

## **10th Kup**



### **Line Work**

- Jab/Cross/Hook Combinations
- Rear Leg Front Kick
- Rear Leg Side Kick
- Rear Leg Turning Kick/Thai Kick

### **Break Falls**

- Front Break Fall
- Side Break Falls
- Rear Break Fall
- Rolling Break Fall



***REALITY BASED  
SELF DEFENCE***

## **9th Kup**



### **Line Work**

- Jab/Cross/Hook/Upper-Cut Combinations
- Lead Leg Front Kick
- Lead Leg Side Kick
- Lead Leg Turning Kick/Thai Kick
- Rear Leg Hooking Kick
- Rear Leg Axe Kick
- Back Kick

### **The 'Fence'**

### **The 'Crazy Monkey'**



***REALITY BASED  
SELF DEFENCE***

## **8th Kup**



### **Line Work**

- Lead Leg Turning Kick/Hooking Kick Combination
- Lead Leg Axe Kick
- Rear Leg Outward Crescent Kick
- Rear Leg Inward Crescent Kick
- Rear Leg Reverse Turning Kick
- Lead Leg Side Kick/Spinning Back Kick
- Long Knee

### **Pad Work/BOB**

- Jab/Cross/Upper-Cut/Ridge-Hand/Spinning Back-Fist Combinations
- Straight Palm
- Hammer Fist
- Chin Jab
- Power Slap
- Knife Hand (Long & Short)

### **Thai Clinch**

- Assisted Knee
- Inward Knee

### **Basic Sparring**

**REALITY BASED  
SELF DEFENCE**



## **7th Kup**



### **Line Work**

- Spinning Reverse Turning Kick
- Spinning Reverse Hooking Kick
- Spinning Back Kick
- Spinning Outward Crescent

### **Pad Work/BOB**

- Any Hand/Elbow Combinations
- Any Pre-emptive Strike from 'The Fence' (Passive Stance)

### **Ground Work**

- The Front Mount
- The Back Mount
- The Guard (Closed/Open/Butterfly/Half)
- Scarf Hold
- Shoulder Hold
- North & South Control
- Side Control

### **The 'Sprawl'**

### **Sparring**

**REALITY BASED  
SELF DEFENCE**

## **6th Kup**



### **Line Work**

- Jumping Front Kick
- Jumping Side Kick
- Jumping Spinning Back Kick
- Jumping Knee

### **Pad Work/BOB**

- Any Hand/Elbow Combinations
- Any Kicking Combinations
- Any Pre-emptive Strike from 'The Fence' (Passive Stance)

### **Throws**

- Neck Throw
- Shoulder Throw
- Hip Throw
- Inner/Outer Foot Sweeps
- Body Drop
- Thigh Sweep

### **Edged Weapon Defence**

### **Sparring**

**COMBATIVES**

**REALITY BASED  
SELF DEFENCE**

## **5th Kup**



### **Line Work**

- Any Techniques/Combinations

### **Pad Work**

- 1x 1min Continuous (4 Directional) Hands/Elbows (30sec rest)
- 1x 1min Continuous (4 Directional) Kicks/Knees (30sec rest)
- 1x 1min Continuous (4 Directional) Hands/Elbows/Kicks/Knees

### **The 'Shredder'**

### **Sparring**



***REALITY BASED  
SELF DEFENCE***

## 4th Kup



### **Line Work/Pad Work/BOB**

- Any Techniques/Combinations

### **Bars/Chokes/Locks**

- Straight Arm Bar
- Bent Arm Bar
- Face Bar
- Rear Choke
- Guillotine Choke
- Grovit Face Bar
- Triangle Choke
- Achilles Ankle Lock

### **The 'Shredder'**

- 2 onto 1 'Interview' (Pre-emptive)
- 2 onto 1 'Ambush' (From a Flinch Response/Cover)

### **Sparring**

**REALITY BASED  
SELF DEFENCE**

## **3rd Kup**



### **Line Work/Pad Work/BOB**

- Any Techniques/Combinations

### **The 'Shredder'**

- 2 onto 1 'Interview' (Pre-emptive)
- 2 onto 1 'Ambush' (From a Startle/Flinch Response/Cover)

### **Weapons**

- Improvised
- Fairbairn Stick Method

### **Sparring**

***REALITY BASED  
SELF DEFENCE***

## 2nd Kup



### **Line Work/Pad Work/BOB**

- Any Techniques/Combinations

### **Padded Assailant (Tuff Guy™ )**

- 'Interview' (Pre-emptive)
- 'Ambush' (From a Startle/Flinch Response/Cover)
- Edged Weapon Defence
- Weapons

### **The 'Shredder'**

- Line up - Single & Multiple Attackers (Continuous - No Rest)

### **Sparring**

**REALITY BASED  
SELF DEFENCE**

## **1st Kup**



### **Line Work/Pad Work/BOB**

- Any Techniques/Combinations

### **Padded Assailant (Tuff Guy™ )**

- 'Interview' (Pre-emptive)
- 'Ambush' (From a Startle/Flinch Response/Cover)
- Edged Weapon Defence
- Weapons

### **The 'Shredder' (Stand-up & Ground)**

- Line up - Single & Multiple Attackers (Continuous - No Rest)

### **Sparring**

**Copyright Garth Barnard 2003 - 2009**

### **Accreditations**

The 'Fence' - [Geoff Thompson](#)

The 'Shredder' - [Richard Dimitri](#)

The 'Crazy Monkey' - [Rodney 'Chico' King](#)

**REALITY BASED  
SELF DEFENCE**