P3A Punches
- P3A1 Low punches (to body).

P3B Kicks
- P3B1 In place (as per P1 & P2).
- P3B2 Advancing and retreating: (to all directions)
  - P3B2.1 Stepping.
  - P3B2.2 Crossing.
  - P3B2.3 With slide.

P3C Hand defenses Vs. kicks
- P3C1 Against regular kick to the groin
  - P3C1.1 Inside defense (reflexive - with an open hand).
  - P3C1.2 Outside scooping defense.
- P3C2 Inside defense with the forearm Vs. high defensive kick.

P3D Releases from bear hugs - arms free
- P3D1 Bear hug from the front-high.
- P3D2 Bear hug from the rear
  - P3D2.1 Elbow strikes to the head.
  - P3D2.2 Levering the attacker's fingers.

P3E Releases from bear hugs - arms caught
- P3E1 Bear hug from the front.
- P3E2 Bear hug from the rear
  - P3E2.1 High bear hug (from elbow height and above).
  - P3E2.2 Low bear hug.

P3F Releases wrist / hand grabs
- P3F1 Hand grabbing wrist - low holds
  - P3F1.1 Across.
  - P3F1.2 Diagonally.
- P3F2 Hand grabbing wrist - high holds
  - P3F2.1 Across.
  - P3F2.2 Diagonally.
- P3F3 Both hands grabbing one wrist
  - P3F3.1 Low holds.
  - P3F3.2 High holds.
- P3F4 Both hands grabbing both wrists
  - P3F4.1 Low holds.
  - P3F4.2 High holds.
- P3F5 Both hands grabbing both wrists - from behind
  - P3F5.1 Release with counterattack.
  - P3F5.2 Soft release.

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P3F6 Release from a strong handshake
- **P3F6.1** Release by chopping movement with free forearm to assailant's wrist.
- **P3F6.2** Soft solution - by using leverage on the assailant's thumb joint.

Note: attacking is also a releasing option.

P3G Dealing with falls
- **P3G1** Sideways break fall.
- **P3G2** Backwards fall - turn and soft break fall.
- **P3G3** Forward high roll.

P3H Releases from side head locks while on the ground
- **P3H1** With distant hand pull assailant's face backwards (wrapping with the leg or adding the free hand is an option), then push head to the floor, then climb on him.
- **P3H2** One arm caught assailant's head very low. (strike back of assailant's head and climb on his back).

P3I Ways of using / holding the knife
- **P3I1** Downward, upward, straight, slashing attack. (different directions).

P3J Defense against an attacker charging with a knife (at 2m distance)
- **P3J1** Regular front kick.

P3K Use of common objects - knife type
- **P3K1** Basic attacks - slashes and stabs - five major directions.

P3L Fighting games and tactics, 3 Vs. 1
- **P3L1** Preforming releases and late releases, starting with eyes close (soft and hard solutions).
- **P3L2** Defense Vs. 3 assailant's (knife ice-pick attack, kick, punch). defend by using kicks, inside defenses & outside defenses.

P3M Fighting skills
- **P3M1** Slow fighting.

EXTRA CURRICULUM - NOT TO BE TESTED

Tactical behavior for P2

1. **Preventing from punching or kicking from all directions by using regular and stomp kicks.**
2. **Defending inside / outside defense against an attacker who is punching.**
3. **Release from front low bear hug.**
4. **Late releases using break-falls taught in P1 syllabus and P2 (sec. J).**

Additional techniques

1. **Release from two attackers grabbing your wrists and pulling while the third attacks from the front.**

Note: From P2 level onwards it is recommended to perform choke releases with defender's eyes closed.

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