

# BEE SAFE MANCHESTER

## SELF-DEFENCE SYSTEM



## ELEMENTARY 2 COURSE SYLLABUS

Below you will find a list of skills, techniques and knowledge, which you will be asked to show in order to successfully complete the Bee Safe Elementary 2 Course (equivalent to Yellow Belt with Orange Stripe)

Student Name \_\_\_\_\_

TECHNIQUE	INTRODUCED	APPLIED
<b>BASICS</b>		
Relaxed "Fence" into counter-attacks	<input type="checkbox"/>	<input type="checkbox"/>
stepping off basic stance --> show in different drills	<input type="checkbox"/>	<input type="checkbox"/>
<b>BOXING</b>		
Combination 1 + turn/elbow + leg sweep	<input type="checkbox"/>	<input type="checkbox"/>
Combination 3 (Attack and Defence, with partner)	<input type="checkbox"/>	<input type="checkbox"/>
<b>DISENGAGEMENT TECHNIQUES</b>		
Wristlock against lapel grab (left/right)	<input type="checkbox"/>	<input type="checkbox"/>
Shoulder lock against lapel grab/choke (left/right)	<input type="checkbox"/>	<input type="checkbox"/>
Inward and Outward Wrist Manipulation against wrist grab	<input type="checkbox"/>	<input type="checkbox"/>
Thumb Lock	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge of anatomy and pressure points of the hand	<input type="checkbox"/>	<input type="checkbox"/>

<b>TECHNIQUE</b>	<b>INTRODUCED</b>	<b>APPLIED</b>
<b>LEG WORK</b>		
Kicking Combination 1 (Push kick and Roundhouse)	<input type="checkbox"/>	<input type="checkbox"/>
Kicking Combination 2 (Hammer/Knee)	<input type="checkbox"/>	<input type="checkbox"/>
Leg Sweeps	<input type="checkbox"/>	<input type="checkbox"/>
<b>MANIPULATION OF ENVIRONMENT</b>		
<b>1. Use of Walls and Floors</b>		
Back Breakfall against wall	<input type="checkbox"/>	<input type="checkbox"/>
Long Roll and Turn	<input type="checkbox"/>	<input type="checkbox"/>
Front Breakfall to Backwards Roll	<input type="checkbox"/>	<input type="checkbox"/>
Pushing off wall to punch	<input type="checkbox"/>	<input type="checkbox"/>
Application: Choke against wall (1- and 2-handed)	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Use of Opponents clothing</b>		
Hoodie (Hood, Tassel and Zip)	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Improvised Weapons (Baton/Umbrella)</b>		
Basic Drill 1	<input type="checkbox"/>	<input type="checkbox"/>
Basic Drill 2	<input type="checkbox"/>	<input type="checkbox"/>

**Estimated Course Duration: 24 training sessions of 60min**

**Comments**

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