

November 2009-Self Defense

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|---|-----|
| 1 | 2 Frontal Attack skills practice. Make sure you finish the job! DD | 3 Rear chokes: demo and practice DD | 2 Skill Test II Frontal attacks/choke holds DD Due: Skill test II, | 5 Rear Stranglehold: Video & practice 1. Pull down on arm 2. Elbow to solar plexus 3. Groin slap 4. back fist to face 5. Lift on elbow & wrist 6. Slide out back DD | 6 No School | 7 |
| 8 | 9 Nuisance Attacks 1. Wrist-same side 2. Cross wrist 3. 2 on 1 grab 4. 2 on 2 grab DD Due: Choke hold practice | 10 SKILL TEST: HAND RELEASES, REAR STRANGLE DD Due: wrist release practice | 11 Punch/Slap Attack-video/prac Hair pulls Assign: Hair Pulls Practice DD | 12 RANDOM ATTACK PRACTICE DAY DD | 13 Lights Out #1 Be ready for anything!! Your Grade: Did you live or die?! Assign: LO journal | 14 |
| 15 | 16 Headlocks: Demo/practice: front, side. Be ready. We're turning up the pressure! Assign: 20 headlocks, 10 of each MINIMUM DD | 17 Hairpulls lab. Technique is critical! Review body targets/pressure points. DD DUE: 20 headlocks, 10 of each MINIMUM | 18 Fighting from floor: YOU MUST KNOW YOUR OPTIONS HERE!! Assign: FFF Skill Practice sheet | 19 Fighting from floor lab day | 20 Lights Out #2 Due: Reaction #3 | 21 |
| 22 | 23 Full/Half Nelson Bear Hugs Demo/practice Tackles: 1. From Behind 2. Front DD | 24 Gun Attacks: 1. Frontal-Low 2. Frontal-High 3. Rear-Low 4. Rear-High Bring Blue Practice Packet Assign: Gun Practice | 25 Knife Attacks: Straight, Stab, Slashing; Bring Blue Practice Packet Assign: Knife Practice Due: Gun practice | 26 No School | 27 No School | 28 |
| 29 | 30 Final Practicals lab day Due: Knife Practice | 1 FINAL PRACTICALS-1 | 2 FINAL PRACTICALS-2 | 3 FINAL PRACTICALS-3 DUE: FINAL PRACTICAL SS DD | 4 Last day, T1 FINAL WRITTEN EXAM | 5 |