Striking – Unit 4 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

*Review terminal punching from female triangle, terminal elbows & Thai kick.*

bicep check/pummel and wrist grab defeat and punching

Dive Defense, inside, outside, short, long, Thai Pads or mitts attack

Check, Cover w/ double cover double elbow charge,

Hook-block-short-dive/salute,

wall pin/receive attack on wall,

Equipment Needed:

List of equipment: Thai pads, Focus mitts, Wall space, chest shields, boxing gloves.

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.

Dive defense is a movement that tries to take advantage of a triggered response to a surprise attack

1. Common movement in many arts but our version is from Pentjak Silat. Tony Blauer DID NOT invent this movement but markets well!
	1. Outside
	2. Inside
	3. Long and short (thrusting elbow)
	4. 2-handed and one-handed
	5. Split hi-lo or in-out
2. Range specific and use on committed single direct attack
	1. Not often used in boxing due to rules but seen occasionally
	2. Part of SSS drill – see reference points
3. Elbow flexion should be only to about 45 degrees
4. Provides best leverage for triceps
5. Good reach to shoulder stop
6. Tilt head or tuck chin to take blow on forehead
7. See Vs feet when moving in to attack
8. Forward lean from waist

Rear hand punch (cross - X)

1. Purpose-
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. Note pivot in hips, relate to Square Pivot Drill
	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.

Check and Single and Double Cover Defense

1. Purpose
2. Looks like the PPP drill hand position
	1. Lead hand checks shoulder or face
	2. Rear hand is up by check or back of head.
3. Better for boxing range ie PPP
4. Head nose forward and down
5. Straight rear hand punch is typical response
6. Double cover and double thrusting elbow charge
7. SHTF cover then attack Rhino charge…
8. Face push, chin lift

Rear hand Hook block Lead hand Salute/short dive/cover

1. Purpose
2. Describe hand/wrist position and hand-contact area and head target
3. punch,
4. backhand circle cycle X-S-X,

Rear hand Hook block Lead hand check rear hand short dive/MP# 12?

1. Purpose
2. Describe wrist position and forearm-contact area and Neck target
3. wall punch

Confined space or wall pin

1. Head/chin alignment 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. xxxxxxx
	1. Rear hand with index finger pointing
	2. Verbal commands accompany when appropriate
4. 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
5. Reiterate H2S Rule

Name of drill: Dive Defense Progression

Purpose of drill: to identify proper body biomechanics of strike

Technique(s) enhanced by drill Short, Middle, Long Dives

Optimal use of drill use in the initial learning stages

Equipment needed boxing gloves, chest shield

Procedure(s) Participants will feed low and high hook punches and learn the basic cover-hit movement at short, middle and long range. Once the movement pattern is learned, participants will progress to varied feeds from a feeder in a chest shield and boxing gloves. Participants should be instructed to give feeds with proper “integrity” meaning the punches, if not intercepted, should land on their partners with moderate energy. Feeders should be limited to low and high hooks in a broken rhythm. Participants should follow up with knee strikes and transitions to takedowns from clinch and BAB. They can also transition to the outside line with scoops, drags, etc.

Frequency of use: for use in striking training as motor patterns are established

Intensity of physical participation: moderate

Level of resistance used by partner: moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration:

Specific safety considerations: All participants should use mouthpieces, feeders should wear chest shields and boxing gloves.

Miscellaneous: This drill can progress from just hook punch variation to random and varied attack feeds.

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: Thai Kick Exchange Drill

Purpose of drill: to identify proper body biomechanics of strike

Technique(s) enhanced by drill Lead and Rear Leg Shin Kicks

Optimal use of drill use in the initial learning stages

Equipment needed none but can be done with IRS chest plate, focus mitts

Procedure(s) Start with partners in matched leads. Each partner will feed a lead leg shin kick to the other, pausing at the landing of the kick and then pushing off on their partner’s leg. Lead or rear leg can be used, with desired follow up technique added after the basic pattern is learned. Emphasis should be placed on the lead leg, with rear leg drilling as time allows.

Frequency of use: early in kick training and to reinforce hip pivot & targeting

Intensity of physical participation: moderate

Level of resistance used by partner: moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration:

Specific safety considerations: N/A

Miscellaneous:

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

|  |  |  |
| --- | --- | --- |
| 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.
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| 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:  |

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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.
2.
 |
| COMMENTS/SCORE:  |