use only reasonable force, 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: Shuck Drill

Purpose of drill: to train responses to BAB counters

Technique(s) enhanced by drill Bent Arm Bar, Straight Arm Bar (failed BAB drag variation)

Optimal use of drill integrate this drill with BAB and with clinch flow, pummel flow

Equipment needed none but can be done with IRS chest plate

Procedure(s) Participants will start with BAB application. Partner will counter the BAB by straightening their arm and trying for a head lock. Participant will gable grip the elbow, down weight and push forward, simultaneously looking up and away from the partner. The participant can then reapply the BAB or flow to knee strikes, clinch, pummel, Propeller takedown, etc. Participants should do shuck drill in isolation, then in conjunction with pummel flow, Inside UBT, etc.

Frequency of use: Should be integrated with other flow drills in DT/CT

Intensity of physical participation: moderate

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 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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| 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. . |
| 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 | 1. POWER 2. FLUID-MOVE-PATTERN 3. HIGH SPEED | 2. Slap-elbow❒ 3. Slap wedge/palm❒ |
| 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: | | | |