Striking – Unit 5 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

Kick/punch series (KPPKPP), backstroke as a resting period,

SSS, rounds with pegboard, forehand wedge,

W/W, Double Down to groin slap, fhxf

BCC-XHX etc. work bicep check to punch.

Wrist grab punching (BAB),

elbow wipe from BCC,

Thai kick XHXK KXHX

**Drill Progression**

* KPP- 2 minute rounds on heavy bags
* XHXK / KXHX 2 minute rounds on heavy bags
* Backstroke
* Focus Mitt/Pad drills
* SSS

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.

Stationary kick-punch drill – Kick –punch-punch/Kick-Punch-Punch

1. Stage 1 is from square stance
	1. Punch “over” the kicking leg i.e. RK-RP-LP/LK-LP-RP
	2. Retract hand when kicking
	3. May be used as part of the warm up!
2. Stage 2 is done while moving
	1. Clean hands after use.
	2. Fasten Velcro before storage

Triple SSS drill

1. Can begin to introduce range adaptations
2. Add end control tactics and
	1. Throw ball into the air, progress to
	2. Drills – overhand slap and “Happy Gilmore” to focus mitt
3. Add mix other drills where appropriate.
	1. Sub points.
4. Add
	1. Drills – wall punches, skater punches,.

Pegboard entry

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

W/W windshield wiper entry

1. Purpose
2. Relate to Inside upper body triangle
3. punch,
4. backhand circle cycle X-S-X,

BCC to X-H-X/U-O-U

1. long push/beat on backhand check (PPP)
2. hook to body
3. cross to head
4. can modify into U-O-U
5. SPD footwork

Elbow wipe from BCC

1. Purpose
2. Essentially is wedge drill
	1. up
	2. Demo wall lean/push. Students perform
3. Can blend into sat-sao
	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

XHXK/KXHX

1. Work this pattern on hanging bags and mitt combo

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

1.2. 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: SSS or Scoop, Slap Salute Drill

Purpose of drill:

Technique(s) enhanced by drill DT/CT Transitions, Unarmed knife defense

Optimal use of drill use as students develop different techniques to enhance flow

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

Procedure(s) Scoop, then Scoop Slap, Then Scoop/Slap/Salute

Frequency of use: intersperse with CT and DT blocks of instruction, add training aids as competence increases

Intensity of physical participation: low to moderate

Level of resistance used by partner: low to moderate

Repetitions: 10 Time restrictions on reps:

Gym/Participant configuration:

Specific safety considerations: standard safety protocols

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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| 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
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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
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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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| 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. .
2.
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| H-X-H/X-H-X /U-O-U SERIES |
| 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. .
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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❒
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| 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:  |