

Self Defense Training System Combatives Grade 1 Certification

Student must demonstrate a solid understanding of the basic tactics and core tenants of interpersonal conflict. Techniques and tactics are found in SDTS Module 1, 2 and 5.

Oral Section

1. When do most altercations begin?
2. What are the three things every criminal fears?
3. What is action faster than?
4. What are the three things to you must assume about your assailant?
5. What is the lowest rung on the self defense ladder?
6. What are your primary goals of self defense and survival?
7. What are the three levels of self defense?
8. When can you use force to protect yourself?
9. What are the only two ways an attacker can get into your personal space?
10. What are the only three "stances" and attacker can assume?

Skill Section

1. Demonstrate the Position of Advantage (POA) and explain how you assume it.
2. Demonstrate the Interview Stance and explain weight distribution and the three hand levels.
3. Demonstrate Combination from POA – Drop step, short edge of hand, long edge of hand and chin jab.
 - a. Explain the Drop Step
 - b. Explain the Short Edge of Hand
 - c. Explain the Chin Jab (lead and rear)
4. Demonstrate Combination from POA at a Distance - Drop step, short edge of hand, long edge of hand and chin jab.
5. Explain the SDTS Combatives Footwork and the Forward Drive
6. Demonstrate Combination from POA – Chin Jab, Rear Vertical Edge of Hand, Driving Knee.
 - a. Explain Vertical Edge of Hand
 - b. Explain Driving Knee
7. Demonstrate Four Direction Attacks with any Combination.
 - a. Explain the Drill
8. Demonstrate Four Direction movement with kicks
 - a. Explain Whip Kick
 - b. Explain SDTS Side Kick
 - c. Explain when you would use kicks
9. Demonstrate Four Direction Movement with a Pivot
 - a. Explain when you would use this.
10. Demonstrate 3 Count Chop Drill
11. Demonstrate Chin Jab Smash Drill

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