

Level 3 Curriculum

Upon completion of KM Level 2, students must pass a demanding test into KM Level 3. This level continues to build upon skills learned but at a higher level of combatives and defenses that deal with more complex, unarmed street assaults. The students continue to train on strikes, defenses against strikes, and self-defense, including more advanced techniques that involve defending against weapons such as knives, guns, and sticks. Students who train two to three times per week should expect to be ready to test for KM Level 4 in nine months.

1. Head-butt

- A. Head-butt Forward
- B. Head-butt Upward
- C. Head-butt Side (bear-hug context)
- D. Head-butt Back (bear-hug context)

2. Kicks

- A. Defensive Back Kick with a Spin
- B. Offensive Back Kick
- C. Offensive Back Kick with a Spin
- D. Heel Kick
- E. Inside Slap Kick
- F. Outside Slap Kick

3. Punch Defenses

- A. Inside Defense v. Left/Right
- B. Inside Defense v. Left/Right (Lean Back and Trap)
- C. Inside Defense v. Left/Right (using forward hand)
- D. Outside Defense and Counter v. Right (Punching defense)

4. Kick Defenses

- A. Kick Defense v. Front Kick (Side Step & Counter)
- B. Kick Defense v. Front Kick (Switch Kick)
- C. Kick Defense v. High Round Kick (Reflexive)
- D. Kick Defense v. High Round Kick (Fighting Stance – 2 contact points)
- E. Kick Defense v. High Round Kick (Fighting Stance – 3 contact points)
- F. Kick Defense v. High Round Kick (360? Defense #3)
- G. Kick Defense v. High Round Kick (360? Defense #4)

5. Fall Breaks

- A. High Fall Break (Back, Side)
- B. Roll, Forward (Regular, High, Diving)
- C. Forward Roll/Back Fall Break
- D. Forward Roll/Backward Roll
- E. Roll, Side
- F. Side Roll/Fall Break

6. Sweeps

- A. Sweep, Forward Kick
- B. Sweep, Heel Kick

7. Headlocks

- A. Reverse Headlock (Standing)

8. Hair-grabs

- A. Hair-grab, Front
- B. Hair-grab, Side (Impending Knee)
- C. Hair-grab, Side (No Knee)
- D. Hair-grab, Behind or Opposite Side

9. Bear-hugs

- A. Bear-hug from Behind (Leverage on Finger)
- B. Bear-hug, Lifting – from Behind
- C. Bear-hug, Lifting – from the Front

10. Groundwork

- A. Choke from the Side
- B. Headlock from the Side (Basic Position)
- C. Headlock from the Side (Weight Forward, Leg Wrap)
- D. Headlock from the Side (Weight Forward, with Space)
- E. Headlock from the Side (Weight Back: Shoulder Pull or Leg Sweep)
- F. Headlock from Behind
- G. Arm Bar
- H. Guard Escape (ankle lock)
- I. Guard Escape (stacking)