



# Course Overview

<b>BEGINNER LEVEL</b> <b>Duration: 6 – 8 months</b>	<b>INTERMEDIATE LEVEL</b> <b>Duration: 6 - 8 months</b>	<b>ADVANCED LEVEL</b> <b>Duration: 6 - 8 months</b>
<ol style="list-style-type: none"> <li>1) Combat Ranges, Science &amp; Tactics (Theories &amp; Practical)</li> <li>2) Body Structure &amp; Positioning for Defensive Combat</li> <li>3) Basic Combat Footwork</li> <li>4) Single Angle Attack Defense Techniques (SAA) - Covering all types of punches, kicks &amp; body reflective techniques</li> <li>5) Basic Attack by Combination Drills (ABC)-For Long Range &amp; Short Range Combat</li> <li>6) The 5 Gates Attack Defense Drill</li> <li>7) Basic Hand Immobilization Attack Drills (HIA)- For Close Quarter Range Combat</li> <li>8) Basic Sensitivity Drills</li> <li>9) Intro to Semi-Free sparring &amp; Free sparring - Footwork Flow &amp; Basic Reflection</li> </ol> <p style="text-align: center;"><i>Optional: Wooden Dummy Series</i></p>	<ol style="list-style-type: none"> <li>1) Intro to Human Body Pressure Points for Defensive Combat (Theories &amp; Practical)</li> <li>2) Intermediate Combat Footwork</li> <li>3) Progressive Indirect Attack Drills (PIA) &amp; Advanced Hand Immobilization Attack Drills (HIA)</li> <li>4) Intermediate Attack by Combination Drills (ABC)-For Long Range &amp; Short Range Combat</li> <li>5) Entering the Grappling Range</li> <li>6) Intermediate Sensitivity Drills</li> <li>7) Free Sparring (Agility &amp; Reflection)</li> </ol>	<ol style="list-style-type: none"> <li>1) Advanced Combat Footwork</li> <li>2) Advanced Combat Drills (ABC,HIA,PIA Combos)</li> <li>3) Situational Reference Point: Entering &amp; Exiting Different Combat Range</li> <li>4) Advanced Sensitivity Drills</li> <li>5) Free Sparring</li> </ol> <div data-bbox="1666 933 2507 1065" style="background-color: black; color: white; text-align: center; padding: 5px;"> <p><b>WEAPONARY DEFENSE &amp; OFFENCE</b> <b>Duration: 8 months</b></p> </div> <ol style="list-style-type: none"> <li>1) Single &amp; Double Stick Combat</li> <li>2) Knife Combat</li> <li>3) Weapon Disarm</li> </ol>