



Students Name:	Club:					
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Description:	Date	Date	Date	Date	Date	Met / Not Met
Standing Defensive Skills						
Demonstrate stance and positioning						
Defensive Technique -skills used to evade and protect against blows - (one person)						
Defensive Technique - Demonstrate methods used to intervene in a violent situation (two people)						
Standing Disengagements Techniques						
Wrist Grabs Single Arm - (Low and High)						
Wrist Grab Double Arm						
Wrist Grab Double Arm (Fingers trapped) (Hook and Pull)						
Single Clothing to the Front						
Wrist Grab Rear						
Wrist Grab Rear -Single / Double Arm Bent						
Rear Body Hold - Attempted Bear Hug						
Double handed grip to front - Exit rout behind						
Double handed grip to front - Exit rout behind / Alternative						
Double handed grip to front - Exit rout in front						
Single handed grip to front - Exit rout in front						
Forearm Pin to the throat against a wall						
Breaking up a fight - (Double handed strangle against the wall)						

Instructor's Signature:	Date:	Student's Signature:	Date:
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Students Name: _____ **Club:** _____

Instructor's Signature: _____ **Date:** _____ **Student's Signature:** _____ **Date:** _____