Striking – Unit 6 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

* Focus mitt holding, Punching while saw tooth and circling movement.
* takedown entries,
* Bicep pummeling and hits to chest and focus mitts,
* 4-count punch-kick permutations with all tools RRLL RLRL etc
* Slow feeds from partner, wedges/salute, lap-sao cycle with outside palm heel hit,
* Single-sided elbow wipe from BCC,
* UBT

**Drill Progression**

Heavy Bag Drills (1-2 minute rounds)

* Lead Thai kick-cross-hook-cross
* Lead stop kick- check-cross
* X-slap hook-horizontal elbow-knee

Feeder in Focus Mitts

Wide feed

* Lead check to shoulder-cross-hook
* High cover-cross-hook-cross/hook-cross-hook
* Clinch knee follow up
* Supplemental- stop kicks

Straight Feed

* Catch-parry-cross-hook
* Hook block-short dive-BAB
* Catch-sprawl (vs high feint & takedown attempt)
* Supplemental- lead leg kicks, shin shield vs. kicks
* Pegboard to clinch

Feeder in chest shield and focus mitts

* Bicep pummeling to horizontal, vertical elbow
* Wide and straight feeds, follow up with clinch knees, takedowns
* Review of W/W, double down entries to takedowns, clinch knees

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.

Focus Mitt simple feed/holding

1. Purpose target acquisition while moving
2. Establish movement pattern
	1. solo movement Sawtooth first
	2. “Step up – step back”
	3. then add punching
3. single punch only first
	1. Rear hand note timing of weight transfer
	2. Lead hand note weighting of rear foot before “Check”

Review proactive takedown entries

1. DD-
2. W/W
	1. Throw ball into the air, progress to
	2. Drills – overhand slap and “Happy Gilmore” to focus mitt
3. Parry cover wrap
	1. Drills – wall punches, skater punches,.
	2. Sub points.

Bicep trapping (pummeling) to hitting to chest shield

1. Double trap
2. Wrist grab and trap
	1. Left and right variations
	2. Punching elbowing off of these positions
3. Describe hand/wrist position and hand-contact area on bicep and wrist
4. Bridge to BAB.

4-count Kick Permutations

1. RRLL
2. backhand circle cycle X-S-X,
3. RLRL
4. punch,

Focus mitt feeds

1. Positions for punching/striking feeds, based on position of mitts and note slap versus punch
	1. Disengage once control of body balance is achieved
	2. Holder is also coach – must correct errors!
2. Attack feeds
	1. Slap wide punch feeds.
	2. Straight line feeds

Slow feeds from partner

1. review feeds from IRS blocks
2. visual intensity
3. vector
4. partner uses Boxing gloves or Micro Mitts
5. wide and straight punches
6. mitts for patterned feeds
7. 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
8. Reiterate H2S Rule

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:

|  |
| --- |
| 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:  |

|  |
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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:  |